



mattamyHOMES

BIKE FOR BRAIN HEALTH

SUPPORTING

Baycrest



WELCOME!

We are looking forward to seeing you at the **Mattamy Homes Bike for Brain Health** event on Sunday June 4!

Enclosed you will find important event day information. **IMPORTANT: You must have your bike plate attached to the front of your bike and visible in order to gain access to the route.**

Please check your bike to ensure that it is in good working order, and that the tires are properly inflated. This will be key to ensure you enjoy your time on the road. We will have a team of mechanics on site, so don't panic if you need a quick tweak the morning of the event. Don't forget your bike helmet, as it is mandatory for this event.

Haven't reached your fundraising minimum yet? Not to worry, there is still time to fundraise and/or make a self-donation. **Donate today** via our website at www.bikeforbrainhealth.ca.

This is a rain or shine event and we want you to get ready for a fun-filled day with friends and family, making memories while making a difference!

Sincerely,

Your Bike for Brain Health Team

EVENT SCHEDULE

TIME	EVENT
5:30 AM	Registration opens (jersey size exchange) Bike parking opens
6:00 AM	Opening of the start line for the 75 km timed riders ONLY
6:30 AM	Start line closes to timed riders
8:00 AM	Opening of the start line for all NON-TIMED riders
11:00 AM	Start line closes to all riders
9:00 AM – 3:00 PM	Finish line party <ul style="list-style-type: none">• Visit the Longo's Fuel Station to refuel• Visit our Cycling Village outside and inside of Heritage Court• Enjoy live music, balloon artists, face painting, and other kid-friendly activities

WHAT DO I DO WHEN I ARRIVE?

If you are driving, you can park on the grounds at Exhibition Place – south side of the Enercare Centre.

Already have your bike plates affixed to the front of your bike? Perfect. Feel free to roam the grounds and visit our Cycling Village or grab a snack outside, courtesy of Longo's.

You can visit our bike mechanic service area located by the start line if you need a quick minor repair or your tires inflated. Bike parking is available on a first-come, first-serve basis around the grounds at Enercare Centre.

When you are ready to start, make your way to the start line chute located on Nunavut Road near Heritage Court. We will have a staggered start to ensure the safety and enjoyment of all of our riders. Don't worry – there will be lots of signage, and volunteers to help you find your way. Ensure that your bike plate is attached to the front of your bike and that it is visible to staff to guarantee your access to the route.

Please note that all bags larger than 15" x 5" x 5" must be checked. To ensure the safety of all participants, absolutely no backpacks will be allowed on the route.



EMERGENCY CONTACT INFORMATION

With the event coming up, we are asking everyone to provide us with your emergency contact information. Please scan the QR code to access the form.

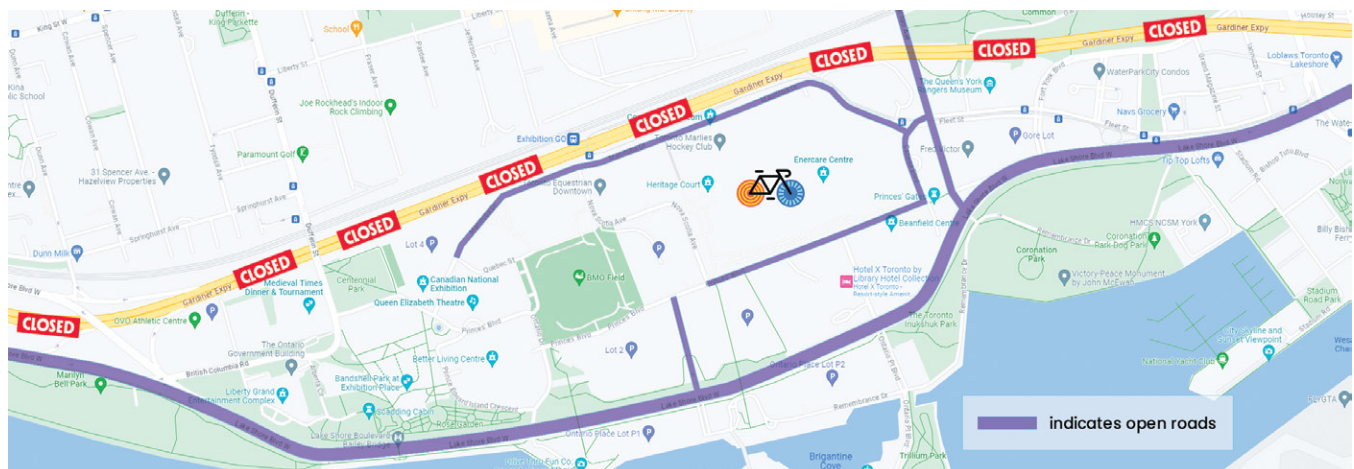
DIRECTIONS & ROAD CLOSURES

EVENT LOCATION: ENERCARE CENTRE, EXHIBITION PLACE

From the West	From the East
<p>There are three entrance points to Exhibition Place from Lake Shore Boulevard: British Columbia Road, Ontario Drive and Newfoundland Drive.</p>	<p>Take Lake Shore Boulevard to Strachan Avenue and enter via Manitoba Dr. (just north of the Princes' Gates).</p>
<p>Limited parking is available on the South side of the Enercare Centre.</p>	

ROAD CLOSURES

Street	Duration of Closure
<p>Gardiner Expressway from the South Kingsway – both the East and West lanes to the DVP. This includes the Rees/Spadina/Jameson & South Kingsway ramps.</p>	<p>Sunday, June 4, 2023 2:00 a.m. – 4:00 p.m.</p>
<p>The Don Valley Parkway from Lakeshore Blvd. to the 401 (both North and South lanes).</p>	<p>Sunday, June 4, 2023 2:00 a.m. – 4:00 p.m.</p>



PUBLIC TRANSIT

The following **TTC bus lines** operate during early morning hours on weekends, with stops at Exhibition Place: **307 Bathurst night bus, 363 Ossington night bus Southbound, and 329 Dufferin night bus.** TTC Sunday subway service does not begin until 8:00 a.m.

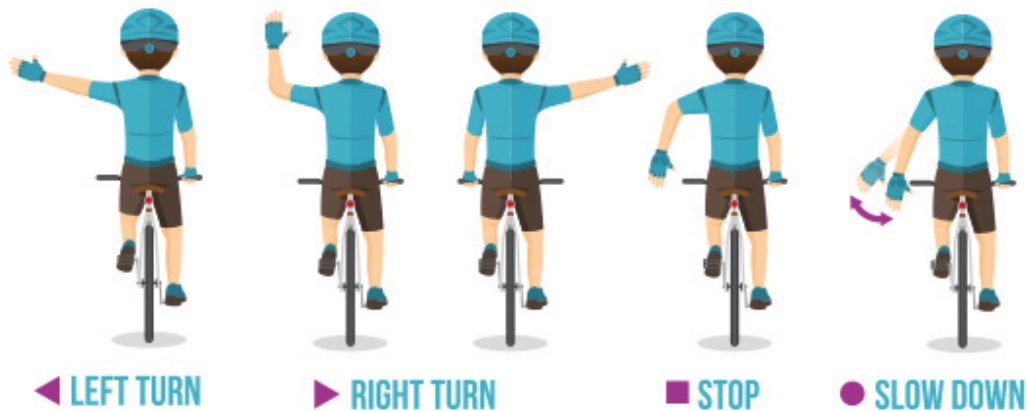
Call 416-393-INFO or visit www.ttc.ca to confirm your route and schedule.

GO Train to Exhibition Place: Check your local schedule here: www.gostransit.com/en
Please note: There is a maximum of 2 bikes allowed per train car.

RULES OF THE ROAD

For your safety and enjoyment please familiarize yourself with the following safety recommendations. City of Toronto Police and Toronto Bicycling Network Route Marshals will monitor the roads throughout the event to ensure these rules are followed.

1. **Helmets are mandatory for all participants.** Wearing a bike helmet while riding your bike can reduce the risk of head injury by 85%.
2. At all times, follow the official Toronto Bicycling Network Route Marshals and Ambassadors of the road. They are easy to spot – just look for the bright yellow t-shirt. They are there to ensure the safety of all participants.
3. Be aware of other cyclists, road obstacles and lane markings. Slower cyclists, bike trailers and children **must** stay to the **right** of the road. Do not attempt to pass the pace vehicles at any time during the event.
4. Communicate your intentions to other cyclists by telling people you are planning to pass using phrases like **“on your left”**, **“on your right”** or **“coming through the middle”**.



5. Use extreme caution on the downhill portions of the DVP and Gardiner Expressway. If you have to stop for safety reasons, if possible, let the people around you know you are planning to stop and go to the far right of the road.
6. **For 75 km participants:** Watch carefully for the 75 km route direction signs on the Bayview ramp and on the Gardiner Expressway on the return ride, to ensure that you ride the full route.

Cyclists who are deemed by event organizers and/or Toronto Police to be riding in an unsafe manner may be asked to leave the route. This includes weaving in and out of other cyclists, passing other cyclists at high speeds and riding in the midst of other cyclists in a group at high speeds. Please use common sense and ride your bike responsibly and safely.

7. Be courteous to your fellow participants and remember, by participating in the event and raising funds, you are playing an important role in helping Baycrest defeat dementia.

PRE-EVENT CHECKLIST



- Ensure you have submitted your Emergency Contact information to Baycrest (scan QR code).
- If you need specific medications or an epi pen, please be sure to bring these with you, and keep on your person at all times.
- Plan your travel. This event closes down sections of 2 major highways in Toronto. Make sure you know how to get to the Enercare Centre. Check out the Directions & Road Closures page included in this package to help plan your route.
- Ensure your helmet fits snug, but not too tight. Visit the Toronto Police tent in the Cycling Village for complimentary fitting.
- Check your bike brakes, gears, and tires.
- Set out your clothes. Don't wait until your alarm goes off in the morning, set aside your clothes for the day the night before.
- Check the weather report and make sure to dress appropriately. We will ride, rain or shine! Don't forget your sunscreen!
- Attach your bike plate to the front of your bike with the provided zip ties. You will need to have this attached and visible in order to gain access to the route.
- Grab a Sharpie and write who you are riding for on your participant bib. We have included safety pins in your bike kit so that you can wear this with pride on Event Day!

