

Marathon 7:30 a.m. Relay 7:50 a.m. ½ Marathon and ½ Walk 8:30 a.m. 5K Run and Walk 12:00 p.m.

Race Number: Wear your number (bib) on the front of your shirt. List important medical and contact information on the back. BibTag timing chip is attached to your bib. There is no need to return

No BibTag, No Run !

Buses to Start: Transportation to the Start line will be available for paid participants only. Buses depart from the following locations from 6:00 am to 7:15 am:

1. Hilton Hotel 145 Richmond St. At University Ave.
2. Courtyard Marriott 475 Yonge St. at College St.
3. Ontario Place from the Guest Services building on Remembrance Dr. just south of Lot #2

You **MUST** show your bib and proof of purchase to board (stamped on bib) Please don't wait until the last minute. Look for the Yellow School Buses.

At the finish area at Ontario Place: Shuttles back to host hotels/subway depart from the north side of the pedestrian bridge over Lakeshore Blvd. just west and north of the finish line approximately every 15 minutes beginning at 10:30 AM. Alternatively, it is recommended that participants use the TTC (public transportation) from the Exhibition (only a 5 min walk). There will be no shuttle service to Mel Lastman Square.

Bag Check: Marathon and Half Marathon participants may check their bags at the start line at Mel Lastman Square. Marathon participants **MUST** check their bag by 7:10 a.m. Half Marathon participants by 7:50 a.m. Please make sure that you attach the tag included in your race kit and that you have written your bib number on it in the space provided. Look for the Trucks on North York Blvd. just east of Beecroft facing Yonge St. Bags must be picked-up at Ontario Place just west of the finish area. Any discarded items found at the start line, along the course or at the finish line will be donated to the Canadian Diabetes Association.

Start: The Marathon, Relay and Half Marathon start on Beecroft Rd. north of North York Blvd. behind Mel Lastman Square.

The 5k begins on Remembrance Drive at Ontario Place at 12:00 noon.

Corrals: Please line up corresponding to your expected finishing time. See the times posted at the start line.

Aid Stations: Stations are located at least every 5k. Gatorade and Water are available on the course. The water tables come before Gatorade at each station. Please be considerate of those around you when discarding used cups. PowerBar Gels are available at the 10k aid station in the Half-Marathon, and at the 23k and 28k aid stations prior to the water tables. Toilets are available at each station. First Aid personnel are located at each Aid Station including MLS and Ontario Place. There are also several on course medical vans. If you are in distress, please inform a race official immediately.

The 1st mile, every 5th mile, and each km are marked. Clocks will be located at the Start, ½ way point of the Marathon, and Finish Line.

The Half Marathon markers are in Orange; the Marathon in Blue.

All participants on the course after 6 hours may be asked to move onto the sidewalk and obey normal traffic laws. Race marshals will pull any person running without a bib off the course. We urge paying participants to discourage anyone from participating unofficially.

Finish Area: DO NOT cross the finish line with your child unless they are a participant. Individuals without a bib are **not permitted** in the chute area. Smile and keep your hands from obstructing your bib number as you cross the finish line for your official picture. Proceed to the end of the chute as quickly as possible. Food, massage, and medical are all available. Family Reunion area is located just opposite the chute exit.

Read Carefully: Make sure all team members are familiar with this information.

Start: On Beecroft Rd. behind Mel Lastman Square – 7:50 a.m.

Bibs: All relay teams are issued 8 bibs with a team number. Bibs are marked from A to H. Every team member must wear the bib on the front of their shirts so that it is clearly visible to race officials. Make sure team members progress along the course in alphabetic sequence as the “H” runner (in an 8 member team) must be the team member to cross the finish line. If a team has fewer than 8 runners, the first runner wears the “A” bib and the last runner must wear the “H” bib. This procedure is very important.

Each team will receive 8 additional bibs with “Relay” printed on them. These are to be worn on the back of each participant.

Please ensure that your last runner has the “H” bib – this is the bib with the BibTag timing chip embedded. Without this, your team will not have a time recorded.

Relay Transfer Points: Transfer point locations are given below and it is the responsibility of each team to get runners to the points on time. Most are accessible by TTC and we suggest that teams give tokens to each participant so they can come to Ontario Place after they have completed their leg. TTC routes to and from relay points are available on the website.

Please read Final Instructions as they apply to relay teams as well.

Please arrive early to your transfer locations. Subway does not open until 9:00 am on Sundays, but surface transportation is available earlier.

Relay Transfer Points (Points are approximate)

A	<p>Start – Behind Mel Lastman Square on Beecroft South of North York Blvd. There is plenty of parking at the start area. The race begins at 7:50 a.m. We suggest arriving as early as possible.</p>
B	<p>5k – 3446 Yonge St. at Delorlane Ave. Look for the Scotia Bank and the water station. It is also at the top of Hoggs Hollow.</p>
C	<p>10k – North West Corner of Yonge St. and Chaplin Cres. It is opposite the Davisville subway station. Look for the water station at the corner.</p>
D	<p>15k – Davenport Rd and Dupont Ave. There will be a water station on the S/E Corner of the intersection.</p>
E	<p>20k – 328 Bayview Ave. It is just north of the Toronto Humane Society. Look for the water station at 300 Bayview Ave. The relay transfer is just north of the water station. Look for the area where King St merges with Queen St. Also look for the entrance to the Audi parking lot.</p>
F	<p>25k – 560 Front St. W. It is just east of Bathurst St. and West of the Globe and Mail building at Spadina. Again look for the water station. You will be close to our finish line at Ontario Place so come on down and cheer everyone on.</p>
G	<p>30k – 1491 Lakeshore Blvd W. The Boulevard Club. The 30K mark is approximately 100 meters east of the Boulevard Club. See below for information about shuttle bus service from the Hilton Hotel to the 30K mark.</p>
H	<p>35k – 200m South from 2225 Lakeshore Rd West at Humber Bay Rd W Go South from 2225 Lakeshore Rd West at Humber Bay Rd W for approximately 200 meters and look for the water station. There is plenty of parking. If you wish to get back to your car the Queen streetcar may be an option. See below for information about bus service to the 35K mark</p>

Finish Line

All events finish at Ontario Place.

Shuttle Service

Shuttle bus service is available from the Hilton at Richmond and University. At 8:00 AM a shuttle will be available to transport relay participants to the 30K and 35k marks. The shuttle will be located at the N/W corner of University and Richmond St West. After you are finished running the shuttle will transport runners from the 30k and 35K to the parking lot on the grounds of CNE so you can watch the participants finish at Ontario Place.

TTC Service

The TTC Website is <http://www.ttc.ca>. Subway service is not available until 9:00 am on Sundays. Surface transportation is available earlier. A useful Google street map which locates all subway stops - <http://crazedmonkey.com/toronto-transit-map/>
 The current price for one TTC ride is \$3.00. Remember to purchase subway tokens for your team.

Good luck to all and thank you for your participation!