



Let's kick off the summer with a bit of fun and a challenge.

Introducing the McDougall House Summer Activity Challenge 2021. This is your chance to raise funds for a good cause, celebrate reaching one of your goals and vie for the prize of a **GIANT** Quick E bicycle!

Money raised will support the operational costs at McDougall House including:

- Our unique and client-centre programming
 - Our new Alumnae program
 - Our new raised garden project

Choose the fitness activity that brings you joy! This fundraising event is as unique as you are. We want you to be who you want to be and to choose the fitness goal you want to achieve. Whether it is completing a 5 km run, doing the Glenora stairs 10 times, cycling out to...well, wherever you want. Just make sure you come back.

From now until Monday August 16, 2021, rally your friends and family to donate online as you work toward your goal. Share on social media your progress to keep your supporters up to date.

Entry is \$25.00 per participant. If you raise \$500 or more through at least 5 plus donations, you qualify to win a **GIANT** Quick E bicycle! The E-Bike will be awarded to the participant who raises the most funds.

The **GIANT** Quick E bicycle on offer is a pre-owned, barely used, 2015/2016 model with the following specifications:

Motor: Giant SyncDrive Sport, 80Nm powered by YAMAHA

Battery: Giant EnergyPak 500, 36V Rechargeable Lithium-Ion

Drive train: Shimano Deore, 10-Speed, Shadow+

Tires: Schwalbe G-One Allround, 27.5x2.35" (584x57mm)

Other: Rack and fender; Equipped with light; Display screen on handle; Pedal assist motor with several power assist modes

Valued at \$2500

Fundraiser closes on Monday August 16, 2021 at 11:59 PM.

For more than 50 years, McDougall House has provided compassion and support for women struggling to find their way to recovery. A female only, abstinence-based recovery house, McDougall House offers second stage treatment. Our programs are designed to meet the needs of the women we serve. The programs are structured around workshops, group and individual counselling.