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The Toronto People With AIDS Foundation's Annual Fundraisers

**1 DAY • 108 KM**  
**TORONTO TO**  
**PORT HOPE**  
July 24, 2016

**6 DAYS • 600 KM**  
**TORONTO TO**  
**MONTREAL**  
July 24 - 29, 2016



**F4LBR18 Daily Cog - July 22, 2016**



## **Tomorrow is Packing Day!**

Saturday, July 23, 9:00 am to 1:00 pm  
Msgr. Fraser College - Isabella Campus  
146 Isabella Street, Toronto

This is it. Before your Friends For Life Bike Rally journey begins, you must attend Packing Day!

- Packing day is **MANDATORY** for all Participants - including all 6-Day Riders, 1-Day Riders and all Crew. You will complete any final paperwork, receive your event package, pack your gear into your Rubbermaid bins if you're on the 6-Day Ride, and then load them onto the trucks. If you're participating in the 1-Day Ride, you'll load your knapsack or small bag packed with whatever you need for your arrival into Port Hope.
- Note that parking around the school is limited, so consider getting dropped off in front of the school if you are coming by car. This is a great opportunity for car-pooling - Facebook post anyone?

- DO NOT pack your Day 1 jersey, licence plate or whatever else you will need on you for Departure Day!
- DO pack your purple swag bag for the shoe exchange on Day 6.
- DO pack a light for your bike if you're a 1-Day Rider, and you plan on riding your bike home at night after we drop you off at Barbara Hall Park (The 519).
- And DO pack any costumes or decorations you'll be using for the week, including something red for Dress in Red Day, decorations for your helmet, and decorations for Light the Night.
- It's a Bike Rally tradition to bring a non-perishable item or items to donate to the PWA Essentials Market Food Bank such as grocery store gift cards, meal replacements, canned meat, fish, vegetables, peanut butter and so on!
- Throughout the week when posting on social media about the Bike Rally, remember to use the hashtag **#F4LBR**.

Each evening from this point on you will receive the Daily Cog, which will be filled with highlights of important and relevant information that is as up-to-date as possible, regarding the following day's activities and events. The Daily Cog will be sent to the email address you registered with. Are you staying with us for the week and planning to go "offline"? Not to worry, the information in the Daily Cogs will also be covered during morning and evening announcements.

On July 24, 2016, more than 300 Riders and Crew will embark on either a 1-day 108 km journey from Toronto to Port Hope or a 6-day 600 km journey from Toronto to Montréal, both in support of people living with HIV/AIDS. PWA's Friends For Life Bike Rally is the sustaining fundraiser of the Toronto People With AIDS Foundation. The experience of the Bike Rally promises to have a profound impact on the lives of every participant.



**[PWA's Friends For Life Bike Rally](#)**

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