



Ride Around the Lake 2026

Participant Guide

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Thank You for Being A Part of the Journey

Dear Athletes and Volunteer Support Team,

Welcome to the **20th Anniversary of Ride Around the Lake!**

This year marks an extraordinary milestone as we celebrate two decades of dedication, determination, and community impact. What began 20 years ago as a bold idea and a passion for making a difference has grown into a powerful tradition, raising more than **\$4.5 million** in support of Habitat for Humanity Manitoba and the families we serve.

As you prepare to ride, volunteer, cheer, and support one another, know that every kilometre traveled, every conversation started, and every dollar raised helps bring us closer to local families having a safe, affordable place to call home.

As members of the Ride Around the Lake community, you are doing far more than participating in a fundraising event. You are champions for affordable housing and partners in creating lasting change. Your commitment has helped transform lives, build homes, and create brighter futures for families across Manitoba. A special thank you to Kevin Van and Brian Thiessen for co-chairing this extraordinary event.

Today, we celebrate not only the miles ahead, but also the remarkable legacy of this event and the countless lives touched through your generosity and dedication. Together, we are proving that when a community comes together with a shared purpose, extraordinary things are possible.

On behalf of everyone at Habitat for Humanity Manitoba, thank you for being part of this incredible 20-year journey. We are grateful for your support, inspired by your commitment, and proud to ride alongside you as we continue building strength, stability, and hope for families across our province.

Here's to 20 years of impact, and many more miles to come.



Jamie Hall
Chief Executive Officer
Habitat for Humanity Manitoba



The 2025 Ride Around The Lake is just a few weeks away and we hope that you are just as excited as we are for this year's rides. Thanks to your outstanding fundraising efforts and generous support of the event sponsors, we are excited to report that Ride Around the Lake is on track to set another fundraising record!

Athletes

Alex Kirbyson	Danick Vandale	Henry Thiessen	Kathryn Gompf	Peter Tielmann
Amber van den Broek	Daniel Murray	Jackson Martin	Ken Crockett	Raymonde (Ray) Shaw
Andrea Tetrault	Darryl Bourne	James Buhler	Kevin Van	Sandy Riley
Andrew McLandress	Daryl Hurrie	Jean-Francois Berard	Kirby Gompf	Scott Stephanson
Andrew Wallace	David Christie	Jennifer Thiessen	Kristie Pearson	Shaun Humphries
Blake Wood	David Eggerman	Jeremy Epp	Kyle Harris	Signey Styles
Brian Suta	David Ratray	Jesse Balfour	Liz Kovach	Sven Pedersen
Brian Thiessen	Dominique Kyle	John Daniels	Martine Yzerman	Tony Balaz
Bruce Hamilton	Doug Pollard	John Heimbecker	Maya Blatt	Wes Thiessen
Bruce Klassen	Edgar Rosales	John Zadro	Mike Saunders	Bold = New Team Members
Bryan Ward	Eve Van	Joshua Humphries	Nathan Douglas	
Claudio Palumbo	George Vis	Kal Hourd	Peter MacDonald	
Curtis Keil	Gretta Styles	Karen Dunlop	Peter Thiessen	



Support Team

The Support team is comprised of a number of SAG (Support And Guidance) vehicles. Each is equipped with water jugs; a variety of snacks; a high-pressure bicycle pump; complete first aid kit; an AED (Automated External Defibrillator); and a host of other supplies that you may need on the road. Most of the SAG vehicles will also have bike racks to transport you and your bike to the next rest stop or repair location if needed.

This year **Alter Ego Sports** will be bringing their mobile support van to provide roadside repairs as needed. This experienced team will look after your needs so you can focus on riding.

Alex Streltsov	(204) 294-9957	Joanne Patenaude	(204) 235-2407
Brett Bourne	(204) 792-3993	Josh Kullman	(204) 299-4882
Felicia Garcia	(204) 794-1505	Julie Paterson	(204) 330-5680
Gareth Mills	(204) 960-0027	Justin Mendoza	(204) 899-4687
Grace Karpinsky	(204) 872-5676	Karin McSherry	(204) 791-3195
Heather Martin	(204) 298-3733	Miles Purdy	(431) 335-6476
James Dyker	(204) 781-5844	Morgan Porath	(204) 229-3152
Jamie Hall	(204) 803-0759	Oleksandr (Olek) Hakh	(204) 294-9226
Jayne Eichel	(204) 981-1987	Rheal Bernard	(204) 871-5040
Jeff Grose	(204) 806-3295	Tom Thomson	(807) 467-0866
Jeff Martin	(204) 781-6255	Bold = New Team Member	

Bike Repairs & Maintenance

Please ensure that your bike is in good working order prior to the event. Alter Ego Sports will set up a bike repair station at the start and end of each day, for any unexpected repair needs.

Self-Selected Speed Groups

Each morning cyclists will be split into four, self-selected speed groups; please select the pace that you are comfortable riding and find the appropriate group leader.

Espresso	Average speed 30+ km/h	Led by Doug Pollard
Cappuccino	Average speed 25 to 30 km/h	Led by Brian Thiessen
Macchiato	Average speed 20 to 25 km/h	Led by Karin McSherry / Heather Martin
Latte	Average speed 15 to 20 km/h	Led by Miles Purdy



Opeyemi & Family

Homeowner Profile

Parent: Opeyemi

Children: Daughters: Oluwapelumi (2016), Grace (2018), and Divine (2021)



Opeyemi, affectionately known as Yemi, is a dedicated mother of three, Oluwapelumi, Grace, and Divine, whose journey is one of resilience, determination, and hope. Originally from Nigeria, Yemi came to Canada in 2015 with dreams of building a better future.

Shortly after arriving in Canada, Yemi began pursuing her education with a clear goal in mind. She completed a one-year accounting course at Red River College, and continued to build on her accomplishments by earning a diploma in Accounting & Payroll Administration from Robertson College in January 2023. Through determination and perseverance, Yemi gained experience in a variety of administrative roles and has now secured a position as a Junior Accountant with a non-profit organization, an achievement she is deeply proud of.

Today, Yemi and her daughters live in a two-bedroom apartment that no longer meets their needs. As her girls grow, the lack of space and privacy has become increasingly challenging. The apartment itself presents additional concerns that affect the overall comfort and quality of the living environment. While these challenges have been difficult, balancing full-time work and parenting responsibilities has made it challenging for Yemi to pursue alternative housing options.

Despite these obstacles, Yemi always remained optimistic about the future. She is excited for the opportunity to partner with Habitat Manitoba and move into a home of her own. For Yemi, homeownership means stability, security, and a healthy, supportive environment where her daughters can grow, learn, and thrive.

Community is also deeply important to Yemi. To her, it means being surrounded by people who support one another, where no one feels alone, and where there is a shared sense of belonging and care. She looks forward to becoming part of the Habitat Manitoba family, building lasting connections, and creating a bright, stable future for her family.



Gloria & Family

Homeowner Profile

Parent: Gloria

Children: Daughters: Kristy-Vera (2011), Kaelah-Joy (2012), and Mya-Adva (2015)



Gloria is a resilient, energetic, and deeply dedicated mother of three, Kristy Vera, Kaelah Joy, and Mya Adva, whose strength and determination have guided her family through life's challenges. In 2009, Gloria made the courageous decision to leave Burundi due to political unrest, seeking safety and opportunity in Canada. Since then, she has worked tirelessly to build a brighter future for her daughters.

Family is at the heart of everything Gloria does. With two brothers already in Winnipeg, she later sponsored her parents to join her in Canada in 2019, bringing her loved ones closer together. Despite the challenges of starting over in a new country, Gloria has remained focused on improving her life and providing stability for her children.

Before coming to Canada, Gloria attended university in Burundi, pursuing studies in Broadcasting. While she was unable to continue her program upon arrival due to the need to upgrade her English skills, she did not let that setback define her path. Determined to succeed, Gloria returned to school, earned her Health Care Aide certificate, and now works in a role where she provides compassionate support to others in her community.

As a single parent, Gloria has carried the responsibility of providing for her family with unwavering commitment. While she is grateful to have housing, her current rental does not meet the needs she envisions for her daughters. Her greatest dream has always been to give them a safe, stable place to call home, a place where they can grow, learn, and build lasting memories.

Gloria was accepted into the Habitat Manitoba's homeownership program, and is making her dream possible. Through this partnership, Gloria will be able to purchase her first home, creating a foundation of stability and security for her family.

Gloria's journey is a powerful example of perseverance, sacrifice, and hope. With the support of Habitat Manitoba and its supporters, she is providing her daughters with a home filled with love, opportunity, and a future full of promise.



Adjiratou & Family

Homeowner Profile

Parent: Adjiratou

Children: Daughters: Bintou (2016) and Haja (2020)



Adjiratou is a dedicated and resilient single mother to her daughters, Bintou and Haja. Originally from Sierra Leone, Adjiratou came to Canada in 2018.

From the moment she arrived, Adjiratou worked hard to establish a new life. She quickly enrolled in school, completing a Health Care Aide course, and went on to begin her career in health care. Today, she works as a Nursing Assistant, a role she takes great pride in as she cares for others while continuing to provide for her own family. Looking ahead, Adjiratou has dreams of furthering her education, an aspiration that reflects her dedication, ambition, and desire to grow.

Adjiratou is the sole provider and support for Bintou and Haja, and remains focused on creating a stable and loving environment for her girls.

Currently, the family lives in a two-bedroom apartment. While it has provided them with a place to call home, Adjiratou dreams of something more permanent and secure. For her, homeownership represents stability, safety, and the opportunity to build a brighter future for her daughters, one where they can grow, thrive, and feel truly at home.

Becoming a Habitat homeowner would mean not only achieving a personal milestone but also creating a strong foundation for her children's future.

To Adjiratou, community is deeply important. It means a sense of belonging, a place where her daughters can make friends, play freely, and feel connected. She values being surrounded by others, sharing experiences, and building relationships that make life richer and more fulfilling.

Adjiratou looks forward to becoming part of the Habitat community at the Pandora Avenue West development, where her family will be supported, welcomed, and at home.



Itinerary

Friday, September 11

9:00 AM - 9:15 AM	Assemble for the ride at Kevin Van's cottage
	Wear your favourite, vintage RATL kit
10:00 AM	133 km route to Minaki opens
63 KM - Rest Stop	Minaki Community Centre
	Shuttle to Kevin Van's cottage available
2:00 PM - 4:00 PM	Riders return to Kevin Van's cottage
3:00 PM - 5:30 PM	Massage treatments & recovery with PURE Lifestyle
3:00 PM - 5:30 PM	Alter Ego bike repair station at Kevin Van's cottage
6:00 PM	Shuttle from Kevin Van's cottage to MS Kenora for dinner
6:00 PM	Shuttle from Brian Thiessen's cottage to MS Kenora for dinner
6:30 PM - 9:30 PM	Cocktails, dinner & jersey presentation on the MS Kenora evening cruise on Lake of the Woods
10:00 PM	Shuttle to Kevin Van's cottage
10:00 PM	Shuttle to Brian Thiessen's cottage

Saturday, September 12

8:00 AM - 9:00 AM	Alter Ego bike repair station at Brian Thiessen's cottage
8:30 AM - 9:00 AM	Assemble for the ride at Brian Thiessen's cottage (with complete clothing kit)
9:00 AM - 9:30 AM	Group photo
9:30 AM	115 km route to Rushing River opens
61 KM - Rest Stop	Rushing River Campground
	Shuttle to Brian Thiessen's cottage available
2:00 PM - 4:00 PM	Riders return to Brian Thiessen's cottage
3:00 PM - 5:30 PM	Massage treatments & recovery with PURE Lifestyle
3:00 PM - 5:30 PM	Alter Ego bike repair station at Brian Thiessen's cottage
6:00 PM	Shuttle from Kevin Van's cottage Brian's for dinner
6:30 PM - 9:00 PM	Cocktails, appetizers & dinner at Brian Thiessen's cottage
9:00 PM to 10:30 PM	Dance party at Brian Thiessen's cottage
10:00 PM	Shuttle #1 from Brian Thiessen's to Kevin Van's cottage
MIDNIGHT	Shuttle #2 from Brian Thiessen's to Kevin Van's cottage



Itinerary (con't)

Sunday, September 13

8:00 AM – 9:00 AM	Alter Ego bike repair station at Brian Thiessen's cottage
9:30 AM	Meet at Whitecap Pavillion (tent) in Kenora
10:00 AM	60 km route to Redditt opens
Turn Around	Redditt
35 KM - Coffee Break	Birch Lake - Sponsored by Bob Williams
End	Lunch at the Whitecap Pavillion (tent) in Kenora

Get Social with Habitat Manitoba

The Marketing, Communications and Philanthropy department want to share your activity on our social pages. We love seeing your perspectives and sharing in your memories while you're on your cycling adventures.

The following is a step-by-step guide on how to tag us so we can share your content with the Habitat Manitoba social community. We can't wait to engage with you and potentially feature you on our social media channels.

1. Follow us on our social media channels: <https://linktr.ee/habitatforhumanitymbsocials>



2. When you're about to post something to any of your personal social media channels (whether it's a story, post or tweet) that relates to your Ride Around the Lake experience, simply put the @ symbol followed by the corresponding username provided above.
3. Feel free to also use the hashtags #HabitatMB #Habitat4Humanity #RATL2026





Accommodations

Kevin V.	Kevin 2	Brian T.	Brian 2	Peter T.
Alex K.	Danick V.	Andrea T.	Daryl H.	Dominique K
Bryan W.	Raymonde S.	Blake W.	Jean-Francois	Scott S.
Claudio P.	Tony B.	Doug P.	Jesse B.	Amber vdB.
Curt K.		Gretta S.		
David E.		Jennifer T.		
Edgar R.		Kathryn G.		
Eve V.		Kirby G.		
Josh H.		Kristie P.		
Julie P.		Peter T.		
Kal H.		Signey S.		
Ken C.				
Martine Y.				
Maya B.				
Mike S.				

John Z.	Rental 1 Toews	Rental 2 Hill	Rental 3 Allco	Rental 4 Parkinson
Jamie H.	Brian S.	Heather M.	Felicia G.	Andrew W.
	Nathan D.	James D.	Gareth M.	Brett B.
		Jeff M.	Jayme E.	Darryl B.
		Josh K.	Jeff G.	Wes T.
		Karin M.	Joanne P.	Olek H.
		Morgan P.	Justin M.	
Not Required				
Alex S.	David C.	Jackson M.	Kyle H.	Sandy R.
Andrew M.	David R.	James B.	Liz K.	Shaun H.
Bruce H.	George V.	Jeremy E.	Miles P.	Sven (Buzz) P.
Bruce K.	Grace K.	John D.	Peter M.	Tom T.
Dan M.	Henry T.	Karen D.	Reheal B.	

Directions to Kevin Van's property

Friday Start / End location

Note: Also shuttle pick up / drop-off locations for Friday / Saturday dinners

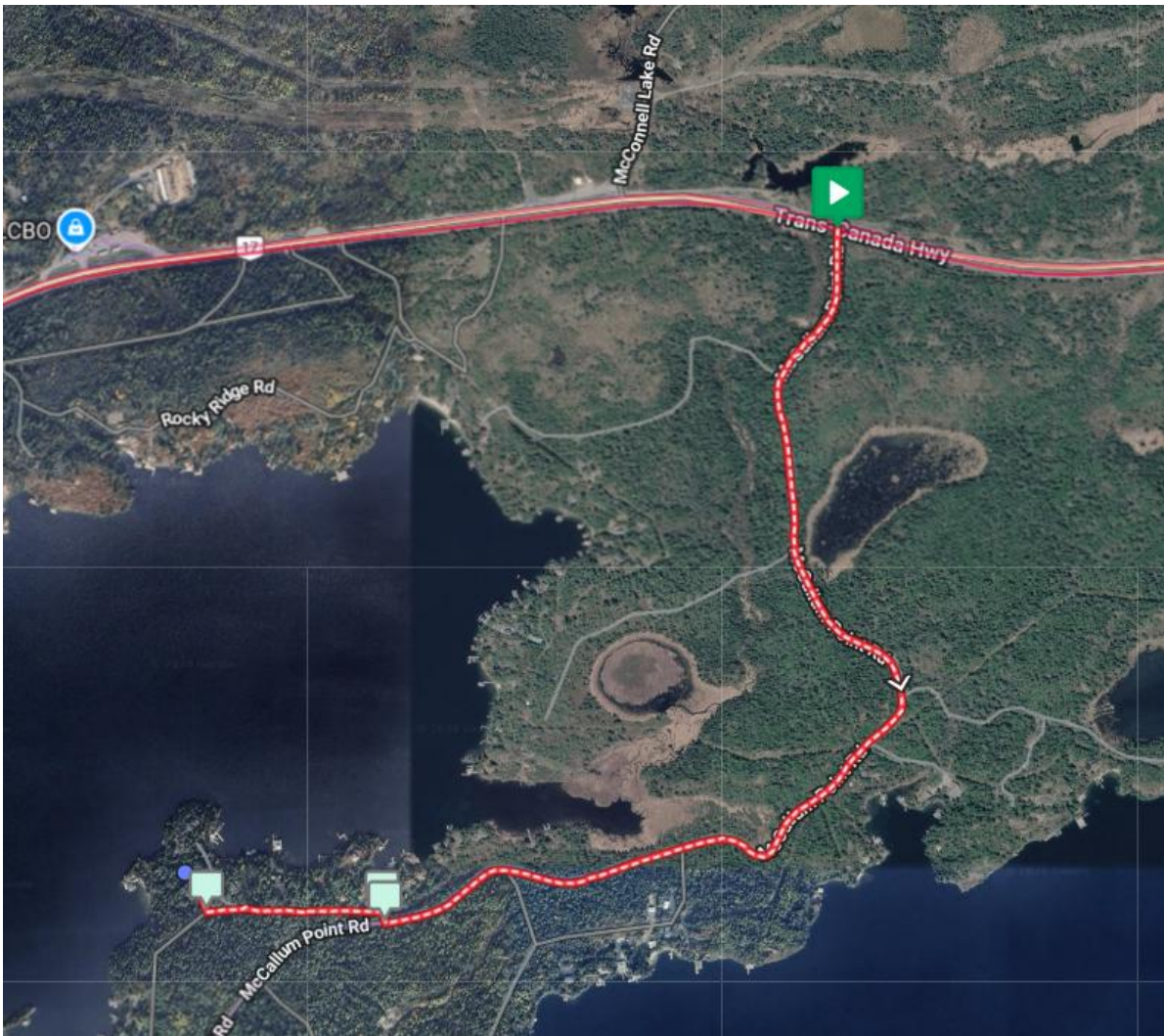
- Take Hwy #1 East towards the Ontario border (it turns into Hwy 17)
- Turn right on McCallum Point Road
 - Approximately 1.5 km past Clearwater Bay Esso
- Turn right onto Fire Road #14
 - Approximately 2.5 km
- Travel down Fire Road #14 past gate one (bear gate) then veer right past gate two (moose gate black and green) and up small hill.

Kevin's contact number: 204-223-2901 | Eve's contact number: 204-296-9746

Julie's contact number: 204-330-5680

GPS Coordinates: 49°42'21.0"N 94°47'35.2"W

Ride with GPS Route: <https://ridewithgps.com/routes/56861782>



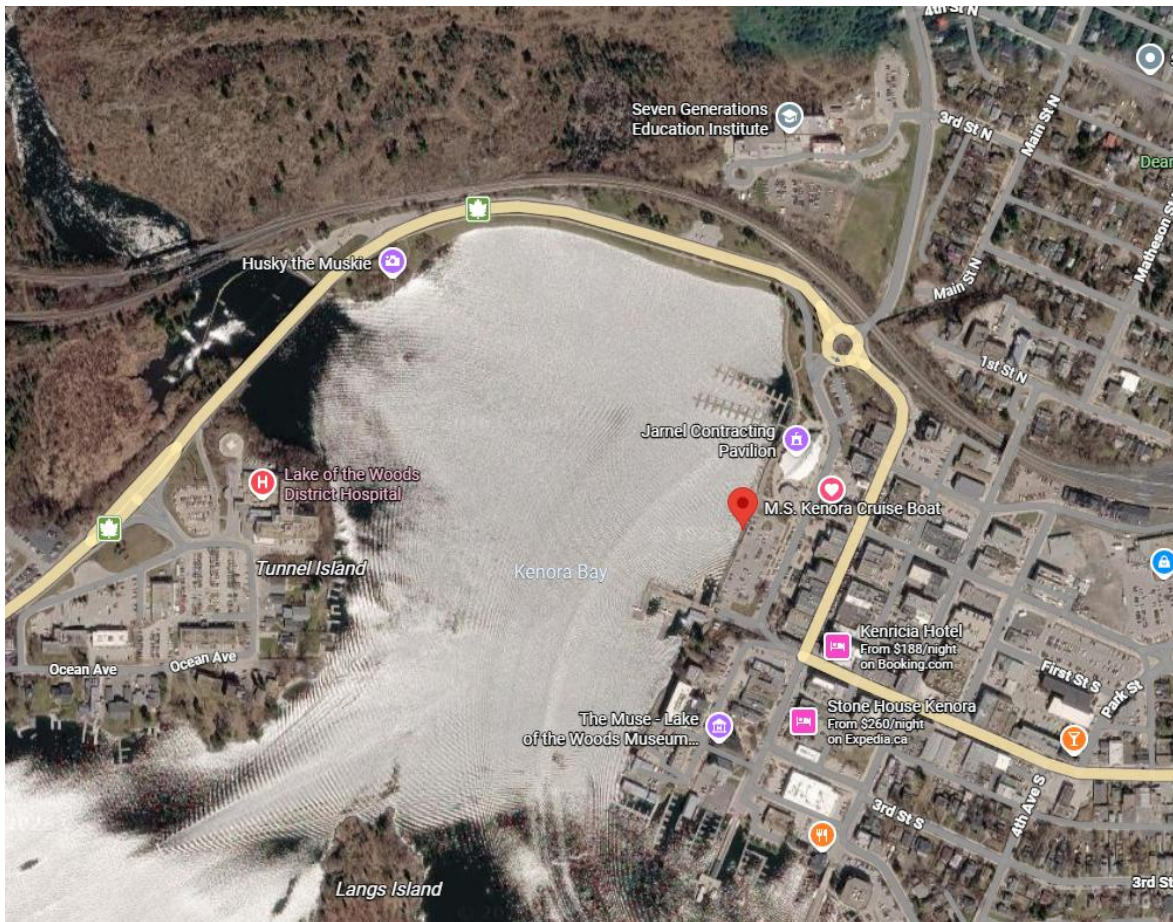
Directions to MS Kenora (Friday Dinner)

Note: Also Start / End location for Sunday's ride to Redditt

- The MS Kenora dock is located in downtown Kenora, just south of the White Pavillion – there is ample parking.
- **Evening shuttles will be provided from & back to:**
 - **Kevin Van's Cottage (6:00pm / 10:00pm)**
 - **Brian Thiessen's Cottage (6:00pm / 10:00pm)**

GPS Coordinates: 49°46'03.9"N 94°29'30.6"W

Google Map pin: <https://maps.app.goo.gl/9gHCk1u6Y453aYWD7>





Directions to Brian Thiessen's property

Saturday Start / End & Dinner location

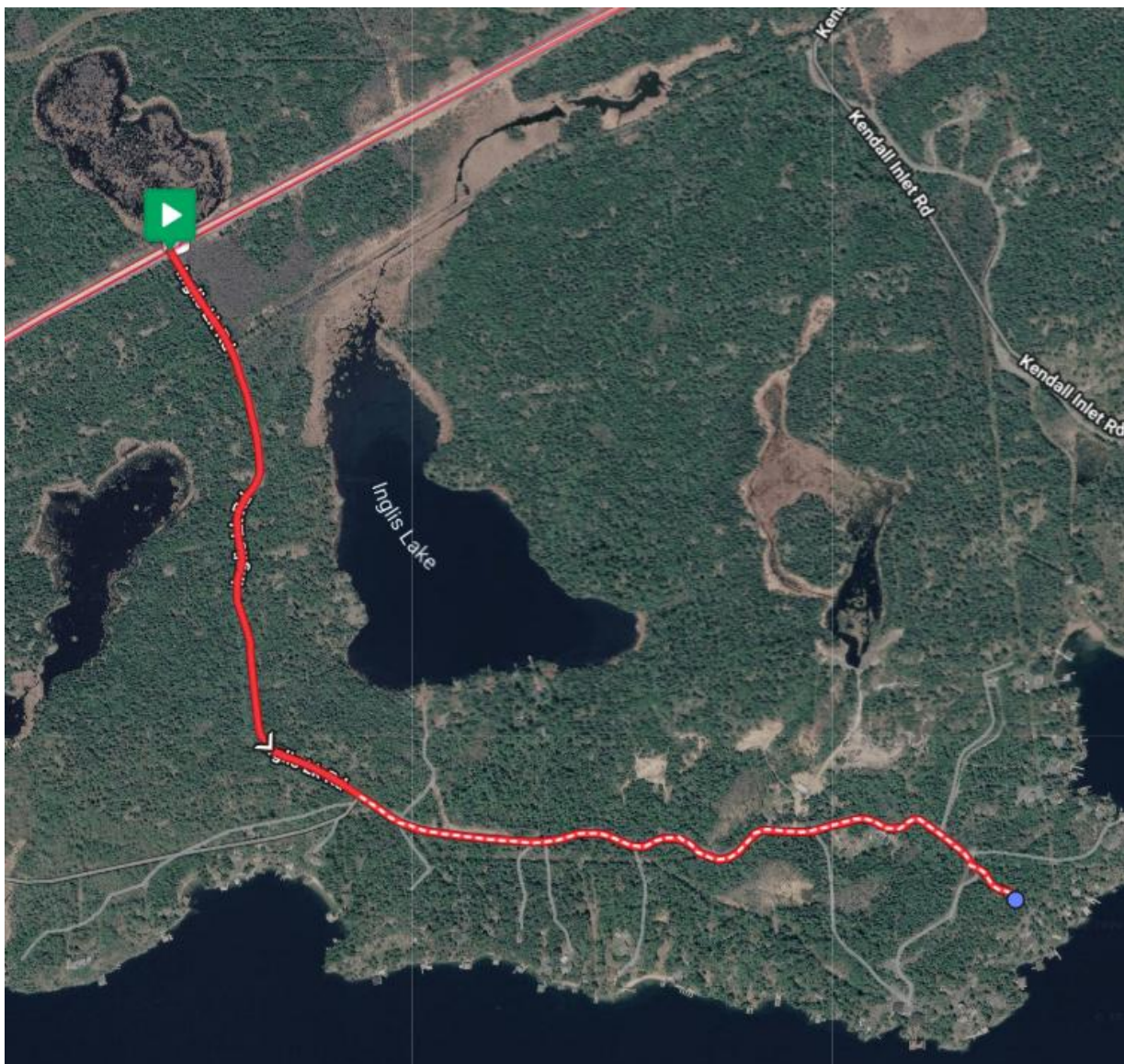
Note: Also shuttle pick up / drop-off locations for Friday / Saturday dinners

- Take Hwy #1 East, approx.. 8km past Clearwater Bay Esso
- Turn on to Inglis Rd - South off of Hwy #1
- Travel all the way to the end of the road, Fire RD 13
- Thiessen signs will direct you to the cottage.
- There is lots of parking, however, please try to car pool if possible.

Brian's contact number: 204-227-1194

GPS Coordinates: 49°42'52.4"N 94°40'31.3"W

Ride with GPS Route: <https://ridewithgps.com/routes/56861825>



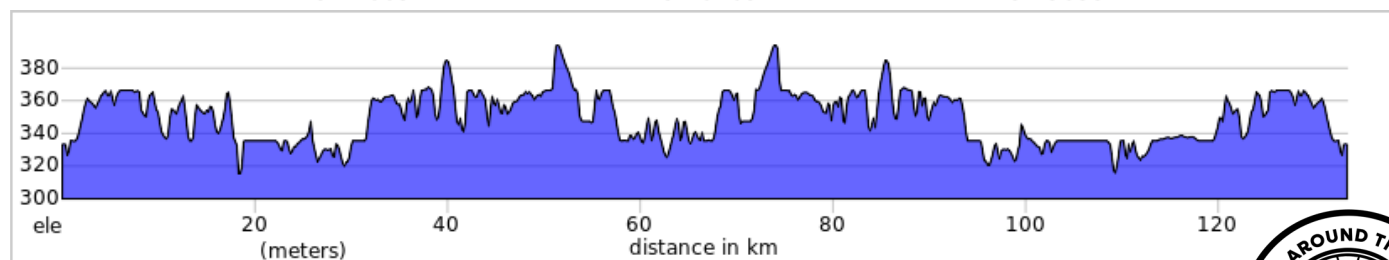
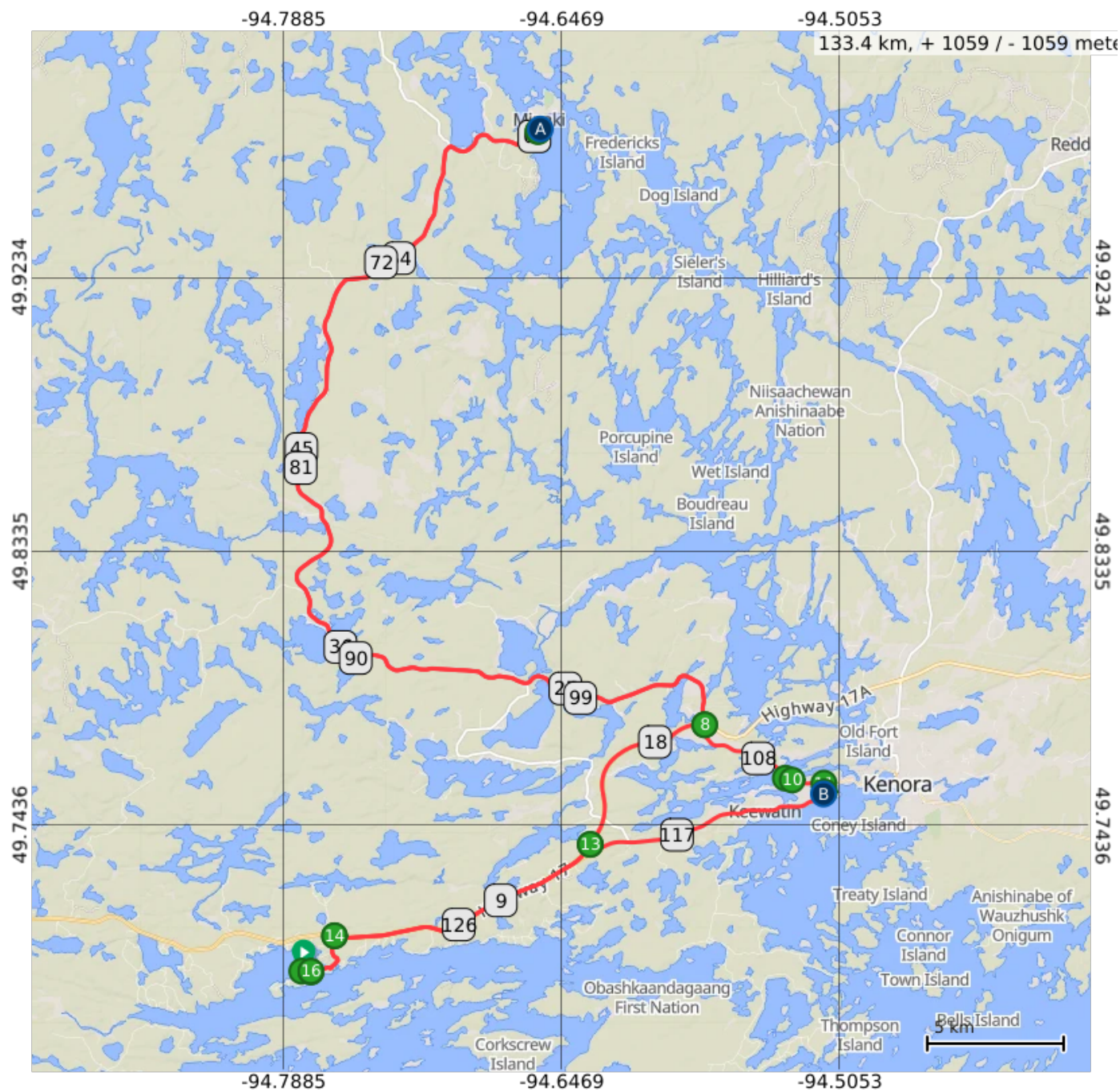
2026 RATL Day 1 v5



McCallum Point Rd. to Minaki

A. Minaki Community Centre

B. Dairy Queen



Cycling Directions

Friday, September 11 (McCallum Point Rd. to Minaki)

Type	Directions	Total
	START - KEVIN VAN'S COTTAGE	
Left	Turn left onto McCallum Point Rd	0.4
Right	Turn right onto Trans-Canada Hwy / ON-17 E	2.6
Straight	Continue onto ON-17A E Bypass	13.0
Left	Turn left onto ON-596 N (signs for Minaki)	20.0
Straight	Continue onto Hwy 596 N	62.6
	LUNCH STOP - MINAKI COMMUNITY CENTRE	62.7
Straight	Continue onto ON-596 S	62.9
Straight	Continue onto Darlington Dr	105.4
Straight	Continue onto Norman Dr	109.7
Right	Turn right onto Parsons St	111.0
Right	Turn right onto Trans-Canada Hwy /ON-17 W	111.3
	REST STOP DAIRY QUEEN FOR ICE CREAM	111.4
Left	Turn left to stay on Trans-Canada Hwy / ON-17 W	120.4
Left	Turn left onto McCallum Point Rd	130.8
Right	Turn right	133.0
Right	END - KEVIN VAN'S COTTAGE	133.4



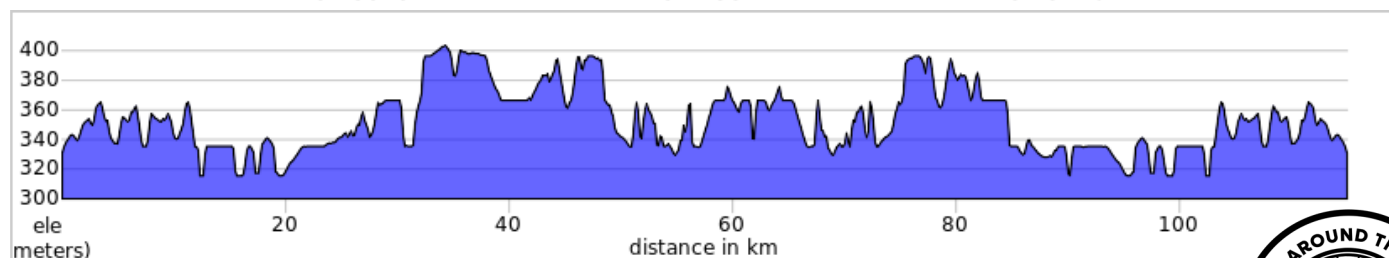
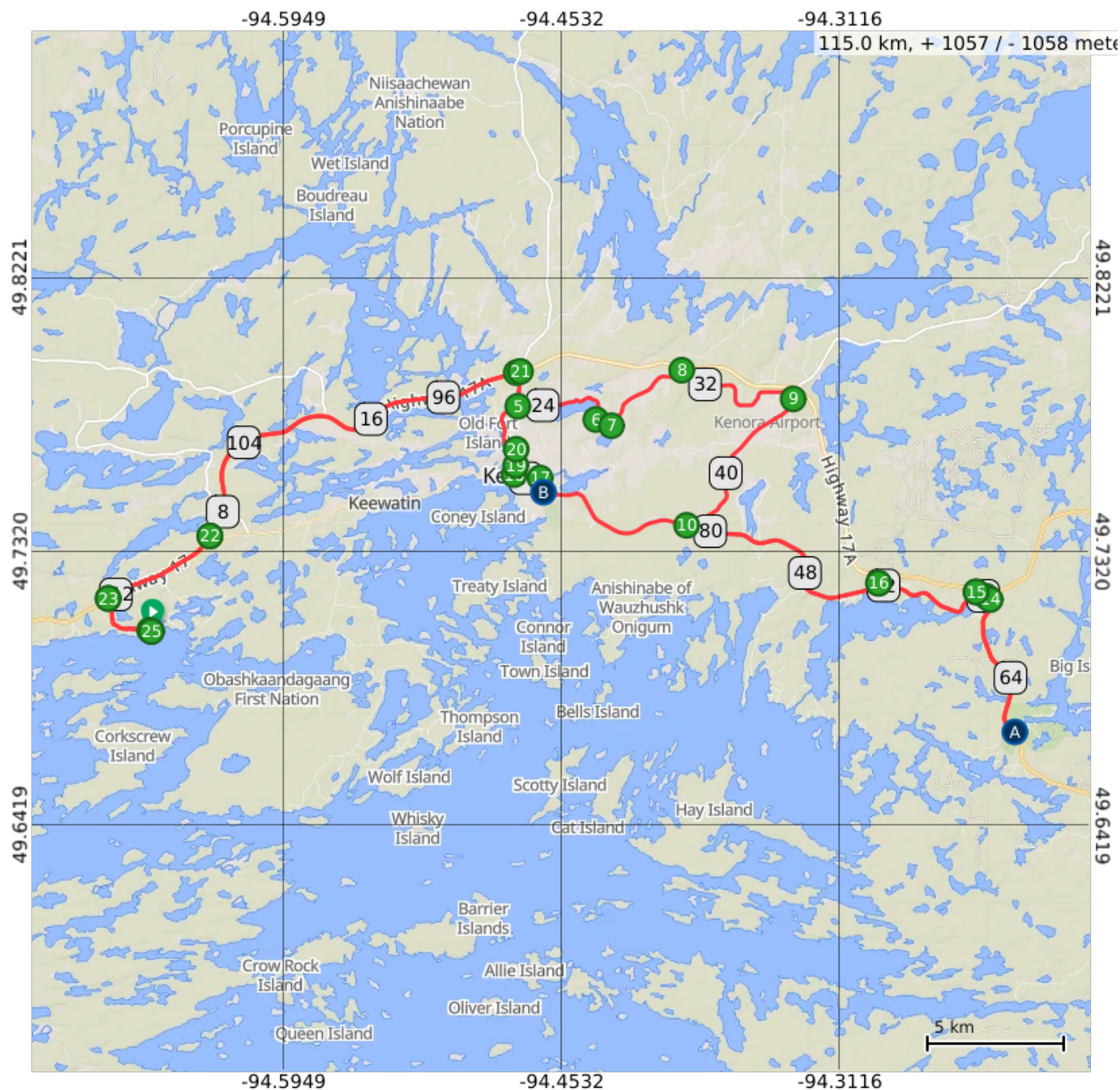
2026 RATL Day 2 v3



Inglis Rd. to Rushing River - Including Jones & Airport road

A. Lunch stop

B. A&W Rootbeer floats



Saturday, September 12 - Inglis Rd. to Rushing River

Type	Directions	Total
	START - BRIAN THIESSEN'S COTTAGE	
Right	Turn right onto Trans-Canada Hwy / ON-17 E	2.6
Straight	Continue onto ON-17A E	7.0
Right	Turn right onto Veterans Dr (signs for Veterans Drive/Kenora)	21.7
Left	Turn left onto Rabbit Lake Rd	23.1
Left	Turn left onto Valley Dr	26.9
Left	Turn left onto Airport Rd	27.5
Right	Turn right to stay on Airport Rd	31.0
Right	Turn right onto Jones Rd	36.2
Left	Turn left onto Trans-Canada Hwy / ON-17 E	42.8
Right	Turn right onto Longbow Lake Rd (signs for Longbow Lake Road)	51.5
Right	Turn right onto Trans-Canada Hwy / ON-17 E	55.8
Right	Turn right onto Trans-Canada Hwy / ON-71 S (signs for Nestor Falls / Fort Frances / Sioux Narrows)	56.2
	LUNCH STOP - RUSHING RIVER PROVINCIAL PARK	61.9
Right	Turn right onto ON-71 N	62.0
Left	Turn left onto Trans-Canada Hwy / ON-17 W	67.4
Left	Turn left onto Longbow Lake Rd (signs for Longbow Lake Road)	68.0
Left	Turn left onto Trans-Canada Hwy / ON-17 W	72.3
	REST STOP - A&W FOR ROOTBEER FLOATS	87.0
Left	Turn left to stay on Trans-Canada Hwy / ON-17 W	87.6
Right	Turn right to stay on Trans-Canada Hwy / ON-17 W	88.6
Right	At the roundabout, take the 1st exit onto Rupert Rd / Veterans Dr heading to ON-658 N	88.9
Left	Turn left onto Veterans Dr (signs for ON-658 N)	89.6
Left	Turn left onto ON-17A W (signs for Winnipeg)	93.1
Straight	Continue onto Trans-Canada Hwy / ON-17 W	108.0
Left	Turn left onto Inglis Lake Rd	112.4
	END - BRIAN THIESSEN'S COTTAGE	115.0

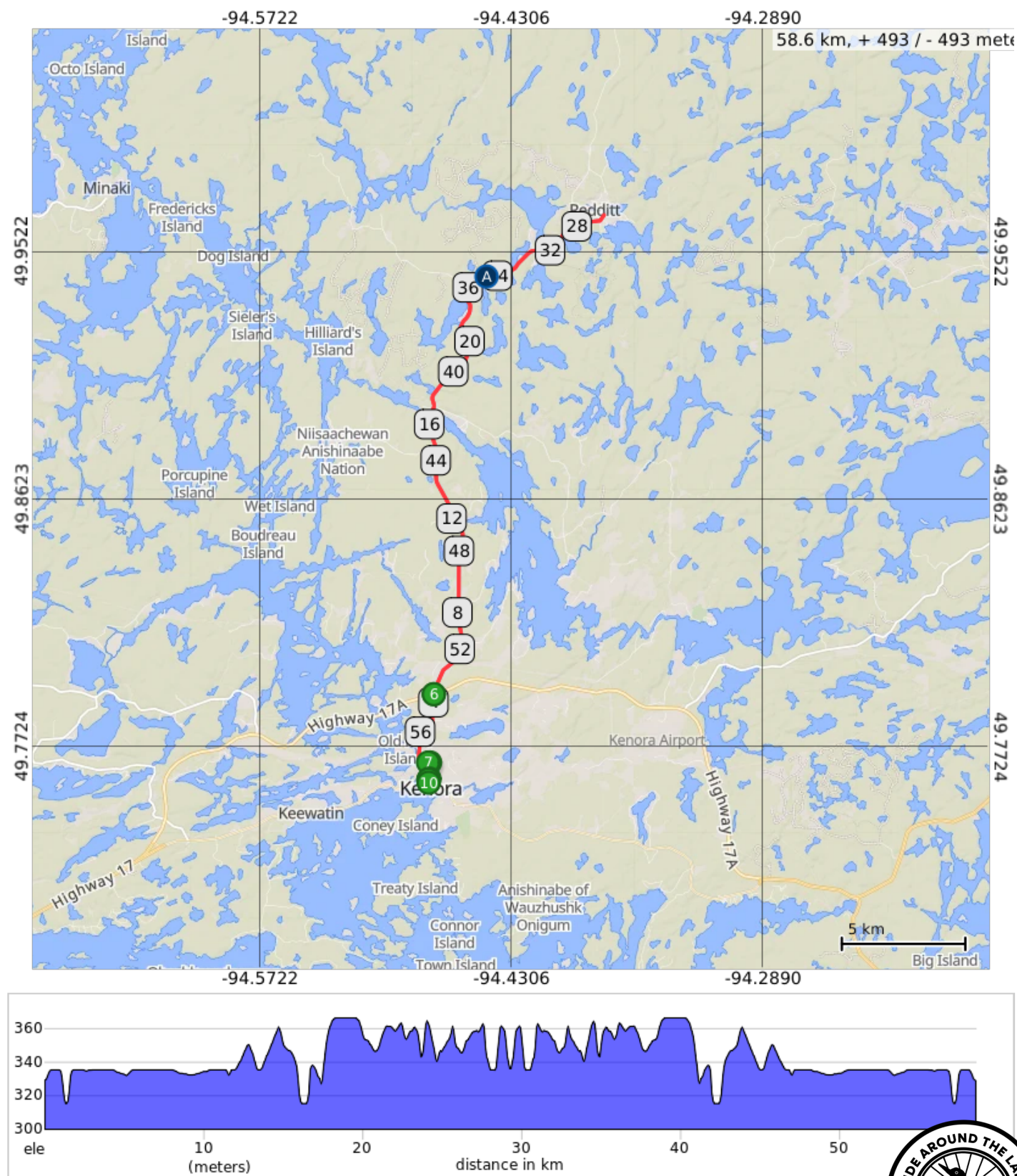


2026 RATL Day 3



Whitecap Pavillion to Redditt Loop

A. Bob Williams Cottage



Sunday, September 13 (Whitecap Pavillion to Redditt Loop)

Type	Directions	Total
	START - WHITECAP PAVILLION KENORA	
Straight	At the roundabout, take the 2nd exit onto Rupert Rd/ Veterans Dr. heading to ON-658	0.1
Left	Turn left onto Veterans Dr (signs for ON-658 N)	0.9
Straight	Continue onto Redditt Rd/ ON-658 N	4.3
U-Turn	TURN AROUND POINT - Redditt	29.3
	COFFEE BREAK - SPONSORED BY BOB WILLIAMS	35.0
Straight	Continue onto Veterans Dr	54.2
Right	Turn right onto Rupert Rd/ Veterans Dr	57.6
Straight	At the roundabout, take the 2nd exit onto Bernier Dr	58.4
Left	Turn left to stay on Bernier Dr	58.4
	END - WHITECAP PAVILLION KENORA	58.6



Friday, September 11, Menu

Lunch at Minaki Community Centre

- Assortment of small sandwiches from De Lucas
- Chicken & wild rice soup
- Energy balls
- Fruit tray
- Veggie tray with tzatziki
- Variety of cookies and Empty Cup Vanilla Oat cold brew coffee

Dinner on the MS Kenora

Appetizers

- Roasted Red Pepper and Tomato Soup with a hint of Fresh Thyme and
- Fresh Salad of Mixed Greens tomatoes, onions, and cucumbers; with a Homemade Balsamic Vinaigrette

Your Choice of Entrée

- Hand Prepared Schnitzel Hand Breaded with your choice of Creamy Peppercorn Sauce or Mushroom Gravy
- Grilled Chicken Breast Herb and Garlic Marinated Chicken, with a Creamy Mushroom au Jus
- Breaded Walleye Filet Seasoned with a Lemony Aioli Mayo

Note: All Entrées served with Seasonal Vegetables and Mashed Potatoes

Dessert

- Summer Strawberry Shortcake with Fresh Strawberries and Sweet Cream



Saturday, September 12, Menu

Lunch at Rushing River Provincial Park

- Assortment of small sandwiches from De Lucas
- Tomato tortellini soup
- Energy balls
- Fruit tray
- Veggie tray with tzatziki
- Variety of cookies and Empty Cup Vanilla Oat cold brew coffee

Dinner at The Thiessen Cottage

Appetizers

- Watermelon salad fingers; feta, red onion & herb emulsion, chilli
- Tuna poke bites; chilli kewpie, hot honey, sesame seeds
- Turkey sausage meatballs; chilli tomato jelly, parsley

Buffet Style Dinner

- Pork back ribs; Smokey BBQ sauce
- Lemon herb baked chicken thighs; basil lime sauce (tofu option for vegan)
- Tangy coleslaw: honey roasted sunflower seeds
- Green salad; MB tomatoes, nectarines, fresh mozzarella
- Focaccia; served with jalapeno honey butter & black garlic truffle butter

Dessert

- Flourless chocolate cake with olive oil and sea salt
- Blueberry & peach pie

Sunday, September 13, Menu

Lunch @ Whitecap Pavillion

- Croissant sandwiches from Peckish
- Mini charcuterie cups from Peckish
- Whole fruit
- Chocolate chip sea salt cookies



