



SPONSORED 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 26, 2016



Enjoy the Kingston nightlife and be ready to hop back on your saddle in the morning!

What an amazing day with incredible weather! The trail of red sequins, feathers and glitter travelling along the lake was a sight to see!

[Want to re-live today's fun day? Have a look at some of the photos.](#)

Tomorrow's Day 4 Highlights

- Breakfast is from 7:00 am to 8:00 am...that's **8:00 AM!**
- Enjoy the night in Kingston tonight, but remember - we're back on the road tomorrow for the final 3 days of outdoor living.
- Tomorrow we will also honour 18 years of spirit, dedication and commitment for all those that participate in the Bike Rally, including announcing the 2016 recipient of the David Linton Spirit of the Rally Award. We will also be recognizing this year's Top Fundraisers.
- After a hot breakfast at Queen's University, we get back on the road towards Gananoque, the Thousand Islands and lunch at the best swimming spot of the week. Along the way, enjoy some of the most spectacular scenery in the province.
- Day 4 is also Pimp Your Helmet Day - so let your creativity flow and decorate those helmets!
- Enjoy the ride along the Thousand Island Parkway. The Parkway tends to be very busy with traffic, so please stay off the road and use the bike path.
- Tomorrow night will also be the Candlelight Celebration. Remember, if you would like to speak at the ceremony, please see Allan Hooey, Todd Davies or Mike Twamley.
- When posting on social media about the Bike Rally, remember to use the hashtag **#F4LBR**.

Day 4 Morning Schedule (Queen's University, Kingston)

- Bins returned to truck-letter designated row, no later than: 7:00 am (bikes can be left in your rooms until after breakfast.)
- Breakfast: 7:00 am
- Announcements: 8:00 am
- Top Fundraiser Photos: 8:30am
- Departure: 9:00 am

Day 4 Evening Schedule (Grenville Park Campground, Johnstown)

- Dinner: 5:30 - 7:00 pm
- Evening Activities: Take your bike to the trucks for loading (or load it on yourself) - trucks locked at 8:00 pm
- Evening Events: Candlelight Ceremony 8:00 pm
- Quiet Hours: 10:00 pm

Weather forecast along the route

- Morning in Kingston: 22c feels like 28c; Sunny! (aka sunscreen and lotsa liquids day)
- Lunch in Brown's Bay Park: 31c feels like 38c; party cloudy
- Day 4 camp in Johnstown: 25c feels like 31c partly cloudy

Route changes/conditions

- zippo!

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](#)

Toronto People With AIDS Foundation
200 Gerrard St. E, 2nd floor
Toronto ON M5A 2E6
416-506-1400 ext. 238
bikerally@bikerally.org

Presented By



Major Sponsors



[View All >](#)



Try it FREE today.