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- [MEET BRIAN NADON AND HIS LOVABLE DOG GINGER-BELLA](#) -

This duo is cycling the world for the [Vatic Foundation](#) to provide awareness for Ptsd/C-Ptsd survivors. Together, Brian & Ginger have cycled 8,000km across Canada and 11,000km throughout the USA. In total, they have cycled 19,000km with 35,000km to go!

The journey started June 5th, 2018 and has taken them from Prince Edward Island – Vancouver Island, Vancouver – San Diego – Chicago – Washington DC – Boston. But the road doesn't stop there! Next, Brian and Ginger will be cycling through Europe and the Middle East.

How can you help?

- By providing exposure and telling your friends about our mission. Together we will make "hidden injuries" a thing of the past.
- Informing the local media about seeing Brian and Ginger on the road (links below)
 - o Global BC Tips - Tips@GlobalTVBC.com
 - o CBC Canada Tips ([website link](#))
 - o CTV News - news@ctv.ca

Here are also a few tips when seeing Brian and Ginger on the road:

- Pass slowly and be sure to honk twice to say, "Hello!"
- Give us space when turning.
- If stopped for food or water, Ginger loves attention, so come and give her a pet or two.
- [Donate](#) if you can but more importantly, come and share a story.
- And remember, we are all equal on and off the road. So, be patient and friendly.

Hopefully, we've made you smile today and we will see you on the road soon!

Additional information, news reports, as well as a list of current sponsors, are located on our website <https://vaticfoundation.com>

Warm regards,

Brian Nadon

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