



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 28, 2016



Welcome 2016 Bike Rally Assistants!

Samantha Zapreff, Bike Rally Assistant

Samantha is a graduate of the Social Work program at Ryerson University and comes with a wealth of experience both through her student placement at PWA and working in customer service. Samantha completed her placement at PWA in the spring of 2015 and loved the experience so much that she stayed on as a volunteer coming in weekly, conducting intakes and providing client support. In 2012/2013, Samantha was a Fundraising Assistant with the Canadian Cancer Society's Relay for Life.



Samantha can be reached at brassistant1@pwatoronto.org, and 416-506-1400 ext 255

Maggie Laflamme, Bike Rally Assistant

Maggie joined PWA as student intern in January 2016. Maggie has a Bachelor of Arts in History from Carleton University and is currently working on her Social Service Worker Certificate at Seneca College. Maggie comes with excellent organizational skills and experience and is no stranger to the cycling community. In 2006, Maggie and her family participated in a group cycling event from Montreal to Elizabeth Town USA.



Maggie can be reached at brassistant2@pwateronto.org, and 416-506-1400 ext 256

Join us on the Bike Rally on the Food Crew or Wellness Crew

We need a lot of volunteers to make this event happen - where would we be without our fantastic Crews?



Our Food Crew and Wellness Crew need a few more members to round out their teams! If you want to participate in this incredible experience that it is the Bike Rally but don't want to ride a bike, join us on one of these Crews.

If you're interested in joining our Food Crew, you must have a valid driver's licence. [More information on our Food Crew](#)

If you're interested in joining our Wellness Crew, we're looking for specifically medics who at a minimum are First Aid certified and have a valid driver's licence. [More information on our Wellness Crew](#)

Get Bike Rally Ready Let's Talk Cycling

It's a women's only workshop!

Tuesday, May 3
Sweet Pete's Bike Shop
1204 Bloor Street West, Toronto
6:30 - 7:30 pm



Join us for a women's only workshop on the latest in women-specific cycling gear and technology.

New and experienced female cyclists are encouraged to attend this informative workshop and hear from the experts about what gear you'll need for the cycling season.

After the discussion, browse Sweet Pete's for some sweet deals exclusively for Bike Rally Participants - 15% off regularly priced accessories and 10% off regularly priced bikes.

[Space is limited. Sign up today! >](#)

Bike fitting discussion

Tuesday, May 17
Sweet Pete's Bike Shop
1204 Bloor St W, Toronto
7:00 - 8:30 pm



Minor changes in the way your bike is set up can have a major impact on your riding. Come out for this in-depth conversation on bike fit.

Space is limited to 18 people only.

[Sing up today >](#)

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 >](#)

Put the "FUN" in Fundraising Support at your fingertips

Are you a returning participant and used the same login and password as last year? If so, you can access the contacts of people who donated to you in previous years!

Here's how:

1. Login to your personal profile page
2. Click on the "Fundraising" tab located on the left-hand side
3. Click on "Get Sponsors"
4. Click on the little address book icon located on the right-hand side



And voila! All of your previous donors with their contact information will be displayed. Also, if you hover your cursor over the blue question mark you will be able to see how much that person has donated. It's a great feature to manage your previous donors, import new contacts, and select which donors you want to reach out to again this year!

New to the Bike Rally? Tips for Success

Flat-Fix Workshop

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



This is a mandatory workshop for first year Riders!

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 >](#)

Bike Rally Bits and Bobs

Where are you staying in Montréal?

The city of Montréal will be extremely busy the weekend of our arrival, so you will want to book your accommodations early. Hotels are filling up quickly.

We have some options - but they won't last long:

- **Sheraton Centre Montréal**

Discounted room rates of \$219 per night for July 29 to July 31 are available to Bike Rally participants. This room rate is only available until June 29 - if the block of rooms is available that long!

[Make your room reservation at the Sheraton Centre Montréal.](#)



- **[Lord Berri Hotel](#)**

Special room rates per night of \$145/double, \$155/triple, and \$145/quadruple are available for Bike Rally participants and supporters from Thursday, July 28 to July 31. This offer is only available until May 1 so if you're thinking of staying here - book today!



To make a reservation call 1-888-363-0363 and tell them you're with the Friends For Life Bike Rally.

- **Concordia University - Grey Nuns Residence**

Once again, accommodations at Grey Nuns will be available to Riders and Crew for both the Friday and Saturday nights at no cost on Friday night. Riders must pay \$65 if they choose to stay Saturday night (there is no charge for Crew staying the second night).



If you are planning to stay at Concordia, you **MUST** indicate you will be needing accommodation here on your profile page survey by no later than May 30.

It's Friends For Life: LadyTalk!

A women's only Bike Rally social

Monday, May 16
Mick E Fynn's
45 Carlton Street, Toronto
6:30 - 8:30 pm



All female and female identified Riders and Crew are invited to LadyTalk - our Bike Rally social just for the women.

LadyTalk is a perfect opportunity to connect with other women of the Bike Rally and casually chat about this great adventure from a woman's point of view. Riders and Crew can reminisce about past Bike Rally moments and plan for an amazing Ride in July.

There will be a reserved party room so plan to join us for some giggles, good times and useful Rally-related advice and stories.

Spinning at Scotia Plaza on Thursday, May 5

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, May 5

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.

Looking to upgrade your bike?

Bateman's Bike Company is hosting a bike swap for April 30 and May 1. 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, 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? ... A \$15 donation will pay for 3 Food For Life meals for people recovering from a hospital visit.

Bike Rally Statistics (April 26, 2016)

1-Day Riders: 32; 6-Day Riders: 187; Crew: 62;

Raised: \$189,841

[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.