

# TIMES HERALD-RECORD

April 2, 2019

## Ride for Mental Health Planned for June

The charity bike ride is aimed at ending the stigma associated with mental illness and also raises funds for **McLean Hospital**, a Harvard Medical School affiliate specializing in psychiatric research and treatment. In its first two years the event has raised over \$250,000 for McLean.

This year the event's guest speaker will be Juli Furtado, a former Olympian and three-time World Cup mountain bike champion. Furtado, now 51, was one of the most dominating mountain bike racers of all time. She was also subjected to a particularly difficult upbringing. Last summer, after the suicides of Kate Spade and Anthony Bourdain, and having struggled recently herself with depression, she decided to tell her story. She will speak at the ride to show her support for the event and to encourage others to open up about mental health.

Riders can register for rides as short as 25 miles or as long as 100 miles. There is also an easy, flat rail trail option for families and those wishing for an easier, car-free route.

Dechert LLP, an international law firm, and Sunovion Pharmaceuticals are co-sponsors of the event.