

Join us for the **CWE @ MBP**



CANADIAN
WOMEN'S EVENT

ÉVÈNEMENT
FÉMININ CANADIEN



WEDNESDAY, JUNE 24, 2026

PLAYERS MANUAL

MARILYN BELL PARK DGC
TORONTO

CWE @ MBP

SECTION 1 — WELCOME

WELCOME TO THE CANADIAN WOMEN'S EVENT AT MARILYN BELL PARK

This event is part of the **Canadian Women's Event (CWE)**, a national initiative dedicated to celebrating women and female-identifying individuals in disc golf and encouraging more people to experience the sport in a welcoming, supportive environment. CWE events take place at locations across Canada each year, united by a shared mission: To grow the game for women, to create spaces where everyone feels like they belong, and to celebrate every player — regardless of skill level or experience.

Here in Toronto, we are proud to host the CWE at one of our favourite places in the city — **Marilyn Bell Park**, right on the waterfront. As organizers of the MBP Glow League, a free weekly glow-in-the-dark disc golf league that calls this course home, we have been working to grow disc golf in Toronto and make it accessible and enjoyable for everyone.

We have long believed that one of the most important things we can do for this sport is bring more women into it, and this event is our opportunity to do exactly that.

Whether you are a seasoned disc golfer, a curious beginner, or someone who has never thrown a disc in your life, you are in exactly the right place. This is not a seriously competitive event. It is a celebration! It is a community. It is a summer evening on the waterfront with good people and a great game. We are honoured to share it with you!

Thank you for joining us. Now let's have some fun!

— *Dan Rice, Shelby VanSickle, Andrew Kavanagh*
The MBP Glow League Event Team



SECTION 2 — COURSE LOCATION & DETAILS

MARILYN BELL PARK DISC GOLF COURSE



About the Course

Marilyn Bell Park Disc Golf Course is a short but technical 9-hole course situated along Toronto's beautiful **Lake Ontario waterfront**.

Installed in November 2019, it was one of the first waterfront disc golf courses in Toronto and quickly became a beloved spot for players of all skill levels.

The course features **9 par-3 holes** and a rated difficulty of "Easy", making it an ideal setting for beginners and first-time players. That said, don't let the rating fool you! The lake winds can turn even the most straightforward shot into an adventure, and experienced players will find plenty of opportunity to work on their touch and control game.

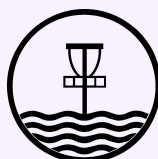
The course is connected to the **Martin Goodman Trail** and sits within a busy, active park, so please always be mindful of other park users and give way as needed.

For our event, the full 18-hole round will be completed by playing the 9-hole course twice.

The course takes approximately one hour per loop, so plan for roughly two hours of play in total.

Course Address:

1095 Lake Shore Blvd W, Toronto, ON M6K 2R5



Marilyn Bell



ABOUT MARILYN BELL — THE WOMAN THE PARK IS NAMED FOR

It feels only fitting that our Canadian Women's Event is being held at a park named after one of Canada's most remarkable female athletes.

On September 8–9, 1954, **16-year-old Marilyn Bell** became the first person ever to swim across **Lake Ontario** — a grueling 51.5-kilometre crossing **from Youngstown, New York to Toronto**.

She entered the water just after 11:00 PM and swam through the night, battling high waves, frigid temperatures, and lamprey eels attacking her legs, before touching the break-wall in Toronto nearly 21 hours later to the cheers of an estimated 50,000 people gathered at the waterfront. She did it without pay, without an official invitation, and **she did it for Canada**.

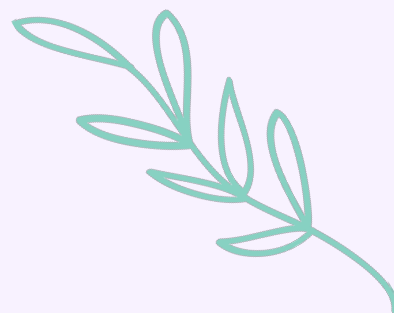


The following year she became **the youngest person to swim the English Channel**, and in 1956 she swam the Strait of Juan de Fuca.

She was named **Canadian Newsmaker of the Year** in 1954, won the Lou Marsh Trophy as **Canada's top athlete**, and was **inducted into Canada's Sports Hall of Fame**. The park where we play today was dedicated in her honour on August 16, 1984.



Playing disc golf on the same waterfront where Marilyn Bell finished her historic swim feels like a fitting backdrop for an event celebrating women in sport. We hope a little of her spirit of courage, determination, and community finds its way into your round!



Getting Here



By Car — Green P Parking Lot

Parking is available at the Green P Parking Lot located on Net Drive, with the entrance off Lake Shore Boulevard West.

Parking Lot Address: Net Dr, Toronto, ON M6K 3C1

Walking directions from parking to Hole 1:

The parking lot is a short 5-minute walk to the course. When walking from the parking lot, follow the bike path eastward (towards the CN Tower) along Lakeshore Blvd. Keep to the left. You will see the course on your right after you pass under the pedestrian bridge.



By TTC — Route 29 Dufferin Bus

The nearest **TTC bus stop** is served by the 29 Dufferin bus, southbound. Exit at the stop located at the corner of **Dufferin Street** and **Saskatchewan Road** on the **Exhibition Grounds**.

Walking directions from bus stop to Hole 1 (approximately 10 minutes):

From the bus stop, head south through the Exhibition Grounds along British Columbia Rd. toward the waterfront. Continue south until you reach Lake Shore Boulevard West. Cross Lake Shore at the lights and enter Marilyn Bell Park. Follow the path west a short distance — Hole 1 will be on your left.

For routes, schedules, and fares, visit ttc.ca or use the TTC app.



By GO Train — Exhibition Station

The **Exhibition GO Station** is located on the Exhibition Grounds and is served by the **Lakeshore West line**. It is one of the most convenient transit options for getting to the park.

Walking directions from GO Station to Hole 1 (approximately 12-15 minutes):

Head west on **Manitoba Dr.** Turn right onto **Princes Blvd.** and follow toward **Saskatchewan Rd.** Follow Saskatchewan Rd, then turn left onto **British Columbia Rd.** Continue south through the grounds toward the waterfront. Cross **Lake Shore Boulevard** and follow the path west — Hole 1 will be clearly marked on the left.

For schedules, fares, and trip planning, visit gotransit.com or use the GO Transit app.



By Bike — Bike Share Toronto

There is a **Bike Share Toronto** rack located directly across from Hole 1 of the course, making it one of the most convenient ways to arrive. Bikes can be rented by the trip or with a day pass directly through the Bike Share Toronto app.

For more information on how it works, visit bikesharetoronto.com

Safety Escorts

We want everyone to feel safe and comfortable at this event. If you would like to be accompanied back to your car, the GO Station, the TTC bus stop, or your bike after the event, please don't hesitate to ask any member of our event team. Escorts are available upon request — just let us know and we will make sure you get there safely.

SECTION 3

Event Schedule & What To Expect

SCHEDULE

Time	What's Happening
6:30 PM	Arrival & Check-In Opens
6:30–6:55 PM	Player check-in, pick up your player pack, get settled
7:00 PM	Player announcements & shotgun start
~8:45 PM	Round concludes
9:00 PM	Condensed 9-Hole GLOW round begins! (<i>Participation optional!</i>)

Please ensure you are checked in before 7:00 PM. Announcements will be made just before the shotgun start, so you won't want to miss them!



Check-In

- When you arrive, please make your way to the check-in area at Hole 1 where our team will be set up.
- At check-in you will receive your official CWE player pack and any other event materials.
- Our team will be there to answer any questions and help orient first-time players.

The Round

- The event is played as a casual, unsanctioned singles tournament across 18 holes — that is, the 9-hole course played twice around.
- The atmosphere is relaxed and friendly. You are not expected to be competitive, and there is no pressure to be.
- Come as you are, throw some discs, enjoy the waterfront, and have a great time.

Scoring is optional and entirely up to you. If you would like to track your score, you can do so using the **UDisc** app on your smartphone. Download it for free before the event and search for Marilyn Bell Park Disc Golf Course to find the course layout. Our event will be found under the 'Events' tab. If you'd rather just enjoy the round without keeping score, that is completely fine too.

Pace of Play

Because the course is located in a busy public park, please be mindful of other park users at all times. Always check that the area ahead is clear before throwing. If other park visitors are near a basket or on the fairway, wait until it is safe and let them pass. A friendly wave and a smile go a long way — we are all sharing this beautiful space together!

Amenities

- **Water:** Water fountains are available in the park. We also encourage you to bring your own reusable water bottle.
- **Snacks:** Light snacks will be provided at the event.
- **Washrooms:** An automated self-cleaning washroom facility is located near the tennis courts in the park, west of the course. Please bring quarters — the washroom costs \$0.25 per use. We recommend bringing a few just in case.



SECTION 4

Your Player Pack!

The retail value of the pack is approximately \$90. Here is everything included:

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- A collage of various items including a swing chain, a tote bag with "THE BRAVE THE FIGHT" text, a 2026 CWE player pack with a \$90 value tag, a blue dog tag with "CANADIAN WOMEN'S EVENT" text, a blue ruffled shirt, a pair of gold earrings, and a white tote bag with "AQUALAND Water Park" text.

A Note of Gratitude

The logo for "Throw Pink" is written in a large, flowing, pink script font. Below the word "Pink" is a stylized pink disc with the word "MAKING" written on it in a small, sans-serif font. To the right of the disc, the words "DISC GOLF" are written in a small, pink, sans-serif font.

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BONUS SECTION!

New To Disc Golf? Start Here!

If you have never played disc golf before, this section is for you. Welcome — you are going to love this.

What Is Disc Golf?

Disc golf is played just like traditional ball golf, except instead of clubs and balls, you use flying discs — similar to a frisbee. The object of the game is simple: **Get your disc into the basket** (a metal chain target mounted on a pole) in as few throws as possible.

- Each hole starts at a tee pad — a rubber or concrete pad where you begin your throw.
- From there, you throw your disc down the fairway toward the basket.
- You throw again from wherever your disc lands, continuing until you get the disc into the basket.
- The number of throws it takes is your score for that hole. Lower is better!

Most holes on this course are Par 3, which means a skilled player is expected to complete the hole in 3 throws. Don't worry about par — just focus on having fun and getting the disc in the basket however it takes.

The Discs

You don't need a lot of equipment to play disc golf. Most beginners do great with just one disc — and for your first round, something like a mid-range disc or even a putter works perfectly. Discs used in disc golf come in three main types:

- **Putters** — designed for short, accurate throws, especially close to the basket. Slow and easy to control. Great for beginners.
- **Mid-ranges** — a versatile all-around disc. A good choice for most shots on a shorter course like this one.
- **Drivers** — designed for distance. These are harder to control and not necessary for a shorter course. Leave these for later!

For your first round, we suggest using your putter or mid-range for every shot. Don't worry about distance — focus on accuracy and having fun!

How to Throw

There are two basic throws to know:

The Backhand: Hold the disc with your thumb on top and fingers underneath. Pull it back across your body and release it with a smooth, level throw — similar to skipping a stone. This is the most natural throw for most beginners.

The Forehand (or "Flick"): Hold the disc with two fingers underneath and throw it from your side, snapping your wrist as you release. This one takes a little more practice but is great for certain angles.

Start with the backhand. Keep the disc level on release and follow through toward your target. Don't try to throw hard — smooth and controlled beats hard every time!

A Few Friendly Rules to Know

- Always check before you throw. Make sure no one is within range of your disc before releasing. Safety first, always.
- Throw in order. The player whose disc is furthest from the basket throws first.
- Play it where it lands. Throw again from wherever your disc comes to rest.
- Give way to other park users. This is a public park. Be patient, be kind, and let non-players pass.

Have fun! There are no wrong answers here. If you're not sure about something, ask anyone on your card or any member of our event team — we are always happy to help!

