



Event Info

Enercare Centre, Exhibition Place
Sunday, June 4, 2017



Thank you for your fantastic efforts. Keep fundraising until the June 9 deadline all funds raised will go towards research, education, and other initiatives that support the health of Canadians and their families.

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 Enercare Centre. Park for free on June 1, 4:00 - 7:00 p.m., June 2, 12:00 - 7:00 p.m. or June 3, 9:00 a.m. - 4:00 p.m. while at the Centre.

1 km to the Start Line

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

New Bike Parking

New this year, we're providing bike parking services for participants. Due to building safety regulations, bikes are only permitted in designated areas within the Enercare Centre. Bikes must be parked in designated areas or returned to your vehicle in order to access event spaces.

VIP & Corporate Participants Our new bike parking service is fast, safe and inside the Enercare Centre. Once parked, you can continue on to enjoy your meals and services.

General Participants Park your bike in our new, safe bike corral, just west of the Enercare Centre. Once parked you can continue on to enjoy the outdoor food market and indoor Heart Park.

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 Place which is short walk from the Enercare 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 and cash, debit and credit cards will not be accepted. 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.

Learn more

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

*The heart and / icon on its own and the heart and / icon followed by another icon or words in English or French are trademarks of the Heart and Stroke Foundation of Canada.

What to bring	All: Participant bib, water bottle, 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 Enercare Centre, South Entrance • Bib pick-up, pledge submission, bag check		
	Services Open for VIP & Corporate Participants Enercare Centre, North and West Entrances • Pledge submission, bag check, catered breakfast and lunch, bike parking		
	Ride	Run	Walk
6:00 a.m.	75km chute opens		
6:30 a.m.	75km chute closes		
	25 & 50 km chute opens		
8:15 a.m.	Latest time to depart from Enercare 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 Enercare Centre, 1 km from start line	
9:50 a.m.		Chutes close	
10:00 a.m.		10km starts	Chute opens
10:15 a.m.			Latest time to depart from Enercare Centre, 1 km from start line
10:20 a.m.		5km starts	
10:30 a.m.			5km starts chute closes
12:30 p.m.	Beyond the finish park your bike (if you have one), replenish, then discover our indoor Heart Park		
	All participants to be off of the ride, run and walk routes		
1:30 p.m.	Event ends – Thank you for your support!		

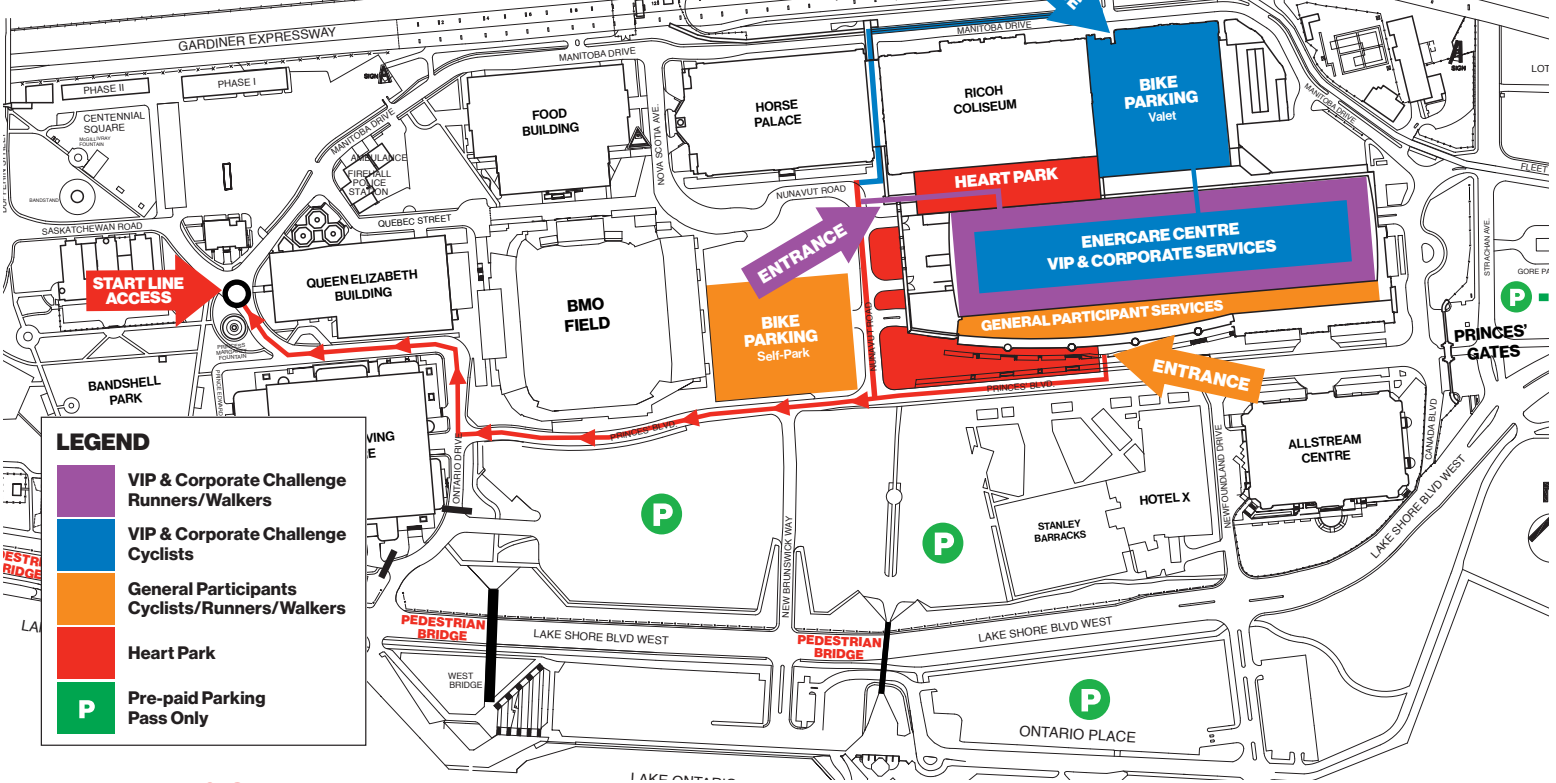
Open, close and start times will be strictly enforced for safety and to ensure the highways are cleared to be opened to vehicles within the time frame provided.

Official Sponsors



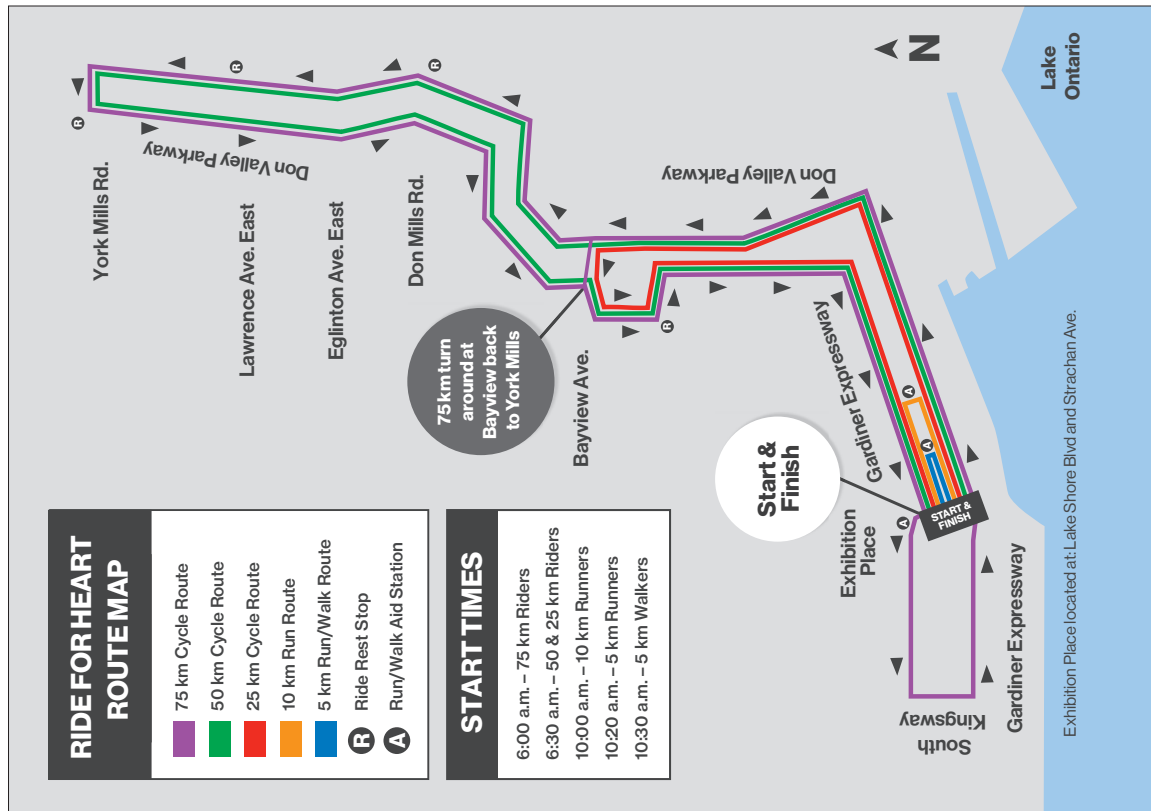
2017 Becel Heart&Stroke Ride for Heart

Enercare Centre, Exhibition Place



Bike Parking & Safety

- Bikes must be parked in designated bike parking areas or returned to your vehicle before accessing event spaces
- Walk your bike to the start chutes
- 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



Cycling Route Details

- 25 km Route** – Your turnaround is the Bayview extension. Ride north to Bayview and then turn back to return to Exhibition Place.
- 50 km Route** – Your turnaround is York Mills. Ride north to York Mills and then turn back to return to Exhibition Place.
- 75 km Route** – Your turnaround is York Mills. Ride north to York Mills and then head south to the Bayview extension. Loop back up to York Mills once again. 75 km riders are the only riders that do this second loop of Bayview to York Mills. Before your return to Exhibition Place, cycle west to South Kingsway.