

Ride Don't Hide 2023 – Volunteer Positions

When: Sunday, June 25th, 2023

Time: 6:00 AM – 2:00 PM (various shifts available depending on tasks)

Where: Lloyd Wilson Centennial Arena

(15551 McLaughlin Rd, Inglewood, ON L7C 1J5)

Ride Don't Hide is a community bike ride hosted by the Canadian Mental Health Association (CMHA), with the goal to raise awareness and help break the stigma surrounding mental illness while raising essential funds to support mental health programs. This event is the only national ride for mental health and is hosted by CMHA branches in various communities across the country.

Events such as Ride Don't Hide would not be possible without the support of hundreds of dedicated volunteers who give their time. We are looking for volunteers, 12 years of age and older, to help make this event a success.

We have various areas where support is needed to ensure that this event runs smoothly, and participants have a great experience while riding to raise critical funds to support mental health.

Parking Control: 4 Positions

Shift: 6:15 AM – Finish time 10:00 AM

Duties/Info:

- Parking vehicles in an adjacent field.
- Organizing and directing vehicles to park uniformly to maximize this space.

Set-Up: 10 Positions

Shift: 6:00 AM – Finish time 9:30 AM

Duties/Info:

- Setting up tents, tables, chairs, bike racks and sponsorship signage.
- Preparing and loading of the water station vehicles.

Rider Check-In: 6 Positions

Shift: 6:30 AM – Finish time 10:30 AM

Duties/Info:

- Checking in registrants
- Registrants will be given an identification bracelet and swag bag with t-shirt.

Food & Beverage: Breakfast: 4 Positions

Breakfast: Shift: 6:30 AM – 10:30 AM

Lunch: 12:00 PM – 1:30 PM

Duties/Info:

- Setting up food/beverages and serving breakfast to all identified riders and volunteers.
- Aid BBQ vendor with serving lunch to all riders and volunteers.

Road Monitor for Riders: 3 Positions

Shifts:

- 100 km route: Start: 7:00 AM – Finish 1:00 PM
- 50 km route: Start: 9:00 AM – Finish 1:00 PM
- 25km route: Start: 10:00 AM – Finish 1:00 PM

Duties/Info:

- Aid riders who break down by contacting mechanical support and/or first aid support.
- Follow rider route and pick up all road signs.
- Drivers will be compensated for mileage if requested.
- A driver's license and insurance required.

Route Volunteers: 22 Positions

Shift: 8:00 AM – 12:00 PM

Duties/Info:

- Ensure the safety of riders at all crossings and intersections on the trail ride.
- Each intersection will have two volunteers.

Water Stations: 10 Positions

Shift: 6:30 AM - 1:30 PM

Duties/Info/Info:

- Water station set-up.
- Responsible for providing all riders with water and snacks along routes.
- Two volunteers per station.
- A vehicle is required by at least one of the volunteers.
- All water station volunteers will pick-up supplies at event site before heading to water station location.
- Locations and specific shift times will be determined at a later date.
- Drivers will be compensated for mileage if requested.

Finish Line Support and Take-Down: 10 Positions

Shift: 10:30 AM – 1:30 PM

Duties/Info:

- Cheer/congratulate riders as they cross the finish line.
- Aid riders to cool down, providing them with water.
- Take down all event tents, tables, chairs, bike racks, signage and garbage clean-up.

Rider Engagement Volunteers: 10 – 15 Positions

Shift: 8:00 AM - 12:00 PM

- Provide encouragement and well wishes before the ride.
- Congratulate riders after they are finished the ride.
- Direct returning riders to lunch area.

Sweep Rider Volunteers: 5 – 8 Positions

Shift: 7:00 AM – 1:00 PM

- Cyclists that ride along the route with participants ensuring rider safety.
- Ensure participants remain on route.
- Provide support along the routes.

- Basic knowledge of cycling and first-aid certification required.

If interested, please contact Tisann McSween
Fundraising Officer (CMHA Peel Dufferin) at mcsweent@cmhapeel.ca

To learn more about Ride Don't Hide Greater Toronto Area, please visit:

<http://ridedonthide.com/greatertoronto/>

To learn more about CMHA Peel Dufferin, visit:

<https://cmhapeeldufferin.ca/>