

NEW!

Heart&Stroke

**RIDE
for
HEART**

JULY 10, 2016



COME RIDE WITH US

Experience the rugged beauty of Newfoundland and Labrador while supporting the Heart and Stroke Foundation's work to create survivors by participating in the Heart&Stroke Ride for Heart on July 10. This landmark event has taken place in Toronto for the last 29 years and raised over \$50M for life-saving heart disease and stroke research. Join friends and family as you cycle traffic-free (20km, 40km or 60km) to Quidi Vidi Lake, Cape Spear and Petty Harbour all in support of life-saving research that will allow people to come home to their loved ones.

Don't miss out, register today at rideforheartnl.ca
Together we ride to create more survivors.



BECOME A VIP

Register as a VIP today. VIPs (Very Important Philanthropists) are riders who increase their impact on our mission by raising \$1,000 or more.

When you become a VIP Rider, you join a special group of Heart and Stroke Foundation supporters and will receive all these great benefits on Ride Day:

- Catered lunch in the Bowring Park Bungalow
- A unique Louis Garneau VIP cycling jersey
- A \$100 gift card

For more info about becoming a VIP, contact: **Frank Healey**
at 709-383-1026 or frank.healey@heartandstroke.ca



**HEART &
STROKE
FOUNDATION**