

Ride Don't Hide around the world campaign

On August 1, 2010, Michael Schratter, a Vancouver school teacher and newspaper columnist embarked on a global journey to cycle 40,000 km, crossing six continents and 33 countries and raising funds for mental illness. His mission is to circumnavigate the world, sharing stories with people in different countries, and in doing so to bring attention and awareness to the stigma surrounding mental illness. Throughout his journey, Michael is documenting his experiences and journey on his blog at www.ridedonthide.com. All funds raised locally through events will support the Canadian Mental Health Association's (CMHA) child and youth mental health initiatives in their local communities. CMHA BC Division is the sponsoring organization and facilitator for "Ride Don't Hide" events to raise funds and awareness for local CMHA projects.

Ride Don't Hide Route



Ride Don't Hide Milestones

- **November 12 (Day 469):** Completing my solo journey around the world. Riding from Tsawwassen into Vancouver with a police escort and hundreds of cyclists. And for an intense Vancouver Canucks fan, the great thrill of sharing the story and meaning of my ride at Rogers Arena alongside team VIPs.
- **August 15 (Year 1, Day 15):** Landing in Halifax on Canadian soil after 380 days around the world and LOVING the Canadian clichés and quirky Canadian idiosyncrasies like Tim Hortons, people saying “eh”, the dual French/English labeling on everything, and even the RCMP! I LOVE Canada!
- **July 14 (Day 348):** The amazing mountain descent in Italy from Tortona to the Genoa Mediterranean coast. First came seagulls, then the smell of the salt air.
- **July 6 (Day 340):** Meeting a giant sized beetle in Novo Mesto, Slovenia
- **July 4 (Day 338):** Stopped in what I thought was a café but turned out to be a bar in Siófok, Hungary. Ordered a shot of Unicum for breakfast (a Hungarian herbal liquor very much like Jägermeister) and an espresso for a total of \$1.75!
- **June 8 (Day 312):** Cycling at 3 a.m. still in daylight in Salo, Finland near the summer equinox and the longest day of the year.

- **May 8 (Day 281):** Experiencing traditional Vietnamese cuisine of snakes, cobra blood vodka and cobra bile vodka in Ha Noi, Vietnam. Yummy!
- **March 23 (Day 235):** Enjoying some lemongrass pork sausage in Ko Tao, Thailand, but by far the most memorable part of the meal was the flying termites around us which fell like snow for about ten minutes.
- **March 4 (Day 216):** Enjoying the wonderful variety of Malaysian foods in Melaka, including the infamous durian, the stinky, spiky, deadly looking fruit that could injure you if it fell on your head!
- **Feb. 25 (Day 209):** Diving into the Great Barrier Reef in Cairns, Australia and seeing green sea turtles, very large grouper, clown fish (as in Nemo from the movie Finding Nemo), blue spotted sting rays, and massive heads of colourful coral.
- **Jan. 12 (Day 165):** Being detained by police in San José de La Dormida, Argentina so the crew can hear my story and enjoyed lunch with the group.
- **Dec. 4 (Day 126):** Climbing up a mountain in Riobamba, Ecuador to my highest elevation ever at 11,900 ft and witnessing Mount Cotopaxi erupting.
- **Nov. 25 (Day 117):** Coming across thousands of beautiful butterflies and caterpillars on the mountains of El Estrecho, Colombia.
- **Oct. 21 (Day 82):** Meeting Fertemba Sherpa (www.furtemba.com) in Somotillo, Nicaragua. He left his home in Nepal on his bike in 2003 and has traveled 75,000km so far in numerous countries. Furtemba is planning to travel to all the world's countries until as late as 2020.
- **Sept. 18 (Day 49):** South of Puerto Vallarta, enjoying a natural waterfall shower under high cliff walls covered in lush greenery after a hard day's ride. It's refreshment beyond words.
- **Sept. 4 (Day 35):** Swimming with large whale sharks and a pod of porpoises in Mulege, Mexico.
- **August 1 (Day 1):** Riding out from the Vancouver Art Gallery with a huge team of friends and supporters for the launch of Ride Don't Hide.

Actual Ride Stats

Stretch	Km for Stretch	Km Total	Date leaving stretch
Vancouver			1 August, 2010
USA	2,441	2,441	26 August, 2010
Mexico Baja	907	3,348	9 September, 2010
Mexico & Central America	5,230	8,578	6 November, 2010
Colombia	1,754	10,332	29 November, 2010
Ecuador	815	11,147	9 December, 2010
Peru	1,109	12,256	23 December, 2010
Bolivia	572	12,828	1 January, 2011
Argentina	2,131	14,959	23 January, 2011
Australia	2,526	17,485	25 February, 2011
Malaysia	1,155	18,640	16 March, 2011
Thailand	1,023	19,663	6 April, 2011
Cambodia	846	20,509	17 April, 2011
Vietnam	1,284	21,793	10 May, 2011
China	1,520	23,313	3 June, 2011
Finland	636	23,949	10 June, 2011
Estonia	347	24,296	14 June, 2011
Latvia	304	24,600	16 June, 2011
Lithuania	300	24,900	19 June, 2011
Poland	809	25,709	27 June, 2011
Slovakia	286	25,995	30 June, 2011
Hungary	355	26,350	3 July, 2011
Croatia	250	26,600	6 July, 2011
Slovenia	205	26,805	9 July, 2011
Italy	804	27,609	16 July, 2011
France	690	28,299	23 July, 2011
Spain	1,446	29,745	7 August, 2011
Morocco	310	30,055	15 August, 2011
Canada	9,945	40,000	November, 2011