

Thank you for participating in our **2022 Virtual Tour de Fox** ride! Before you hit the road, here are some last-minute tips to get you ready to ride:

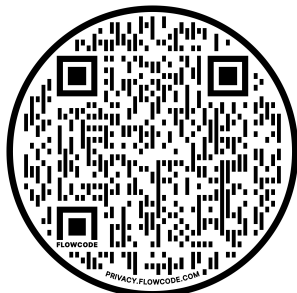
- 1. SAFETY FIRST.** If you are planning to ride outdoors, be sure to wear a helmet and follow your social distancing guidelines placed by your town.
- 2. OBEY THE RULES OF THE ROAD.** If you are riding with friends, please always ride single file and follow all traffic lights and stop signs.
- 3. STAY HYDRATED.** Whether you are outdoors on a road bike or inside on a stationary bike, it's always a good idea to have a supply of fluids and fuel nearby.
- 4. SHOW OFF YOUR NUMBERS!** Personalize your rider bib by writing your name and why you ride, then snap a picture of yourself wearing it!
- 5. SHARE ON SOCIAL MEDIA.** Post your memorable moments and be sure to use the hashtags **#TourdeFox** and tag **@michaelfoxorg** on Twitter, Instagram, and **@michaelfoxfoundation** on Facebook.

As always, email us at tourdefox@michaelfox.org with any questions.

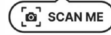
Happy riding!

Michelle and Liz

To scan QR codes: Open the camera app on your phone, then point it at the QR code you want to open. At the top of the screen, there will be a notification alerting you of the source of the page — if you click this, it will take you to the page.



Check out our **Race Day HQ**. On this page, you will find important information about race weekend and some motivational surprises from your Race Directors.



Our **Parkinson's Progression Markers Initiative (PPMI)** is now recruiting volunteers. PPMI follows participants over time to better understand changes linked to Parkinson's risk, onset and progression.



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I AM RIDING FOR...

TOUR DE FOX

THE MICHAEL J. FOX FOUNDATION FOR PARKINSON'S RESEARCH