



PRESENTED BY  
**Scotiabank**

**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 - May 12, 2016**



## **A Ride To Honour David Linton**

**Join us on Sunday, May 15, for a commemorative 54 km ride followed by a social**

Sunday, May 15, 10 am

The Keating Channel Pub & Grill, 2 Villiers Street, Toronto

David Linton (1964-2011) was the co-founder of the Friends For Life Bike Rally and a long-time rider. A past board member of Toronto People With AIDS Foundation and supporter of the agency, David was committed to improving the lives of people living with HIV/AIDS in our community and this commitment and passion has shaped a Bike Rally that has endured and continues to grow.



Join us as we honour David with a 54 km training ride, setting off from the Keating Channel Pub & Grill, 2 Villiers St, Toronto. A Bike Rally social follows at the end of the ride, at the pub. This is a great way to wind down after the ride, refuel and get to know your fellow Bike Rally Participants and Crew. Check out the [menu at the pub](#).

If you're staying for lunch, please [reserve a spot on Eventbrite](#) so the pub can staff appropriately.

Everyone who has ever participated in the Friends For Life Bike Rally is invited to join us on this commemorative event and reconnect.

## Get Bike Rally Ready

### Training rides

The training rides are developed and organized by returning Riders and are a fantastic way to:

- establish a training schedule to get in shape for the ride
- meet fellow Riders and make new friends
- learn and practice safe and efficient riding
- help other riders by sharing your knowledge
- support and encourage all Riders, especially new Riders



**New Riders:** More than half of the Riders at training rides are new Riders, so please don't worry that you don't know anyone or you're brand new to riding - come out to the first few training rides and meet new Riders like yourself and take advantage of the knowledge and support of returning Riders.

Your friends are welcome to join us on training rides to get on their bikes, have fun, and learn more about our Bike Rally community.

[Get prepared for training rides >](#)

### Bike fitting discussion

Tuesday, May 17  
Sweet Pete's Bike Shop  
1204 Bloor St W, Toronto  
7:00 - 8:30 pm



Minor changes in the way your bike is set up can have a major impact on your riding. Come out for this in-depth conversation on bike fit.

Space is limited to 18 people only.

[Sing up today >](#)

## TTC closures on weekends

Do you take the TTC to training rides? Please be aware of subway closures this training season. While shuttle busses are usually in place, closures can increase your commute time significantly.

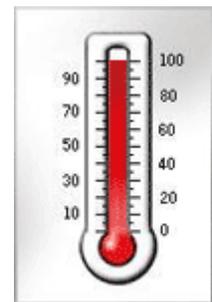


[TTC subway closures >](#)

## Put the "FUN" in Fundraising Congratulations and keep it up!

Fundraising has picked up with lots of individual fundraising events taking place and participation in incentive activities.

Congratulations to Top Fundraiser Riders Robb Walker, Stephanie Pearl McPhee, Brandon Hamilton, and Stephanie Jones; and Crew, Mike Twamley and Hani Zakaria.



Shout out to everyone working hard to reach their fundraising goals. Keep up the great work!

If you have any questions or could use some support with your fundraising, contact your Team Leader, the [Fundraising Co-Leads](#), and the PWA Bike Rally staff team. We're here to help and want you to be successful. Also, don't forget there are [great resources](#) on the Bike Rally website.

Congratulations Bike Rally Gaiter recipients: Stephanie Jones, Donald Ainslie, Tim Leonard, Michael Mahovlich, Susan Tarshis, Robb Walker, Tim Freear, William Curtis, Marc Montreuil, Catherine Nasmith, Bill Worrell, Stephanie Pearl-McPhee, and Ted Robinson who collectively raised \$24,000 between April 15 and 30.



We have a few exciting fundraising activities coming up...stay tuned!

## Support at your fingertips

Are you a returning Participant and used the same login and password as last year? If so, you can access the contacts of people who donated to you in previous years!

Here's how:

1. Login to your personal profile page
2. Click on the "Fundraising" tab located on the left-hand side
3. Click on "Get Sponsors"
4. Click on the little address book icon located on the right-hand side



And voila! All of your previous donors with their contact information will be displayed. Also, if you hover your cursor over the blue question mark you will be able to see how much that person has donated. It's a great feature to manage your previous donors, import new contacts, and select which donors you want to reach out to again this year!

## Bike Rally Bits and Bobs

### Bike to Work Day is Monday, May 30

Monday, May 30, 7:00 - 8:30 am  
Yonge & Charles Streets



The Friends For Life Bike Rally is looking for volunteers to participate in the 27<sup>th</sup> annual [Bike to Work Day](#) on Monday, May 30. We'll meet at Yonge and Charles Streets at 7 am for a short ride to Nathan Philips Square followed by a pancake breakfast. If you are able to join us, please contact Recruitment ([recruit@bikerally.org](mailto:recruit@bikerally.org)) or Trevor Ouellette at PWA ([touellette@pwatoronto.org](mailto:touellette@pwatoronto.org)) to advise availability. All Riders would be expected to wear an official Bike Rally jersey to help us make a strong presence at the event.

### Where are you staying in Montréal?

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.

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.



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

**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 by no later than Monday, May 30.

- **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.](#)

- **[Lord Berri Hotel](#)**

Special room rates per night of \$145/double, \$155/triple, and \$165/quadruple are available for Bike Rally Participants and supporters from Thursday, July 28 to July 31. This **offer is extended until May 15**. So if you're thinking of staying here - book today!



To make a reservation call 1-888-363-0363 and tell them you're with the Friends For Life Bike Rally.

## It's Friends For Life: LadyTalk!

### A women's only Bike Rally social

Monday, May 16  
Mick E Fynn's



45 Carlton Street, Toronto

6:30 - 8:30 pm

All female and female identified Riders and Crew are invited to LadyTalk - our Bike Rally social just for women.

LadyTalk is a perfect opportunity to connect with other women of the Bike Rally and casually chat about this great adventure from a woman's point of view. Riders and Crew can reminisce about past Bike Rally moments and plan for an amazing ride in July.

There will be a reserved party room so plan to join us for some giggles, good times and useful Rally-related advice and stories.

## 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
- Sunday, May 15: David Linton Memorial Ride
- Monday, May 16: LadyTalk: A women's-only Bike Rally social
- Monday, May 30: Bike To Work Day
- Sunday, June 5: The Big Meeting - You'll hear the final details - you won't want to miss this!

## PWA Fast Fact

Did you know? ... Last year, 293 new clients were registered at PWA.

**Bike Rally Statistics** (May 11, 2016)

**1-Day Riders:** 32; **6-Day Riders:** 179; **Crew:** 70;

**Raised:** \$243,909

[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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