



PRESENTED BY
Scotiabank



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 News - April 14, 2016



There's Strength In Numbers

Spinning at Scotia Plaza on Thursday, April 21

Come cheer on Bike Rally Participants as we spin at Scotia Plaza from 11:00 to 2:00. We'll be helping to recruit participants for the 6-Day and 1-Day Rides and all money raised will go toward your fundraising goal!



Date: Thursday, April 21

Time: 11:00 am to 2:00 pm

Location: Scotia Plaza, 11 Adelaide St W (outside)

We need you! Volunteers are needed for spinning and promoting the event. Contact recruit@bikerally.org or touellette@pwatoronto.org.

Can't make it on April 21? The next Scotia Plaza spin date is Thursday, May 5.

Get Bike Rally Ready

Flat-Fix Workshop

Thursday, April 28 and Tuesday, May 10
Sweet Pete's Bike Shop
1204 Bloor St W, Toronto



Don't get left on the side of the road with a flat tire. Most of us have a flat tire at one point or another so be sure you know how to fix them! Here's your chance to learn.

Space is limited to 6 people per workshop so sign up early! Also, it's a hands-on clinic, so bring your bike.

[Sign up >](#)

Getting ready for training rides

Spring is slowly arriving, but outdoor training rides are already underway! Be sure to arrive at least 20 minutes early for announcements, do some warm-ups and meet fellow Riders.



Training Rides are important so plan to do as many as you can. If you're new to cycling, the rides will help you learn to become a better, stronger cyclist. If you're a new or experienced cyclist, but new to the Bike Rally, Training Rides will introduce you to some of the amazing people that will soon become your Friends For Life!

Be sure to download or print a map - but you might want to wait until a day or two before the training ride in case of any last minute route changes!

[Maps and details >](#)

TTC closures on weekends

Do you take the TTC to training rides? Please be aware of subway closures this training season. While shuttle busses are usually in place, closures can increase your commute time significantly.



[TTC subway closures >](#)

New Training Ride sign-in

We're changing the sign-in process for training rides! At the beginning of each training ride, instead of signing a waiver, all Riders will now "sign" the waiver electronically.



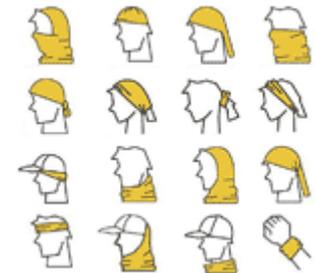
The Team Leads for each training ride will announce that particular ride's sign-in webpage during pre-ride announcements, Riders will use their smart phones to go to the site, search on their name, click the appropriate check-box to agree with to waiver, hit submit and you're signed in for that training ride!

More details and information will be provided at the start of each training ride.

Put the "FUN" in Fundraising Get your gaiter!

Don't miss out on your chance to own a limited edition F4LBR Gaiter

The first 45 people to raise \$1,000 between April 15 and 30 will get their very own Bike Rally Gaiter. This amazing garment will come in handy protecting you from the spring chill and summer sun. Did we mention there are only 45?



Open to Riders and Crew!

Fundraising just got easier!

Send us your sponsorship leads

Have any leads on potential sponsors? If you provide us with a contact that comes on board as a sponsor, your fundraising will be credited with 50% of the retail value of the product or service being donated.



Check out the [list of goods and services](#) we need for this year's Bike Rally and if you have a contact that might supply any of the items, let us know. Only the items listed are eligible to be counted towards your fundraising if your lead was successful.

[Learn more >](#)

Planning a fundraising event?

Remember gaming and lotteries including bingos, 50/50 draws, gambling, raffles or games of chance often have special considerations that require permits. Please visit the [Alcohol and Gaming Commission of Ontario](#) website for more information.



The Alcohol and Gaming Commission of Ontario (AGCO) does not issue licences to individuals. Due to the number of fundraisers involved in the Bike Rally, PWA will not apply for a raffle licence on behalf of an event. You can run a draw without acquiring a licence, but you must offer the tickets for free, asking instead for an optional donation.

New to the Bike Rally? Tips for Success

Personalize your fundraising page

Potential sponsors will connect more with your reason for riding when they reach your fundraising page - but only if it has been personalized. Explain who you are and why you registered, and add some pictures of yourself. The personal connection goes a long way.



Don't forget that www.bikerally.org has some great fundraising resources, such as sample emails to sponsors, tips on setting up your fundraising page, and fundraising ideas.

Bike Rally Bits and Bobs

Looking to upgrade your bike?

Bateman's Bike Company is hosting a bike swap for April 30 and May. If Bateman's sells your bike, you get a 100% store credit or a cheque for 80% of the selling price. It's a great opportunity for Riders who want to upgrade or want to get rid of their old bikes, or you could even put the money from selling your old bike towards your fundraising!



[Learn more >](#)

Mark your calendar!

Bookmark the Bike Rally Calendar to keep up-to-date with the events leading up to Bike Rally 18.

- Training rides every weekend through July
- Thursday, April 21 and Thursday, May 5: Spinning at Scotia Plaza
- Monday, May 30: Bike To Work Day
- Sunday, June 5: The Big Meeting - You'll hear the final details and see everyone all in the same place - you won't want to miss this!

PWA Fast Fact

Did you know? ... 35% of PWA's clients require financial support. \$100 will cover 50% of a HIV+ person's average drug program deduction.

Bike Rally Statistics (April 13, 2016)

1-Day Riders: 28; 6-Day Riders: 184; Crew: 53;

Raised: \$140,009

[Register >](#)

[Pledge >](#)

On July 24, 2016, more than 400 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](#)

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.

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