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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 - February 4, 2016



There's Strength in Numbers

Recruit your friends and family!

Get your friends and family to join you on this incredible Bike Rally experience and get a chance to win an amazing prize!

From January 21 to February 29, if you recruit a Rider (a first-year Rider or one who has not ridden in the Bike Rally since before 2014) for either the 6-Day or 1-Day Rides, you will be entered in a draw for a complimentary one-night stay at the Fairmont Royal York Hotel. What's even better, your lucky recruit will qualify to win a \$50 gift certificate to The Keg.



Help promote the Bike Rally at the Toronto Bike Show!

We are looking for a few more energetic and enthusiastic volunteers to promote this incredible Ride at the [Toronto International Bicycle Show](#) (at the Better Living

Building, Exhibition Place). Not only will you get to share all the wonderful stories and help recruit new people to the Bike Rally, but volunteers will get access to the Bike Show and be able to visit all the incredible vendors. It's a great way to find the newest bikes and accessories and the latest trends in cycling fashion, and take advantage of some great deals!



Contact the Recruitment Committee to sign up for one of these available time slots:

Thursday, March 3
10 am to 1 pm - 1 Volunteer (for set-up)

Saturday, March 5
4:30 to 7:00 pm - 2 Volunteers

[Volunteer today >](#)

Put the "FUN" in Fundraising Be My Valentine!

A fundraising contest perfect for Valentine's Day!

Spice up your Valentine's Day weekend with a night at one of Toronto's landmark hotels or share a romantic dinner with your sweetheart at one of the city's most historic restaurants.



For every \$200 you raise for your Bike Rally 18 fundraising between Sunday, January 17, and Friday, February 12, you will receive one entry for an incredible draw. The more money you raise, the more chances you'll have to win one of these fantastic prizes:

First Prize: One night at the Westin Harbour Castle Hotel

Second Prizes (2): \$100 gift certificate for dinner at The Miller Tavern (Yonge/York Mills location)

Already have plans on Valentine's weekend? No worries, both prizes can be redeemed at a later date. So get out there and raise some money for PWA.

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



Reach your fundraising goal with a little help from your friends and a lot of get down and boogie! The Love Bowl goes back to the 70s disco era with the Shiny Disco Bowl.

Have friends and family put a Love Bowl team together and all of their Love Bowl fundraising can be applied to your Bike Rally fundraising goal!

[Learn more >](#)

Get Bike Rally Ready

Get rid of those winter blahs!

Beat the winter blahs and get your Bike Rally legs in shape at the same time! Join us at our winter spin classes at Toronto's Central YMCA.



Two important tips:

1. If you sign-up for a class please make sure you attend or cancel your spot to make room for others.
2. Bring photo ID to get access into the YMCA.

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

New to the Bike Rally? Tips for Success

Team Leaders are ready to help

If you're a registered Rider, you should have heard from Team Leaders by now. They are your first point of contact to help answer any question you might have, provide advice, or give you the ins and outs of what to expect on this life-changing adventure.

If you're a registered Rider and not sure who your Team Leaders are, contact the [Rider Team Leaders Committee](#).

Bike Rally Bits and Bobs

The Bike Rally is taking the TTC!

Beginning this week, Bike Rally posters and banners will start appearing on TTC subways, platforms and stations and also street cars. If you see one, take a selfie in front of it, post it on Facebook and/or Twitter with the #F4LBR hashtag. It's a great conversation starter for recruiting and fundraising!



#F4LBR on Social Media

If you're not already doing so, be sure to follow us on [follow us on Twitter \(@F4LBR\)](#) and [like us on Facebook](#) to stay up-to-date on all the latest information and activities about the Bike Rally. Be sure to share and retweet our posts to your friends too!



PWA Fast Fact

Did you know? ... PWA was the first AIDS Service Organization to offer financial assistance to supplement medical and complementary therapy costs

Bike Rally Statistics (February 3, 2016)

1-Day Riders: 17; **6-Day Riders:** 165; **Crew:** 31;

Raised: \$59,356

[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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