



PRESENTED BY
Scotiabank

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

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



The Toronto People With AIDS Foundation's Annual Fundraisers



F4LBR18 News - January 7, 2016



It's a Bike Rally Prom!

Celebrate 18 years of PWA's Friends For Life Bike Rally

Sunday, January 17, 1:00 to 5:00 pm
Zipperz/The Cellblock, 72 Carlton Street, Toronto

What better way to celebrate 18 years of PWA's Friends For Life Bike Rally than with a prom - Bike Rally style. Wear your most flamboyant fascinator, wear a tux, wear a gown - come ready to celebrate and launch the Bike Rally's 18th year.

[More information and to RSVP](#)



Get Bike Rally Ready

Team self-selection begins on Tuesday, January 12

Don't forget - 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 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 on Monday, so watch your email for a special Bike Rally Bulletin. Until then, you can [learn more about this year's team leaders here](#).



Pro tip! Log onto your Bike Rally profile now to make sure your username and password are correct to avoid last-minute scrambling!

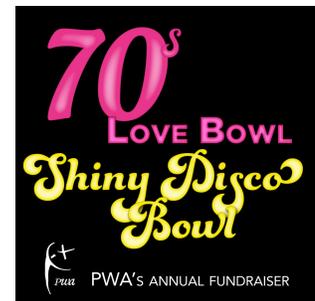
Team self-selection is not mandatory. If you don't have a preference to be on a particular team, you do not have to participate in team self-selection. You will be assigned to a team prior to the January 17 launch party.

Put the "FUN" in Fundraising

Boost your fundraising efforts with PWA's Love Bowl

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

Did you know that simply by putting a team together for [PWA's Love Bowl](#) you can add to your Bike Rally fundraising total?



Get down and boogie - and bowl! - as the Love Bowl goes back to the 70s disco era with the Shiny Disco Bowl.

[For more information >>](#)

New to the Bike Rally? Tips for Success

Don't forget: Winter Spin Classes

If you're new to cycling or new to the Bike Rally, you will want to join us at our winter spin classes at Toronto's Central YMCA. It's a great way to get your legs and endurance in cycling shape over the winter months and a good opportunity to meet

other Bike Rally Riders.

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

Book your Montréal accommodation today!

Discounted rates at the Sheraton Centre Montréal

If you're thinking of where you might be staying when we arrive in Montréal, consider staying at the Sheraton Centre Hotel Montréal. Once again, the Sheraton is offering discounted room rates for all registered Bike Rally Riders and Crew at a rate of \$219 per night for July 29 and 31.



Book your room early though, there are a limited number of rooms available and they will go quickly!

[Make your room reservation >>](#)

PWA Fast Fact

Did you know? ... Last year Bike Rally fundraising contributed to the \$180,000 in financial assistance to help clients pay for expenses such as prescription medication, dental, and optical fees.

Bike Rally Statistics (January 6, 2016)

1-Day Riders: 15; **6-Day Riders:** 143; **Crew:** 20;

Raised: \$31,750

[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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