

THANK YOU



Sault Ste. Marie's 4th Annual Ride Don't Hide Event was the biggest and best yet!

We saw nearly 100 registered riders this year (a 30% jump)

We surpassed our fundraising goal of \$15,000.00

We raised over \$16,000.00



Canadian Mental
Health Association
Sault Ste. Marie Branch
Mental health for all



ride don't hide

A Special Thanks to Our Top Fundraisers

Top Teams:

TD Riders - \$3,534.00

CMHA Stigma Stingers \$3,427.00

Top Fundraisers:

1. Gary Brown - \$1,290.00

2. Ingrid Atkinson - \$1,270.00

3. Lisa Carricato - \$1,000.00



Christies RV Rollers - \$1,515.00

This year's ride was the first for the Christies RV Rollers, a team of family and friends of Christies RV. The team set a fundraising goal of \$1,000 and quickly surpassed their goal by over \$500.00





Ingrid Atkinson – Ride Champion and Team Captain, TD Riders

“I do the Ride because it sends a positive message that Physical fitness in any way, shape or form, is good for your Mental Health. I, as well as people close to me, have lost a family member or friend and if we encourage talking about it more, people suffering could be heard and given the help they need. Ride Don't Hide promotes a very strong message of talking about your Mental Health, rather than keeping it hidden and taking the steps to get out there and do something about it. “

Organizing Committee

Ingrid Atkinson – TD Rider

Laura Newman – TD Rider

Angie DiGasparro – TD Rider

Janet McLeod—Island Rider

Monique Baker – Team OPP

Annette Katajamaki—Stigma Stinger

Lisa Carricato –Stigma Stinger

Amy Zimmer– Stigma Stinger

Kerri Scheuermann– CMHA Intern



ABOUT



ride don't hide

Riders raise \$1.83 million to support a judgment-free Canada and vital mental health programs and services ! Thank you for Riding with us.

On Sunday June 24, 2018, more than 7,750 Canadians in 31 communities across the country cycled in the 7th annual Ride Don't Hide event, raising an estimated \$1,830,000 for the Canadian Mental Health Association (CMHA).

The largest mental health bike ride in Canada, Ride Don't Hide raises much-needed funds for a variety of community mental health programs and services, and helps to eliminate the stigma of mental illness by inviting participants to “ride in plain sight.”

This year—Our Sault Ride added a 50 km Route! Riders chose from 3 Rides:

5 km (family ride)

25 km along the hub trail and

50 km to Echo Bay and back

The proceeds of this event stay with CMHA Sault Ste. Marie and will be used to expand and enhance our Talk Today program. The Talk Today program focuses on providing mental health education, training and support to young athletes in our community. Thank you Sault Ste. Marie for helping us raise over \$16000.00 and for helping us to reach 92 Riders this year! Next year it will be over 100!





ARAUCO



Team OPP

Smul's **HIGHLAND FORD**



Special Thanks to Sgt. Monique Baker and Sault OPP for Marshalling and escorting our 50 km Riders safely along the route!



Thanks to Sault Female Hockey Association Wildcats team for volunteering!





If you would like to be a part of our organizing committee or be a sponsor for the 2019 Ride—please contact: lisa@cmhassm.com or call 705 759-0458 ext. 231

