



PRESENTED BY
Scotiabank



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 - May 26, 2016



Join Us For The 1-Day Ride!

New for 2016 - a 108 km ride from Toronto to Port Hope!

If you've always wanted to try the Bike Rally or want to come back to the Bike Rally family but can't commit to the six-day experience, we have the solution - join us for the 1-Day Ride to Port Hope. Experience Day 1 of our traditional six-day ride, including all the support and services available to the six-day Riders and an evening at Haskills' Farm.



About the 1-Day Ride

- Receive a unique 2016 1-Day Ride jersey.
- 1-Day Riders have a \$650 fundraising minimum
- Transportation back from Port Hope will be provided for you and your bike, you can expect to be back in Toronto by 10:30 pm.
- Check out the [1-Day Ride FAQs!](#)

Invite your friends to join you!

[Register today >](#)

Get Bike Rally Ready

It's the Big Meeting and Social!

Sunday, June 5, 12:00-3:00 pm
The 519
519 Church St, Toronto



It's just nine weeks until Departure Day! Whether you're a 1-Day Ride participant or a 6-day Participant, plan to attend the Big Meeting to help you prepare and learn all about this year's ride. You will want to be there to find out where we'll be departing from in Toronto and our arrival location in Montréal, theme days and the schedule of nighttime camp events. Of course, 1-Day Riders will learn all about their big day!

The Big Meeting is a Bike Rally tradition that is a must-attend! Plan to be there.

A social will follow at The Lodge (518 Church St, above O'Grady's). Come have a bite and some drinks with familiar and not so familiar faces, and get to know them all!

Flat-fix workshop

Sunday, June 5, 10:30 am - 12:00 pm,
right before The Big Meeting
The 519
519 Church St, Toronto



This is a mandatory workshop for first-year Riders - including 1-Day riders!

Don't get left on the side of the road with a flat tire. Most of us have a flat tire at one point or another so be sure you know how to fix them! Here's your chance to learn.

Space is limited so sign up early! Also, it's a hands-on clinic, so bring your bike.

[Sign up >](#)

MEC Night is back!

Thursday, June 2, 6:00-9:00 pm
Mountain Equipment Co-op (MEC)
400 King St W, Toronto



Friends For Life Bike Rally Participants are invited to a special shopping night at MEC. Purchases made during this event (June 2, 2016, 6-9:00 pm) will receive a 10% discount. The discount applies in-store only with presentation of a coupon. The 10% discount applies to all regular-priced, in-stock items. MEC services and Blundstone footwear are excluded from this discount offer. This offer cannot be redeemed for cash, or applied to prior purchases or services.

A Member must be present at time of purchase. Please visit the Friends For Life table at MEC Toronto to collect your discount card.

MEC is a retail co-operative that sells exclusively to Members. Please contact cameron.dempster@mec.ca with any questions.

David Linton Spirit Of The Bike Rally Award Nominations are now open!

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 have gone above and beyond expectations in support of others in the Bike Rally. Past recipients of the award include:



- Mark Fisher - 2012
- Victor Scaletchi - 2013
- Todd Davies - 2014
- Robb Walker - 2015

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.

Nominations can be made by current Bike Rally participants, the winner being selected by the Steering Committee.

The deadline for nominations will be June 30.



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 Bike Rally is looking for volunteers to participate in the 27th annual [Bike to Work Day](#) on Monday, May 30. We'll meet at Yonge and Charles Streets at 7:00 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) or Trevor Ouellette at PWA (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.

Training Ride barbecues start June 4

Now that we are riding further away from food, it's time for the Bike Rally barbecues! Beginning on the June 4 ride, we will be doing a barbecue at the designated break spot. The barbecue typically consists of hamburgers, chicken burgers, veggie burgers, a variety of salads (may include macaroni, bean, garden, potato, etc.) and of course, all the water you need. Cost is \$9 and all the funds raised are donated to PWA.



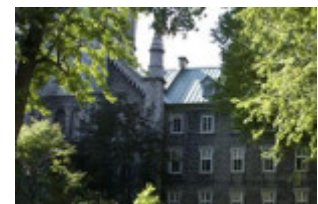
Where are you staying in Montréal?

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.](#)

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
- Monday, May 30: Bike To Work Day
- Monday, May 30: Deadline to update your personal fundraising page with accommodation and return travel info
- Monday, June 2: Friends For Life Bike Rally night at Mountain Equipment Co-op
- Sunday, June 5: Flat-Fix Workshop before the Big Meeting
- Sunday, June 5: The Big Meeting and Social!
- Thursday, June 30: Nominations for the David Linton Spirit of the Bike Rally award are due

PWA Fast Fact

Did you know? ... Volunteers are the foundation of PWA - \$500 provides an HIV+ volunteer with an opportunity to develop leadership skills.

Bike Rally Statistics (May 25, 2016)

1-Day Riders: 34; 6-Day Riders: 178; Crew: 80;

Raised: \$289,500

[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](#)

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



[View All >](#)



Try it FREE today.