

BIKE FOR HEALTH

presented by



JUNE 02, 2024

START & FINISH: AJAX DOWNS | 25KM, 50KM, 100KM OR 160KM

WWW.BIKEFORHEALTH.CA

supporting health care at our communities' hospitals



Durham's Premier Cycling Event is back!

And while it's a little different, it's going to be a whole lot better!

Bike for Bones has changed its name to **Bike For Health**, but is again being presented by our amazing sponsor **Ellexicon Energy**.

Plus, this year, we are excited to be combining forces with our three other sister hospital foundations to create the best cycling experience for all riders in Durham Region.

Are you an experienced rider? Well, you'll be impressed with this ride!

Are you a newbie to the cycling world? Why not challenge yourself?

Are you looking for a fun way to support the Ajax Pickering Hospital? Well, this is the event for you!

SIGN UP TODAY!

All money raised from the ride will help fund more innovative and technologically advanced tools and equipment here at the Ajax Pickering Hospital, as well as the other four hospitals of Lakeridge Health (Bowmanville, Oshawa, Port Perry & Whitby).

We encourage you to not only to raise as much money as possible, but also to inspire your friends, family and neighbours to get in on the fun and join you at the starting line!

If you have any questions, please feel to email us atbikeforhealth@lh.ca or give us a call at 905.683.2320 x11501.

Thank you again, and see you at the 2024 **Bike For Health!**



SIGN UP TODAY!

THINGS TO KNOW



EVENT DETAILS

Date:
Sunday June 2

Location:
All rides start & finish at Ajax Downs (50 Alexander's Crossing, Ajax)

Check In:
opens at 6:30am

Coffee & continental breakfast available at registration

Ride Start Times:

- 7:30am - 160km
- 7:30am - 100km
- 9am - 50km
- 10am - 25km

Post-Ride Celebration:
Cool down and relish in your day's accomplishment with your fellow riders over



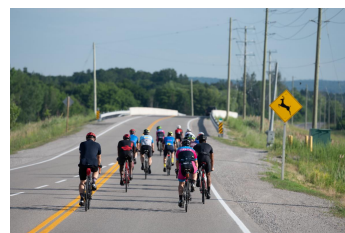
4 DISTANCES

This year's routes will again take you through some beautiful parts of rural Durham Region.

And we've added a Century Ride (100 miles, aka 160km) for those really enthusiastic folks!

- 160km
- 100km
- 50km
- 25km

Route details will be posted on the website shortly.



REGISTER TODAY

Register as a rider and personalize your fundraising page with photos, a mission statement or quotes.

Then just send your page's link to your friends and ask them to sponsor you!

Registration fee: \$50 with a \$250 fundraising minimum.

By May 1
Raise a minimum of \$350 & receive an event rider jersey

Additional Registration information on www.bikeforhealth.ca

lunch and beer!

WWW.BIKEFORHEALTH.CA

BIKE
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Ajax Pickering Hospital Foundation | 580 Harwood Avenue South, Ajax, L1S 2J4 Canada

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