



NATIONAL NEWSLETTER

- SPECIAL EDITION -

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RIDE FOR KAREN - Give a lift to a kid with cancer.

Started in 2002, the **RIDE FOR KAREN** is a yearly cycling event that is held as a tribute to the life and legacy of Karen Tobias and to raise money for charities that help people living with cancer, and those who care for them. In the last two years the Ride for Karen has raised nearly \$100,000, which was used to help build and furnish new cancer care facilities, provide much needed resources for cancer support centres and send kids with cancer to camp. Three children's cancer camps have been selected as the recipients of the proceeds from the 2004 Ride for Karen, Camp Quality being one of these camps.



The 2004 Ride for Karen will feature two course lengths, a 25km course for intermediate cyclists and a 160km course for advanced riders. The 25km course covers beautiful countryside and guarantees to provide participants great fun, good food and cool prizes, while supporting a very worthwhile cause.

In the longer course, cyclists will embark on a 160 km / 100 mile ride through the valleys and farmlands north of Toronto. While scenic, the 160 km ride is a difficult undertaking even for a seasoned cyclist and acts as a suitable metaphor for the strength that Karen showed in her tireless battle with Breast Cancer.

For more information, please visit the Ride for Karen website at www.rideforkaren.com.

(Submitted by Kirk Tobias, Ride for Karen)

Give a lift
to a kid with cancer

25km Cycling Challenge
160km Century Ride
Sunday, Sept 12 2004



Watch for our next newsletter for camp stories and Wrap-up information on Tour For Kids, CQ Comedy Night and Ride for Ryan!

MISSION STATEMENT

Camp Quality Canada is a volunteer, charitable organization which improves the quality of life for children living with cancer through camps and year-round support programs.

**Thank you to Karen's family
and friends for their kindness
and generosity!**

CAMP QUALITY NATIONAL NEWSLETTER

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