

**MOVE WORK ASIDE.
MOVE FOR A CURE.**



How to Participate in the Virtual Ride with Your Teammates

This year, you and your Team can participate in the **Sun Life Ride to Defeat Diabetes for JDRF** anytime and anywhere that fits your busy schedule. Whether you join with your team on your preferred video conferencing platform, or participate together in-person, you will be moving work aside to move for a cure for type 1 diabetes (T1D).

When you participate in the virtual Ride with your team, you have the option to Spin, Sweat (high-intensity fitness training), or Stretch (yoga). This year's fitness sessions are available "on-demand" which means you can participate whenever you like, together in-person or virtually as a team. If your team is not participating together in-person and you would like to see your teammates as you participate, we encourage you to set up a video meeting through a platform of your choice.

Step 1: Pick your preferred video conferencing platform to set up a call with your teammates at mutually agreed upon time, book a team video meeting and invite your Team Members.

Suggestions:

- Microsoft Teams
- Zoom
- WebEx
- Skype

Step 2: Anytime between October 6-13, join the Ride by clicking on the link provided by JDRF via email or at jdrfride.ca, select your preferred discipline using the "on-demand" delivery method – this year, you can participate on YouTube or Vimeo. If using your computer, you will be able to join the Ride without downloading anything. However, if your company's internal firewalls don't allow access to YouTube or Vimeo, you may need to join on a personal device. You can also download the app if using a personal cell phone or tablet.

Step 3: No matter if you are participating virtually or in-person with your team, get social and have fun! Take a screenshot of your team participating together and post to LinkedIn using **#SunLifeRide** **#JDRFRIDE**