

Heart&Stroke

**BIG
BIKE**



RIDE BIG. LIVE BIG.

START A BIG BIKE TEAM TODAY!

Enjoy the most fun you can have on wheels while making a big impact in your community. Ride the **29 seat Heart&Stroke Big Bike** and support heart and stroke research, AED placements and education conducted right in our community.

Register and lock in these great benefits for your organization:

- ♥ A social, team-building event that takes less than one hour
- ♥ Increase your organization's visibility in your community
- ♥ A 20 minute/2-3km ride on the worlds only 30 seat bicycle!
- ♥ You select your team's preferred ride time on preferred event date and location

**THE
FOUR
R's:**

REGISTER

bigbike.ca

RECRUIT



RAISE FUNDS



RIDE



Presented by:



**HEART &
STROKE**
FOUNDATION



THANKS TO FUNDRAISING —

a mother and son are safer.

Imagine learning that you've passed a deadly heart defect on to your child. That's what April Kawaguchi found out when DNA testing revealed that her son Andrew had inherited her heart condition, which can cause sudden cardiac arrest and death.

Family history can double your risk of heart disease and stroke. That's why the Foundation funds the best medical minds to stay on the cutting edge of genetic research. When you take part in Big Bike and fundraise, you're supporting this research, which will create a safer future for all families.

What if they could isolate the genes that put apparently healthy young people at risk of stroke?

That's what Dr. Paré and his research team at McMaster University are trying to do, supported by funds from Heart and Stroke Foundation donors. They have discovered 10 genes that are associated with stroke. They've already homed in on one mutation known as **Notch 3**, which shows up in many stroke survivors. Dr. Paré and his team believe it could explain a number of young stroke cases.

STEPS TO REGISTER ONLINE



Registering online is easy!
Visit bigbike.ca today.

FUNDRAISE TO EARN THANK YOU PRIZES



RECEIVE A T-SHIRT
AND GIFT CARD WHEN
YOU RAISE \$200+

*2015 Big Bike t-shirt shown above.

LEVEL 6	RAISE \$1,000 + T-SHIRT + \$100 GIFT CARD
LEVEL 5	RAISE \$500 – \$999 T-SHIRT + \$30 GIFT CARD
LEVEL 4	RAISE \$400 – \$499 T-SHIRT + \$20 GIFT CARD
LEVEL 3	RAISE \$300 – \$399 T-SHIRT + \$15 GIFT CARD
LEVEL 2	RAISE \$200 – \$299 T-SHIRT + \$10 GIFT CARD
LEVEL 1	RAISE \$100 – \$199 T-SHIRT

TEAM THANK YOU

If your team fundraises \$5,000 or more, each team member will receive a thank you medal commemorating the team's achievement. Be recognized as the team that goes the distance to make a difference.



RAISE \$5,000
BY EVENT DAY



MEDAL FOR EACH
TEAM MEMBER

- 1 VISIT bigbike.ca
- 2 CLICK on the "Start a Team" button
- 3 SEARCH for your ride
- 4 FILL in the required information



HEART &™
STROKE
FOUNDATION

Register your team today at bigbike.ca
#RideBigLiveBig

COORDINATOR CONTACT DETAILS

Dustin Starchuk – HSF Hamilton
905-574-4105 dstarchuk@hsf.on.ca

Heart&Stroke**BIG
BIKE****2016 Heart&Stroke Hamilton Big Bike Registration Form**

Ride Times are in 30 minute intervals from 1:00PM to 7:30PM. Event Day Registration is 30 minutes prior to ride time.

Hamilton Success Stories

- Over 350 AED's placed in schools, arenas, pools, libraries, communities in Hamilton - 27 Lives Saved
- Funded Research team at McMaster has major Genetics breakthrough - detecting stroke in young females.
- Funded Research team at David Braley Cardiac, Vascular & Stroke Research Facility help facilitate new escapeTRIAL – reducing death and disability from stroke by 50%

	Location Host Site	Date
1	Hamilton Mountain: 80's Theme Boston Pizza Upper James	Tuesday May 17 th
2	Stoney Creek : Hawaiian Party Jack Astor's Eastgate Square	Thurs May 19 st
3	Waterdown: Christmas in May Boston Pizza Clappison Corners	Wednesday May 25 th
4	Hamilton Downtown: SPORTS DAY Tailgate Charlie's	Thursday May 26 th
5	Hamilton East: SCI FI DAY Boston Pizza Centre on Barton	Monday May 30 th
6	Hamilton Downtown: Black&Gold Ticats Day Tailgate Charlie's	Friday June 10 th
7	Ancaster: OLYM-PICS DAY Jack Astor's Meadowlands	Monday June 13 th EVENT SOLD OUT
8	Stoney Creek Mountain: SUPERHERO DAY Kelsey's Redhill-Paramount Dr	Wednesday June 15 th
9	Stoney Creek : Country Western Day JACK ASTOR's Eastgate Square	Tuesday June 21 st 4:30PM – 7:30PM Only
10	Hamilton Downtown: MARDI GRAS Tailgate Charlie's	Wednesday August 17 th
11	Ancaster: One Night in Vegas Jack Astor's Meadowlands	Thursday August 25 th

Organization Name:			Est. # Riders:	
Team Name:			Team Fundraising Goal: Min. \$1500	
Org Full Address:				
Captain Name:				
Captain Contact: Work / Cell / Email				
Preferred Date/Time	1)	2)	3)	
Autograph:			Date:	

