



Participant Welcome Kit

Welcome!

We're so grateful that you've joined Do the Loop! Whether this is your first time doing the loop, or you're a prior champion, we are so grateful for the community action to support youth in Greater Victoria.

About Threshold

Threshold Housing Society prevents adult homelessness by providing safe housing, support services, and community to at-risk youth. Threshold has about 50 units of housing and an average of 150 youth apply a year. With your help we can close that gap!

For 2023, all funds raised through Do the Loop will support our innovative new Family and Natural Supports program. This program prevents youth homelessness by helping youth identify and connect with supports they already have in the community, whether that is the family they are born into, chosen family, or other adults who know and care for them. In supporting Do the Loop, you are helping to restore families and keep youth out of the cycle of homelessness.

What Now?

You've done the most important thing - you registered! Now, we're here to help you have the BEST Do the Loop experience! Here's some simple steps to get started:

Spread the word & share the fun

- Tell your friends, family and community that you are Doing The Loop!
- Use the graphics and messages in the Welcome kit links to let everyone know what you're doing and WHY!
- Recruit your friends, family, book club, colleagues, neighbours, faith community, social service group, and sports team members to join your Do the Loop team.
- Create a challenge - think your family will raise more than your best friends' family? Let them know! Think other businesses in your sector will rise to the occasion? Throw the gauntlet! Hockey team had a rough season? Redeem yourselves by challenging other teams to Do the Loop.

Invite donations to Threshold

- Tell people why YOU are supporting Threshold Housing and Do the Loop
- Share the link to YOUR RaceRoster page everytime you talk about Do the Loop on social media. If you're printing out information, you can add a QR code with your link on it! Here's our favourite QR Code generator: <https://www.qr-code-generator.com/>
- Be positive - youth homelessness is serious, but youth are strong, creative, brave, and have bright futures WHEN the community supports them. Focus on the good this money will do.
- Use the #DotheLoop hashtag and we'll boost your posts on Facebook, Instagram and Twitter.

Do The Loop!

- Complete your loop between Sunday September 17th and Saturday September 23rd.
- Choose from one of our loops (page 2) or create your own loop and share it with us via social media



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Plan your Loop

Do The Loop is a “virtual” event, making it much more flexible than a traditional bike/run event. There is no official start or end time or location. Do The Loop any time over the 7-day period. Start where you like. You can break a long route into a relay, or even create your own loop!

Download our official route maps at www.thresholdhousing.ca/dotheloop

Route #1: The original 25KM route around the City of Victoria municipal border

- This unique and exciting route helps define the City of Victoria and features some of the regions most scenic areas: Selkirk Trestle, Bamfield Park, Songhees Walkway, past the Empress Hotel and Legislature, and along the Dallas Road waterfront.
- For runners or confident cyclists.

Route #2 – Capital Bike-Sponsored 25km Safe Cycling Route

- This safe biking alternative route is great for youth, families, or bikers who enjoy a safe, beautiful ride.
- This unique route also features some of Victoria’s most beautiful features and highlights the safety of the newest bike lanes.

Route #3: Scenic and Accessible Route

- This short route is a great alternative if you want a shorter, beautiful loop.
- This beautiful loop passes three Threshold Homes, crosses the City of Victoria border twice, travels through the South Jubilee Community and travels the beautiful Brighton Trail.
- This shorter loop is great for kids, families, seniors, people with limited mobility, or anyone who just wants to do a breezy, beautiful route.

Route #4: Choose your own adventure!

- Create your own loop anywhere in Victoria, across Canada, or around the world
- There are even more options to make this possible for everyone:
 - Assemble a relay team to break the route into smaller sections
 - Break the the loop over multiple days
 - Do your loop multiple times (e.g. every day of the challenge for 7 x 25km)
 - Have little kids? Try a 2.5km loop
 - Pro athlete? Run a 50km loop or bike a 100km loop
 - Prefer your loop with a little more adrenaline? Map out your favourite mountain bike trails
 - Like your loops on the water? Kayak around Race Rocks, take your OC6 team around Trial Island, or skate, blade, or board

Have other ideas about doing a Loop for youth?
We'd love to see your ideas on social media. Just hashtag #DotheLoop



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How To Fundraise

Funds are fabulous - we couldn't do our work without them. But want to know a secret? The thing we most love about Do the Loop is knowing that people in our community care so much about the youth we support. You are an encouragement to our team and Threshold youth.

How it works

Now that you've registered, Race Roster is your administrative hero.

Race Roster will

- securely collect online donations
- keep track of your and your team's donations
- send tax-deductible donation receipts to donors, and
- compile the total donations and send them to Threshold!

Your Personal Donation Page

When you registered for the event on Race Roster, you received your own personal donation page where friends, family and community can donate securely.

- **Donation link**
 - Use your personalised link to request donations. People can also search for your personal or team name, but the easier you make it to give, the more support you'll see.
 - Lost your link? Search for it at <https://racerooster.com/events/2023/78154/do-the-loop-2023>
- **Set a goal:**
 - Like everything in life, setting a goal helps keep you motivated and shows people how they can support you.
 - Every donation helps. If you only get one \$25 donation, that's amazing! If you set a goal of \$100, fabulous! Feeling ambitious, try for \$250! Want to be a superstar, maybe \$1000, or \$2500! If everyone gives a little, it can add up to a lot!

Want more tips? Check out our "Fundraising Like a Pro" guide on the website.

Remember,

**Every dollar you raise is
really \$2 thanks to our
generous matching donor!**

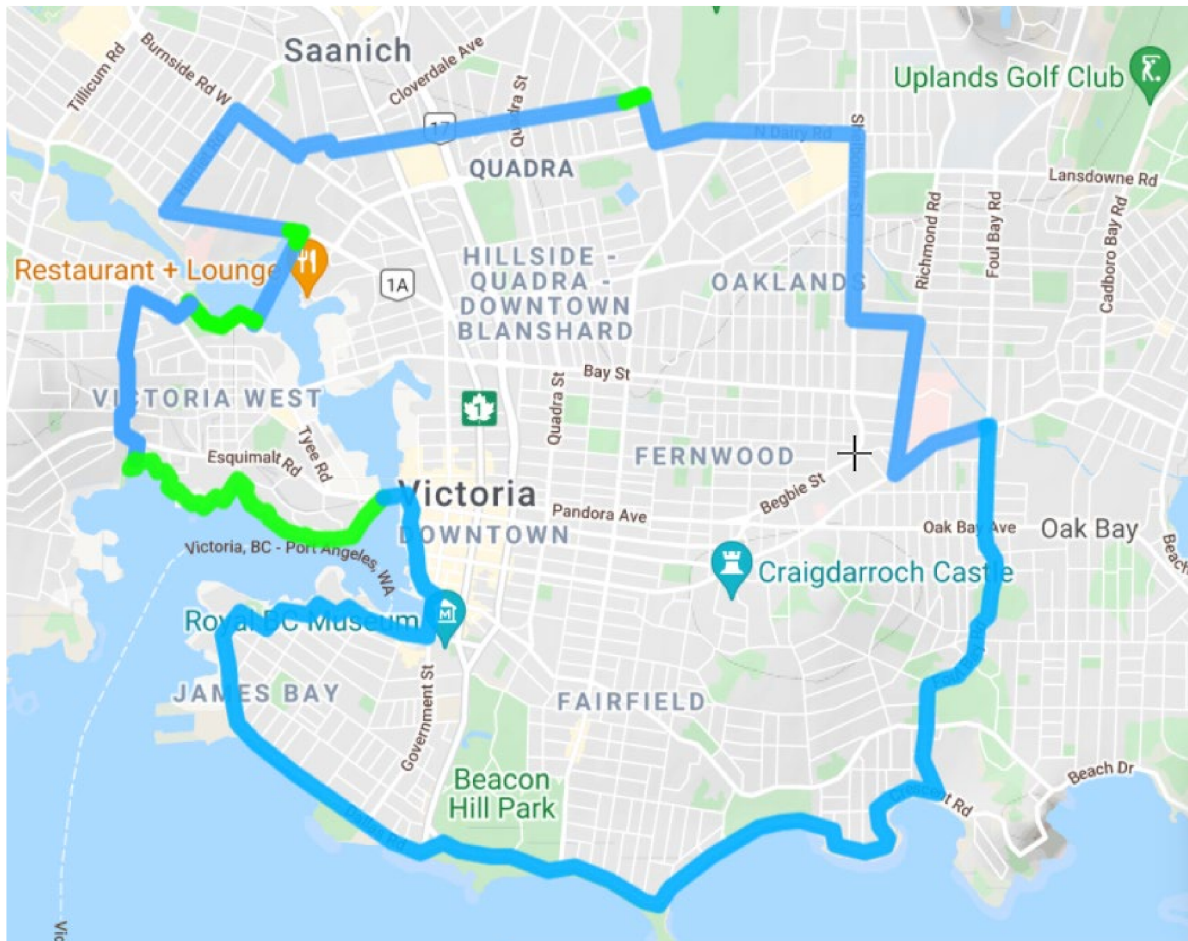
Need a little technical help or moral support?

Email dotheloop@thresholdhousing.ca or text/call 250-213-5583

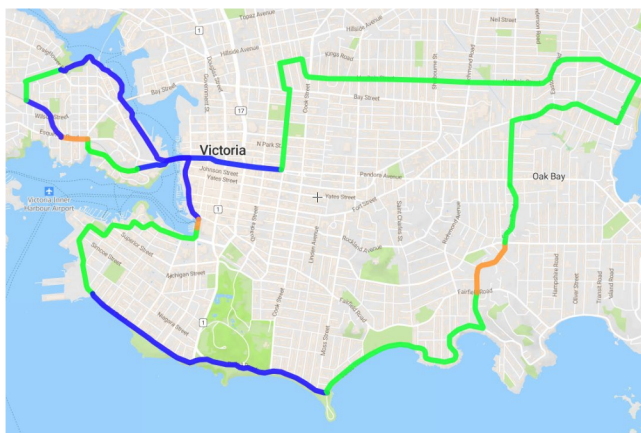
Course Maps

The detailed course maps are all on our website at www.thresholdhousing.ca/dotheloop. The online PDF maps contain detailed instructions that outline which roads to take and where to turn. We've included the simplified maps below, for reference.

Map #1: 25KM City of Victoria Loop



Map #2: Capital Bike Safe Cycling Route



Map #3 - 2.5 KM Accessible Loop

