



The event:

★ Ride your bike between September 12 and 19, 2020

★ Two experiences: *(choose one)*

RIDE FOR FUN

Minimum of
48 minutes

RIDE FOR A CHALLENGE

Total of
48 hours

★ Participation types and fundraising commitments:

INDIVIDUAL

\$250

FAMILY

\$400

TEAM

\$1,200
(max. 6 participants)

DONATE

What?

- ★ Fundraising event for the wish children of Make-A-Wish® | Rêves d'enfants^{MD} still in treatment in 2020, in a context of Covid-19
- ★ It's not a race! It's a hopeful, unifying - but distant - event that promises to bring you a deep sense of accomplishment and to do good.
- ★ Participatory and non-competitive

For whom?

- ★ Open to all in Quebec
- ★ Individuals, families and/or teams
- ★ For all those who want to continue to support children in the context of COVID-19

Where? *(your choice)*

- ★ **Inside:** on a bike mounted on a training base, on a stationary bike or in a training center. As a team, use a digital online platform such as Zoom, Google Meets or Zwift, to pedal together.
- ★ **Outside:** in your neighbourhood, on a scenic road or bicycle path. Prepare your route in advance! Teams can ride separately or in groups, respecting the distance, or even a mix of indoors and outdoors.

How to participate?

1. Register on www.rideforwishes.ca
2. Choose your experience – Ride for fun | Ride for a challenge
3. Choose your participation type and your fundraising commitment
4. Promote your fundraising page in your network
5. Raise the minimum amount of funds
6. Ride any time between September 12 and 19, 2020

Questions?

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