



## BCCCPA is proud to host their 6th annual Inside Ride!

### The BCCCPA Inside Ride

**When:** May 27<sup>th</sup>, 2016

**Where:** Cloverdale Recreation Centre  
6188 - 176th Street, Surrey BC

#### Timeline:

**6:15 pm:** Check in begins

**7:00 pm:** Opening Ceremony

**7:10 pm:** We Ride! Your celebration on wheels!

**8:30:00 pm:** Medals & Thanks.

*Reserve your team bike today!*

<http://Vancouver.theinsideride.com>

Produced by



Benefitting



## YOU AND US TOGETHER!

**British Columbia Childhood Cancer Parents Association (BCCCPA)** in conjunction with the **Coast to Coast Against Cancer Foundation** invite, friends and families, businesses and community groups to participate in the **6th annual Inside Ride National Tour event!** The Inside Ride is Canada's first cycling celebration and fundraising event dedicated to raising funds for local children's cancer charities supporting survivorship and quality of life in your community.

Produced by Coast to Coast Against Cancer Foundation, **100% of donations** from this event support **BCCCPA**. How? Through the generosity of event sponsors and a widespread reliance on volunteers; we absolutely cannot do this without their support. We thank them all.

**The BCCCPA is a non-profit charitable society whose mission is to help families who have children with cancer and are struggling financially. This event supports the Family Financial Aid program.**  
<http://www.bcccpa.org/>

## CELEBRATE! CELEBRATE! CELEBRATE!

The Inside Ride is an organized stationary cycling challenge and celebration coming to **Vancouver**. Louis Garneau hybrid bikes are mounted and held stationary in trainers and equipped with odometers to track riders' mileage.

Teams consist of 4-6 riders and each cyclist rides at a comfortable pace for 10 minutes to fun, fast-paced music as they rotate through all six team mates. Teams record their mileage for awards and cheer each other on for the spirit awards!

Each team and team member raise donations through pledges, online and in-person. Once you've thought of a fun team name and whacky costume, you'll get registered, team members have their own personal fundraising webpage to solicit fundraising donations, as well as email templates to make donating fun and easy. Fundraising tips are available through the Inside Ride organizers.

Online fundraising enables you to reach out to family, friends and business colleagues more efficiently, supersizing your fundraising goal. Immediate tax receipts are issued to your donors for those donations of \$20 and more. We ask that teams raise a minimum of 1,000, that's \$170 per member on a team of 6. And why not share your efforts by posting your webpage link on Facebook, LinkedIn and Twitter?

And don't forget the **Event-Day Bling!** Medals are presented for Best Team Spirit, Costume, Mileage, and Fundraising and Top Male and Female and Volunteer Fundraisers.



## Sign Me Up! The Process

- 🚴 Reserve your team bike through online registration: <http://Vancouver.theinsideride.com>
- 🚴 Sign up as a volunteer, cyclist or Team Captain – your choice!
- 🚴 Registration enables everyone to do online fundraising and waiver acceptance quickly.
- 🚴 You'll key in cash and cheque donations into your account to boost your online thermometer. Click on the Fundraising Tab – Manage Cash and Cheques. **DO NOT duplicate this information on the Pledge Form!**
- 🚴 Pledge Forms are for Event-Day cash and cheques submissions only (do not record your online donations)
- 🚴 Waivers are accepted online as you activate your account.
- 🚴 Each participant of the Event **MUST** go online and request a **RESULTS REPORT** and print it off for your Team Captain to hand in at Check-In.  
**\* There's no need to print on paper Pledge Forms**
- 🚴 On Event Day the Team Captain will check-in the team by submitting the Team Package, Team Captains summary sheet, any cash and cheques for their team and the RESULTS REPORT for each participant.

## Safety First! – What to Wear?

- 🚴 Light weight gym gear such as a t-shirt and running shoes.
- 🚴 Remove sweat tops or heavy track pants while cycling, you may overheat.
- 🚴 We encourage you to dress in a team uniform or costume – compete for the Costume and Spirit Awards!

## We've arrived – Now What!?

- 🚴 Team Captain Check-In starts 60 min before Event Start time
- 🚴 Participants get changed and arrive 30 min before Event Start time
- 🚴 Cyclists are at their bikes 15 min before Event Start time
- 🚴 Opening Ceremony and Dedication to a child or family
- 🚴 Inside Ride Crew polls the Final Fundraising Totals for awards
- 🚴 RIDE! 10 min riding shifts with a break between each to change rider and collect mileage information (HIGHEST MILEAGE Award!)
- 🚴 Awards and Closing Ceremony

## Water

- 🚴 Water and snacks will be provided to all participants and volunteers.
- 🚴 Please bring a personal water bottle.



If you have any questions regarding this event, PLEASE contact your organizers: **Dave and Suzanne Dunbar**

[bcccpa@shaw.ca](mailto:bcccpa@shaw.ca)