

Terry Fox National Ride of Hope – Frequently Asked Questions

1. Where is the National Ride taking place?

The Ride will depart Vancouver on Monday, June 9th from Terry Fox Plaza at 9:30am and arrive in St. John's on Thursday, July 10th at Terry Fox Mile 0 at approximately 3:30pm.

[Link to our interactive map](#)

2. May I ride with the National Team?

Yes. We will have two ways you can join the National Team Riders.

PROVINCIAL RIDER:

Join the National Team for a day in your province and ride to commemorate the 45th Anniversary of Terry's Marathon of Hope. All provincial riders must apply. Check out the [Hop On Location List](#) to find a location nearest you.

Qualifications

- Avid road cyclist
- Experience riding in a peloton
- Capable of 200-240km in a day
- Average Pace of 30km/hour
- Ride solo or create a team
- Committed to raising \$1,500 for cancer research

Apply to be a Provincial Team Rider [here](#). Deadline to apply is April 1, 2025.

RIDE-A-LONG RIDER:

Join the National team for a casual ride (up to 10 km). This opportunity is open to all cyclists. Ride solo or create a team. All riders must [register](#) and note the location where they will be joining us. Check out the [Hop On Location List](#) to find a location nearest you.

Qualifications

- Inspired by Terry and his legacy
- Committed to fundraising
- Love to ride bikes

3. Is there a registration fee or minimum donation to participate as Ride Along Rider?

There is no registration fee to participate in the National Ride but in keeping with Terry's wishes, we ask all participants to register and fundraise online.

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

Click here to [donate](#) to the National Ride. You can search for a Rider page to make a donation to a specific rider.

5. Where do the fundraising dollars go?

Funds raised will go to the Marathon of Hope Cancer Centres Network. The Marathon of Hope Cancer Centres Network is the realization of a long-standing vision of the Terry Fox Research Institute. Inspired by Terry Fox and his Marathon of Hope, the network represents a powerful collaborative platform that aims to close the gap between research in the lab and patient care in the clinic. Just as Terry Fox united Canadians with his run and dream to end cancer, the Marathon of Hope Cancer Centres Network aims to unite our cancer researchers to pursue that same goal with precision medicine.

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

- A. Cheer us along the route!
- B. Follow us on our social channels – [Facebook](#) and [Instagram](#)
- C. If you are interested in hosting the team for breakfast or dinner on our route, please reach out to the Ride Coordinator, Nikki Rekman, nikki.rekman@terryfox.org