

School News from the Catholic District School Board of Eastern Ontario

School: St. Thomas Aquinas CHS
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First Inside Ride at St. Thomas Aquinas CHS a Phenomenal Success

Russell, ON – Staff and students at St. Thomas Aquinas Catholic High School recently held their first ever *Inside Ride* fundraiser for children with cancer and are reporting that the event has been an overwhelming success.

The *Inside Ride* is Canada's first indoor cycling challenge and fundraising event dedicated to raising money in support of children with cancer and their families. It is organized by the Coast to Coast Against Cancer Foundation. Teams of six players ride a special stationary bike for a total of 60 minutes (6 x 10 minute long shifts) and compete for various prizes and awards, while raising money for the cause.

St. Thomas Aquinas CHS Vice-Principal, Karen Carriere, said the total funds raised exceeded what they had hoped for. "In total we raised an amazing \$4,850.00 for cancer research and awareness. We couldn't be more pleased with how our students embraced this fundraiser and dedicated themselves to make a difference in the lives of children fighting this deadly disease."

The Coast to Coast Foundation uses the funds to assist children living with cancer in several areas including: community support programs, academic scholarships and programs focused on inspiring hope and improving the prognosis of children with the disease.

Prior to the event, teams collected pledges based on total individual, and team mileage. Participants competed for prestigious awards, such as *Highest Individual Mileage Attained* and *Highest Team Mileage Attained*. Teams also chose themes and each member dressed in costume based on that theme, vying for another award: *Best Team Spirit*.

"We are so pleased with the success of this event in just its first year at our school," said St. Thomas Aquinas CHS Principal, Richard James. "Our students and Catholic community never cease to amaze me with their generosity and dedication to those in need. We are all very proud of what they have accomplished and look forward to the next *Inside Ride* at our school."

For more information, please contact CDSBEO Communications Officer Bob Perreault at 613-258-7757 or 1-800-443-4562 ext. 206 or 613-859-0678 (mobile).

The Catholic District School Board of Eastern Ontario operates 40 elementary and 10 secondary schools across 8 counties. The CDSBEO offers excellence in Catholic education through provincial-leading programs to approximately 15,000 students.

Attached Photos:

St. TA Inside Ride 1: St. Thomas Aquinas CHS Grade 11 student Katie VanHumbeck is urged on by physical education teacher Mrs. Penny Longval and her fellow team mates at the school's first ever Inside Ride cancer research fundraiser in Russell.



St. TA Inside Ride 2 – Team *A.P.P* (*All Pro Prospects*) made up of St. Thomas Aquinas Ravens Football Players gets ready for the first ever Inside Ride Cancer research fundraiser at St. Thomas Aquinas CHS in Russell.

