



**Canadian Mental
Health Association**
Mental health for all

NEWS RELEASE

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Mayor Brian Bowman joins the Canadian Mental Health Association's inaugural Ride Don't Hide

National charity bike ride for mental health takes place - June 26 at FortWhyte Alive.

(Winnipeg, Manitoba) – The Canadian Mental Health Association (CMHA) is inviting Winnipeg to take part in their upcoming national **Ride Don't Hide** in support of mental health. The cycling event will gather riders from across the city on June 26, starting at FortWhyte Alive. Cyclists of all ages are invited to sign up at www.ridedonthide.com to ride with their friends, families and coworkers to promote mental health and help end the stigma around mental illness.

In any given year, one in five Canadians experience a mental health problem or illness. Mental health issues affect everyone whether it's someone we love, work with or know.

On June 26, CMHA is expecting more than 8,000 cyclists, as corporate teams, school groups, friends and families, from all across Canada join together to ride for mental health at **Ride Don't Hide**. This year's annual community bike ride is taking place in 30 communities across Canada. Winnipeg Mayor, Brian Bowman, will be the Ambassador for Winnipeg's inaugural ride. He and his family will participate in the 6 km family ride.

"The **Ride Don't Hide** movement is about coming together as a community to stop the stigma and discrimination against those living with a mental illness," said Mayor Bowman. "A bike ride is a great way to take care of one's mental health while getting outside to have some fun with family and friends."

"**Ride Don't Hide** is about taking action to raise awareness," says Executive Director Marion Cooper, "It's also about building communities that promote mental health for all. For someone at work. For someone at home. For yourself."

The **Ride Don't Hide** movement began in 2010 with Michael Schratte, a Canadian teacher living with bipolar disorder who cycled 40,000 km across 33 countries. Armed with only a bike and a knapsack, his dream of empowering those experiencing mental illness touched people all over the world. His journey has grown into national movement that is raising funds for mental health and breaking the stigma around mental illness.

"I've never dreamed that my solo journey around the world would make such an impact on Canadians, which is so inspiring to see," says Michael Schratte, Ride Don't Hide founder and ambassador. "Ride Don't Hide is a way to engage conversations and breakdown misconceptions. Help us end the stigma around mental illness. Take part in Ride Don't Hide."

Ride Don't Hide Winnipeg

When: Sunday, June 26 from 7 am to 2 pm

Where: FortWhyte Alive, 1961 McCreary Road

What: 6 km, 20 km or 50 km routes

The ride in Winnipeg ranges from a 6 km family/beginner ride, a 20 km intermediate ride, and a 50 km advance ride routes with on-site family-friendly activities and events. The ride is open to cyclists of all ages and skill levels. Registration and donations can be made online at www.ridedonthide.com.

About the Canadian Mental Health Association:

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness. Visit the CMHA website at www.cmha.ca today.

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For interviews with CMHA, please contact:

Tyler Pearce, Manager, Regional Affairs, Public Policy and Communications

Ph: 204-982-6107

Email: tpearce@cmhawpg.mb.ca

Ride Don't Hide Across Canada:

ON

[Brant Haldimand-Norfolk](#)

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[Halton](#)

[Hamilton](#)

[Kenora](#)

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