

Charity cycle to remember fallen firefighter



Organ donor Sara Rosen will be commemorated with the first Sara's Ride, raising funds for mental health and organ donation.

At the age of 26, Sara Rosen donated one of her kidneys to her brother, and became an advocate of organ donation ever since. The 38-year old, whose passion for giving back to the community was well known, tragically passed away last May after falling off a trail while mountain biking at the Kelso Conservation Area in Milton.

“Sara was passionate about many causes,” said Adam Simson, a longtime King Township resident and friend who completed his Captain's course along with Sara in the spring of 2016. “Sara was the kind of person that gave back to communities in any way she could.”

Rosen's accident happened just shortly after completing the course, while working out of Station 413 on Islington Avenue in Etobicoke.

Her desire to help others was not lost in her death, as her parents Ann and Allen established the Sara Rosen Tribute Fund to raise money and awareness for organ donation and mental health, two causes Sara was adamant about in her life.

“Sara was inspirational and the type of person that believed in standing up against anything that she believed was unjust,” said Simson. “In fact, she was about to attend law school in the fall of 2015 and take after her father, who is a lawyer.”

This year, Sara's friends, family and fellow firefighters have taken one step further in putting together the first ever Sara's Ride, a mountain biking ride/race designed to raise funds and awareness while bringing people together to remember Sara's life.

“This is an opportunity for families to get outside, ride, socialize and raise funds and awareness for PTSD, mental health, positive spaces and organ donation,” Simson said.

To be held Sept. 23 at the Albion Hills Conservation Area, Sara's Ride will feature both a two and four hour event, with each lap consisting of 12 kilometres, as well as a “youth lap” for those 17 and younger.

Families of riders are welcome to come out and enjoy the site with music and food.

The benefitting organizations are the kidney transplant program at Toronto General Hospital, the Centre for Addiction and Mental Health in Toronto, and the Positive Spaces program in Toronto, which works against discrimination in the workplace of which Sara was an ambassador for.

To donate, or learn more about the ride, visit www.sarasride.com