



mattamyHOMES

BIKE_{FOR} BRAIN HEALTH

SUPPORTING

Baycrest

WELCOME!

We are looking forward to seeing you at the **Mattamy Homes Bike for Brain Health** on Sunday June 2!

This kit contains everything you need for Event Day so you can avoid the line-ups and go straight to the starting line. **You MUST have your bike plate attached to the front of your bike and visible in order to gain access to the route.** Use the enclosed zip ties to attach the bike plate to the front of your bike for the event.

The 25 km, 50 km and 75 km route access opens at 6:00 AM, and closes at 9:00 AM. The 10 km family route opens at 9:30 AM and closes at 10:00 AM. We recommend participants riding 75 km start between 6:00 AM and 7:00 AM.

It is important to 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 bike mechanics on site and along the routes, so don't panic if you need a minor adjustment the morning of the event. **Don't forget your bike helmet, as it is mandatory for this event.**

Even if you have reached your fundraising minimum we encourage you to continue to fundraise to make an even bigger impact. **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	Route opens for all 25 km, 50 km, and 75 km riders
9:00 AM	Access to 25 km, 50 km, and 75 km routes closes
9:30 AM	Family 10 km route opens
10:00 AM	Access for the Family 10 km route closes
9:00 AM – 2:00 PM	Finish line party <ul style="list-style-type: none">• Visit the Longo's Fuel Station for snacks and hydration.• Visit the Cycling Village where we have vendors selling cycling accessories, providing maps and more!• Head over to PedalPalooza, and enjoy a kids obstacle course, bike decorating station, face painting and more!

WHAT TO DO WHEN YOU ARRIVE?

If you are driving, there is limited paid parking on the grounds at Exhibition Place.

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-served 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. All directions will be clearly marked on site. Ensure that your bike plate is attached to the front of your bike and that it is visible to staff to gain access to the route.

We will have a staggered start to ensure the safety and enjoyment of all of our riders, so please be prepared to stop as you make your way on to the Gardiner Expressway.

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.



A WHEELY GOOD TIME!

New for 2024! Enjoy our family-friendly kids' bike rally complete with a bike safety overview with Toronto Police Services, an obstacle course operated by PedalHeads a bike decorating station, bike parade and more! Look for the signs to PedalPalooza on site.

DIRECTIONS & ROAD CLOSURES

EVENT LOCATION: ENERCARE CENTRE, EXHIBITION PLACE

From the West	From the East
There are two entrance points to Exhibition Place from Lake Shore Boulevard: Ontario Drive and Newfoundland Drive	There are three entrance points to Exhibition Place From Lake Shore Boulevard: Strachan Avenue (enter via Manitoba Drive), Newfoundland Drive, and Ontario Drive.
There is limited paid parking on the Exhibition grounds. We strongly recommend using public transit, carpooling or riding to the event if possible. NOTE: Surface lots are only accessible via Ontario Drive (Lot 851 & 852) or Fleet Street (Lot 859).	

ROAD CLOSURES

Street	Duration of Closure
Gardiner Expressway from the South Kingsway – both the East and West lanes to the DVP. This includes the Rees/Spadina/Jameson & South Kingsway ramps.	Sunday, June 2, 2024 2:00 a.m. – 4:00 p.m.
The Don Valley Parkway from Lakeshore Blvd. to the 401 (both North and South lanes).	Sunday, June 2, 2024 2:00 a.m. – 4:00 p.m.



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.

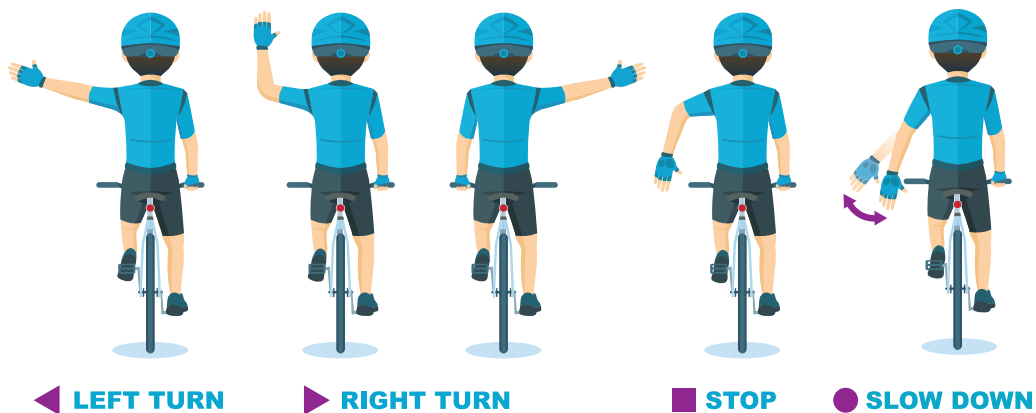
Call 416-393-INFO or visit www.ttc.ca to confirm your route and schedule.

GO Train to Exhibition Place: Check your local schedule here: www.gotransit.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.

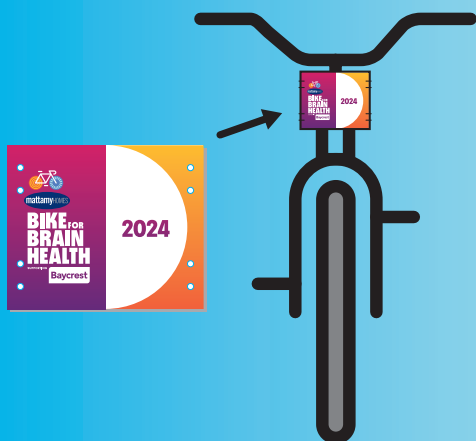
1. **Helmets are mandatory for all participants.** Wearing a bike helmet while riding your bike can reduce the risk of head injury by 85%.
2. At all times, follow the official Toronto Bicycling Network Route Marshals and Ambassadors of the road. They are easy to spot — just look for the bright yellow 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, bikes with 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 directional signs on the Bayview ramp, and **ensure you have started the 2nd loop by 10:00 AM**. On the return ride, look out for directional signage on the Gardiner Expressway to ensure you ride the full route.
7. 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. To ensure the safety and enjoyment of everyone sharing the road, attachments such as flags or streamers affixed to bikes may be prohibited from entering the official route.
8. 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

- ☐ 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. **BONUS**, once you have your Bike plate attached to the front of your bike, you are ready to ride and no need to stand in line to check in.
- ☐ 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. There is limited paid parking on the Exhibition grounds. We strongly recommend using public transit or riding to the event if possible.
- ☐ Ensure your helmet fits snug, but not too tight.
- ☐ Check that your bike brakes and gears are in good working order, and that your tires are properly inflated.
- ☐ 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!
- ☐ Grab a marker 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!



CYCLING VILLAGE

Be sure to visit our sponsor and vendor booths before or after your ride!

PRODUCTS & PROMOTION

Stop by D'Ornellas for quick repairs, or to inflate your tires, check out the latest in e-bikes, find some great deals on cycling kits and accessories and pick up some cool swag!



cannondale



RAYMOND JAMES®



INFORMATION & SERVICES

Visit the Baycrest booths to learn about the free brain health assessment tool, our research study programs, volunteer opportunities and more!



KIMEL FAMILY CENTRE
for Brain Health and Wellness

Visit these booths to pick up cycling maps, learn about their services in the community, and stop by Dave's Genuine Deli for a delicious meal (additional costs apply).



Calling all kids (and kids at heart!)? Stop by PedalPalooza for some kid-friendly activities, including bike decorating, face painting, an obstacle course, photo booth, and a bike parade!

