

PAOC INTERNATIONAL
MISSIONS

Ride to **THRIVE**



2021
RESOURCE BOOKLET

“For many of us, the financial assistance [from the 2020 *Ride to Thrive*] was such a relief and it helped us in acquiring basic commodities.”

– Rev A. Nyathi

Pentecostal Assemblies of Zimbabwe

This year, the *Ride to Thrive* is bringing awareness and raise funds to continue the response in assisting the overwhelming pandemic needs around the world. You have the opportunity to, once again, care for those in the household of faith and extend assistance to the vulnerable and marginalized communities around the world.

The *Ride to Thrive* goal this year is \$300,000 and focuses on nations like Bangladesh, Dominican Republic, Guinea, Honduras, India, Liberia, Nepal, Russia, Sri Lanka, Tanzania, Thailand and Zimbabwe.



WAYS TO PARTICIPATE

RIDE/WALK 100 KMS

01

You have the opportunity to participate in the ride in multiple ways. You can choose to walk, run, rollerblade, skateboard, etc.

GIVE TO THE RIDE

02

The goal of the Ride to Thrive is to raise \$300,000 to help provide assistance and relief to those in the household of faith around the world.

Visit give.paoc.org to learn more.

PROMOTE THE RIDE

03

Social media resources have been curated for you to leverage on your social media platforms.

You can also follow us on Facebook and Instagram ([paocmissions](https://www.instagram.com/paocmissions)) to stay updated on the ride.



FREQUENTLY ASKED QUESTIONS

01 DO YOU HAVE TO REGISTER TO PARTICIPATE IN ONE OF THE RIDE TO THRIVE EVENTS?

No registration is required, although we would like to know if you plan to participate at one of the *Ride to Thrive* events – this will help our hospitality team prepare. If you plan to join us, please contact Jodey Hutchings at jhutchings@paoc.org.

02 WHAT TIME SHOULD I PLAN TO ARRIVE?

You can show up at any location by 8:30 a.m. local time. You will be required to fill out a waiver form before you can participate in the event.

03 CAN ANYONE PARTICIPATE?

Yes! People of all ages can participate. We'd love to have families and community members join us for this event!

04 IS THIS EVENT ONLY FOR CYCLISTS?

No, all are welcomed to participate in whatever activity suits you best. People can chose to walk, run, rollerblade, skateboard, etc. at their comfort level.

05 DO I HAVE TO DO THE ENTIRE 100 KMS?

No. We encourage you to do what your physical capacity allows. Some may choose to cycle/walk/run a portion each day throughout a set duration. For example, you may decide to walk 10 kms a day for 10 days – it's truly up to you!



FREQUENTLY ASKED QUESTIONS

06 I LIVE IN ANOTHER PROVINCE OUTSIDE OF ONTARIO & BRITISH COLOMBIA, CAN I HOST MY OWN RIDE?

Absolutely! You can coordinate a time to connect with others in your community and participate on the days of the other events at the same time, or an alternative date/time. If you need guidelines on facilitating a 100 km event, visit the [guidelines section](#).

07 WHAT DO I NEED TO BRING IN PREPARATION FOR THE RIDE AS A PARTICIPANT?

We recommend that you wear appropriate athletic attire conducive to the type of activity you will participate in (bike/run/walk). We recommend you wear sunscreen and to bring sunglasses and a hat with you should the forecast call for hot and sunny weather. We also recommend you bring a fillable water bottle, a small towel and a face mask.

Face masks may need to worn when social/physical distancing can't be maintained.

08 WILL FOOD AND BEVERAGES BE AVAILABLE?

Yes. Each venue will provide water bottles, light grab and go breakfast food before the ride and during the ride for refuelling, and a light lunch for the participants after the riders have concluded their track. Food will be provided by the host site but should you have any dietary restrictions or special food requirements; we encourage you to bring your own food/beverages.

FREQUENTLY ASKED QUESTIONS

09 WILL THERE BE ACCESS TO A PUBLIC WASHROOM BEFORE, DURING AND AFTER THE RIDE?

Yes, each venue will have public washroom access. The venue host will ensure participants how to access them and the protocols required when entering the building.

10 HOW CAN I FIND OUT THE DETAILS OF THE RIDE ROUTE? WILL A MAP BE PROVIDED?

Each site host will be using the Strava app to facilitate the route map. We encourage participants to download the Strava app on their phone in advance of the ride. The site host can then invite you to the group *Ride to Thrive* route map.

11 CAN I TAKE PICTURES AND VIDEO AT THE TIME OF THE EVENT?

Yes, however we recommend you ask for permission and not make assumptions before taking pictures of anyone who is not within your family and circle of friend group – especially if you intend to post on social media as we recognize that there are varying degrees of comfort levels in a person's preference and their right for privacy.

With participants' consent, the PAOC International Missions team will have host representatives who will take official pictures and videos of each *Ride to Thrive* even and post them on social media. You are welcome to share whatever content is posted from PAOC International Missions.

FREQUENTLY ASKED QUESTIONS

12 HOW CAN I GIVE TO THIS RIDE TO THRIVE APPEAL?

Visit give.paoc.org to donate online or learn how to donate through cheque.

For US donors, visit [RPEC International](#) to donate and select Ride to Thrive in the projects tab. To donate via cheque, ensure it's payable to RPEC International 27758 Santa Margarita Parkway #186 Mission Viejo, CA 92691

13 HOW CAN I USE FACEBOOK TO PROMOTE GIVING TO THIS APPEAL?

There are two ways that Facebook can be used to promote the 2021 *Ride to Thrive*. The first would be to share our posts directly from our [Facebook](#) account onto your own profile with your friends, family and network.

The second is to create your own Facebook fundraiser, and goal, for the 2021 *Ride to Thrive*. To learn how to do this, watch this [how to video](#).

14 HOW DO I PROMOTE THIS EVENT IN MY CHURCH, COMMUNITY AND AMONG MY FAMILY AND FREINDS?

We have created a [suite of resources](#) for you to use between social media posts and videos to leverage on your own platforms. You can also follow us on [Facebook](#) and [Instagram](#) and share our posts with your network and community!



FREQUENTLY ASKED QUESTIONS

15 WILL I GET AN UPDATE ON HOW MUCH MONEY WAS RAISED AND HOW THE FUNDS WERE USED?

Yes! Our PAOC International Missions team is committed to sending updates through social media and email. You can find us on [Instagram](#) and [Facebook](#) by searching PAOC Missions. To receive updates in your inbox, [click here to subscribe](#) to our emails!

16 I AM AN ERDO DONOR AND HAVE NEVER GIVEN TO PAOC INTERNATIONAL MISSIONS BEFORE. IS THERE A DONATION LINK ON THE ERDO WEBSITE WHERE I CAN GIVE?

All donations will be received through the PAOC website and *Ride to Thrive* donation page. To donate, please visit give.paoc.org.

17 WILL I GET A TAX RECEIPT FOR MY DONATION?

Yes! The Pentecostal Assemblies of Canada issues tax receipts each February. You will receive a tax receipt for your 2021 donation(s) the following February 2022. If you require a tax receipt in advance of that time, please contact Jodey Hutchings at jhutchings@paoc.org.

Please note that for any donations made through the Facebook Fundraisers, the tax receipt will be emailed to you through Facebook.

If you have any additional questions about the *Ride to Thrive*, please contact Jodey Hutchings at jhutchings@paoc.org.



EVENT GUIDELINES

WE RECOMMEND THAT EACH HOST SITE
HAS THE FOLLOWING IN PLACE:

- A venue host point person who oversees the event
- A registration table for participants to check in
- Waiver form sheets and pens for each participant to fill out and submit to the host coordinator prior to the official *Ride to Thrive* launch
- Hand sanitizer
- A designated photographer/videographer to capture participants in action
- A beverage and light refreshments table. We recommend it is stocked with water bottles, light breakfast 'grab and go' snacks (muffins, granola or energy bars, bananas, fruit bars), coffee/tea (cream, sugar and milk), fruit juice, napkins, disposable cups, stir sticks, plates, etc.
- A lunch/station table. We recommend a light lunch with water bottles, fruit, juice, coffee/tea, hot dogs and hot dog buns, condiments (mustard, relish, ketchup), individually wrapped cookie and chip snacks.,
- Garbage can station
- Signage/instructions on how to access public washrooms
- Designated seating for participants
- Event signage and markers for the route



VIDEO RESOURCES

- Murray *Ride to Thrive* information video for individuals
- Murray's Ride to Thrive information video for churches
- Participant Video example video
- How to set up a Facebook Fundraiser
- 2020 Ride to Thrive recap video

