



Ride for Heart

Get your bikes and running shoes ready!

Join our team to help beat heart disease and stroke.



Ride



Walk



Run

Take the Health and Wellness Challenge!

- Compete nationally as you ride, walk, run and get active as a team.
- Raise critical funds for Heart & Stroke.
- Engage in weekly health and wellness challenges.
- Earn your chance to win fantastic prizes in our fundraising contest.
- Registration is FREE.



Join our team!

Captain: _____

Email: _____

Team Page: _____

Visit our team page to join today!

rideforheart.ca



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