



Suggested Social Media Messages

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Feel free to adapt these messages, shorten them, or personalize them to reflect your motivation and your story.

Start of the journey: Join me / Thank you for your support

I just registered for the 19th edition of the ALS Quebec RIDE, which will take place on August 22–23 in Nicolet! Every dollar raised supports families living with ALS and helps advance research.

I'm riding to make a difference — and I need your support!

[If you wish, add your story and who you're riding for]

👉 You can support me by making a donation on my personal page / to my team.

[Insert your fundraising page link here]

👉 You can join me / my team:

For full details and to register: [Website - ALS Quebec RIDE](#)

[You may also insert the link to your team page]

Help me make every kilometre count!

Thank You for Supporting Me — Midway Update

On August 22 and 23, I will be cycling in the 19th edition of the ALS Quebec RIDE!

🎯 My goal: \$[your amount]

If you haven't had a chance to contribute yet, now is the perfect time.

👉 Your donation helps power my purpose.

[Insert your fundraising page link here]

Ride Day

On the beautiful roads of Nicolet for the 19th edition of the ALS Quebec RIDE!

Thank you to everyone who supported me — you're with me every kilometre this weekend ❤️

[Add who you and your team are riding for today]

👉 To support me / To support my team:

[Insert the link to your fundraising page here]

Thank You for Your Support

I've just completed the ALS Quebec RIDE weekend.

Together, my team and I raised \$[YOUR AMOUNT].

[If you wish, share why you took part]

Thanks to your generosity, my participation truly made a difference for families affected by ALS.

Thank you to everyone who contributed!

It's still possible to make a donation on my page: *[Insert your fundraising page link here]*

Generic Messages

About ALS

ALS is a devastating disease. It affects far more than physical strength: it continuously disrupts even the simplest activities of daily life, including how people move, speak, connect, and live. Its progression is relentless, and its impact on individuals and families is profound.

Where the Donations Go

Funds raised through the ALS Quebec RIDE are a source of support and hope for people and families living with ALS. These donations help fund personalized programs and services tailored to each stage of the disease, while also driving critical research forward through ALS Quebec's Research Fund.