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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 27, 2016



The Journey Continues

Welcome to Johnstown where our journey continues eastward.

Congratulations to long-time rider Walter Dimini on receiving the David Linton Spirit of the Rally Award, and congratulations to all nominees!

Congratulations also to the 46 Top Fundraisers!

Today was met with incredible weather (and a tail wind!) as well as tons of support along the route, including the mayors of Kingston and Gananoque, the MP for Kingston and the Islands, PFLAG/Pride Brockville and special support from Toronto Councillor and past Bike Rally participant Kristyn Wong-Tam and her wife Farrah Khan.

[Have a look at some of today's photos.](#)

Tomorrow's Day 5 Highlights

- Tomorrow is POZ Day - a day to reflect on why we are riding. Participants who are living with HIV are able to self-identify by wearing a POZ jersey in a safe and welcoming environment - there is no stigma attached to being HIV positive here. Pick up your jersey at the table near the dining tent.
- Please be aware of who is in the pictures you may be taking during POZ Day, and be sure to get permission before posting on social media.
- For those not wearing a POZ jersey, Ride and Crew today in solidarity. Please pick up a red ribbon from your Team Leader to wear on your helmet, hat or shirt, to show your solidarity and support for our courageous friends who are living with HIV/AIDS. You will also receive 2 small red ribbons to hand out to people along the route to share the Bike Rally story.
- Today's ride takes us along the Long Sault Parkway and includes the much anticipated and annual tradition of a stop at Dairy Queen in Lancaster - where, for today only, \$0.50 of every sale of a DQ Blizzard will go to PWA. With the number of calories we've burned, we can afford to splurge!
- When posting on social media about the Bike Rally, remember to use the hashtag **#F4LBR**.

Day 5 Morning Schedule (Grenville Park Campground, Johnstown)

- Breakfast: 6:00 - 7:00 am
- Bins on trucks no later than 8:00 am
- Announcements: 8:00 am
- Departure: 8:30 am

Day 5 Evening Schedule (Glengarry Park Campground, Lancaster)

- Dinner: 5:30 - 7:00 pm
- Evening Announcements: 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: Light the Night - Illuminate the campground into a forest of colours by decorating your tent and campsite with glow in the dark tape, glow sticks and other items: 8:00 pm
- Quiet Hours: 10:00 pm - did you hear that? We said QUIET HOURS!

Weather forecast along the route

- Morning in Johnstown: 22c feels like 28c; 40% chance of rain
- Lunch in Milles Roches Island: 28c feels like 35c; 60% chance of rain
- Day 5 camp in Lancaster: 24c feels like 30c; 40% chance of rain

Route changes/conditions

- nada/zip/zilch

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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