

Media/Photo Advisory - To all Editors

June 1, 2010

Manulife Bike and Hike for Heart this Sunday, June 6!
NEW LOCATION – WATERLOO PARK

WHO: Close to 1,000 enthusiastic cyclists and walkers, plus hundreds of volunteers are ready to raise money in support of St. Mary's Regional Cardiac Care Centre. St. Mary's Cardiac Rehabilitation Centre patients and their families will bike or hike as a team at the event, raising funds for the cardiac rehabilitation program.

WHAT: The 18th annual Manulife Bike and Hike for Heart includes a 20km course for all ranges of cycling skills, plus two walking trails – three or five kilometres - in and around Waterloo Park.

WHEN: SUNDAY, JUNE 6

8 a.m.	Check-in and donation collection begins
9:15 a.m.	Opening ceremonies at start/finish line
9:30 a.m.	Cyclists depart
9:45 a.m. (approx.)	Walkers depart
10:15 a.m. to 12:00 p.m.	Light lunch and post-event celebrations begin

WHERE: Waterloo Park, Seagram Drive Entrance

WHY: Since 2000, all donations have supported the St. Mary's Regional Cardiac Care Centre in Kitchener. This year's fundraising goal is \$200,000 to expand the programs at the cardiac centre. Beginning in 1993, this event has raised more than \$2.9 million for heart health in Waterloo Region.

For more information, please visit <http://www.manulife.ca/bikeandhike>

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