



Heart&Stroke  
**RIDE  
for  
HEART**  
JUNE 5, 2016



## REGISTER FOR THE 2016 RIDE FOR HEART

**Join 15,000 cyclists on Sunday June 5 and ride 25, 50 or 75km traffic-free** on the Gardiner and Don Valley Parkway for the experience of a lifetime!

**Or participate in our new 5km/10km Run or 5km Walk** presented by Aspirin® 81mg. It's a whole new way to experience the magic of this landmark Toronto event!

Don't miss out, register to ride, run or walk at [rideforheart.ca](http://rideforheart.ca)  
Together we create more survivors.



HEART &  
STROKE  
FOUNDATION



## Strive to Become a VIP

**Register as a VIP today.** VIPs (Very Important Philanthropists) are riders, walkers or runners who increase their impact on our mission by raising \$1,000 or more.

**When you become a VIP you will receive all these great benefits on Ride Day:**

- Catered breakfast and lunch in the Better Living Centre
- A unique Louis Garneau VIP cycling jersey or technical running shirt
- Free car parking and valet bike parking
- A \$100 gift card

For more info about becoming a VIP contact:

**Natalie Russell at 647-943-3212 or [nrussell@hsf.on.ca](mailto:nrussell@hsf.on.ca)**

For general info visit: [rideforheart.ca](http://rideforheart.ca)

