



ride don't hide



Canadian Mental Health Association
Lambton Kent
Mental health for all



Ride. Donate. Volunteer.
June 23, 2019

For More Information:

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Ride Don't Hide

LAMBTON KENT

One Event, Two Great Locations!

On June 23, 2019, join the Canadian Mental Health Association and Canadians from coast to coast as we ride to connect – to our own mental health, to each other and to our communities.

Bring **MENTAL HEALTH** into the **OPEN** and raise critical funds for mental health programs in your own community.

Run, Walk, Ride & Raise Funds For Mental Health

ridedonthide.com

MOORETOWN

Mooretown Sports Complex
1166 Emily Street, Mooretown

8K Run/Walk

8K, 20K 50K Ride Routes

RONDEAU PARK

Rondeau Provincial Park
Morpeh, Ontario

5K Run/Walk

10K, 20K, 50K Ride Routes



ONTARIO PARKS



St. Clair River TRAIL
actively connecting communities

REGISTER TODAY!

Bring **MENTAL HEALTH** into the **OPEN**

Early Bird Registration
\$35 Before March 31

Regular Registration
\$45 April 1 - June 22

Event Day Registration
\$50 June 23



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