



Big or Small, Just Do It All!



Burnaby, B.C. – On Sunday, June 25, 2017, thousands of people across Canada participated in *Ride Don't Hide* raising \$1.5 million for important programs by the Canadian Mental Health Association (CMHA). The event offers routes ranging from 10 to 100 km (the longest ride has police blockades of intersections giving riders an amazing non-stop experience in the Lower Mainland). For the fourth year in a row, REALTOR® David Eng has volunteered as a support rider cycling alongside participants in case of mechanical problems, injuries, fatigue, etc.

After his first time as a support rider in 2014, the volunteer coordinator urged him to also join their Ride Planning Committee. He was initially hesitant, but decided to make room in his busy schedule—with help from an industry co-worker.

David invited Carol Song, a Mortgage Broker with Dominion Lending, to join him on the Ride Planning Committee starting in 2015. For three years, they have shared committee duties as they draw on their business experience and networks to enhance the fundraiser. David is thrilled to report that Carol personally helped to bring in YVR as a Platinum Sponsor.



"We're impressed that the Ride Planning Committee represents a wide cross section of ages, genders, ethnicities and interests," says David. "Carol and I really enjoy volunteering with them and supporting the great work of the CMHA."

Recently, David also shone a spotlight on a local hero. "Ed Stackhouse (pictured above, left) announced on Facebook that he would bike across Canada to raise money for CMHA and in honour of his son, who has a mental illness. I connected him with the charity and they provided him with jerseys and invited him to stop at CMHA offices along the way. Ed did it all without a support crew following him in a car. He used his phone's GPS and Google Maps. It's incredible! He covered about 3,000 km except for some sections of the Canadian shield when he rode the bus because of wildlife hazards. That's dedication!"

"Save the date: June 24, 2018 for *Ride Don't Hide*. I look forward to seeing members of the real estate community, clients and friends at this all-ages event. If you can't ride, please volunteer or donate."

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