

BIKE FOR BONES

presented by
elexion
SINCE 1997

JUNE 11, 2023

7:30AM, 9AM & 10AM | AJAX DOWNS | 25KM, 50KM OR 100KM

Ajax
Pickering
Hospital
Foundation

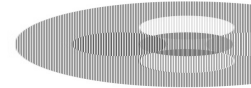
BIKE
FOR BONES

Ajax
By The Lake



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Here are some of the great reasons you should join us on Sunday (June 11) for the 2023 **BIKE FOR BONES** in support of the orthopaedic program at Ajax Pickering Hospital:

- you don't need to be an avid cyclist to participate; you can even ride your e-bike
- there are three different route distances to choose from - **25km, 50km, 100km**
- all the routes take you through beautiful north Durham
- all riders begin & end their rides at **Ajax Downs**
- **all money raised is supporting the orthopaedic program at Ajax Pickering Hospital, where you will receive the most modern and progressive treatments for arthritis, fractures, and sports injuries as well as joint replacements (hip & knee) and surgeries (shoulder)**
- you'll be riding alongside all our orthopaedic surgeons as well as other doctors, nurses & hospital staff who also want to support great health care in our community and for their patients
- there are **coffee & donuts** for when you arrive!
- there is **beer** at the finish line (& the first one's on us)!
- All riders are invited to join the Celebration after they cross the finish line on the downstairs patio of Ajax Downs where there will be gourmet food options, ranging from **berries to pasta to cookies!**
- it's only \$100 to register!
- you can register for the ride in person on Sunday morning



www.bikeforbones.com

Click here to register for BIKE FOR BONES (just \$100!)

Click here to sponsor one of the riders or the event

Date: Sunday June 11, 2023

Location: all rides begin & end at Ajax Downs, 50 Alexander's Crossing (Ajax)

100km Riders

6:30am: Check-in opens

7:30am: 100km Riders depart

50km Riders

8:00am: Check-in starts

9:00am: 50km Riders depart

25km Riders

9:00am: Check-in starts

10:00am: 25km Riders depart

Post Ride Celebration

11:30am, approx

At check-in, you will be provided with the phone number of our lead ride support in case you have an emergency or break down en route.

[Click here to register for BIKE FOR BONES](#)

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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