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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 24, 2016



Welcome to Haskills' Farm!

For those whose journey with us ends today - a special congratulations to you. Today was no small feat and you should be very proud!

For those who are continuing with us to Montréal - welcome to camp, relax and enjoy the stunning view! You've made it through Day 1.

Today was an incredible day with great support along the route from your family and friends from PFLAG Toronto, PFLAG Durham, AIDS Committee of Durham, and a special welcome in Oshawa from Mayor John Henry and the Oshawa Council.

[Have a look at just some of the photos from today's journey!](#)

(Don't forget to tag you photos with #F4LBR and have them seen on tomorrow Storify!)

Tomorrow's Day 2 highlights

- At 128 km, this is the longest day of the Bike Rally. We ride through the countryside, crossing the swing bridge at Murray Canal and then follow the scenic and historic Loyalist Parkway (Hwy 33) before we stop for lunch at the Henderson's in Consecon. After lunch we cycle across Prince Edward County toward Picton where we take the Glenora Ferry back to the mainland. Once we're on the other side, it's a short ride to camp, and the longest day is over!
- All Participants must wear the **Bike Rally Day 2 sponsor jersey or T-shirt**.
- As we have for many years, we'll be stopping for lunch at Henderson's House. Be sure to pick up your purple ribbon at lunch in honour of Heather Marr, one of the owners of Henderson's House who passed away last year. Also be sure to give a special hug to Heather's wife, Chantal Grondin.
- Be sure to stop and say thanks to the Mayor and Council of Prince Edward County who will be handing out water at the Glenora Ferry.
- Swimming and showers are both available at camp; however, showers are limited and may have long wait times. Showers take \$0.25/\$1.00.
- Evening activities at camp will be Bike Rally's Got Talent. Be prepared to be AMAZED-ish!
- In the evening at camp on Day 4 is the Bike Rally's Candlelight Celebration. For those that wish to speak at the Candlelight Ceremony at camp on Day 4. If you wish to share your story and experiences during this special ceremony, please see Allan Hooey, Todd Davies or Mike Twamley.
- Posting on Facebook/Twitter/Instagram? Remember to use **#F4LBR**.

Day 2 Morning schedule (Haskills' Farm, Port Hope)

- Breakfast: 6:00 to 7:00 am
- Bins on trucks no later than: 8:00 am
- Announcements: 8:00 am
- Departure: 9:00 am

Day 2 Evening schedule (U.E.L. Heritage Centre/Park, Adolphustown)

- Dinner: 5:30 - 7:00 pm
- Evening Announcements: 6:45 pm
- Evening Activities: Take your bike to the trucks for loading (or load it on yourself after 7:00 pm) - trucks locked at 8:00 pm
- Bike Rally's Got Talent: 8:00 pm
- Quiet Hours: 10:00 pm

Weather forecast along the route

TODAY WE

HYDRATE - HYDRATE - HYDRATE!

- Morning in Port Hope: 23 C will feel like 33 C
- Lunch in Consecon: 32 C will feel like 39 C (remember when we said Hydrate?)
- Day 2 camp in Adolphustown: 26 C will feel like 32 C

Route changes/conditions

nada

On July 24, 2016, more than 300 Riders and Crew embarked 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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