



ILO's Family 50 mile

Biking Fundraiser

Sunday Aug 30

www.ilonow.org

- ✓ Volunteer at Aid Stations
- ✓ Cheer Riders On
- ✓ Spread the Word
- ✓ Donate to ILO

**Join Maedi Tanham Carney & Vijay D'Souza
for ILO's Family 50mile Biking Fundraiser**



ILO Fundraising Goal: \$16,000

Due to the pandemic, ILO is unable to conduct its main fundraising events. We have an ambitious goal! We are hoping this event, with the right precautions, will fill the gap. Please donate. Please spread the word.

Route:

The ride is a 53-mile loop with 4 stops in DC and Maryland in areas where ILO self-advocates live.

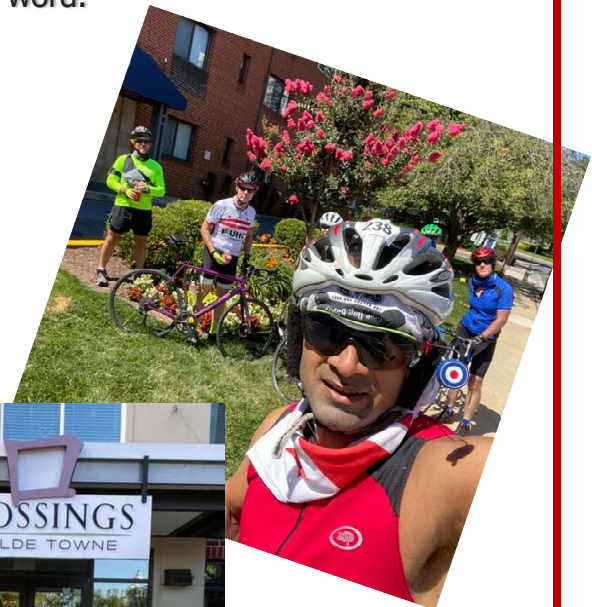
Each rest stop will be hosted by one of ILO's Pods with several volunteers. (Exact locations TBD)

Keeping It Small & Safe:

- ✓ Masks and social distancing requested
- ✓ Rolling starts for bikers
- ✓ Limited contact at aid stations
- ✓ Other precautions as appropriate

Please Support ILO's Self-Advocates!

- ✓ [Volunteer](#)
- ✓ [Make a Donation](#)
- ✓ Spread the Word *(use the social media icons to the left)*



**Some of ILO's
riders take a
test run!**

For additional information please contact us at: info@ilonow.org