



Three
Squares
New England

FIGHTING FOOD INSECURITY SINCE 2012

Ride & Stride for Food Participant Toolkit



***Everything You Need to Know as
a Participant!***

For more information email info@threesquaresne.org or visit www.threesquaresne.org

Three Squares New England is a 501(c)(3); EIN: 46-4636259

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We're so glad you're here!

Thank you for being part of the 2026 Ride & Stride for Food! Whether you're cycling or walking, your participation fuels critical work to fight food insecurity in your community.

And here's the best part: Since 2012, Three Squares New England has returned 100% of rider and walker-raised funds back to the hunger relief partners.

Every mile, every step, and every dollar you raise makes a real difference — right where's it's needed.

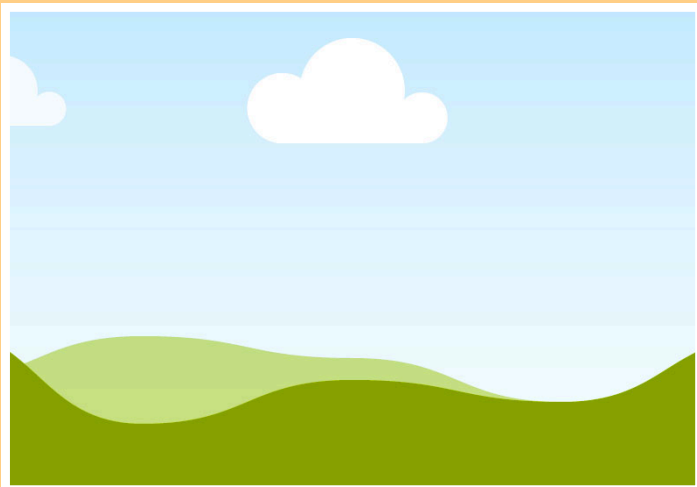


Your registration fee

Your **\$85 registration fee** covers a full day of fun and impact:

- coffee and breakfast
- music all day
- snacks at water stops
- lunch and beverages (including beer!)
- your 2026 Ride & Stride for Food T-shirt
- a day spent with others passionate about food security

It also helps offset event costs — so more of what you raise can go right back to where it's needed most.



What's your fundraising goal?

Your fundraising minimum is \$350 — but why stop there?

Dream big, aim high, and make your impact even greater!

Push yourself and you could earn some extra rewards! Raise **\$1,500** or more and you'll receive exclusive 2026 Ride & Stride for Food swag — your choice of a cycling jersey or duffle bag.

Every dollar you raise fuels change in the fight against food insecurity.

And don't worry: there's no penalty if you set an ambitious goal and fall a little short, as long as you meet the \$350 minimum.

A couple important notes:

If you haven't met the \$350 minimum by November 30, 2026 (the close of the fundraising period), the balance will be charged to your credit card on file.

Because this is a charity fundraising event, please understand that registrations are non-refundable, non-transferable, and cannot be canceled.

Fundraising ideas

Need some inspiration? Think outside the box! Here are a few fun ideas to get your wheels spinning on ways to boost your fundraising:

- **Pick my playlist:** Donate to add a song to my ride playlist!
- **Guess how many:** Donate to guess the number of items in a jar —closest guess wins a prize!
- **Name on me:** Donate to have your name written on my body/shirt for ride day.
- **Ticket raffle:** Donate to enter a raffle for fun prizes.
- **Yard/Bake sale:** Host a sale and donate the proceeds.
- **Pledge per mile:** Ask donors to pledge an amount for every mile you ride or walk.
- **Host a party:** Throw a dinner, BBQ, or gathering and ask for donations as the “entry fee.”
- **Check your local businesses:** See if local shops or restaurants will host a fundraiser night or donate a portion of sales.
- **Fitness fundraiser:** Partner with a gym or instructor to host a class where proceeds support your ride.



Sharing photos of the Ride & Stride for Food in a follow-up email or social media post is a terrific way to solicit additional donations!



Share your Ride & Stride for Food story!

Your story is powerful — it helps your network understand *why* you're riding or walking and *why* their support matters. A strong story can take your fundraising to the next level!

What to include in your story

- **Why you're riding/walking:** Share what inspires you to join the Ride & Stride for Food.
- **Your connection:** Are you a volunteer, staff member, board member, neighbor or friend of the hunger relief partner? Tell us!
 - **The need:** What will donations help fund? (Ex: a new fridge, freezer, delivery van, staff support, etc.)
- **Impact examples:** What have past funds made possible for your hunger relief partner?

Help your supporters understand the reality of food insecurity in MA with this powerful statistic:

- **40%** of Massachusetts households reported food insecurity in 2025.

(Source: Greater Boston Food Bank [here](#)>)

Bring it to life

Photos and videos make a big impact!

Share images from:

- Last year's Ride & Stride for Food
- Your training rides or team meetups
- The hunger relief partner you're supporting (with permission!) — their pantry, farm, trucks, etc.

Social media resources



Want to level up your social game before the big event? Try these fun ways to get your followers in on the action:

- Snap pics from your training rides and walks—show the hustle before the event!
- Post a hype message the day before or morning of the Ride & Stride for Food to rally last-minute support.
- Grab a selfie or quick video from the road (safely, of course!) and show off the amazing crowd.
- Capture your crew with both posed team shots and behind-the-scenes candid—real moments hit hardest.

Celebrate your Ride & Stride for Food journey with a Participant badge.

Download the badge that shows how many years you've been riding (see example here) and add it to your social posts to show your pride!



Keep it up! You got this.

Remember you have until November 30 to
fundraise, so keep sharing messages about your
day and what this means to you.

Need inspiration for what to share? Try one of these post ideas to spark connection and keep the momentum going:

- How did it feel to ride or walk for such an important cause?
- What was it like to be surrounded by 600+ passionate people fighting for food security?
- How did your team celebrate after the event?
- Post even more photos—action shots, finish-line moments, and team selfies!
- Give a shoutout to a team member or donor who inspired you.
- Reflect on why fighting food insecurity matters to you personally.
- Show off your participant badge or event swag.
- Share a “before and after” photo from your training journey.
- Post a thank-you message to everyone who supported you along the way.



More resources and tips

Ride with GPS

- Download the route maps to your device so you're set on event day:
 - [25 mile >](#)
 - [50 mile >](#)
 - [100 km >](#)

Training Rides

- Ask your team captain if there are any group training rides coming up.
- Check out local bike shops or cycling clubs—they often host regular rides you can join.

Connect with Your Team

- Set a regular time and spot to ride or walk with teammates—it's a great way to train and stay motivated together.

Logistics

Date: Sunday, September 27, 2026

Location: The ride starts and finishes at Noble and Greenough School, 10 Campus Drive, Dedham, MA

Parking: Please use the designated parking lots on campus.

Weather:

- The event is rain or shine—so come prepared! We'll only cancel in the case of thunderstorms or an official hurricane warning. There is no scheduled rain date.

Food & Drinks:

- Breakfast will be available for all participants starting at 7:30 AM
- Lunch will be served from 11:30 AM to 1:30 PM
- Water stops along the route will be stocked with refill stations, snacks, and fresh fruit to keep you going!

Check-in and Departure times

<u>Routes</u>	<u>Check In</u>	<u>Depart</u>
62.2 mile ride (100K)	7:45–8:00 AM	8:15 AM
50 mile faster speed	8:30–9:00 AM	9:15 AM
25 mile ride	9:00–9:30 AM	9:45 AM
5K Walkers	9:45–10:15 AM	10:30 AM

Your safety comes first

At Three Squares New England, your safety is our top priority. We've designed the Ride & Stride for Food experience with care to ensure a secure and enjoyable day for everyone—whether you're cycling or walking.

For Cyclists:

You can expect a well-supported ride, including:

- Clearly marked cycling routes to guide you every mile
- Police presence at major intersections to manage traffic safely
- Experienced bike and motorcycle marshals leading and following the ride
- Roving bike mechanics available along the route for quick fixes or support

For Walkers:

The 5K walk will take place on the cross-country trails at Noble and Greenough School. Here's what you should know:

- The trail includes a mix of surfaces and gentle inclines through grassy and wooded areas
- Routes are well-marked and supported by on-site volunteer guides
- For safety reasons, the trail is not stroller-friendly—please plan accordingly

Age Requirement:

- All cyclists must be at least 14 years old by September 27, 2026.
- Riders between ages 14–18 must have a parent or guardian sign a waiver, which can be found in the online registration form.

We're here to make sure everyone has a safe, supported, and empowering experience from start to finish



Frequently Asked Questions (FAQ)



Off the Beaten Path: Option

- **What if I can't make it to the Ride & Stride for Food but I want to get involved?**
 - You can still support your team by hosting your own "Off the Beaten Path" event—on your own time, in your own way.
 - Registration for this option is just \$50, and there's no fundraising minimum required.

Fundraising Page

- How do I edit my fundraising page?
 - Please refer to the "How to Edit a Fundraising Page" [here](#).
- My profile photo on my fundraising page looks 'sideways' on my iPhone. How can I fix it?
 - This is an issue specific to IOS devices – it has to do with the way some phones handle orientation of the images
 - Fundraisers must rotate the image ALL the way around and then save the photo before uploading it (360 degrees rotation)
 - This article does a great job at explaining this:
<https://www.businessinsider.com/heres-why-your-iphone-photos-sometimes-appear-upside-down-2014-10>

Fundraising Page (Continued)

- How do I report a technical issue or problem with my page?
 - 1) If you are experiencing technical issues or a problem in, please refer to [here](#).
 - 2) Contact info@threesquaresne.org and we can help answer your questions

Adding to the team

- Can I invite others to join the team!
 - Absolutely! Just as you did, they will need to complete a profile to register for the event
- Can I encourage my family to participate?
 - The in-person 5K is a great way for younger kids to get involved and take action to help community members in need
- What about my teen?
 - Cyclists must be 14 years old (by the date of the Ride & Stride ofr Food) or older, and age 14-18 must have a waiver signed by a parent or guardian

Fundraising

- Does the registration go towards my fundraising?
 - The registration fees help offset the costs of the day.
 - Registration fees are separate from the minimum fundraising goal of \$350 per participant



Fundraising (Continued)

- What if someone gives me a check or cash?
 - Checks should be payable to Three Squares New England and reference your name & team to ensure proper credit
 - If you receive a cash donation, please write a check to Three Squares and reference the donor and the team
 - Mail checks to: Three Squares New England, P.O. Box 1055, Dedham, MA 02027
 - Three Squares New England can not accept cash donations
- Can my employer match my contribution?
 - Corporate matches are a fantastic way to multiply your fundraising efforts. Please ask that your name & team is noted.
- Do you accept Donor Advised Funds?
 - Absolutely! Please request that your name and the team name is noted to ensure credit
- When do I need to complete my activity?
 - September 27, 2026 is the last day of registration, however you can complete your activity anytime between the date you registered and the day we close fundraising (November 30, 2026)
- Is there a fundraising deadline? What happens if I do not reach my commitment?
 - You have until November 30th to raise funds
 - Team Captains will enforce a fundraising goal of \$350 per team member or higher
 - Three Squares New England will charge participants' cards on file if they have not reached their \$350 goal by the end of the day on November 30, 2026

Fundraising (Continued)

- Beyond the Ride & Stride for Food, can I make a financial contribution to support Three Squares New England's work?
 - Your continued financial support allows us to host the Three Squares Round Table and the annual Ride & Stride For Food and give back 100% of all rider-raised funds to the partners. We would be grateful for your one-time donation or a monthly gift. Thank you.

With thanks

- How can I thank my donors?
 - From the Fundraising Page: When donors submit donations, they'll be asked to enter their email
 - Thank you messages and comments are sent to the email that your donor provided online
 - Access to Emails: To view donors' email addresses, go to the tab Emails and select Thank Your Donors. Then, select the View Donors button. From there, you can select your donors and copy the email addresses you need



**Thank you for your
support!**

We can't wait to see everyone at
the Ride & Stride For Food on
September 27, 2026!

