



# Event Info

Enercare Centre, Exhibition Place  
Sunday, June 4, 2017



**Thank you** for your fantastic efforts. All funds raised will go towards research, education, and other initiatives that support the health of Canadians and their families. Keep fundraising until the June 9 deadline to help us reach our \$6.5 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 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](http://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](http://rideforheart.ca) • 416-486-RIDE • [ride@hsf.on.ca](mailto: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	<b>All:</b> Participant bib, water bottle, weather gear <b>Riders:</b> bike helmet and bike in good working order – check tire pressure, cable tension, brake pads, shifters and chain		
5:30 a.m.	<b>Services Open for General Participants</b> <b>Enercare Centre, South Entrance</b> • Bib pick-up, pledge submission, bag check		
5:30 a.m.	<b>Services Open for VIP &amp; Corporate Participants</b> <b>Enercare Centre, North and West Entrances</b> • 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		
6:30 a.m.	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.	<b>Beyond the finish</b> park your bike (if you have one), replenish, then discover our indoor Heart Park		
12:30 p.m.	All participants to be off of the ride, run and walk routes		
1:30 p.m.	<b>Event ends</b> – 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



