



**Canadian Mental  
Health Association**  
*Mental health for all*

## **NEWS RELEASE**

For immediate release: June 15, 2016

# **The Kids Go Round and Round for Mental Health**

## ***Ride Don't Hide: Oppenheimer in Action 12-hour relay on June 17 is the school's version of the national fundraiser for the Canadian Mental Health Association***

**Burnaby, B.C.** – The kids of David Oppenheimer Elementary School are going to get physical on Friday, June 17 to promote mental health.

It's the *Ride Don't Hide: Oppenheimer in Action* 12-hour relay, and kids will run, walk, rollerblade, bike or skateboard around the school and nearby Bobolink Park, passing a baton continuously from 7:30 a.m. to 7:30 p.m., raising money for the Canadian Mental Health Association's (CMHA) mental health programs.

The event is the Oppenheimer kids' version of the upcoming Shoppers Drug Mart Ride Don't Hide, CMHA's foremost national participatory fundraiser, which takes place on Sunday, June 26. On that day there will be 29 rides across Canada, including one in Greater Vancouver.

The driving – or pedalling – force behind the relay is Michael Schratte, the David Oppenheimer Elementary School teacher who made history in 2011 when he cycled 40,000 kilometres solo around the world to raise awareness of mental health, and to help banish the stigma around mental illness. Michael's ride also inspired the annual Shoppers Drug Mart Ride Don't Hide, which is in its 5<sup>th</sup> year in 2016.

Money raised by Oppenheimer students will go towards CMHA's mental health programs. And on Sunday, June 26, at Shoppers Drug Mart Ride Don't Hide Greater Vancouver event at Swangard Stadium in Burnaby, Michael Schratte and the students will present a cheque for the money Oppenheimer raises to CMHA.

To help support Team Oppenheimer with your donation, or to sign up for Shoppers Drug Mart Ride Don't Hide on June 26, visit [www.ridedonthide.com/bc](http://www.ridedonthide.com/bc).

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### **For more information or to interview Michael Schratte, please contact:**

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### **About the Canadian Mental Health Association:**

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness. Visit the CMHA website at [www.cmha.ca](http://www.cmha.ca) today.