



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 28, 2016



Tomorrow we make history!

You've trained for months, you've fundraised like superstars, and now you are in reach of the Ontario/Québec border - just over 100 km away from Montréal.

Today's ride from Johnstown was inspirational. We started our journey months ago as individuals training, and raising funds for PWA. Tomorrow we arrive in Montréal where the support and encouragement we gave and received we hope will carry on past this week.

Thank you for all your hard work, for your commitment, and for your dedication to PWA's Friends For Life Bike Rally and for the Toronto People With AIDS Foundation.

[Check out today's photos!](#)

Tomorrow's Day 6 highlights

- The last day of the ride! Today, we wear our **Official Bike Rally Jerseys** and **Pink Crew T-shirts** and Bike Rally pin. We head into Montréal riding mostly along bike paths on the way into the city. It's a time to enjoy the beautiful scenery
- Group photos will take place directly following the announcements
- We assemble at the last rest stop just shy of Montréal (at the beginning of the Lachine Canal) and then ride all together single file for the last 14 km into the heart of Montréal. It's an emotional end to a wonderful ride as we arrive in Montréal at Place Émilie Gamelin. We arrive to cheers and tears and pride - congratulations, you did it!
- **Be sure to pack your shoes in your green swag bag and place them in the designated bins so you will be sure to have them at the Arrival Ceremony.**
- After arriving in Montréal, checking in to your accommodations, and a warm shower, it's time to celebrate your incredible accomplishment! Join us on the rooftop at Unity Nightclub, opening exclusively for Bike Rally Participants, at 1171 Ste-Catherine Ouest, from 9:00 pm to 11:00 pm
- When posting on social media about the Bike Rally, remember to use the hashtag **#F4LBR**.



Day 6 Morning schedule (Glengarry Park Campground, Lancaster)

- Breakfast: 6:00 am - 7:00 am
- Trucks open at **6:30** am

- Bins on trucks no later than: **7:15** am
- Announcements: **7:15** am
- Group Photos: 7:45 am
- Departure: **8:00** am

Day 6 Afternoon schedule

- Rendezvous at Lachine Canal: **1:45 pm**
- **Depart for Montreal: 2:00 pm**
- Arrival in Montréal: 3:30 pm
- Arrival Party at Unity: 9:00 to 11:00 pm

Weather forecast along the route

- Morning in Lancaster: 19c feels like 23c; partly cloudy
- **NEW Lunch Location - Parc Bellevue on L'ile Perrot: 25c feels like 30c; partly cloudy**
- Arrival in Montréal: 26c feels like 30c; SUNNY!!!

Route changes/conditions

- big fat ZERO!

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 >](#)



Friends for Life Bike Rally | Toronto People With AIDS Fdn | 200 Gerrard St East, Second Floor | Toronto | Ontario | M5A 2E6 | Canada