

Get ready to Ride Don't Hide for mental health

The Canadian Mental Health Association Peel Branch (CMHA Peel) is calling all cyclists and non-cyclists alike to join the Ride Don't Hide movement that's sweeping the country.

Thousands of Canadians from all walks of life will join the annual Ride Don't Hide community bike ride June 21 in support of mental health.

CMHA Peel's Ride Don't Hide takes place in the Caledon countryside and brings together experienced and recreational cyclists, families and corporations to raise awareness, fight the stigma of mental illness, and promote positive mental health, one pedal at a time.

Ride Don't Hide is open to cyclists of all ages and skill levels. Registration is \$45 for adults and youth and free for virtual riders and children 12 and younger. For more information, visit www.ridedonthide.com and click on Peel Region-Caledon Hills to register and join the movement.

CMHA Peel's goal is to raise \$75,000 for mental health initiatives in Caledon, Mississauga and Brampton. Again this year, the start and finish line for event is the Lloyd Wilson Centennial Park in Inglewood.

More than 300 cyclists and families are expected to tackle four picturesque routes in Caledon this year. The 20-kilometre Family Ride is traffic-free, utilizing part of the Trans Canada Trail System. And this year, they've added a shorter 25-kilometre challenge road route as well. The popular 50 and 100-kilometre road routes will challenge experienced cyclists and enthusiasts.

"Ride Don't Hide provides a great opportunity to come together as a community and say "mental health is important to me, and it's ok to talk about it," commented CMHA Peel CEO David Smith. "We are so thankful for the support from the community and we look forward to an inspiring day on June 21."