



PRESENTED BY
Scotiabank

1- DAY RIDE

July 30, 2017

TORONTO - PORT HOPE

6 - DAY RIDE

July 30 to August 4, 2017

TORONTO - MONTRÉAL

THE TORONTO PEOPLE WITH AIDS FOUNDATION'S ANNUAL FUNDRAISER



F4LBR News - August 4, 2016



Thank You! Thank You! Thank You!

We can't thank you enough for your dedication, your commitment and your enthusiasm in making the 18th Annual PWA's Friends For Life Bike Rally a huge success.

Donations are still trickling in, and as of today you have helped raise \$1,002,000. That is incredible!



You had your own reasons for participating in this year's Bike Rally. Whether you joined us on the inaugural 1-Day Ride to Port Hope, or were a Rider or Crew member on the journey to Montreal, we were one community dedicated to building friendships, raising funds for the Toronto People With AIDS Foundation and to doing our own part in raising awareness and eliminating the stigma associated with HIV/AIDS. You are a hero... a spectacular, fantastic hero!

Thank you!

Tell Us What You Thought of Bike Rally 18

If you haven't done so already, don't forget to share your thoughts and opinions of this year's Bike Rally through the 2016 F4LBR Participant Survey. It only takes a few minutes and your contribution will help us in our planning for next year's Bike Rally.

1 DAY · 108 KM
**TORONTO TO
PORT HOPE**
July 24, 2016

6 DAYS · 600 KM
**TORONTO TO
MONTREAL**
July 24 - 29, 2016

[Complete the survey >](#)

Register for Bike Rally 19!

You know the Friends For Life Bike Rally is an amazing and rewarding experience. You are the best spokespeople! In fact, here's what some of you have already said about this year's Bike Rally on social media:

"The Friends For Life Bike Rally was perfection in my books. I can't wait to do it all again next year!!!"

"I never felt more accepted and loved by strangers in my entire life. Not only were these men and women inspiring, they are now my family in a way."

"I've done this ride 8 times, and my reason for doing it each year hasn't changed from that first year in 2006. But after I finish every year's ride, I feel like I just did for the very first time - with new challenges and new lessons learned."

"Today was amazing! As a first-time rider and a 1-Day Rider, I got a taste of the Friends For Life experience. Thank you to everyone who helped organize this and create an unforgettable memory for me and so many others!"

"...no words can truly express this emotion, no matter how I can try."

"Someone asked me right away if I was ready to do it again. My response was 'In a heartbeat!'"

"I hate being at home and seeing how much fun you're all having. I'm hoping for a healthy return for Bike Rally 19."

"[The Bike Rally is] totally something you can get involved in for next year. And it will change your life."

"Crying and on cloud 9 at the same time."

"I've been blessed by way of spending a beautiful week with many friends, old and new. We laughed, we cried, we kicked a ton of a\$\$\$. Each and every one should be so proud of all that you accomplished."

"This week has been all kinds of things. Stressful, anxiety producing, physically painful, moments of sadness, anger, and of course, a complete f-ing blast."

"I continue to be amazed by the little rolling community we create, and everything that goes into planning and making sure it all works."

"I felt supreme joy of doing the thing bigger than me, the thing that I could only do by finding every centimetre of myself. Of all of us, together."

"I started crying when we rode into the city because even though I have been to this place many times before (by train, plane and automobile) never would I have imagined that I could pedal my way here...and I did - we did! Furthermore, that fact that 250 individuals can work together as a unit and gather more than \$1 million for a good cause is so empowering and simply mind-blowing."

Again, please tell us about your experience this past year in the Bike Rally survey.

Registration is now open for the 19th year of PWA's Friends For Life Bike Rally. Take advantage of the discounted registration fee (\$60). Register today and get an early start on fundraising for next year. You know you want to! So why wait?



[Register today >](#)

Rubbermaid Bins For Sale

We have a few Rubbermaid bins looking for a good home. If you would like to purchase one or more (\$5 each or 3 bins for \$10!), contact us today before they're all gone.



[Contact us to purchase a bin >](#)

On July 30, 2017, more than 300 Riders and Crew will embark on either a 1-day 110 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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