



THE **Y** RIDE: CYCLE FOR KIDS

Participant Guide

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REHABILITATION

Welcome to The Y Ride!

Welcome to The Y Ride: Cycle for Kids, our annual cycling challenge happening across all four YMCA Health, Fitness & Aquatics centres in Edmonton, and at our Northside Community Centre in Red Deer on November 14, 2026!

We are so grateful to have your support to raise funds for the YMCA's Strong Kids, Strong Communities campaign. All dollars raised help ensure children, youth and families can access YMCA programs and services, including health and wellness programs, swimming lessons, summer day camps, child care and other vital community supports.

Event Details

Date:

- Saturday, November 14

In Edmonton:

- Don Wheaton, William Lutsky, Castle Downs & Jamie Platz Family YMCAs

In Red Deer:

- Northside Community Centre YMCA

Schedule:

- 8–9am: Pre-event Breakfast
- 9am–12pm: Ride Challenge
- 12–12:30pm: Prizes and Awards

How to Sign Up for The Y Ride

Let's get started! To register for The Y Ride, head to the event page:

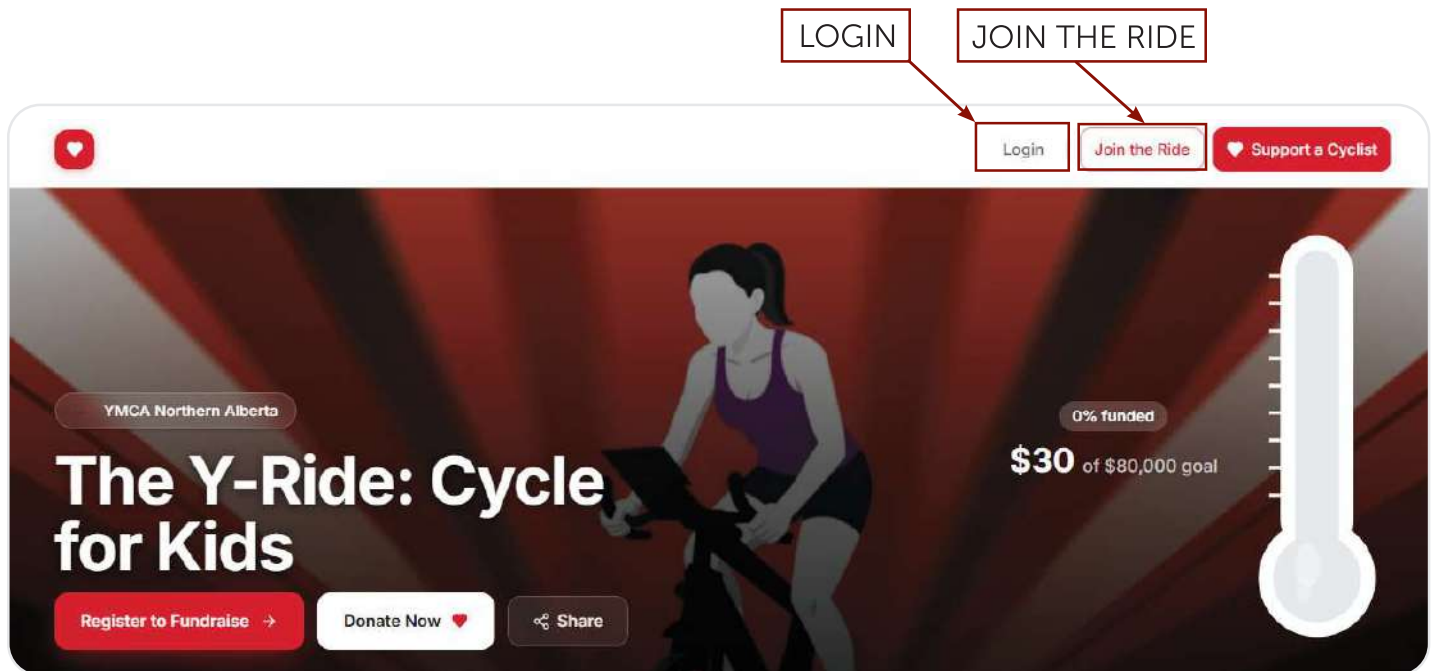


Log In or Create an Account

Access the sign-up page from our ymcanab.ca/yride landing page or go direct to:

<https://y-ride.pllenty.com>





👤 New Users—Join the Ride

Tip: Most people are new users as we are using a new donation platform this year.

- Click "Join the Ride" and begin with your email address.
- Select "Create account" to continue.

A screenshot of the 'Start your fundraiser' form. It has a title 'Start your fundraiser' and a subtitle 'Create an account to begin fundraising for YMCA Northern Alberta.' Below this is a form with a label 'Email address *' and a text input field containing 'you@example.com'. At the bottom of the form is a red button labeled 'Create account ->'. A red arrow points from the 'Join the Ride' button in the header to this 'Create account' button.

👤 Returning Users (used Plently donation platform in the past)

- Click Login on the top right-hand corner of The Y Ride event page.
- Type in your email address and password
- Press Sign In to access your account.

🔑 Forgot Your Password?

No problem. Select **"Forgot password?"** on the Sign In page. Follow the instructions to create a new password and sign in.

A screenshot of the 'Sign in' form. It has a title 'Sign in' and a subtitle 'I already have an account.' Below this is a form with two input fields: 'Email address' (containing 'YRideUser@gmail.com') and 'Password' (containing dots). At the bottom of the form is a red button labeled 'Sign in ->'. To the right of the password field is a link labeled 'Forgot password?'. A red arrow points from the 'Forgot password?' link to the 'Forgot password?' text in the instructions above.

How to Create a Fundraising Page

Choose Your Path

Now that you are signed into your account, you can choose how you want to fundraise for The Y Ride:

1 Registration Type — 2 Details — 3 Review

Select Registration Type

Choose how you want to fundraise for The Y-Ride: Cycle for Kids



Fundraise Solo

INDIVIDUAL

Create a personal fundraising page without joining a team.



Create a Team

TEAM CAPTAIN

Start a team and invite others to fundraise with you.



Join a Team

TEAM MEMBER

Join an existing team and create your fundraising page.



Option 1: Fundraise Solo

You will make your own individual page with your own fundraising goal (suggested goal is \$200 for individuals). Personalize your page with a picture and tell us a bit about why you're cycling for The Y Ride.



Option 2: Create a Team

Start a brand-new team and become its first member! You'll set up both the team page and your own personal fundraiser page at the same time.

Team details you'll provide:

- Team name (e.g. "River Valley Runners")
- Team description, your team's shared story
- Team fundraising goal (suggested team goal is \$500)
- Optionally: a team profile image
- Optionally: invite team members by email

You'll also have the option to create a personal fundraiser page for yourself. This individual page will be within your team and you can have your own fundraising goal. Compete with your teammates to fundraise the most!

From your team page, you can invite team members by adding in their emails or sharing the team page to their socials!



Option 3: Join a Team

Register as part of a team that someone else has already created. Your page is linked to the team, and your donations count toward both your personal total and the team's total.

To find a team, you can:

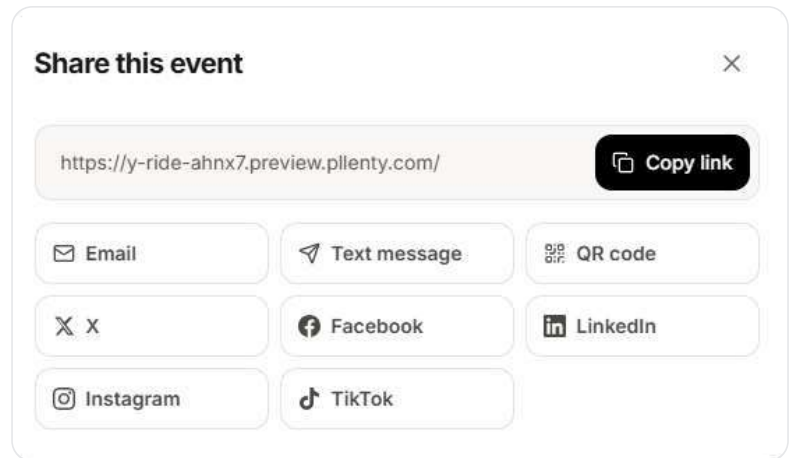
- Browse the list of available teams
- Enter the team name in the search bar.

No matter which path you choose, follow the prompts to complete your registration for The Y Ride!

How To Share Your Page

Sharing your fundraising page is one of the most effective ways to reach donors. Every fundraiser page and team page has built-in sharing tools.

On mobile, a sticky share button is always visible at the bottom of the screen, so you can share without scrolling back to the top!



Ways to Share

Here are a few ways fundraisers typically get the most reach:

- **Text messages:** A direct link to your page is one of the highest-converting outreach methods. Paste your copied link into a message to friends and family.
- **Email:** Use the copied link in a personal email explaining why you're fundraising.
- **Social media:** Use the Share buttons to post your page with one click. A personal message alongside the link tends to get more engagement than just a link alone.
- **Group chats:** Share in group chats or community channels where people already know you.

Sharing a Team Page

Team pages have the same share buttons as individual fundraiser pages. If you're the team captain, sharing the team page encourages others to both donate to the team and join as members.

How to Donate

You can donate to the overall event, to a specific team, or to an individual fundraiser. The donation form walks you through the steps!

Choose Your Campaign & Amount to Donate

- **Campaign:** Select “Strong Kids, Strong Communities” as the only option. All proceeds for The Y Ride go to this fund.
- **Choose Your YMCA:** Choose the YMCA location that you would like to cycle from.
- **Give Once or Monthly:** Toggle between a one-time donation and a recurring monthly donation.
- **Preset amounts:** Select from the suggested amounts configured by the event.
- **Other amount:** Enter in a donation amount of your choosing.
- **(Optional) Cover the fee:** A toggle lets you add the processing fee on top of your donation so that 100% of your intended amount goes to the cause.

Support The Y-Ride: Cycle for Kids

1 Amount 2 Details 3 Payment

Campaign *

Select an option

How are you connected to the YMCA? *

Select an option

Give Once Monthly

\$25 \$50 \$100 \$250

\$ Other amount

Minimum \$5 donation required for a tax receipt.

Cover the processing fee
+\$1.50 (3%) added to your total

Continue — \$50.00 →

Your payment is processed securely over an encrypted connection. After submitting, you'll see a confirmation screen with your confirmation number.

A tax receipt will be sent to your email address within 1-2 business days of donation. If you have any questions about your gift, please email giving@ymcanab.ca and a member of our Fund Development Team would be happy to assist you.

How To Track Progress

Once your fundraising page is live, you can track your progress from your personal dashboard, "My Fundraising Hub". It updates in real time as donations come in! Keep track of your team's progress, check donations, and share updates.

Thank you so much for joining us for The Y Ride on November 14, 2026. We can't wait to see you for a high-energy morning of movement, music and motivation!

More information on The Y Ride

Visit us at **ymcanab.ca/yride** for up-to-date information on events, pre-ride challenges and much more!

Happy riding!

