



## Frequently Asked Questions

1. Where and when does the National Ride take place?

The Ride begins on Monday, June 9. The team will depart from Terry Fox Plaza, in front of BC Place, at 9:30 am. You can find additional route details [here](#).

Riders are scheduled to arrive in St. John's on Thursday, July 10 at Terry Fox Mile 0 at approximately 3:30 pm.

2. Can I ride with the National team's riders?
3. Yes. There are two ways you can join us. Note that in both cases, you must be registered to participate.
  1. [Apply](#) to be a provincial team rider. The deadline to apply is March 1, 2025.
  2. Participate as a "ride along" rider. You can do this solo or by creating a team (with family, friends, or cycling club). [Register](#) and choose the "hop on" location where you'd like to join us. (See below for the location list)
    - Vancouver
    - Calgary
    - Medicine Hat
    - Regina
    - Winnipeg
    - Thunder Bay
    - Toronto/Pickering
    - Ottawa
    - Montreal/Repentigny
    - Gagetown
    - Port Elgin
    - Antigonish
    - Argentia

4. When does registration open for ride along riders?

January 1, 2025.

5. Is there a registration fee or minimum donation to participate as ride along rider?

There is no registration fee to participate. However, in keeping with Terry's wishes, we kindly ask all registrants to fundraise or make a donation. You are welcome to donate [online](#) through your personal fundraising page.



6. How do I donate to the National Ride of Hope?

Click [here](#) to search for — and donate to — a specific rider.

OR

If you received a “Support Me” email from a rider, just click the link in the email. Their page will pop up and you’ll see a “Donate” button.

7. Where do the fundraising dollars go?

When you support the Terry Fox Foundation, you make it possible to fund ambitious research projects with the potential to save and improve the lives of cancer patients and their families. Money raised through the National Ride of Hope is no exception. It will be used to support world-class cancer research through the Terry Fox Research Institute (TFRI).

TFRI invests your donations in the very best scientists in labs, clinics, and hospitals across Canada. Indeed, the unique partnership between the Foundation and the Research Institute is one of the ways we’re able to maximize the impact of your fundraising efforts.

8. How else can I support the National Ride of Hope?

- A. Cheer us along the route! [Click here](#) to find out when we’ll be passing your community.
- B. Follow us on our social channels – [Facebook](#) and [Instagram](#).
- C. Host the team for breakfast or dinner along the route! For more details, reach out to Ride Coordinator, Nikki Rekman, [nikki.rekman@terryfox.org](mailto:nikki.rekman@terryfox.org).