



Presenting
Sponsor



Captain's Guide Tips for an awesome ride!

 Heart&Stroke™

bigbike.ca



Start your team today!

Recruit online and raise more at **bigbike.ca**

8 steps to success:

1

Register online to track team recruitment and fundraising.

2

Recruit a co-captain and riders to join your team.

3

Email recruitment flyers and put up posters in the lunchroom.

4

Ensure riders register online at **bigbike.ca**

5

Encourage your team to use our easy online tools to raise funds.

6

Provide fundraising updates to your team to keep them on track.

7

Pick a theme and dedicate your ride to someone special.

8

Confirm your event details with your **Heart & Stroke** contact.

Lead the Charge!

bigbike.ca

Win Big!

Get **18 riders** registered online and you'll be entered into a monthly draw for a \$300 gift card.*

Plus

When you get a full bike (**29 riders**) registered online you'll also be entered into a monthly draw for a \$500 gift card.*

*For rules and regulations visit bigbike.ca/promotions



Reina Ditta is leading the charge. “Many of us have experienced the devastation of heart disease and stroke first hand,” says Reina, co-captain of Team



GMEL (Genetic and Molecular Laboratory). “But Big Bike is a fun way to raise funds for research and spread awareness about these diseases.” Some of that research is happening in the very lab she manages. Lead by Dr. Guillaume

Paré, GMEL staff are hunting for the genetic culprit for stroke. Their research will help change the future for countless families across Canada.

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