



SPIN FOR SINAI
IN SUPPORT OF IBD

SPIN FOR SINAI FUNDRAISER RESOURCE GUIDE 2026



Welcome to Your Spin for Sinai Fundraiser Resource Guide

Thank you for joining Spin for Sinai 2026 and committing to pedal for a purpose. Your fundraising efforts play a vital role in advancing IBD research and care at Sinai Health, and this guide is here to make your journey easier and more impactful.

Inside, you will find:

- Quick tips to help you kickstart and maximize your fundraising.
- A ready-to-use donation request template to make asking for support simple and effective.
- An invitation template you can share with friends, family and colleagues to encourage them to join the event alongside you.
- Ready-to-use social media caption templates to help you promote your page and reach more supporters.

The goal of this guide is to give you the tools and confidence to tell your story, rally your community and reach your fundraising goals. Every dollar raised helps us improve care and outcomes for people living with IBD.

Quick Fundraising Tips To Help You Kick Things Off

1. Remember: People Want to Support You

Most people give because they care about *you*, not only because of the cause. You're inviting them to be part of something meaningful in your life—and that's powerful!

✨ Tip: Don't forget to end every message with your donation link to make it easy to donate!

Example: *You can support my fundraiser here: [link to fundraising page]*

2. Follow Up (It makes a Big Difference!)

Life's busy! People do want to give, but they might miss your first message. Fundraisers who follow up once or twice - even with a short reminder - raise significantly more. Think of it as a friendly nudge, not a bother.

✨ Tip: Fundraisers who follow up raise 2–3x more

3. Every Gift Counts

Remind your supporters that every bit of care counts - Even \$10 or \$25 makes a difference. You may be surprised by some of the contributions that come through when family and friends rally around their loved ones. Every bit of support adds up to help you reach your goals.

4. Share Your “Why”

Sharing your ‘why’ helps others connect with your passion and inspires them to give. Maybe you or someone you love has been impacted by IBD, or you simply want to give back. Use the templates below to make it personal - your story could resonate more than you think!

5. Use the Personal Touch—It Works

Our most successful fundraisers send personal messages in addition to mass emails or social posts. A quick email, text, or direct message over social channels that says why this cause matters to you can go a long way. Make sure you fill in your family or friends' first name when updating the templates below.



Ask for a donation

Subject: Support My Ride at Spin for Sinai!

Hi [name],

I'm excited to be participating in this year's Spin for Sinai to raise funds in support of inflammatory bowel disease (IBD) care, research and fellowships on Sunday, October 25, 2026.

IBD affects the lives of so many, and the Centre for Inflammatory Bowel Disease at Mount Sinai Hospital is leading the way in advancing care, training specialists and pushing research forward. By contributing to my fundraising efforts, you'll be directly supporting the critical research and care provided by Sinai Health's team of specialists.

How You Can Help Spin for Sinai

Consider making a donation today. A gift of any size will go a long way in advancing our efforts. Every dollar takes us closer to better treatments, improved care and ultimately, a brighter future for those living with IBD.

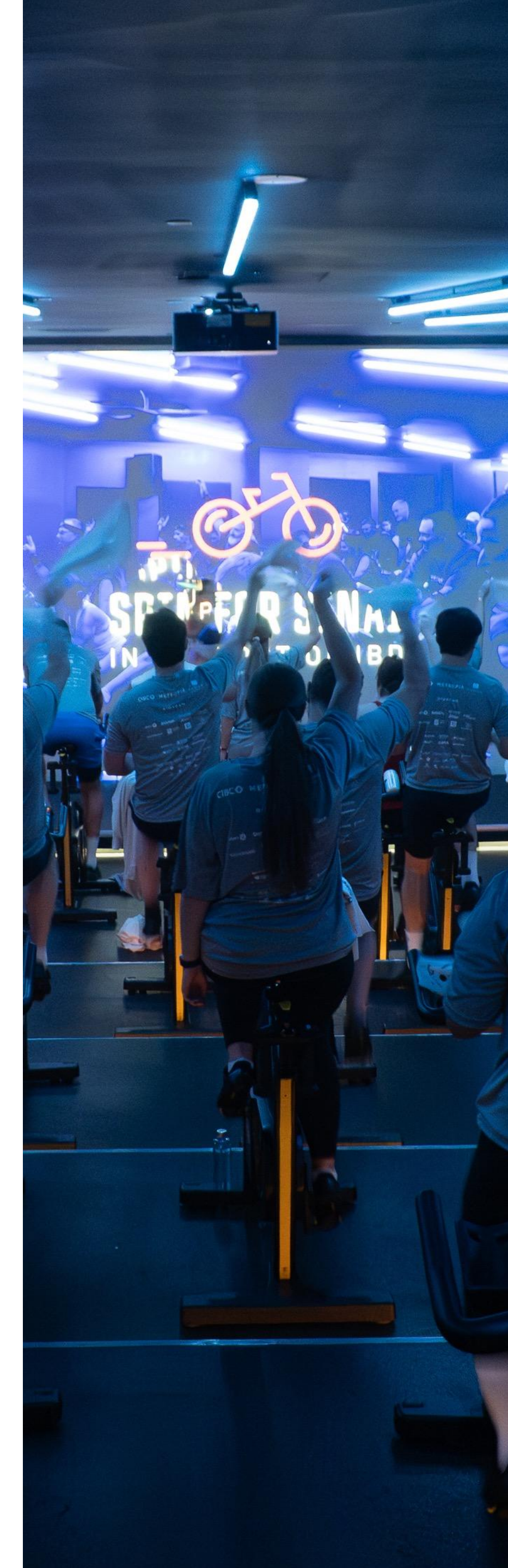
Simply click the link below to make a donation through my page.

[insert personal fundraising page URL]

Thank you for your support.

Best wishes,

[your name]



Ask to join Spin for Sinai

Subject: Join Me at Spin for Sinai in Support of IBD

Hi [name],

I'm getting involved in Spin for Sinai this year and wanted to personally invite you to join me. It's an inspiring, high-energy ride in support of Sinai Health that brings people together to advance care and research for those living with IBD.

The day is an incredible mix of movement, community and purpose, with riders of all levels coming together to support something bigger than themselves. It's a truly uplifting experience and a great way to give back.

Here's What You Can Expect On The Day:

Spin for Sinai

- Sunday, October 25, 2026
- Located at Sweat and Tonic, Terrace Level, 486 Front St W Unit SF 32 & 33, Toronto, ON M5V 0V2
 - Parking: Onsite underground parking is available.

Session 1

1:00 p.m | Registration & opening remarks
1:30 p.m | Bike setup and stretch
1:45 p.m | Spin
2:30 p.m | Celebration and refreshments

Session 2

3:45 p.m | Registration & opening remarks
4:00 p.m | Bike setup and stretch
4:15 p.m | Spin
5:00 p.m | Celebration and refreshments

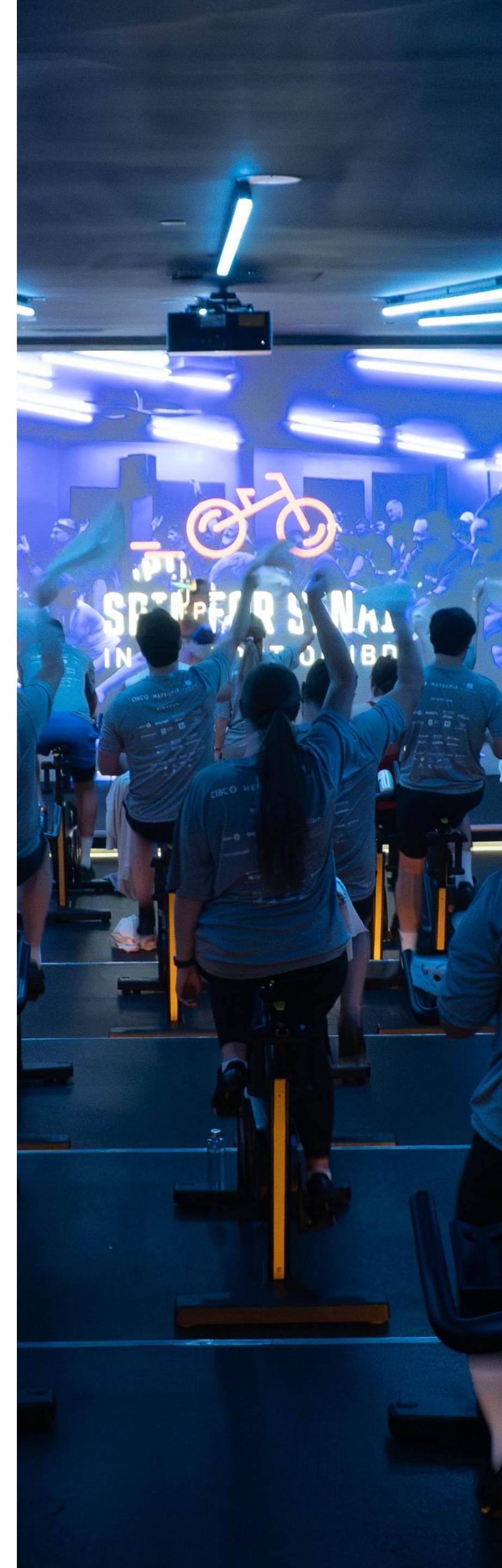
To secure your spot [register here](#).

I hope you can join us for what promises to be a meaningful and memorable day. I'd love for you to be part of it.

You're welcome to ride with me, and feel free to bring along a friend or colleague who might enjoy it as well.

Best wishes,

[your name]



Social Media Templates

We are excited to provide you with social media templates and graphics to help you kickstart your fundraising for Spin for Sinai 2026. These ready-to-use posts are designed to make it easy for you to share your participation, spread the word and inspire your network to support IBD research and care at Sinai Health.

Simply copy one of the sample captions below, add your personal fundraising page link, and pair it with one of your own photos.

Together, we can amplify our impact and pedal for a purpose.

Template 1 (Instagram / Facebook):

I'm fundraising for Spin for Sinai in support of IBD research and care at Sinai Health! I'm pedalling for a purpose, and every dollar makes a difference. Please consider donating to my page and helping me reach my goal: [Insert Fundraising Page Link]

#SpinForSinai @sinaihealthfoundation

Template 2 (Instagram / Facebook / X):

I'm taking on the Spin for Sinai challenge to raise funds for IBD research and care. Your support will help change lives. Donate today and help me reach my fundraising goal: [Insert Fundraising Page Link]

#SpinForSinai @sinaihealthfoundation

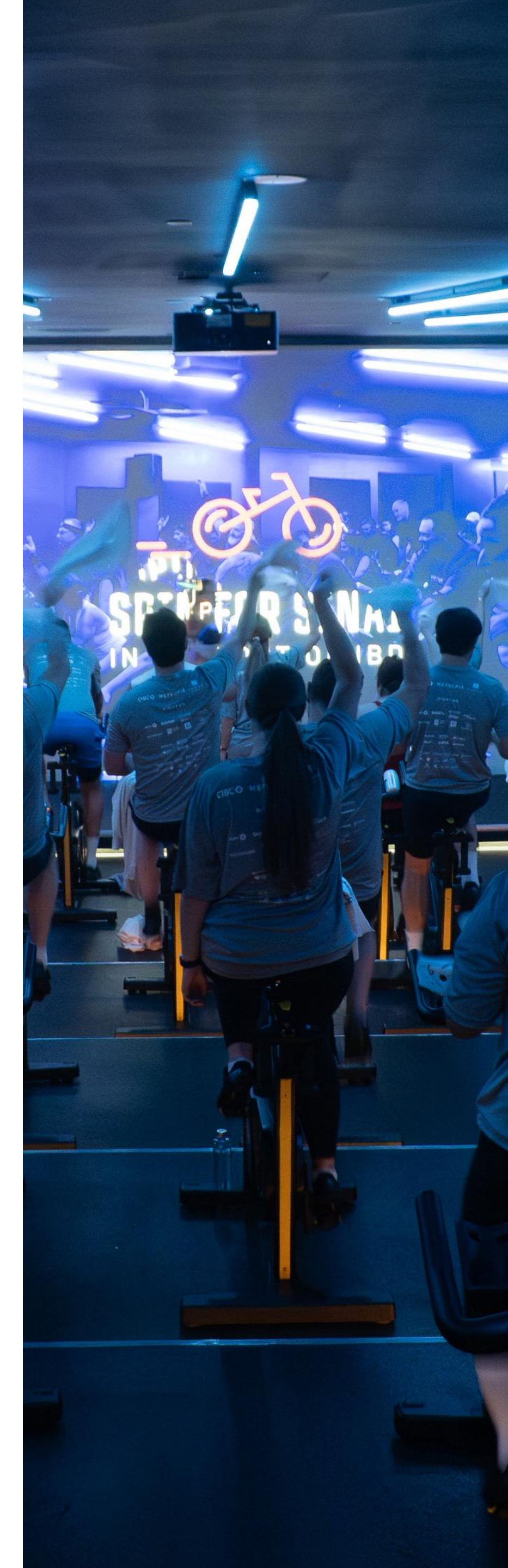
Template 3 (LinkedIn):

I am proud to be participating in Spin for Sinai 2026, and raising vital funds for IBD research and care at Sinai Health. My goal is to [insert personal fundraising goal], and I would be grateful for your support.

Please consider donating to my fundraising page and joining me in making an impact for patients and families living with IBD: [Insert Fundraising Page Link]

Together, we can pedal for a purpose.

#SpinForSinai #Fundraising



How To Raise \$500

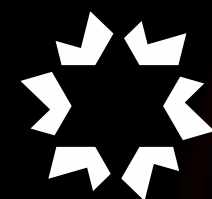
	Tally
1. Kickstart your fund raising with a personal donation of \$50	\$50
2. Ask three family members to donate \$25	\$125
3. Ask five friends to donate \$25	\$250
4. Ask five co-workers to donate \$20	\$350
5. Ask two businesses you frequent to donate \$25	\$400
6. Ask 10 of your Facebook, Instagram or LinkedIn friends to donate \$10	\$500!

In just a few easy steps, you've raised a grand total of \$500! Give one or all these ideas a try and see what happens!



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Thank you!



Sinai Health
Foundation