



REGISTRATION: Please complete & mail this form, or register online at www.matsride.org. *If you are not registering online and are using this form to register **and** collect pledges, please e-mail matsride@shaw.ca to reserve your spot.

Last name:		First name:	
Address:			Postal code:
Phone:	E-mail:		No. in your group:
Fees: Adult - \$35_____ Child - \$5_____		Total amount:_____ Cash:_____ Cheque:_____	
Please make cheques for registration payable to Mat's Ride Credit card payments for registration may be made online at www.matsride.org			

Your name entered in a draw for 2 Westjet tickets for every \$500 in pledges!

If you collect \$150 or more in pledges, your registration is free!

I can't join the Ride so no registration is included, but I'm enclosing this cheque/cash as a donation of \$_____ to CMHA - Calgary Region.

Send this form with payment to **Mat's Ride, Box 43015, 1221 Canyon Meadows Drive SE, Calgary, AB T2J 7A7**

WAIVER: Please include this signed waiver with your registration - 1 waiver per registrant required.

In consideration of my being accepted as a participant in Mat's Ride 2010, I hereby release and forever hold harmless The Mathew Gilbert Society and Mat's Ride organizers, sponsors, and their respective directors, officers, volunteers, agents, and employees from any and all expenses, losses, claims, and demands, actions and causes of actions, damages, and claims for injuries or damages of any kind, joint or several, anticipated or unanticipated, which the undersigned or their property may suffer as a result of participating in the Mat's Ride event, and which may arise or be the result of any negligent, intentional or other action or the failure to act in any manner (and including any transportation furnished in connection therewith). Accordingly, I acknowledge that in signing this form, I understand that I am participating in Mat's Ride at my own risk.

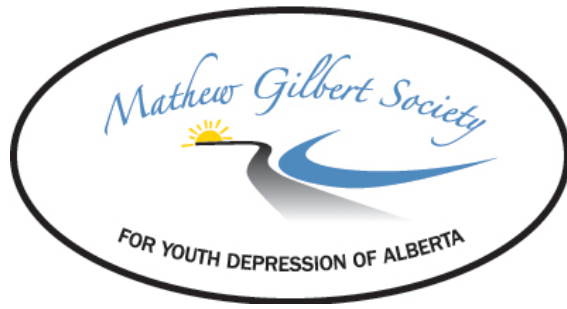
Signature _____ Date: _____
(Signature of parent or guardian if participant is under 18 years of age)

PLEDGE FORM: Please make pledges payable to CMHA - Calgary Region and mail by June 14 to: **Mat's Ride, Box 43015, 1221 Canyon Meadows Drive SE, Calgary AB T2J 7A7**. More pledge forms are available at www.matsride.org, or request them by e-mail at matsride@shaw.ca or call 403-265-MATS (6287).

Participant - please fill in your name, address, phone and e-mail address below:

First Name	Last Name	Phone #	E-mail address	
Street address	City	Prov.	Postal Code	

Pledges:						Amount	Receipt?	
1	First name	Last Name		Phone #		\$	Y N	
	Street address		City	Prov.	Postal Code	E-mail		
	Card #	Expiry	Name on card		Cash Cheque Credit			
					X _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	First name	Last Name		Phone #		\$	Y N	
	Street address		City	Prov.	Postal Code	E-mail		
	Card #	Expiry	Name on card		Cash Cheque Credit			
					X _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	First name	Last Name		Phone #		\$	Y N	
	Street address		City	Prov.	Postal Code	E-mail		
	Card #	Expiry	Name on card		Cash Cheque Credit			
					X _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	First name	Last Name		Phone #		\$	Y N	
	Street address		City	Prov.	Postal Code	E-mail		
	Card #	Expiry	Name on card		Cash Cheque Credit			
					X _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	First name	Last Name		Phone #		\$	Y N	
	Street address		City	Prov.	Postal Code	E-mail		
	Card #	Expiry	Name on card		Cash Cheque Credit			
					X _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



On June 24, 2005, our son Mathew could no longer see the light of hope and succumbed to the darkness of depression. How could this happen to our son? How could this happen to our family?

Mathew suffered from depression without anyone knowing it: not his family, not his friends, not himself.

As a family, we want to help prevent this from happening to others. Mat's Ride is one way we can help youth and their families realize the prevalence of depression and other mental illnesses.

By bringing this illness forward and talking about it openly in our homes, in our schools and in our society, we will be able to remove the stigma attached and accept it as part of life as we do many other illnesses such as diabetes, cancer, and heart disease.

Let's take depression and other mental illnesses out into the open more so we can work together to understand, accept and support individuals!

Lan & Diana Gilbert

*In loving memory of
Mathew Gilbert*

www.matsride.org



No one should travel this road alone...

Ride with us!

Grab some friends and hop on your bikes or load up your car and head to beautiful Bar U Ranch with us for a terrific barbecue, live entertainment, a silent auction and prizes!

We're riding in memory of Mathew Gilbert, to raise awareness about youth depression and to raise funds to support Canadian Mental Health Association - Calgary Region's youth education programs and the Mathew Gilbert Scholarship.

Register online at www.matsride.org, or fill out this registration form and send it in. Sign up \$150 or more in pledges, and your registration is free!

Date: Sat., June 19

Time: Check in at 9AM

Where: 14540 Parkland Blvd. SE,
Calgary

Destination: Bar U Ranch (near Longview)

Registration fee: \$35, children 6-12 - \$5

Includes: BBQ lunch at Bar U, live entertainment, silent auction



Your donations

- Help teach teens how to recognize youth depression and reach out for help for themselves or their friends
- Fund the Mathew Gilbert Scholarship for post-secondary students

**Can't join us? You can still donate to the
Canadian Mental Health Association -
Calgary Region at
www.matsride.org**



We are grateful for the generous support of our sponsor:



In support of:



and



Youth Education Programs



**Saturday, June 19
2010**

Join us on the

***Journey to End
Youth
Depression***



www.matsride.org