

Manulife Heart & Stroke Ride for Heart Question & Answer Contest

1. These contest rules (“**Rules**”) govern the Manulife Heart & Stroke Ride for Heart Fundraising Contest (the “**Contest**”) which is sponsored by the Heart and Stroke Foundation of Canada (hereinafter, the “**Sponsor**”) for all participants in the Manulife Heart & Stroke Ride for Heart event, (the “**Event**”).

2. The Contest begins at midnight EST on Tuesday, April 19, 2022 and closes on Wednesday, June 1, 2022, at 2PM EST (the “**Contest Period**”). Participants who meet the qualification requirements will be automatically entered into the Contest during the Contest Period.

3. The Contest is open to legal residents of Canada, except for an (i) employee, officer, director or member of the Sponsor, (ii) employee, officer or director of the prize supplier, advertising or promotional agencies; (iii) immediate family members of the individuals set out in (i) and (ii) above; and (iv) any person residing or domiciled with any individuals set out in (i), (ii), or (iii) above (collectively, “**HSFC Affiliates**”).

4. **NO PURCHASE NECESSARY.** To qualify for entry into the Contest, participants must be registered online at www.rideforheart.ca as a Manulife Heart & Stroke Ride for Heart participant during the Contest Period. Each participant registered during the Contest Period and who submits a question in advance of the weekly Q & A session and/or submits a question during each of the weekly Q&A sessions by 2PM (EST) on June 1, 2022 will receive one (1) ballot for submitting a question in advance and one (1) ballot for submitting a question during the Q & A session, in the associated weekly prize draw. Refer to the table below. All entries must be received by the Sponsor during the Contest Period to be eligible for the draw.

Week		Estimated Prize Value
1	<ul style="list-style-type: none"> • 1 Power Up: Resilience Through the Waves <i>session</i> and 2 Strong Beauty books 	\$600 (Session and Books)
2	<ul style="list-style-type: none"> • 5 X Nourish Cookbooks 	\$29.95 Each
3	<ul style="list-style-type: none"> • 1 LIVE WELL Movement Starter Package 	\$600
4	<ul style="list-style-type: none"> • 1 LIVE WELL Unlimited On-Demand membership for 6 months 	\$300

5	<ul style="list-style-type: none"> 1 LIVE WELL Health Coaching - 1-hour virtual session 	\$150
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5. To be eligible to enter the Contest, go to www.rideforheart.ca and click on “Register” to sign up as a Ride for Heart participant. If you are under the age of majority in your province, have your parent or legal guardian complete all the required information. Before submitting your entry, your parent or legal guardian must confirm that he/she consents to your participation in the Event and the Contest and confirm that he/she has read and understood these Rules. If your parent or legal guardian does not consent, your entry will be disqualified. Please note that the Sponsor may send an email to your parent or legal guardian confirming his/her consent to your participation in the Contest and the collection of personal information as set out in these Rules for the purpose of administering the Contest.
6. How to Enter: Eligible entrants can enter The Question & Answer Contest by submitting a question through the Community message board post in the Ride for Heart app prior to the live Question & Answer session or by submitting a question in the chat during the live zoom Question & Answer session. To participate in all five weeks, the participant will need to submit a question to each Question & Answer Community message board post or submit a question during each live Question & Answer session over the five weeks. As a participant, your entry must fully meet all Contest requirements, as specified in the Official Rules, in order to be eligible to win a prize. Incomplete entries or those that do not adhere to the Official Rules or specifications will be disqualified at the Sponsor's sole discretion.
7. The Sponsor, its affiliates, the prize supplier and their advertising and promotional agencies (“**Releasees**”) assume no liability for injury or death directly or indirectly associated with the Event, the Contest or acceptance of the Prize. The Releasees are not responsible for any loss, theft, or misuse of the Prize.
8. Each entrant shall indemnify and hold the Sponsor and its affiliates and its directors, members, employees, officers, licensees, licensors and agents, and respective advertising and promotion entities and any person or entity associated with the production, judging, or administration of the Contest (collectively, the “**Indemnitees**”) harmless from any and all claims, cause of action, damages, expenses, costs (including but not limited to reasonable attorneys', accounting and other professional fees) and liabilities (including settlements), brought or asserted by any third party against any of the Indemnitees due to or arising out of his/her entry in the Contest.
9. Odds of winning the Prize depend on the total number of eligible entries received during the Contest Period.
10. Selection and Notification of Winner: A separate random draw for each of the weekly contest prizing will be held from among all eligible entries received during the Contest Period will be held at the Sponsor’s Toronto office (or remotely due to current public health guidelines as a result of the COVID-19 pandemic) during business hours on/or around June 8, 2022, and the selected entrants will be contacted by email, letter or telephone shortly thereafter.

11. The selected entrants (and his/her parent or guardian, if under the age of majority) will be required to sign a standard Release form confirming eligibility and compliance with these Rules, acceptance of the Prize as awarded and releasing the Releasees from all liability and to correctly respond to a skill-testing question administered by telephone. If the selected entrant (i) cannot be contacted, (ii) does not submit the executed Release to the Sponsor within 10 calendar days of being contacted by a Sponsor employee, or (iii) does not correctly respond to the skill-testing question, that entrant will be disqualified and another entrant will be selected through another random draw. The process will be repeated as necessary until the winner is selected.
12. By entering the Contest, each entrant consents to the use of his/her contact and personal information by the Sponsor to administer the Contest. Each entrant also agrees that if he/she is selected as the winner, the Sponsor and its affiliates may use his/her name, province of residence, name of team/organization and likeness (e.g. photograph), without compensation, in any future publicity.
13. All entries become the property of the Sponsor and none will be returned. The Sponsor is not responsible for any entries that may be lost, stolen or misdirected or for any lost, late or stolen fundraising donations relating to the Event, or an inability to process fundraising donations, or any errors, damage or negligence that may arise in connection with the Contest or the Event, including technical failures.
14. All decisions of the Sponsor in connection with the Contest are final and binding on all entrants. The Sponsor reserves the right to amend these Rules or terminate the Contest at any time for any reason in its sole discretion without prior notice and without any liability whatsoever to entrants. The Sponsor also reserves the right to disqualify any person(s) that the Sponsor, in its sole discretion, finds to have contravened these Rules, to be tampering with the Contest, the Event or with the operation of any Sponsor website.
15. The Contest is governed by the laws of Ontario and the laws of Canada applicable therein and is void where prohibited. Any dispute relating to the Contest shall be adjudicated in the courts located in Toronto, Ontario.
16. We are committed to protecting the privacy of your personal information. The Sponsor may maintain a record of your interaction for customer service, marketing and tax receipting purposes, where required. Occasionally, we may also contact you with mission-related communications and in accordance with our Privacy Policy, available at www.heartandstroke.ca/privacy. If you wish no further contact or have any questions or concerns regarding the protection of your personal information, please contact the Sponsor office at 1-888-HSF-INFO (473-4636) or ON_privacyoffice@heartandstroke.ca.