



PRESENTED BY
Scotiabank

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

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



The Toronto People With AIDS Foundation's Annual Fundraisers



F4LBR18 Daily Cog - July 23, 2016



Departure Day is finally here

Sunday, July 24

Allan Gardens, Carlton Street and Sherbourne Street, Toronto

7:30 am Registration

8:00 am Group Photos

8:30 am Speeches and draw for airline tickets donated by KLM Royal Dutch Airlines and the road bike donated by Cycle Solutions

8:45 am Group stretch

9:00 am Departure

This is the day you have been eagerly awaiting for months! After feverishly chasing after donations and spending countless hours in the saddle, your journey begins bright and early tomorrow morning!

Tomorrow's Day 1 highlights

- All Participants must wear the **Official Bike Rally 2016 Jersey or T-shirt.**

- All Participants must register before departure, so please be sure to allow sufficient time. It will be early, so yes, there will be coffee!
- HEADS UP - If you're travelling to Allen Gardens by subway, there will be no subway service between Broadview and Main stations. In addition, St George to Broadview stations will open late (by 10 a.m.)
- As we ride out of Toronto on busy streets, be very aware of traffic around you and signal/call-out your intentions.
- Today we'll be celebrating with our friends for life taking the 1-Day Ride journey to Port Hope.
- Camp: the Haskills' Farm is a gorgeous location, high atop a cliff overlooking Lake Ontario. Swimming is available off the rocky shore (use appropriate footwear).
- For today only we head offsite to shower, so starting at 3:00 pm buses depart every 30 minutes to take Participants to the local sports complex. The sports complex closes at 8:00 pm.
- When posting on social media about the Bike Rally, remember to use the hashtag **#F4LBR**.



Day 1 Evening schedule (Haskills' Farm, Port Hope)

- Arrival Celebrations of the 1-Day Riders
- Celebration Dinner: 5:30 - 7:00 pm
- Evening Announcements: 6:45 pm
- Evening Activities: Bike Rally Beach Party: 8:00 pm
- Quiet Hours: 10:00 pm

1-Day Rider Return to Toronto

- If your journey ends with us in Port Hope - CONGRATULATIONS!
- Your bike must be loaded on to the assigned truck by 5:30 pm.
- Following the evening program, head up to the entrance of Haskills' farm to board the bus back to Toronto. Busses will depart at 8:30 pm.
- Expected arrival in Toronto will be 10:00 pm at Barbara Hall Park (near The 519 on Church Street).
- You MUST retrieve your bike that evening when you arrive in Toronto.

Weather forecast along the route

- Morning in Toronto: 22 C, partly cloudy

- Lunch in Oshawa: 26 C, cloudy
- Day 1 camp in Port Hope: 24 C, cloudy

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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