



**We invite YOU to join us on
Saturday, June 5th for the 5th annual
"Biking To Stop the Bleeding Event"**

Bring your family and friends and come and enjoy the beautiful Niagara countryside, fresh air and meet great people. At the same time, you will also be supporting programs and services for people with bleeding disorders.

We need your help! Picture yourself as a sponsor, as a volunteer cyclist collecting pledges and/or as a volunteer helping with the day's events. Your participation is greatly appreciated.

If you are planning on entering as a cyclist please note, there are three bike routes this year; water and food stations are located throughout the routes. We encourage people of all skill levels and ages to attend this event.

Biking-To-Stop-The-Bleeding now has three magnificent bike routes in the Niagara Peninsula. The Family and Full Biking Routes begin in Welland (Thorold Rd near the Welland Canal). The Full Biking Route - 150 Kilometers begins at 6:30 am with registration at 6:00 am. The Family Biking Route - 25 Kilometers begins at 11:00 am in the same location, with registration at 10:30 am. The third route, the Intermediate Biking Route begins at Kingsbridge Park Chippawa starting at 10:30 am, with registration opening at 9:30 am. All of biking routes end in Welland.

Biking to Stop the Bleeding event is not only about fundraising, it is also an opportunity to build awareness and sensitivity in our communities.

I would be happy to answer any questions you may have.

Thank you for your anticipated support!

Sincerely,

Heather Heagle
Executive Director

P.S. Biking to Stop the Bleeding is very important to our community and it is also great fun!!! Don't miss this exciting event -- [sign up online www.bikingtostopthebleeding.ca](http://www.bikingtostopthebleeding.ca), by fax or by email beginning April 1, 2010.