



It takes a big heart to ride a BIG BIKE. Join the team to make a difference.

Your big heart will inspire others.

The Heart&Stroke Big Bike Event is a fun and exciting fundraising activity aboard a bicycle built for 30. During a 20-minute Heart & Stroke Big Bike ride, your team will help raise awareness and necessary funds to help make a big difference for heart health in Canada.

You can register now with just a few simple steps at bigbike.ca. That's also where you'll find all the info, resources and event details to help you on your way.

You can share your success stories too!

How big hearts support life-saving research. Your big heart helps build strong hearts.

\$100 can teach three classrooms of children the foundation for heart-healthy living with the HeartSmart Kids program.

\$500 can help administer an Automated External Defibrillator training course that could save lives.

\$1,000 can equip a doctor with a blood pressure monitor to help keep patients healthy.

Make a difference together. Big Bike teams help hearts in a very big way:

\$4,000 can place an Automated External Defibrillator (AED) in a community centre or hockey arena, which can increase a cardiac arrest survival rate dramatically.

\$6,000 can train a future medical researcher, which is vital to improving heart health and heart medicine.

\$15,000 could fund programs that mentor students in medical research.

Don't forget to pass this on to other potential riders. The more heart you put into it, the bigger difference you can make! It takes a big heart to ride a BIG BIKE.

Visit us at bigbike.ca

Promotions and prizes to help get your heart pumping!

The more you raise, the more chances you have to earn fantastic prizes!

LEVEL 1 \$100 - \$174

Big Bike T-Shirt

LEVEL 2 \$175 - \$299

Aluminum Water Bottle + Big Bike T-Shirt

LEVEL 3 \$300 - \$499

Nike Hat + Big Bike T-Shirt

LEVEL 4 \$500 - \$999

High Sierra Sports Bag + Big Bike T-Shirt

LEVEL 5 \$1000 - \$1999

Exercise Kit + Big Bike T-Shirt

LEVEL 6 \$2,000+

Digital Camcorder + Big Bike T-Shirt

WIN the ultimate prize: THE CHANCE TO SAVE LIVES!

Show just how much heart your Big Bike team has by uploading your best team photo and a description of all the ways your team shows heart. We want to see your unique fundraising ideas, team uniforms, or Big Bike cheers. Not only will you be showing and sharing your team spirit, but one team in each province will receive CPR training and will have an automated external defibrillator (AED) installed in their community along with a plaque showing the winning team's name!

To find out more about AEDs and how they can benefit your community and save lives, visit Bigbike.ca.



**HEART &
STROKE
FOUNDATION**

Finding answers. For life.