



## Corporate Team Schedule

TIME	WHAT'S HAPPENING
8 a.m.	<p><b>Bike &amp; Hike Event opens for:</b></p> <ul style="list-style-type: none"> <li>• <b>Check-in</b> – All participants need to check in at the Bike &amp; Hike event tent</li> <li>• <b>Donation collection</b> – Bring your offline sponsor form and your donations. We'll already have a record of your online donations as of 11 a.m. on Friday, June 5. If you've collected more online donations since then, simply print off your online fundraising summary and bring it with you to the event as well.</li> <li>• <b>Donation prizes</b> – Donation prizes will be available on site at the event. Your prize level is based on the total donations you submit by Bike &amp; Hike Day.</li> <li>• <b>Breakfast and t-shirts</b> – Enjoy a continental breakfast and pick up your souvenir event t-shirt.</li> <li>• <b>Cycling helmet rentals</b> – As a responsible community event, the Manulife Bike &amp; Hike for Heart requires all participants to wear a CSA approved helmet. Rentals are available for \$2 per helmet. You can also purchase a helmet onsite from King Street Cycles for \$30.</li> </ul>
9:15	<b>Opening ceremonies and aerobic warm-up begins at the start/finish line.</b>
9:30	<b>Cyclists depart.</b>
9:45	<b>Walkers depart.</b>
10:15 - noon	<b>Lunch and closing celebrations</b> – Enjoy music courtesy of CHYM-FM, activities for the kids, award presentations and more! Lunch is provided for registered participants and volunteers.
<p><b>Important Reminders:</b></p> <ul style="list-style-type: none"> <li>• Only <b>registered</b> participants can be admitted to the event tent. Children are most welcome at the event and, in fact, most Corporate Teams do include children and spouses; however, they must be registered as part of your team.</li> <li>• There are no lockers or other security provided at the Bike &amp; Hike site for personal belongings. Plan to lock any valuables in your car or carry them with you.</li> <li>• In consideration of all participants, pets are not permitted at the Bike &amp; Hike site or along the routes.</li> </ul>	

**Enjoy your day!**