

# IN 2024, LET'S CYCLE FOR SOCIAL INCLUSION

## Members of 2024 Cycling for Inclusion committee

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**cycling  
for inclusion**

An initiative of



## Join us Sunday May 26, 2024 to Cycle for Inclusion !

This fundraising activity is organized by **Mission inclusion** as part of **Vélo Québec's Metropolitan Cycling Challenge!** An unforgettable spring day, a different location each year, routes for all levels ranging from 45 to 150 km – that's the recipe for Cycling for inclusion!

Since 2014, **Mission inclusion** has been able to count on 100 teams (more than 500 cyclists) who have participated in the challenge, collectively raising over \$500,000. The fundraising goal is to support partner organizations so they can help families and children in Quebec facing significant life challenges and vulnerability.

## Your participation makes a difference !

Your involvement in the Cycling for Inclusion challenge will directly support vulnerable families and children in Québec.

For example, Mission inclusion has been supporting **Mères avec Pouvoir** since 2021, an organization that accompanies mothers and their children from birth to the age of 5 by providing psychosocial support, housing, and a place at the CPE of Carrefour. Centre-Sud is an area identified as a «food desert» where nearly 30% of the population lives below the poverty line. That's why the project involving collective kitchens and **Inspired Boxes** allows families access to healthy food.

Learn more about the organizations we support across Quebec by viewing our interactive map at [missioninclusion.ca/carte-quebec](https://missioninclusion.ca/carte-quebec).



## You would like to support this kind of organizations ?

Participate to the **11th** edition of Cycling for Inclusion Sunday May 26, 2024 !

The location will be announced soon.

**11<sup>th</sup>**  
édition



# Together, Let's Cycle for Social Inclusion

## Form a team of cycling fundraisers !

Are you someone who enjoys sporting challenges?

Do you want to support the well-being of vulnerable individuals?

Join a team with your colleagues, friends, or family members.

### Benefits of register for Cycling for Inclusion

- ✔ Help individuals in vulnerable situations in Quebec
- ✔ Form a team of 5 cyclists or more
- ✔ Take advantage of a ready-made solicitation kit to collect donations from your network
- ✔ Get a team page and a personal page to track the progress of your sporting and charitable challenge
- ✔ Receive a challenge jersey for each cyclist.

