

FOR IMMEDIATE RELEASE

September 26, 2006

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Groszko Completes Canada Wide Bicycle Tour in Support of Huntington Disease

Victoria, BC – September 26, 2006 – Wayne Groszko has completed his cross-Canada bicycle journey for Huntington Disease, travelling all the way from St. John’s Newfoundland to Victoria, BC in 141 days.

A crowd of family and friends gathered in Victoria on Saturday, September 23 to celebrate the completion of this journey of over 10,800 kilometres.

Since May, Groszko has been riding his tandem bicycle (a bicycle-built-for-two) to raise awareness and money for Huntington disease. The extra seat is reserved for guest riders.

“The extra room on the bike symbolizes that there is room for (people) to help on this journey, either to ride with me or to make a donation to support quality of life

programs for people with Huntington’s disease, and help find a cure,” he says.

The trip was in honour of Groszko’s mother, Janice, who has Huntington’s – a degenerative disease which causes the loss of control over both speech and physical movement.

“It has changed our life completely,” says his father Vern, about his wife’s diagnosis in 1996. “We compressed what we were going to do in 15 years of retirement into five years.”

It was Christmas 2005 when Groszko told his family about his mission, and his father remembers Janice’s reaction: “She was overwhelmed – her and Dawn (Groszko’s sister) both started crying. They were so happy about it.”

PHOTO: Groszko dips the front wheel of his bicycle into the ocean in Victoria on Saturday, September 23 to symbolically complete the ride. Also in photo is Susan Feigin (seated, bike helmet on). Photo by Dawn Groszko

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His journey was a big undertaking – it's not your usual Sunday afternoon bike ride. It means many lonely kilometres of highway, a few leg cramps, and camping along the road in the oddest places, from an abandoned gravel pit to the nave of a church.

Groszko started his bike trip in St. John's, Newfoundland, on May 28 and has averaged 140 km per day. Along the way, he has met other cyclists touring Canada, and some colourful characters, including a group of four men who are skateboarding across Canada in support of breast cancer awareness. He's even picked up two hitchhikers.

A graduate of the University of Calgary, Groszko moved to Halifax where he obtained his doctorate degree in oceanography. Most of his career has been working gin tandem with his commitment to environmental causes. He's worked with alternative power sources, promoted bike and pedestrian traffic, and studied vegetable oil as an alternative fuel.

When he moved to the east coast, Groszko gave up his car, and his bicycle has since become his primary vehicle. He estimates that during the last 15 years he has put nearly 40,000 km on that bike – more than 10,000 on this trip alone.

The journey raised over \$10,500 in donations to the Huntington Society of Canada, exceeding Mr. Groszko's goal of \$10,000.

Donations are still coming in and are still being accepted.

Those wanting to contribute to the cause can send a cheque or money order payable to the Huntington Society of Canada in care of Vern and Janice Groszko: Huntington Tour, 10241 Tuscan Hills Way NW, Calgary, AB, T3L 2G4. Every donation over \$20 will receive a tax receipt.

More information on the journey and photographs from the ride are available online at www.huntingtontour.ca

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Wayne (right) celebrates 'Mile 0' with his sister Dawn, and parents Vern and Janice Groszko.