



Heart&Stroke

RIDE
for
HEART

JUNE 5, 2016



PARAMEDIC CHALLENGE: START YOUR TEAM TODAY!

Join 200 of your fellow paramedics on Sunday June 5 to Ride, 25, 50 or 75KM traffic-free along 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!

WHY RIDE, RUN OR WALK?

The Paramedic Challenge is a unique opportunity for you to make an impact, as all the funds you raise go to supporting resuscitation efforts and public-access AED's in your community.



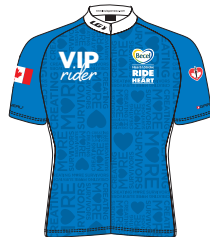
**HEART &
STROKE**
FOUNDATION

RIDE OR STRIDE, AND SHARE THE FEELING

Imagine you are riding, running or walking on the traffic-free Gardiner in the ultimate fundraising experience. It's unlike anything else, and will be an inspirational feeling you won't soon forget.

EXCLUSIVE VIP BENEFITS FOR PARAMEDIC TEAMS

- 100% of the funds you raise will be spent to support resuscitation programs in your local community
- Receive a unique Paramedic Challenge jersey
- Catered breakfast and lunch at your team table
- Teams can be made up of riders, runners and walkers
- Free registration and parking



ANOTHER REASON TO SIGN UP!

ZOLL, presenting sponsor of the Paramedic Challenge, will provide a \$1,000 donation to each team whose members reach the minimum fundraising requirement of \$1,000 per team member.

Together we Ride. Together we Stride.

Sign up today! Call Natalie Russell at **647-943-3212** or email **nrussell@hsf.on.ca**

PARAMEDIC CHALLENGE PRESENTED BY
ZOLL

rideforheart.ca



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