









It's the Bike Rally Expo!

An event not to miss

Saturday, April 2 12:00 noon to 3:00 pm The 519 519 Church St, Toronto



Learn everything you need to know to be ready for the Bike Rally. There will be workshops on nutrition and hydration. Bring one of your bike wheels and participate in a hands-on flat-fix workshop. Confirm your jersey size at the Jersey try-on booth, ask fundraising questions, fill out any outstanding forms, and get some camping tips.

There will be several concurrent Flat Fix and Nutrition/Hydration clinics (12:00, 1:00, and 2:00 pm), <u>Please sign up on Doodle</u> for one-only of each session.

Bring a friend who hasn't yet signed up. If they register for the 1-Day or 6-Day rides, you will be entered in a contest for a chance to win a \$100 Roots gift certificate!

Put the "FUN" in Fundraising

Fundraising just got easier!

Send us your sponsorship leads

Have any leads on potential sponsors? If you provide us with a contact that comes on board as a sponsor, your fundraising will be credited with 50% of the retail value of the product or service being donated.



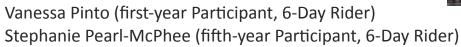
Check out the <u>list of goods and services</u> we need for this year's Bike Rally and if you have a contact that might supply any of the items, let us know. Only the items listed are eligible to be counted towards your fundraising if your lead was successful.

Learn more >

"Be My Valentine" fundraising contest winners

A huge thanks to everyone who participated in the "Be My Valentine" fundraising contest! Together we raised almost \$30,000 during the contest period, with 29 6-Day Riders, three 1-Day Riders, and one Crew member qualifying for the prize draw. Congratulations to:

- 1st Prize (one night at the Westin Harbour Castle Hotel): Heidi Scheibmayr (first-year Participant, 1-Day Rider)
- 2nd Prize (two \$100 gift certificates for The Miller Tavern):





Thanks again to all who took part in the contest. Your fundraising efforts allow the staff and volunteers at PWA assist those living with HIV/AIDS in our community to live their dreams.

Get Rally Ready

Training Rides begin Sunday, April 3

It's time to dust off your cycling shoes, tune up your bike and head out on the first training ride of the season. Join us on Sunday, April 3 for a nice 35 km ride from Kipling TTC Station to Courtney Park (and back). The ride leaves at 10 am sharp but plan to arrive by 9:30 am (on the grass near the north parking lot) for announcements, warm up and mingling!



Map and details >

New Training Ride sign-in

We're changing the sign-in process for training rides! At the beginning of each training ride, instead of signing a waiver, all Riders will now "sign" the waiver electronically.



The Team Leads for each training ride will announce that particular ride's sign-in webpage during pre-ride announcements, Riders will use their smart phones to go to the site, search on their name, click the appropriate check-box to agree with the waiver, hit submit and you're signed in for that training ride!

More details and information will be provided at the start of each training ride.

New to the Bike Rally? Tips for Success

Training rides are a must!

If you're new to cycling or new to the Bike Rally, the only way to be sure you're ready for the Ride is to ride. Training rides are great way to get in shape, learn new skills or brush up on skills you haven't used in a while. Training rides are also a great opportunity to meet other Riders.



See you on the road!

Training ride schedule >

Bike Rally Bits and Bobs Calling all Crew!

Join us at a Crew Social
Thursday, March 31, 7 pm
Stout Irish Pub
221 Carlton St, Toronto



Come out to the first of our bi-monthly Rally Crew socials! Meet and connect with members of your team, get acquainted with crew from other teams! Make new Friends For Life and catch up with old ones!

If you're interested in being on one of our Crew teams but haven't yet registered - come out to the social and see what it's all about! Riders are also welcome!

Learn more >

We need some medical volunteers

If you or someone you know is in the medical field and might be interested in volunteering on our Wellness Crew for the week of the Bike Rally, let us know!



Contact Wellness >

Join us for a poster blitz

The Recruitment Team is looking for some volunteers to help distribute this year's posters throughout the city to help promote the Bike Rally. If you are able to assist, stop by PWA (200 Gerrard St, 2nd Floor) to pick some up some posters. Then start posting them in neighbourhood community centres, coffee shops, bike shops, and work places.



PWA Fast Fact

Did you know? ... For every \$100 raised, 9 people living with HIV will have transportation to and from a medical appointment.

Bike Rally Statistics (March 16, 2016)

1-Day Riders: 22; 6-Day Riders: 188; Crew: 43;

Raised: \$104,407

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 200 Gerrard St. E, 2nd floor Toronto ON M5A 2E6 416-506-1400 ext. 238 bikerally@bikerally.org

Presented By

Major Sponsors







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