

**Marathon 7:30 a.m. 10K 7:30 a.m. Relay 7:50 a.m. 1/2 Marathon and 1/2 Walk  
8:30 a.m. 5K Run 8:00 a.m. 5K 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 a.m. to 7:15 a.m.:

1. Hilton Hotel – 145 Richmond St. at University Ave. Shuttle Bus to start line departs at **6:30 a.m. sharp!**  
**(Marathon and Half Marathon only)**

2. Ontario Place – on Remembrance Dr. near the southwest corner of Lot #2/south end of East Pedestrian Bridge.

Shuttle Bus to **10K** start line departs at **6:15 a.m. sharp!**

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 Hilton/subway depart from the north side of the east pedestrian bridge over Lake Shore Blvd., just west and north of the finish line, approximately every 15 minutes beginning at 9:30 a.m. Alternatively, it is recommended that participants use public transit (T.T.C.) from Exhibition Place (bus) and Fleet Loop (streetcar). There will be NO shuttle bus service to Mel Lastman Square.

**Bag Check:** Marathon and Half Marathon participants may check their bags at the Start Line at Mel Lastman Square. We recommend using a plastic or waterproof bag. Marathon participants **MUST** check their bag by 7:10 a.m. Half Marathon participants by 7:50 a.m. Look for the trucks on North York Blvd. just east of Beecroft facing Yonge St. Bag Check for 10K participants will be located on Severn St. Bags **MUST** be checked by 7:00 a.m. Bag check for 5K Run and Walk participants will be located at the west end of the finish area. 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. 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 Diabetes Canada. A truck collecting gently used clothing will be at the Marathon/Half Marathon start line.

**Start Line:** Marathon, Relay and Half Marathon - Beecroft Rd. north of North York Blvd. behind Mel Lastman Square. 10K - Aylmer Road west of Severn St.

5K Run (8:00 a.m.)/Walk (12:00 p.m) - Remembrance Drive east of Ontario Place Blvd. (east of finish area)

**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. Clif Gels will be available at the following aid stations: 13k – Spadina Rd. in Forest Hill Village 28k – West End of Ontario Place for the Marathon and at the Yonge & Delisle Aid Station – approximately the 9.5km mark. for the Half Marathon. 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, 1/2 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.