

Be a Group
Your Funds At Work
Rider's Community
FUNDRAISE
Login
Fundraise Now
Thank You Prizes

DISCOVER WHAT

Challenge yourself to do so
Be one of 13,000 cyclists r
disease and stroke in Cana

REGISTER NOW

STEP 1

Click on the login tab on the left side of the Ride For Heart home page

Please login below:

*Username

*Password

Remember me

[Forgot Username and/or Password?](#)

STEP 2

LOGIN

Type in your username and password into the Ride For Heart log in.

DOKE RIDE FOR HEART

[My HQ](#) [My Webpage](#) [Email](#) [Reports](#)

STEP 3

Click on the email tab at the top of your headquarters page

* Required Information

[Explain](#) [ADDRESS BOOK](#)

Greeting*

Recipient Email*

STEP 4

Put **YOUR** email address into the recipient email section along with "Dear Family and Friends" in the greeting section.

Join me for the RIDE FOR HEART!

<Greeting>

I am riding in the Beceel Heart&Stroke Ride for Heart on Sunday, June 6, 2010 to help save lives. I am hoping my fundraising efforts will also lead to earlier diagnosis, and breakthroughs in the treatment and recovery of all my friends and family members who have been impacted by heart disease and stroke.

Will you join my team and Together We Can Ride to Save Lives? Challenge yourself today to do something life changing, fun and rewarding. Join my team!

With our help the Heart and Stroke Foundation can continue making life better for Canadians touched by heart disease and stroke through research achievements and medical advancements. Together, through research, we are saving lives. Learn more about how we are helping the Foundation make a difference at www.rideforheart.ca

Help support this important cause to end heart disease and stroke in Canada! To join my team, or to learn more about the event visit my personal web page at www.rideforheart.ca

Sincerely,

[Follow This Link](#) to visit my personal web page and help me in my efforts to support Heart and Stroke Foundation - Ontario

STEP 5

Preview your email and make sure it meets all of your requirements

*Body:

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STEP 6

Press send email. Once you receive the email in your inbox, forward it to all of your family and friends from your contact list.