

Ride Don't Hide volunteers needed!



In June 2020, Canadians from all walks of life will join the eighth annual Ride Don't Hide community bike ride in celebration and support of mental health. CMHA is expecting thousands of cyclists to ride for mental health in more than 30 communities across Canada, including on June 7 in Prince George.

The Ride Don't Hide movement began with Michael Schratte, a Vancouver school teacher living with bipolar disorder, who spent almost a year and a half cycling 40,000 km around the globe. Armed with only his bike, a knapsack and the determination to realize his dream of raising awareness and empowering those who experience mental illness, his story inspired millions of people and raised \$100,000 for CMHA.

Ride Don't Hide is open to cyclists of all ages and skill levels.

This is a family friendly event and is suitable for all riders. We start at the CN Centre on Ospika Blvd, and riders can choose from 6km, 15km, 30km or 50km rides. The 30km and 50km rides involve steeper hills and are for the more advanced riders.

Our event includes Kids Zone Activities, Health Fair, RCMP Register a Bike Program, Guest Speakers and a BBQ by donation.

We are looking for Volunteers willing to step into Coordinator roles. Time commitment varies depending on role and will increase as event unfolds.

The following roles open and we are welcoming Volunteer applications at our office at 1152 3rd Ave.

Ride Don't Hide Committee Chair

Chair committee

Sponsorship – locate and secure potential sponsors

Support coordinators

Pints & Pedals Coordinator

Book location

Find entertainment

Work with PR coordinator for tix sales and Promotion

Corporate Team Coordinator

Development of corporate teams
Promotion of RDH within workplaces

PR/ Marketing/Media Coordinator

Social media
Media releases
Posters and Save the date cards

Rider/Team Coordinator

Recruitment of teams and/or individual riders
Connect with previous years' participants
Connect with local cycling clubs for promotion

Festivities Coordinator

Health fair participants
Site management on the day of
Entertainment

Overall Qualifications:

Proven leadership abilities
Strong interpersonal and communications skills
Self motivated & caring
Excellent planning, organizing and analytical skills
Committed to CMHA's mission and Ride Don't Hide's goals

To apply please contact Amanda at amandalemky@cmhapg.ca or call 250-564-8644. For questions specific to roles please contact Mary Lu at marylu@cmhapg.ca or call 250-649-6139