



## Anderson Twp. man gears up for 6,500-mile journey to help those with Parkinson's

Joe Motz about to turn 65

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ANDERSON TOWNSHIP, Ohio — As Joe Motz prepares for his 65th birthday, he’s also gearing up for a 6,500-mile journey to raise awareness and support for patients with Parkinson’s disease.

“Rolling out of my barn in Anderson Township, heading 6,500 miles for my 65th,” Motz said.

His bicycle ride kicks off at 10 a.m. next Friday at Fountain Square.

Motz said his goal is to raise \$650,000 for the creation of treatment programs in partnership with the UC Gardner Neuroscience Institute and UC Center for Integrative Health and Wellness.

“That’s enough to really make a difference here in Cincinnati,” he said.

The programs would utilize integrative health treatment options to reduce the physical symptoms of the disease.

“My goal is to provide greater access to people with Parkinson’s and other neurological diseases to these integrative health services,” Motz wrote on the [Gearing Up For Good website](#).

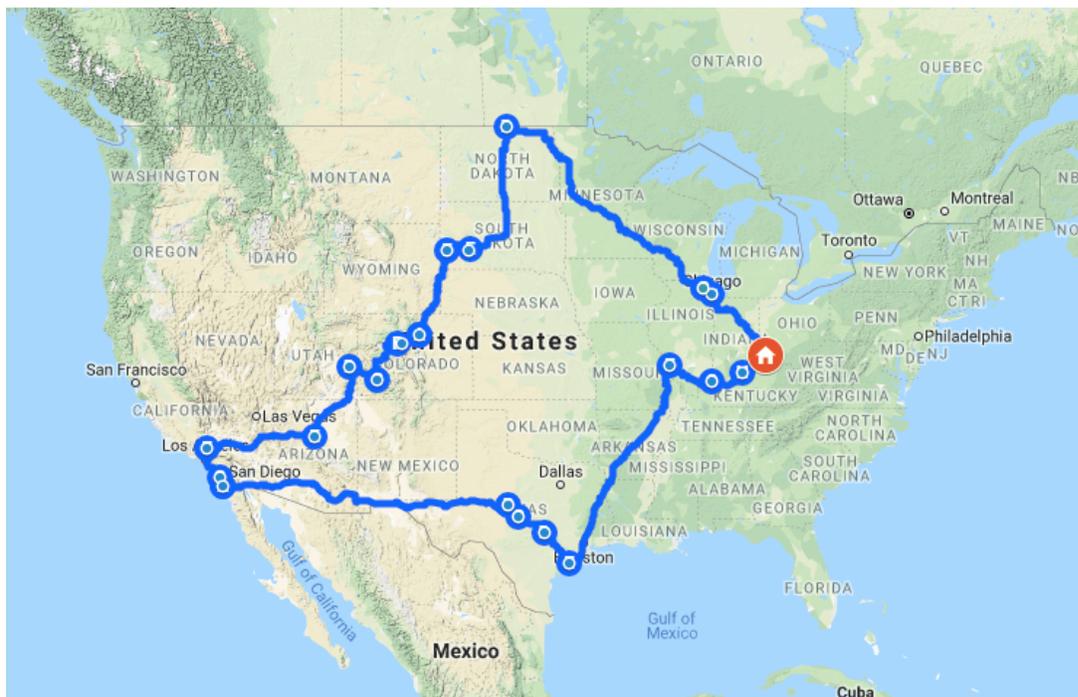
There are more than 7,000 cases of Parkinson’s in the Greater Cincinnati area, according to Gearing Up For Good.

Motz said he knows a handful of people from his business family who have cared for, or are caring for loved ones dealing with Parkinson’s.

“Parkinson’s patients will say ‘You know what Joe? I don’t know from one day to the next when I get up, I’ll feel like I’m concrete — I can’t move — I can’t do basic things like button my shirt,’” he said. “Then the next day I’ll be okay for a while.”

Starting Aug. 2, Motz will roll out on a hybrid bicycle to begin his ride.

He’ll head northwest toward North Dakota before switching gears and riding southwest toward Los Angeles. The back half of the trek takes Motz through Arizona, New Mexico and Texas before he heads northeast and back to Ohio — sharing his experiences via a podcast along the way.



Motz expects the entire trip to take about 90 days.

“A quarter of a year,” he said.

Contribute to the cause by [clicking here](#) or by sending a check to the following address:

- UC Health Foundation-Gearing Up For Good
- PO Box 19970
- Cincinnati, OH 45219-0970

The public is also invited to cheer on Motz Aug. 2 before he embarks on his journey. [Click here to visit the event page](#) on Facebook.

<https://www.wcpo.com/news/our-community/anderson-twp-man-gears-up-for-6-500-mile-journey-to-help-those-with-parkinsons>