

Get Involved!

June 15, Peterborough



Register

- Visit changethecycle.net
- Select 'Join as an Individual'
- Create an account on CanadaHelps and register
- Registration is \$25
- 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
- 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
- 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