

Thank you for your fantastic efforts. All funds raised will go towards research, education, and other initiatives that support the health of people in Canada and their families. Keep fundraising until the June 8 deadline to help us reach our \$6 million goal.

Participant Bib

Your participant bib is required to access our ride, run and walk routes. To receive your bib before event day, participants 18+ must fundraise \$100+ and VIPs must fundraise \$1,000+.

You will receive your participant bib:

- By mail if you achieve your fundraising minimum online by May 1.
- In person at the Check-in centre in Energare Centre. Park for free on May 31, 4:00 – 7:00 p.m., June 1, 12:00 – 7:00 p.m. or June 2, 9:00 a.m. – 4:00 p.m. while at the Centre.

1 km to the Start Line

Given the proximity of the Energare Centre to the Gardiner Expressway, please give yourself at least 15 minutes to get from the Centre to the start line.

Join us in Heart Park

After the highway, your Ride experience continues in our Heart Park! Located in the Energare Centre, Heart Park is full of fun health and wellness experiences for everyone.

Enjoy: Visit our proud sponsors who will have giveaways and activities to celebrate your accomplishments.

Getting to the Event

Transit

310 Bathurst South, 316 Ossington South and 329 Dufferin South operate with stops at Exhibition Place. Call 416-393-INFO or visit ttc.ca.

GO Transit serves Exhibition Station which is a short walk from the Energare Centre. Call 416-869-3200 or visit gotransit.com for details.

Parking

Exhibition Place & Ontario Place parking passes are \$15 and must be purchased in advance. VIP participants receive a complimentary pass. Passes cannot be purchased on event day. Funds collected by Heart & Stroke will be provided to parking lot operators.

Visit rideforheart.ca to purchase a pass and for parking options.

Road Closures

Gardiner Expressway all ramps closed from the Humber River east to the Don Valley Parkway from 2:00 a.m. to 2:00 p.m.

Don Valley Parkway all ramps closed from Lake Shore Blvd north to Highway 401 from 2:00 a.m. to 2:00 p.m.

What to bring	All: Participant bib, water bottle (1L or smaller), weather gear Riders: Bike helmet and bike in good working order – check tire pressure, cable tension, brake pads, shifters and chain		
5:30 a.m.	Services Open for General Participants Energare Centre, West Entrance • Bib pick-up, pledge submission, bag check		
	Services Open for VIP & Corporate Participants Energare Centre, North and West Entrances • Bib pick-up, pledge submission, bag check, catered breakfast and lunch, bike parking		
	Ride	Run	Walk
6:00 a.m.	75 km chute opens		
6:30 a.m.	75 km chute closes		
	25 & 50 km chute opens		
8:15 a.m.	Latest time to depart from Energare Centre, 1 km from start line		
8:30 a.m.	25 & 50 km chute closes		
9:00 a.m.		Chutes open	
9:35 a.m.		Latest time to depart from Energare Centre, 1 km from start line	
9:50 a.m.		Chutes close	
10:00 a.m.		10 km run starts	Chute opens
10:15 a.m.			Latest time to depart from Energare Centre, 1 km from start line
10:20 a.m.		5 km run starts	
10:30 a.m.			5 km walk starts and chute closes
After your Ride, Run or Walk visit Heart Park to celebrate!			
12:30 p.m.	All participants to be off the ride, run and walk routes		
1:30 p.m.	Heart Park and festivities close. Thank you for your support!		

Open, close and start times will be strictly enforced for safety and to ensure the highways are cleared to be opened to vehicles within the time frame provided.

Learn more

rideforheart.ca • 416-486-RIDE • ride@hsf.on.ca

Title Sponsor

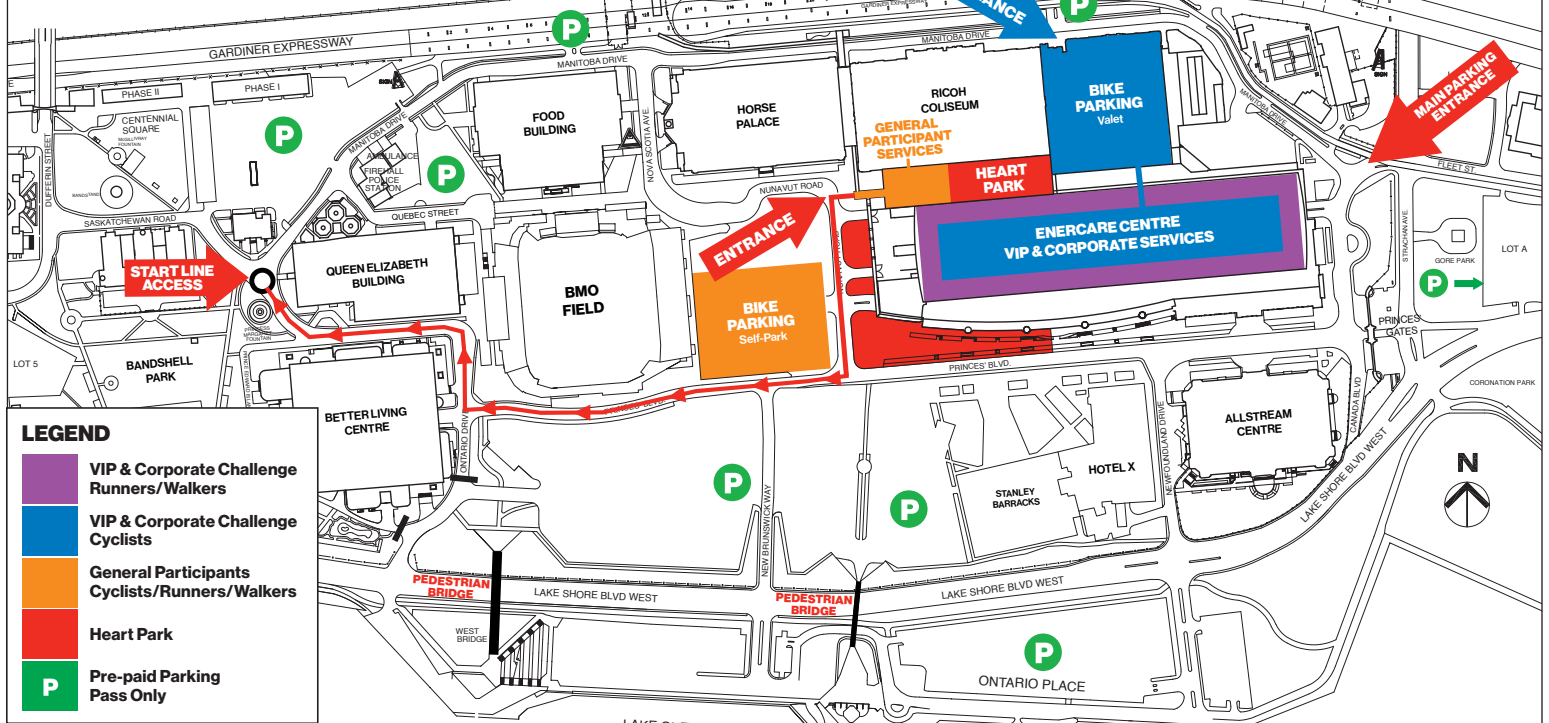


Official Sponsors



2018 Manulife Heart & Stroke Ride for Heart

Energcare Centre, Exhibition Place



Bike Parking & Safety

- Bikes must be parked in designated bike parking areas or returned to your vehicle before accessing event spaces
- Helmets are mandatory
- Please be courteous to fellow participants
- Do not attempt to pass the pace vehicles
- Participants who weave, pass at high speeds or cycle at high speeds in a group/peloton are considered unsafe and will be removed from the event by Toronto Police Services
- Pass on the left. Slower cyclists and children must stay to the right of the road
- Obey the route marshals and ambassadors of the road
- Use extreme caution on the downhill portions of the DVP & Gardiner Expressway
- Stopping anywhere other than a rest station is for emergency situations only
- In the event you must stop, let the people around you know and go to the far right of the road

Bag Check

Know what you can and can't have with you on the route!

To help keep everyone safe, please ensure you are following these mandatory Bag Check rules. Please leave any large bags at home or check them at our on-site Bag Check before you head to your route.

For parents with young children, items such as snacks and diapers can still be brought on the route either loose in your strollers or fitting inside your hydration or fanny packs.

We appreciate your assistance in helping to ensure the safety of all participants.

YES

Participants may carry these items on the route. All such items will be subject to inspection at any time.

- ✓ **Fanny/hydration pack**
No larger than 5x15x5 inches to carry food, medicine, identification, cell phone, keys or other similar items.
- ✓ **Arm band**
Can carry a cell phone or small camera.
- ✓ **Standard "fuel belt"**
Bottle must be 1 litre or smaller.



NO

Participants will be prohibited from carrying any of these items on the route.

- ✗ **Large bags**
Backpacks or any similar items carried over the shoulder.
- ✗ **Pocket/weight vests**
Weight vests or any sort of vest with pockets (Lightweight running vests are allowed).
- ✗ **Large objects/items**
Any item larger than 5x15x5 inches.
- ✗ **Large water bottle**
Any bottle carrying more than 1 litre of liquid.

