



# **CYCLE 2020**

**RIDE WITH YOUR HEART**

September 13





**MIMI  
&  
MOM**

# MIMI

*"Mimi went to the YM-YWHA's summer day camp for the first time when she was 5 years old. She has only missed one summer since then. We ended up there for day camp because no one else had the capacity and willingness to work with us to accommodate her needs. But more so, while the Y provides a buddy for each kid with needs, they also make every effort to integrate the kids with the camp that serves more typically developing kids. So, I started to ride to support the Inclusion programs at the Y for Mimi, but for all the populations they serve. Then my son Alex started riding 2 years ago for his bar mitzvah project, my husband, brother and nephew rode, and other members of the family have volunteered."*

*— Julie Kristof, Mimi's mom*



# PETER & PETER Jr.



*“Our son has autism. Summer break is supposed to be home to some of your sweetest childhood memories. And we feared that all Peter would remember is feeling alone, not included, and out of place. Many summer camps just don’t have the resources to help autistic kids integrate. It was heartbreaking. Then we found out about the Y’s summer camp and everything changed.*

*Through the expert support, kindness, and dedication of the counselors and staff at the Y, he’s become so much more... him. We see him eagerly participating and making friends. We see him reaching out to his peers instead of shying away from them. We see his personality emerging more and more. He wouldn’t be the ball of absolute sunshine he is without the Y. He wouldn’t feel like he belongs. He wouldn’t have a place. This is why I ride in the **Y Cycle**.”*

*— Peter Watson, Peter Jr’s dad*

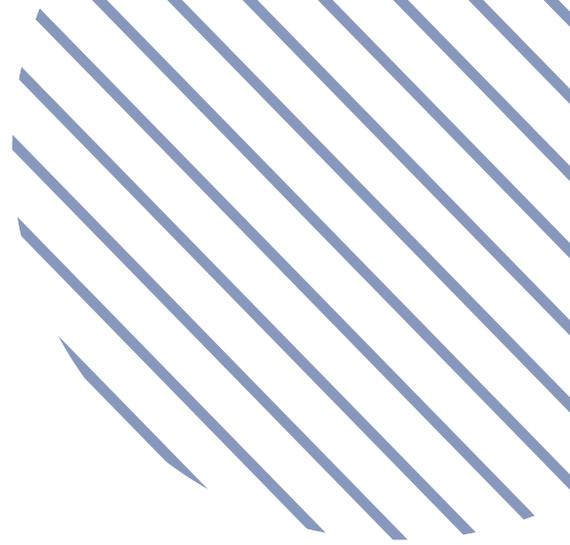
# RIDING WITH HEART FOR 20 YEARS

## A MILESTONE RIDE AND CELEBRATION YOU DON'T WANT TO MISS

In the last two decades we've traveled 150,000 kilometers, raised over \$3 million and helped enrich the lives of countless individuals.

With every turn of the wheel you help place a smile on the faces of people who face daily challenges. Y Cycle raises awareness of an often-misunderstood population and contributes much needed funds to support Inclusion Services at the Y, providing tailored recreational programs for our users.

Throughout the year, we help individuals advance life skills, break isolation, become involved in fitness and maintain an active lifestyle. Our offerings include multimedia and visual arts classes, buddy programs to use our facilities, a summer day camp with individualized support and integration opportunities, and an accessible, inclusive weekend family camp at our beautiful Y Country Camp in Huberdeau, Quebec.



# SOME OF THE WAYS WE HELP:



**22%**

of Canadians have a least one disability.  
That's roughly **6.2 Million** people!



**1,500**

warm meals the Y serves to older adults with chronic mental  
illness through its Drop-In program each year



**1,800**

one-on-one contact hours that  
participants in our Koleinu program receive per year



**45**

children who participate in our  
Inclusion Summer Day Camp every summer



**116**

people attend our Special Needs Family Camp

# SPONSORSHIP BENEFITS

PLATINUM \$10,000+	GOLD \$5,400+	SILVER \$3,600+	BRONZE \$1,800+
Logo on jersey	Logo on jersey	Logo on jersey	Logo on Y Cycle website
Rider registration	Rider registration	Rider registration	Onsite signage
Logo on Y Cycle website	Logo on Y Cycle website	Logo on Y Cycle website	Invitation to lunch
Onsite signage	Onsite signage	Onsite signage	Personalized commemorative plaque
Invitation to lunch	Invitation to lunch	Invitation to lunch	
Personalized commemorative plaque	Personalized commemorative plaque	Personalized commemorative plaque	
Digital signage at the Y	Digital signage at the Y		
Social media mention	Social media mention		
Logo on map			
Logo on electronic newsletters			
Rest stop signage			



**SYLVAN ADAMS  
YM-YWHA**

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