

Bijo Sebastian - Solo ride to Niagara Falls

I am proud to introduce you to Bijo, a proud supporter of the Foundation. Last weekend, Bijo completed a solo ride from his home in Ajax to Niagara Falls to raise money for the Ajax Pickering Hospital Foundation. "I am really thankful to the Ajax Pickering hospital and it's great care team as a local community member."

Bijo's Journal:

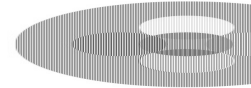
Day 1: I started from Ajax on the May 21st Sunday at 5:30 am and rode slowly through the waterfront trail and passed through Pickering, Scarborough, Toronto Downtown, Etobicoke, Mississauga, Oakville, and halted at night at Mr. Matt Mathews's house at Burlington, he generously responded and offered a room to stay when I sent an email to his social Service Organization(Hamilton Malayalee Samajam). Day 1 I rode 102 kilometers.

Day 2: I resumed my ride early morning at 5:00 am to Grimsby through a breezy trail along Hamilton countryside. Day 2 was really challenging up hills (as I had a simple city bike) and enjoyable as I cooked breakfast on the way and spoke with many farmers and other loving people. Many weekend riders stopped and asked about the ride and its purpose. Day 2 was a total of 84km and reached safely Niagara Canada side at 1:50 pm and passed to the US side by 2:30 pm. I captured some nice pictures of the bike and views, I enjoyed a delicious lunch after two days at a restaurant in Niagara. I boarded my bike on the Go bus and was home by 9:30pm.

If you would like to congratulate Bijo, send him a message or donate, please visit his page at: [Bijo Ride](#).

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Click here to make a secure online donation if you would like to support the Ajax Pickering Hospital.

If you want to get in touch with me, just give the Foundation office a call at 905.683.2320 x11501 or drop us an email at aphfoundation@lh.ca.

Or "like" us on [Facebook](#) to check out even more about what we are up to!

Yours in Philanthropy,

Tracy L. Paterson

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