

## 2025 RIDER KIT

**We are looking forward  
to seeing you at the  
Mattamy Homes Bike for Brain  
Health on Sunday June 1!**

This kit has everything you need for event day. By receiving it in advance, you can head straight to the start line. Rain or shine, the event goes on—so get ready for a fun-filled day with friends and family, making memories while **helping Baycrest defeat dementia!**

## NEW LOCATION

**PLEASE NOTE** that while this event will still take place at Exhibition Place, our starting location has changed. The start line will be located at the Princess Margaret Fountain outside of The Better Living Centre (see map on back for details).

**MAKE SURE** you are wearing your participant wrist band to access all facilities, including the Longo's Fuel Station, Bike Parking, Cycling Village and PedalPalooza.

## BIKE SCHEDULE

5:30 AM	Registration Opens
6:00 AM	25 km, 50 km, 75 km routes open
9:00 AM	Access to routes closes
9:30 AM	Family 10 km route opens
10:30 AM	Access to Family 10 km route closes
9:00 AM - 2:00 PM	Finish Line Party

Routes available for download (Strava/Google maps) on our website.

## PREPARE YOUR BIKE

You **MUST** have the enclosed 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 help secure it to your bike.

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 ensuring you enjoy your time on the road. We will have a team of bike mechanics on site and along the route, so don't panic if you need a minor adjustment the morning of the event.

Please ensure you are dressed for the weather, and **don't forget your bike helmet**, as it is mandatory for this event.



## PARKING & TRANSPORTATION

### Plan your route:

Road closures will be in effect as of 2:00 AM on Sunday June 1, affecting the Gardiner Expressway from the South Kingsway (both the East and West lanes) to the DVP, including the Rees/Spadina/Jameson and South Kingsway ramps, as well as The Don Valley Parkway from Lakeshore Blvd to Highway 401 (both North and South lanes).

There is limited paid parking on the Exhibition grounds. We strongly recommend using public transit, carpooling or riding to the event if possible.

## FUNDRAISING

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](http://www.bikeforbrainhealth.ca).

## EVENT DAY INFORMATION

Everything you need to know for event day, including a downloadable map.

**Scan to view.**

