



Rotary International District 5500 Indoor Ride to End Polio FREQUENTLY ASKED QUESTIONS - 2025



1. **What is the Indoor Ride to End Polio?**

The Indoor Ride is a ready-made polio fundraising event open to every Rotary Club, Rotary District and Rotarian in the world. The **Indoor Ride** is a complement to the Ride to End Polio, a bicycling fundraiser held each November in Tucson, Arizona, USA, in conjunction with El Tour de Tucson, one of the largest perimeter bicycling events in the US. El Tour, organized by Perimeter Bicycling Association of America, annually attracts more than 8,000 cyclists. The Indoor Ride allows Rotarians across the country and around the world to participate without coming to Tucson by riding stationary bikes at home or in a gym, or having a ride or walk in your community, or planning a special event such as Putt for Polio (event at mini-golf course), Pints for Polio (a beverage drinking event), etc., with participants collecting donations for Polio Plus."



2. **How can my club or district participate?**

Form a team in your club or district. There is no maximum or minimum number of participants. Team members collect pledges and donations for each minute they commit to ride, and then hop on stationary bikes for the self-selected length of time at home, or during your special event during the period from World Polio Day (October 24) - November 23. Individual riders can also represent their Rotary Club's Indoor Ride to End Polio team, collecting donations from fellow Club members and others.

3. **How can my club or district register?** Go to the "registration" tab <http://polioride.org> and scroll down To "Download the Indoor Ride application here".

4. **How does this event raise funds to support Rotary's top priority, the eradication of polio?**

Each rider solicits donations to PolioPlus in support of the ride (for example, some riders may ask \$1 per minute).

All funds raised and turned in to The Rotary Foundation are matched 2 to 1 by the Gates Foundation in support of Rotary's efforts to eradicate polio from the face of the earth. As of 2024, almost \$75 million has been raised, with the Gates match through the Ride to End Polio.

5. **How are contributions made?**

D5500 recommends that contributions can be made on line through special Crowdfunding pages (more information to come). Checks can also be made out to the Rotary Foundation and submitted by your club's

Rotary Foundation Chair to The Rotary Foundation for PolioPlus. Checks and cash (collected by riders or teams) are acceptable with checks made out to The Rotary Foundation.

6. **How are the contributions tracked?**

Contributions made on an on-line fundaraising page are automatically tracked. Each rider is requested to track contributions made by cash or check and to ensure that such contributions go to the Rotary Foundation PolioPlus fund. Indoor team leaders are asked to track team totals (on-line and off-line) and to report totals to D5500 Indoor Chair, Charlotte Harris (charharris@aol.com) by December 19th.

7. **How long must a participant ride?**

Indoor riders can ride choose any number of minutes consistent with their level of fitness.

8. **Must the indoor ride be completed at one time?**

Not necessarily. Each participant simply needs to track total time spent on the activity (assuming you have pledges or contributions based on how much time is spent conducting the activity). It is not necessary for all participants on a club or district team to ride together.

9. *Where is the Indoor ride conducted?*

Indoor riders can ride a stationary bike anywhere (for example, at home or a local gym). Due to recent pandemic situations, road rides are also accepted.

10. *Who can ride for Rotary?*

Anyone can be a member of the End Polio Now Team. Your club or district team can include Rotarians, family members (parents, children, grandchildren, aunts, uncles, cousins, etc) and friends, Rotaractors and Interactors.

11. *What support is provided by D5500?*

D5500 will provide a fundraising packet to each team leader (and to each individual indoor rider not on a team). The packet provides strategies for success, procedures for setting up and using a Crowdfunding page on the RI website, sample fundraising letter, and much more. The District also publishes a periodic newsletter with information about the ride and our fundraising progress.

12. *Is there a registration fee?*

There is no team registration fee. Riders are encouraged to support their Ride and further Rotary's goal of eliminating polio from the face of the earth.

13. *What recognition is provided?*

The top individual fundraiser worldwide (indoor or outdoor) is identified on the Harris Trophy on display at Rotary International Headquarters in Evanston, IL, USA. The top fundraising club and district for Indoor Ride to End Polio will be identified on the Harris Trophy as well. Determination of the top fundraising club and district teams is based on reporting by the team captain to D5500, **not** on the on-line totals. In other words, to be eligible for the trophy, team captains must report fundraising totals to D5500. In addition, top fundraisers will be recognized on the Ride to End Polio website www.polioride.org

14. *What is the Harris Trophy?*

On display at Rotary International Headquarters in Evanston, the trophy recognizes Michael J. Harris, who initiated the Ride to End Polio. Michael passed away a few months after completing the 2010 ride, but his legacy lives on. Each year the names of the most successful fundraisers are inscribed on the trophy.



15. *Is special cycling clothing available for riders?*

Yes. Riders can order End Polio Now jerseys, shorts, bibs and shirts at www.polioride.org. Click on the "clothing" tab. The clothing store will be open most of the time leading up to the beginning of October.

16. *What fundraising successes have been achieved?*

An example of fundraising successes was In 2017 the Ride to End Polio (indoor and outdoor) raised US\$11.3 million (with the Gates Foundation 2-1 match). Since its inception, the event has raised more than US\$65 million.

17. *Will funds raised qualify for the Gates Foundation match?*

Yes. The Gates Foundation provides a 2-1 match for all funds donated by Rotarians to PolioPlus (up to \$35 million).