



PRESENTED BY
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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 - December 17, 2015



Challenge your friends and family this Holiday Season

As 2015 comes to a close and everyone makes those New Year's resolutions, challenge your friends and family to register for either the 6-Day or 1-Day Friends For Life Bike Rally in 2016!



On behalf the Steering Committee of PWA's Friends For Life Bike Rally, we wish you a happy and safe holiday season. And **thank you, thank you, thank you** for your support of the Toronto People With AIDS Foundation throughout 2015. We are looking forward to an incredible 2016.

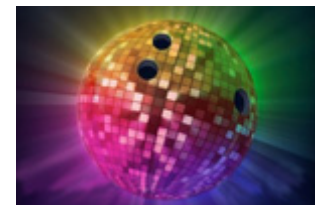
Put the "FUN" in Fundraising
Raise \$400 by December 31 and win!

It's a fundraising contest just for first-year, 6-Day and 1-Day Riders. Throughout the month of December, if you raise \$400 and over, you will win an official Bike Rally 17 jersey!



Help your fundraising efforts with PWA's Love Bowl

Saturday, March 5, 2016, 1:00 to 4:30 pm
Bowlerama West
5439 Dundas St W, Toronto



[PWA's Love Bowl](#) returns for another year! Get down and boogie - and bowl! - as the Love Bowl goes back to the 70s disco era with the Shiny Disco Bowl.

Find out how the [Love Bowl can help with your Bike Rally fundraising](#).

New to the Bike Rally? Tips for Success

Get those year-end donations!

During these last few weeks of 2015 many people are looking to top up their charitable donations for tax purposes. Now is a great time to ask your friends, family and co-workers to make a donation towards your Bike Rally fundraising so they can get a 2015 Tax Receipt.



Get Bike Rally Ready

Don't forget: Winter spin classes

Over the holidays, Winter spin classes will be held on Sunday, December 20 and Wednesday, December 30.

Get your legs and endurance in cycling shape over the winter months and join us for free spin classes - the regular Sunday-Wednesday schedule will resume on Sunday, January 3.



A friendly reminder - if you sign up for a class, please make sure you attend or cancel your spot to make room for others.

[More info / class times / sign-up >](#)

Bike Rally Bits and Bobs

Team self-selection begins on Tuesday, January 12

Starting at noon on Tuesday, January 12, and closing at 5:00 pm on Wednesday, January 13, ten spots will be available on each team for all registered 6-Day Riders who wish to be on a particular team. We will provide step-by-step details on how to participate in the open team registration in the coming weeks - so watch your emails for a special Bike Rally Bulletin.



In the meantime, be sure to log onto your Bike Rally profile to make sure your username and password are correct to avoid last minute scrambling!

PWA Fast Fact

Did you know? ... For every \$100 that you raise, PWA's Essentials Market food bank can offer 7 selections of fresh produce to 60 people living with HIV/AIDS

Bike Rally Statistics (December 16, 2015)

1-Day Riders: 15; **6-Day Riders:** 135; **Crew:** 13;

Raised: \$22,009

[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](#)

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Try it FREE today.

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