



May 27, 2016

Hello BC IAFF Local Presidents and Secretary Treasurers,

RE: First Cause Ride – August 20, 2016

Some of you may have already received an email in regards to the First Cause Ride but we would like to follow up with an ask from us to you, as well as a ride change that we feel is very appealing to a broader audience.

Our ask:

We have partnered with police, IAFF locals, and frontline medical staff in this joint initiative. To date there has been a lag in sign-ups for this important endeavour.

We respectfully ask that:

- Each Local strongly consider putting a team of riders (preferred minimum of four) in this ride
- Ensure that the ride is clearly communicated to your members and their families.

The Cause:

We have two goals with this ride. Firstly we are working with professionals at VGH and in concert with Vancouver Coastal Health and the Kelty Online Services, to create a First Responder tailored, early recognition and treatment program that will be available to all BC First Responders and their Families. Regardless of your involvement with this cause you and your membership and your families will have access to this program. The only thing that they will need is an internet connection. Accessing the initial stages of the program can be done from behind the safety and comfort of a computer screen.

Secondly, and just as important, this ride will continue to keep this important issue in the forefront of the public's and our own members' minds.

The exciting new change!

The Vancouver Firefighter Charities and the Surrey Fire Fighters' Charitable Society have been working together to launch this year's [First Cause Ride](#). A follow up on retired Local 18 member Colin Thompson's efforts for his 2015 PTSD FIRE RIDE where he rode his bicycle from Vancouver to Colorado Springs for the 2015 IAFF FFFM.

In the initial launch the ride was listed as 150km. We received concerns that 150km might be too big of a challenge and was deterring some people from signing up. **That feedback was heard and exciting changes were made!**

Three categories were created

- **Rookie Ride – 32km.** *Jack Poole Plaza to Coquitlam's Burke Mtn. Fire Hall!
A challenge for a new or novice rider with all the excitement!*
- **Summit Challenge – 83km.** *Set out from Jack Poole Plaza and push yourself to make the course summit just past Stave Lake, then spin it out as you descend to Mission's Fire Hall!*
- **Elite Ride 140km.** *You think you have what it takes?! Our cause is no joke and neither is this ride! Dig in and find out what you are made of! This ride rolls out from Jack Poole Plaza and pushes through the course in its entirety, bringing you to the finish line at Surrey's City Centre where the wrap party will take place!*

If a rider should choose one of the first two options, then they will be shuttled with their bike to the Wrap Party at Surrey's City Centre.

If anyone has any questions or needs assistance through the sign-up process please feel free to contact Shea Hobbis | shea@vanfirecharities.com | 604-765-9761 our lead on this event.

Sincerely,



Robert Weeks
President
Vancouver Fire Fighters' Union



Mike McNamara
President
Surrey Fire Fighters Association