

## Max's Big Ride – July 2021

Max is a Grade 5 student at EK (graduating this year!) who has Duchenne muscular dystrophy. Each year he and his dad ride 600km on a cargo bike raising donations to defeat Duchenne muscular dystrophy. Although the landscape may have changed due to COVID-19 with a pivot to riding from home, the cause and fundraising has not. All are welcome to join in to support Max's Big Ride this July!

**Website:** <https://www.maxsbigrade.com/> **Max's Big Ride At Home - Lucky Number Seven!**

We are excited to announce that Max's Big Ride will be back for our seventh annual ride from **Monday, July 19 to Saturday, July 24 2021**. Andrew will ride the same 600 km he's ridden the past six summers but due to COVID we'll all be staying safe and once again riding from home. Max will also be increasing his participation and attempting to ride for 20 minutes each day!

As always, *100% OF ALL DONATIONS* received will go directly to help find a cure for Duchenne muscular dystrophy by funding research in the Gunning Group Lab at the University of Toronto - Canada's #1 research university.

We'd also love to have you involved too with your own challenges! Please click on the Get Involved section below to learn how you can walk, ride, run, read, push-up or otherwise challenge yourself while fundraising for a cure.

**Facebook Post:** [Max's Big Ride to End Duchenne Muscular Dystrophy | Facebook](#)

We are very excited to announce that Max's Big Ride will take place from **Monday, July 19 – Saturday, July 24!** Andrew will ride 100 km a day from the safety of our front yard for a grand total of 600 km over the week.

Max will also be pedaling on his stationary bike for 20 minutes a day and there is also an exciting new option for you to get involved by walking, running, riding, reading, skipping or otherwise challenging yourself - in your own way - to help us fundraise for a cure.

While we are sad we won't be able to visit the cities along our route that have shown us such kindness and support over the years, we are energized to get back on the bike in our community – the local support last year was truly incredible and we really look forward to seeing everyone again.

