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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

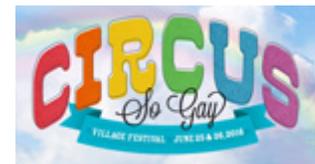


F4LBR18 News - June 23, 2016



Bike Rally Joins the Circus So Gay Village Festival This Weekend!

We'll have a booth at the Circus So Gay Village Festival on Saturday, June 25 and Sunday, June 26! Look for us on the east side of Church Street between Alexander and Wood.



Do you love talking about the Bike Rally? Volunteer to host the booth and fundraise on a spin bike from 12 noon to 2:30 pm or 2:30 to 5:00 pm on either day. Spinners will share the money raised toward their personal fundraising.

Please contact Robb at rwalker@pwatoronto.org.

Join the Bike Rally at Pride Toronto!

Pride Toronto is one of the largest and most diverse festivals in Toronto, and that's saying something! There are several ways to share your Bike Rally spirit and spend

some time with your Bike Rally family at Pride.



Visit our Bike Rally booth during Pride

We'll have a booth at Pride Toronto on Saturday, July 2 and Sunday, July 3. Look for us in the Wellesley Street vendor area, and bring your friends, too!

March with the Bike Rally in the Pride Parade on Sunday, July 3

- Tell us you're coming - RSVP to Maggie at brassistant2@bikerally.org.
- Meet at 12 noon at Bloor Street and Ted Rogers Way.
- Please wear a Bike Rally jersey from previous years.
- Bring a water bottle for water refills, wear comfy shoes and remember sunscreen!
- Keep your phone in a Ziploc bag - there will be water guns!



Volunteer to host the Bike Rally booth

Do you love talking about the Bike Rally? Volunteer to host and fundraise on a spin bike - 1 hour blocks of time available from 12 noon to 6 pm on either day. Spinners will share the money raised toward their personal fundraising.



Please contact Maggie at brassistant2@bikerally.org if you want to spin.

Put the "FUN" in Fundraising

The really, really, REALLY big fundraising contest

Congratulations to the following Bike Rally participants who, as a result of their superlative fundraising efforts, had their names drawn as winners of the first three weekly prizes in The Really, Really, REALLY Big Fundraising Incentive Contest:

- David St-Bernard - One night at The Westin Harbour Castle Hotel
- Val Colden - Two VIP tickets to PWC Epic Tour Halton Gran Fondo
- Paul Kako - Dinner for two at The Keg



With five weeks to go before departure, there are more prizes to be won, and more entries to be earned for the grand prize draws:



1. Two return economy class tickets on KLM from Toronto to Europe, via Amsterdam
2. A Specialized Diverge A1 Road Bike provided by Cycle Solutions



Keep raising money, and keep earning chances to win fantastic prizes!

[Learn more >](#)

Minimum fundraising deadline is fast approaching!

A reminder to all Riders that the \$2,500 fundraising minimum must be met by June 30, which is fast approaching! If you have not met your fundraising minimum by June 30, you will be contacted by PWA and asked to provide a credit card number. If you are unable to raise the minimum fundraising amount by Packing Day (July 23) your credit card will be charged the amount outstanding.



Have questions or need support? Contact your Team Leaders, Fundraising Co-Leads [Ted and Dempsey](#), or PWA Bike Rally staff [Trevor](#), [Samanatha](#) or [Maggie](#).

Get Bike Rally Ready

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.

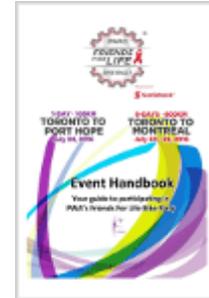


- Follow us on Facebook (the [official Facebook page](#) and the [Participant-created Facebook group](#))
- Follow us on [Twitter](#) and [Instagram](#)
- Use the **#F4LBR** hashtag in your posts, tweets, and selfies so others can find them easily
- Take pictures during training rides, fundraising events,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

Bike Rally Handbook now online

If you missed the Big Meeting, not to worry. The Bike Rally Handbook, which contains important and valuable information, is available on the Bike Rally website.



[Bike Rally Handbook >](#)

New to the Bike Rally? Tips for Success

Wondering what to pack for the Bike Rally?
Check the list!

It's not too early to start thinking about what pack for the Friends For Life Bike Rally! Whether you're doing the 1-Day Ride or joining us for 6 days to Montréal, making sure you have everything you need will help you enjoy the journey that much more!



To help give you some suggestions, have a look at these handy packing lists:

- [6-Day Ride to Montréal Packing List](#)
- [1-Day Ride to Port Hope Packing List](#)

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.

- Training rides every weekend through July
- Saturday, June 25 and Sunday, June 26: Bike Rally booth at Circus So Gay Village Festival

- Sunday, June 26: Back-to-back deadline
- Thursday, June 30: Deadline to confirm return transportation and Montreal accommodations in your Bike Rally profile
- Thursday, June 30: Deadline to meet fundraising minimum
- Thursday, June 30: [David Linton Spirit of the Bike Rally nominations](#) are due
- Saturday, July 2 and Sunday, July 3: Bike Rally booth at Pride Toronto

PWA Fast Fact

Did you know? ... PWA has the only food bank in Toronto - The Essentials Market - that meets the specific needs of PHAs.

Bike Rally Statistics (June 22, 2016)

1-Day Riders: 40; **6-Day Riders:** 187; **Crew:** 84;

Raised: \$460,000

[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](#)

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Presented By



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