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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 - March 3, 2016



Congratulations Bike Rally!

On Wednesday, February 24, Co-chairs Allan Hooey and Todd Davies accepted the Ontario By Bike Best Toronto Based Cycle Tourism Partner Award at the annual Toronto Bike Awards.



Crew spots still available!

There are still a few spots open on some of our amazing [Crew teams](#)! If you, or someone you know, want to be involved in this year's Bike Rally but don't want to ride, why not join one of the following crew:



- [Food](#)
- [Wellness](#)
- [Road Support](#)

If you have a valid driver's licence and are able to drive during the week of the Ride, we are particularly interested in hearing from you! Contact [Trevor Ouellette](#), Special Events Coordinator, for an application.

Get Rally Ready

Spring Bike Show - This weekend!

Drop by the Bike Rally Booth.

Friday, March 4 to Sunday, March 6
Better Living Centre
Exhibition Place East Annex, Hall F, Door 33, Toronto



Be sure to check out some of the deals at this year's Toronto International Bike Show to help get you Bike Rally ready. While you're there, drop by the Bike Rally booth and say hi!

Mark your calendar!

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

- **Saturday, April 2:** The Bike Rally Expo! All the Training & Support seminars and clinics to help you get ready to ride. Get them all done in one location, in one afternoon.
- **Sunday, April 3:** First outdoor training ride...only one month away!
- **Sunday, June 5:** The Big Meeting: You'll hear the final details and see everyone all in the same place - you won't want to miss this!

More information is coming soon in the next Bike Rally News and on the [Bike Rally page on Facebook](#).

Time for a tune-up!

Book your spring bike tune-up now!

You will want your bike in tip-top shape when you begin training rides in April, and since bike shops can be pretty busy in the spring, it's a good idea to book your tune-up now. Be sure to tell them about the ride you're doing so they will know a thorough tune-up is in order!



Put the "FUN" in Fundraising Help with your Bike Rally Fundraising!

PWA's Love Bowl is this weekend!

Saturday, March 5, 2016, 1:00 to 4:30 pm
Bowlerama West
5439 Dundas St W, Toronto



It's not too late to put a Love Bowl team together! All of your Love Bowl fundraising can be applied to your Bike Rally fundraising goal.

The Love Bowl goes back to the 70s disco era with the Shiny Disco Bowl - an afternoon of bowling and fun!

[Learn more >](#)

MORE FRIENDS = MORE FUN! Recruit your friends and family!

Recruiting contest deadline extended to Friday, March 18

Get your friends and family to join you on this incredible Bike Rally experience and get a chance to win an amazing prize!



From January 21 to March 18, if you recruit a Rider (a first-year Rider or one who has not ridden in the Bike Rally since before 2014) for either the 6-Day or 1-Day Rides, you will be entered in a draw for a complimentary one-night stay at the Fairmont Royal York Hotel. What's even better, your lucky recruit will qualify to win a \$50 gift certificate to The Keg.

New to the Bike Rally? Tips for Success Look for the Bike Rally on Social Media

If you haven't already, join the Bike Rally page on [Facebook](#) and follow us on [Twitter](#) and [Instagram](#). Stay up-to-date on all the latest happenings and news related to the Bike Rally, meet



fellow Participants and gather tips and resources to help make this adventure the best it can be.

Bike Rally Bits and Bobs

Help promote the Bike Rally

Distribute a few posters!

The Bike Rally Recruitment Team is looking for volunteers to help in putting up Bike Rally posters in your neighbourhood.

We want to get our posters up in local community centres, coffee shops, bike shops, and workplaces. If you can help, arrange to pick up a few posters and start distributing.

Contact the [Recruitment Team](#) today to help.



Have you seen us on the TTC?

Help recruit and spread the Bike Rally word! Keep an eye out for the Bike Rally on the TTC, take a selfie and post it on social media with the hashtag **#F4LBRTTC** and **#F4LBR**.

Also, **F4LBRTTC** can also be used as a registration discount code for the 1-Day and 6-Day rides!



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 (March 2, 2016)

1-Day Riders: 20; **6-Day Riders:** 175; **Crew:** 36;
Raised: \$82,228

[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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