

3rd Annual

# CHANGE THE CYCLE

Presented by:

**TOM'S**  
HEATING & COOLING

# Get Involved!

June 21, Nicholls Oval, Peterborough



## Register

- Visit [changethecycle.net](http://changethecycle.net)
- Select 'Join as an Individual'
- Create an account on CanadaHelps and register
- Registration is \$20
- Children under 12 register for free.
- Begin fundraising by sharing the link to your ride page or printing off a pledge sheet.

## Create a Team

- Connect with friends, family, and coworkers to build a team!
- Visit [changethecycle.net](http://changethecycle.net)
- Select 'Create a Team'
- Create an account on CanadaHelps and register
- Build your team page and invite others to join your ride by sharing the link or team name.
- Set a team fundraising goal!

## Join a Team

- Join an established team and help them reach their goal!
- Visit [changethecycle.net](http://changethecycle.net)
- Select 'Join a Team'
- Select the team you'd like to join and begin fundraising for your team!



**Canadian Mental  
Health Association**  
Haliburton, Kawartha, Pine Ridge  
*Mental health for all*