



RIDE FREESTYLE

There's so many ways to RIDE! This year, RIDE Freestyle - register your team, gather your friends and select a fundraising activity you all love. Do what you can, wherever you can. #nobikesrequired

Customize your activity, be creative! Pick one of these broad activity categories, and feel free to dream up something fun and unique to raise money for your favourite charity.



Volunteer

Community help, meal delivery, pet walk...

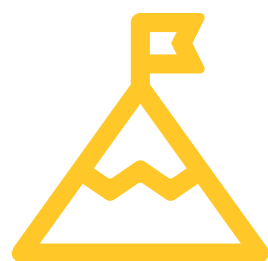
Raise funds for your local charity while you improve your local community! Work together on a community garden, pick up litter, promise to walk all of your donors' pets, deliver home-cooked meals to neighbours... be the change while collecting some change.



Fitness

One time: run, spin, swim, lift, sweat

Pick a one-time fitness activity with a daunting goal and break some sweat! Ride a stationary bike and compete with friends, run a scenic route and tweet your progress, swim laps until your arms are jelly, do 20,000 steps... if it's tough, it's fundraise-worthy.



Big Goal

Long-term: cumulative steps to a big goal

Where *Fitness* (left) is a one-time activity, a *Big Goal* is when you set a long-term cumulative target that you accomplish a little bit at a time. Gradually walk a marathon, run 15 minutes daily, cycle 1000 km, or pledge to gain/lose ___ pounds before RIDE Day.

Classics

Still great! Walk 5 km,
or bike 10/25/50 km

It all started with bikes! These classic options remain the faves for many. Luckily, you can still self-organize a classic walk or bike trip with your team to raise money for a charity that needs you.



Celebration

Grad, party, birthday,
anniversary, memorial

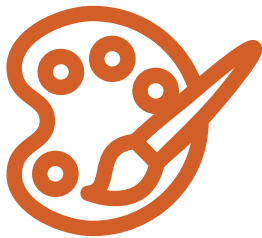
Instead of receiving gifts, ask your friends to donate to your RIDE! You can even host a little (physically distanced) bash on RIDE Day.



Outdoors

Hike, garden, surf, kayak,
yardwork, spelunk

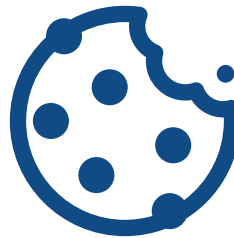
Grab your friends and get in touch with nature - fundraise your way through the sunshine (or rain) with outdoor activities of your choosing.



Arts/Crafts

Knit, sing, paint, dance,
shoot video

Fundraise while expressing yourself! Promise to make your donors something special, or sell a unique piece and donate the proceeds.



Food Fun

Bake, BBQ, picnic,
lemonade, fast

Make cookies in exchange for donations, cook an epic meal if your team hits your goal - fundraise while you do what you do best!



Games

Sports, board games,
streaming, cards

Turn your love of games into a fundraising effort: host a tournament, speedrun a game, Monopoly marathon, poker party...



Style

Shave, dye, dress up,
wear RIDE shirts

This is your chance to shake things up and put your look on the line for what you believe in. Try an outrageous style stunt... for Refuge!



Words

Read-a-thon, write,
social media, email

Words are knowledge, knowledge is power, power is money = fundraise with words! Tweet up a storm, set a reading goal, do a book report...



Wonder

Stay up all night, kids
activities, magic

Do something out of the ordinary! Get outside your comfort zone and try something new and explore your world in a fun new way.

learn more at rideforrefuge.org/freestyle