



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 - July 7, 2016



The Final Fundraising Push

The countdown to Departure Day is now inching towards the two-week mark! **TWO WEEKS!**

We know you've all been working hard in raising funds for the Toronto People With AIDS Foundation and we can't thank you enough. We can't stop now though - PWA and the clients they serve are counting on every Rider and Crew.



Go above and beyond in your fundraising. Reach out to friends who've been part of the Rally in the past, but may not be able to join us this year. See if your friends and contacts will enlist their own family and friends to donate. Raise your goals. Send another email to those you've already asked. Ask your boss to match donations. Remind people that the price of a fancy coffee is a good donation. Every little bit adds up when we all work together, and there is no donation too small.

Remember, you're not asking for yourself. You're asking for someone who needs PWA.

Put the "FUN" in Fundraising

Reach Top Fundraiser status

You've surpassed your minimum fundraising requirement, but don't stop there. 6-Day Riders who raise over \$6,000 and Crew who raise over \$1,000 will become Top Fundraisers for the 2016 Bike Rally and receive an amazing Top Fundraiser 2016 Jersey to wear on Day 4 of the Bike Rally.



Use these last remaining weeks to push your fundraising to the max! We're aiming for this year to be another record-breaking year for the most number of Top Fundraisers.

Maximize your gift, maximize your impact

Many companies have social responsibility programs that include matching gifts. The company will match the amount of your donation to a registered charity and sometimes they may give more!



Have you checked with your employer as to whether they have a Matching Gift program?

Check out a list of known [companies that match charitable donations](#).

Get Bike Rally Ready

Meet the CMCC Interns

Sunday, July 10

Goodwood Training Ride - Lunch

Are you feeling sore and tired from all the riding you've been doing? Do you have aches and pains that are making training rides less enjoyable? Canadian Memorial Chiropractic College (CMCC) interns will be at the Goodwood Training Ride on Sunday, July 10, providing complementary care to Bike Rally Participants!



Even if you do not currently have any complaints, come by and see the CMCC interns. During the 6-Day ride, the interns will be offering up to three complementary treatments for each rider. There is a little bit of paperwork to fill out, so come on by to get a jump start on the paperwork. Filling out the paperwork

ahead of time will make the care during the week of the Rally faster and more efficient.

Check out the following:

- [CMCC Chiropractic Care on the Bike Rally](#)
- [About CMCC and the Bike Rally](#)

Are you on social media?

Of course you are, and you can help the Bike Rally by helping increase our presence on Facebook, Twitter, and Instagram.



- Follow us on Facebook (the [official Facebook page](#) and the [Participant-created Facebook group](#))
- Follow us on [Twitter](#) and [Instagram](#)
- Use the **#F4LBR** hashtag in your posts, tweets, and selfies so others can find them easily
- Take pictures during training rides, fundraising events, and team socials and post them with the **#F4LBR** hashtag

Here's a [Storify](#) link that aggregates everything tagged with #F4LBR so you can see what's happening across different social media platforms. Enjoy!

New to the Bike Rally? Tips for Success

Packing Day - What you need to know!

Saturday, July 23, 9:00 am to 1:00 pm
Monsignor Fraser College - Isabella Campus
146 Isabella St, Toronto



Packing Day is mandatory for all Bike Rally participants. No excuses.

This is the day when you will:

- Fill out any final paperwork and medical forms
- Receive your Official 2016 Bike Rally Jersey and your Day 2 Sponsor Jersey and if applicable, your 2016 Top Fundraiser Jersey
- Hand in any outstanding donations
- Load your belongings into one of the designated trucks which you won't see again until we arrive in Port Hope the next day.

You'll receive more detailed information about Packing Day closer to the date, but for now - make sure you plan on attending this important day. Why? Simply put - if your belongings don't make it onto a truck by the end of Packing Day, they won't make it with us to Port Hope!

Bike Rally Bits and Bobs

Mark your calendar!

Bookmark the [Bike Rally Calendar](#) to keep up-to-date with the events leading up to Bike Rally 18.

- Just two weekends of Training Rides left!
- Saturday, July 23: Packing Day - Monsignor Fraser College, Isabella Campus, 146 Isabella Street, Toronto
- Sunday, July 24: Departure Day - Allan Gardens, Carlton and Sherbourne Streets, Toronto

PWA Fast Fact

Did you know? ... The Friends For Life Bike Rally is PWA's sustaining fundraiser - it provides 40% of PWA's operating budget

Bike Rally Statistics (July 6, 2016)

1-Day Riders: 37; 6-Day Riders: 179; Crew: 86;

Raised: \$597,000

[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

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Presented By



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Try it FREE today.

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