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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 9, 2016



## David Linton Spirit Of The Bike Rally Award

**Nominate someone deserving of the Bike Rally's highest honour!**

Each year, we honour a participant with the David Linton Spirit of the Bike Rally Award. This award is given to a Participant who demonstrates, through their actions, a generosity of spirit, caring and compassion, and has gone above and beyond expectations in support of others in the Bike Rally.



If you know of someone deserving of the Bike Rally's highest honour, please use the link below to share the name of the nominee and a short description of why you think they should receive the award.

The deadline for nominations will be June 30.

[Submit a nomination >](#)

## Put the "FUN" in Fundraising

### The really, really, REALLY big fundraising contest

If you haven't already heard, we have an incredible fundraising incentive contest underway where you could have a chance to win one of two grand prizes, including two KLM airline tickets, or one of many incredible weekly prizes awarded each week until the week of our departure. To be eligible, all you have to do is raise money for PWA.



The more you fundraise - the more chances you have to win!

[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.

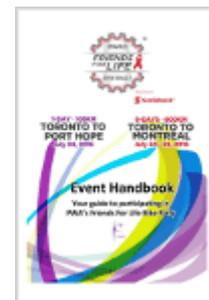


## Get Bike Rally Ready

### Bike Rally Handbook now online

Thanks to everyone that attended the Big Meeting earlier this week. It was an informative afternoon with so many excited and happy friends for life. Judging by the afternoon, this year's ride is going to be one for the memory books

For those that 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 >](#)

## Get valuable tips for better cycling

Get some pointers and tips to make your cycling more enjoyable. Both clinics are hands-on, so bring your bikes!



### Hill Climbing Clinics

Tuesday, June 14 and Thursday, June 23

6:30 - 8:00 pm

Meet at High Park Subway station (High Park Avenue entrance).

### Bike Skills Clinics

Wednesday, June 15 and Tuesday, June 21

6:30 - 8:00 pm

Meet at the entrance of The Leslie Street Spit.

[Sing up for one or both clinics >](#)

## 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 to 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

Have you booked your accommodation in Montréal?

If you haven't - don't wait much longer! We're not joking!

The city of Montréal will be extremely busy the weekend of our arrival, so you will want to book your accommodations early. Hotels are filling up quickly - and room

rates are increasing daily!

We have some options - but they won't last long.

### **Concordia University - Grey Nuns Residence**

Riders and Crew participating in the 6-Day Ride will once again have accommodation at Grey Nuns.



**Riders:** your participation includes one night accommodation for Friday, July 29. If you wish to stay on Saturday, July 30, you must purchase a second night for \$65 using this link. Space is limited for the second night. Booking is on a first-come, first-served basis.

[Book a second night >](#)

**Crew:** your participation includes two nights accommodation (there is no charge for Crew staying the second night).

**YOU MUST** update your personal fundraising page: Due to the many events taking place in Montréal, there is a high demand for accommodation during this weekend. To ensure enough rooms are available, if you are planning to stay at Concordia, you must indicate this on your profile page survey as soon as possible - why not today!

### **Sheraton Centre Montréal**

Discounted room rates of \$219 per night for July 29 to July 31 are available to Bike Rally participants. This room rate is only available until June 29 - if the block of rooms is available that long!



Make your room reservation at the Sheraton Centre Montréal.

### **Transportation to Toronto from Port Hope**

If you're a 1-Day Rider, be sure to let us know how you and your bike will be returning to Toronto. Please update your profile survey to indicate whether you'll be returning with us and we are transporting your bike or if you have other arrangements.



Also, be sure to let us know if you have family and friends welcoming you in Port Hope and joining in the evening festivities so we can make the necessary food

arrangements.

Both questions can be answered in your profile.

## Celebrate Pride Bike Rally Style

Join other Friends For Life Bike Rally riders and crew as we join in this year's Pride festivities.

### **Pride Parade**

Sunday, July 3



The Bike Rally will once again be marching in the Pride Parade. Join us. [Contact Participant Engagement](#) for more information or to confirm your participation

### **Streetfair Bike Rally Booth**

Saturday, July 2 and Sunday, July 3

12:00 noon - 6:00 pm



Volunteer to spin and raise some money for your Bike Rally fundraising at the PWA/Bike Rally booth at Pride's Streetfair. It's always a fun afternoon - so why not volunteer for a few hours. [Let us know if you can volunteer](#)

## **PWA Fast Fact**

Did you know? ... PWA supplied over 260,400 services to nearly 8,000 people last year! The funds that we are all raising for the Bike Rally allow PWA to deliver those much needed services!

### **Bike Rally Statistics (June 8, 2016)**

**1-Day Riders:** 38; **6-Day Riders:** 185; **Crew:** 79;

**Raised:** \$341,500

[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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