

INFORM



The Cerebral Palsy Association of Manitoba

SPECIAL BIKE RACE EDITION

AUGUST 2019

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SAVE THE DATES

March 14th 2020 –
Winnipeg Bike Race

March 21st 2020 –
Westman Bike Race

VOLUNTEERS HELP MAKE THE BIKE RACE STORY SUCCESSFUL

Volunteers are the backbone of CPAM's Stationary Bike Race starting with a supportive and involved board. Not only do they attend meetings beforehand, to help make decisions, as needed, but they get into the mix by sporting teams, collecting pledges, working with the Pit Crew and otherwise pitching in on Race Day to ensure things go off without too many hitches. A lot of organization and planning goes into the event and they help with some of that too. I count myself lucky to have their ongoing support.

The board is not alone in its involvement. Both longtime faithful volunteers and a handful of new people make my job much easier and a lot more fun. I love the diversity of ideas and personalities among our volunteers. We sit down at a number of meetings and plan: how much and who will pick up the food, organizing the setting up and serving and a host of other details. More than 600 units of white and chocolate milk are schlepped to the Wellness, along with yoghurts, fruit and other delicious foods. Rick Tucker bakes more than 48 dozen bagels for us; they are picked up, still hot, after he's spent the night baking.



2019 BIKE RACE 50/50 DRAW WINNER

A civil engineer by trade, Amanda Shyiak was clearly a winner at our 2019 Stationary Bike Race. The first-time entrant on the Wook up like This team, won the 50/50 draw and took home a cheque for 1555.00. Merrilee Vanstraelen, co-owner of Freedom Concepts, friend and sponsor of the Race and the draw, pulled the lucky winner's name from the gold-plated prize drum on Saturday, March 9th, 3:45 at the height of the Race. Congratulations Amanda.

Proceeds of the Draw go to support the CPAM equipment grants program.



In the week before when activity really heats up, volunteers helped me sort and repack more than 900 tee-shirts for this year's 50 teams, plus Pit Crew and volunteers, who

2019 STATIONARY BIKE RACE *continued from page 1*

work Race Day. Thursday before the big day, more volunteers unpack the bikes from the trailers, set them up and tune them up, ready for every riders' moment of truth: the ride itself. The Pit Crew are a special bunch; they seem to have their own code of communication between them and I'm in awe of their responsiveness to cyclists' needs. You know the mantra: if it can go wrong, it will do. Race Day is no



exception. Bikes suddenly wobble or skip a beat. Bikes need to be raised for taller riders and switched out for anyone who needs a special



Freedom ride. Freedom Concepts brings a full selection of sizes and models; they spend the day setting them up and moving them, helped by Pit Crew members.



Volunteers greet you when you arrive and register; they set up and keep the buffet table stocked and organized; help cyclists sign up for incentive prizes; manage a cloakroom and help facilitate t-shirt exchanges. Off the floor, they collect and bank pledges throughout the day in the Money Room.

Let's not forget the team captains and cyclists who make the work of other volunteers worthwhile by raising the money that keeps CPAM active all year round. Throughout the day, volunteers assist in recycling, and collecting the garbage generated by more than 900 people cycling, sweating, eating and enjoying a frantic fundraising day. Promptly at 4:45, when the last ride has been run and some trophies handed out, they dismantle and pack bikes, tables, chairs, signage, empty bottles and donut boxes before the Wellness Institute closes at seven p.m. sharp.

It's a massive effort. Thank you everyone who helps. If anyone new wants to join our volunteer crews, please contact me Sarah, 204-982-4811.



It takes David and I more than six months to plan and coordinate the Bike Race and another few months to disentangle it, making sure the books balance and everyone is properly thanked and paid, whenever volunteerism is not involved.

Take a breath everyone and get ready. I will be asking all of you awesome volunteers to start the process all over again for the thirty-first Race, Saturday, March 14, 2020.

Remember, your efforts make the lives of those families and individuals living with CP throughout Manitoba better. The bonds of humanity and love, generated by this coordinated labour, warm our hearts in the coldest of winter. This year, we raised a record \$226,802.60! Thank you everyone.



WESTMAN BIKE RACE – MARCH 2019



The Westman Committee of the Cerebral Palsy Association had another successful year in 2019. We raised an amazing \$52, 113.85 the proceeds go to activities and equipment grants in the Westman area. The Cerebral Palsy Association – Westman Committee was again selected by the Brandon Firefighters as one of three recipient charities

of the Roof Top Campout. Same as last year we were joined by the firefighters at the Race, and we a Bud, Spud & Chicken dinner / FUNraiser to celebrate the Campout and the Bike Race. See you all next year on March 21st 2020.



| 2019 Westman Bike Race - Team Rank by Total Pledges | | |
|---|----------------------------|------------------|
| Rank | Team Name | Total Pledges |
| 1 | TIAiden's Turtles | 15,024.00 |
| 2 | Tia's Troop | 9,556.35 |
| 3 | Baker's Dozen | 8,533.00 |
| 4 | Redneck Ryder's | 4,580.00 |
| 5 | Brandon Mobility | 3,804.50 |
| 6 | Cody's Village People | 3,045.00 |
| 7 | Bryce and Maddy's Crushers | 1,771.00 |
| 8 | Rayna's Faithful Riders | 1,714.00 |
| 9 | Melissa Marvel's | 1,635.00 |
| 10 | Bryce's Bobcats | 1,556.00 |
| 11 | Serge's Squad | 895.00 |
| Totals | | 52,113.85 |

HANGING OUT AT McDONALDS ON McHAPPY DAY

McHappy Day delivers what its name promises: it's a happy day for anyone who visits a McDonalds and decides to ante up for McDonalds' charities. This year Wednesday, May 8th Rita Denhedchezhe and Sarah spent the morning rush up at the McDonalds on Main helping raise the profile of McDonalds' charities by talking about them to guests and selling them some branded merchandise. It was a fitting and fun way to acknowledge our gratitude: CPAM is one of McDonalds' charities. Even after corporate headquarters closed its doors some years ago, the restaurant's support didn't waver.

This year, McHappy Day was amazing. The Winnipeg market raised over \$160,000 for the Ronald McDonald House. Many families benefit from staying in this low-cost accommodation, which hosts out-of-town families whose child or children are in hospital care.

Aside from the customers we saw and talked to, Rita and I visited with owner Ryan McCullough, Ruth Russo, our liaison and co-managers of the store, Jessica Popowich and Carrie Sylvester. Thank you all for making us feel at home. It's good to be a part of this caring network.





2019 Winnipeg Bike Race - Team Rank by Total Pledges

| Rank | Team Name | Total Pledges |
|---------------|---------------------------------|-------------------|
| 1 | Great-West Life | 48,488.00 |
| 2 | Ryder's Riders | 13,898.00 |
| 3 | IG Wealth Management | 13,890.00 |
| 4 | WFD Firefighters | 8,910.00 |
| 5 | Bruce Family & Friends | 7,565.00 |
| 6 | Charlotte's Crusaders | 7,470.00 |
| 7 | The Awesome CP Pedallers | 7,449.20 |
| 8 | Manitoba Wheelchair Basketball | 6,359.00 |
| 9 | Riders for Richard | 6,330.00 |
| 10 | Cambrian Cruisers | 6,282.00 |
| 11 | Evolution Hockey | 5,525.00 |
| 12 | Injured Reserve | 4,865.00 |
| 13 | Ashley and Allyson's Angels | 4,780.25 |
| 14 | The Toon Squad | 4,761.00 |
| 15 | Fran's Angels | 4,448.00 |
| 16 | Kal's Pedal Pushers | 4,435.00 |
| 17 | Taylor McCaffrey | 4,400.00 |
| 18 | Kilometers for Kyrie | 4,315.00 |
| 19 | Equipe de Marianne 1.0 | 4,015.00 |
| 20 | Lucy in the Sky with Diamonds | 3,940.00 |
| 21 | Racing for Romeo | 3,870.00 |
| 22 | Lucy's Marauders | 3,615.88 |
| 23 | Leegals Express | 3,359.00 |
| 24 | PILC | 3,250.00 |
| 25 | Andrew's Angels | 3,151.00 |
| 26 | Kyrie's Crew | 3,000.00 |
| 27 | Freedom Concepts | 2,970.00 |
| 28 | Awesome Brooklyn Bikers | 2,330.00 |
| 29 | Heather's Hustlers | 2,130.00 |
| 30 | SPCSA Alumni | 2,077.00 |
| 31 | Lucy's Hockey Heroes | 2,020.00 |
| 32 | CIPH Manitoba | 2,020.00 |
| 33 | Pitblado Law | 2,010.00 |
| 34 | Prolific Predators | 1,960.00 |
| 35 | Wook Up Like This | 1,690.00 |
| 36 | St. Pauls Students' Association | 1,412.00 |
| 37 | Warriors of Wellness | 1,302.00 |
| 38 | Parastorm Swim Team | 1,150.00 |
| 39 | Les Bleus Pour Marianne | 1,145.50 |
| 40 | Lord Roberts Lions | 1,122.00 |
| 41 | CP Warriors | 1,080.00 |
| 42 | Friends for LIFE | 1,075.00 |
| 43 | #SaikelSquad | 1,025.00 |
| 44 | Team OT | 978.00 |
| 45 | InMotion Network | 815.00 |
| 46 | EY | 645.00 |
| 47 | Robertson College KranX | 530.00 |
| 48 | Winnipeg Blue Bombers | 355.00 |
| 49 | St. Amant | 270.00 |
| 50 | Huskies Football | - |
| Totals | | 226,802.60 |