

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	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.
B	5k – Yonge Street and Ivor Road (south of York Mills Road) 5k Yonge St just south of York Mills and Wilson. Look for Ivor Rd which is just south of Mill St and it is across the street.
C	10k – Oriole Parkway and Oxtan Avenue 10k Oriole Parkway and Oxtan Ave. The point is 50 meters south of Oxtan. Oxtan is just south of Chaplin Cres.
D	15k – Northwest corner of Davenport Road and Bedford Road 15K Corner of Davenport and Bedford
E	20k – 328 Bayview Avenue at Audi parking lot entrance 20K Bayview Ave just South of the King/Queen streetcar overpass. It is south of the water station at 300 Bayview and South of the Toronto Humane Society.
F	25k – Northwest corner of Bathurst Street and Fort York Blvd. 25k Bathurst St Halfway between South of Front St and North of Fort York Blvd
G	30k – 1491 Lake Shore Blvd. West, just west of the Boulevard Club 30K 1491 Lakeshore Blvd W at the Boulevard club. The transfer location is at the Wet end of the club
H	35k – Humber Bay Park Road East at parking lot entrance 35k Humber Bay Park Rd E. Look for the entrance to the Parking Lot and the 35 k mark is just west of the lot.

Finish Line

All events 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!