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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 - November 19, 2015



Come Home for the Holidays

It's time for the Annual Bike Rally Holiday Party!

Thursday, December 3

6:30 to 10:00 pm

Ralph Thornton Centre, 2nd Floor Auditorium

765 Queen St E, Toronto



Come dressed in your most flamboyant or ugliest holiday sweater and join your Bike Rally family to celebrate the upcoming Holiday Season.

The Holiday Party is open to current and past Riders and Crew as well as Bike Rally-curious people.

There will be prizes, finger foods and a cash bar. Also, be sure to bring a non-perishable food item or grocery store gift card to donate to the PWA Essentials Market.

Come Home for the Holidays! We're looking forward to seeing you!

Important Upcoming Fundraising Opportunities! World AIDS Day and GivingTuesday

World AIDS Day is held on December 1 each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to remember those we have lost over the years. [GivingTuesday](#) is the international movement for giving and volunteering, following Cyber Monday, and the launch of the holiday giving season.



This year, World AIDS Day and GivingTuesday fall on the same day.

Use the occasion to share your reason for participating in the Bike Rally and encourage others to make a gift and support your Bike Rally fundraising efforts which will support the Toronto People With AIDS Foundation.

Get Rally Ready Get your legs ready for the Bike Rally

Winter Training begins on November 22!

Central YMCA
20 Grosvenor St, Toronto



Every Sunday (Beginning Sunday, November 22)

1:00 to 1:45 pm

Every Wednesday (Beginning Wednesday, November 25)

7:00 to 7:45 pm

Get prepared and be "road ready" for the amazing experience you signed up for next July by taking a Bike Rally spin class during the cooler months ahead. It's also a fun way to mix it up with fellow riders, new and returning!

New for this year, following the spin classes we will have a core strengthening session to build up the other muscles that go a long way to making the riding experience enjoyable.

[Learn more >](#)

[Register for one or more classes >](#)

New to the Bike Rally? Tips for Success!

First-year Rider and Crew orientation

Wednesday, 25 November

6:30 to 8:00 pm

PWA Offices

200 Gerrard St E, 2nd Floor, Toronto



You've registered for an incredible experience in PWA's Friends For Life Bike Rally. Attend this orientation session that will highlight all the support you will have over the months ahead and that will enhance your Bike Rally experience.

Also, learn why the Bike Rally, and the funds you are raising, are so important to the Toronto People With AIDS Foundation and all the services they provide.

Space is limited, so sign up early.

Contact [Training and Support](#) if you have any questions or need more information about the Orientation.

[Sign up before November 24 >](#)

Bike Rally Bits and Bobs

Recruit a Rider and have a chance to win a prize!

Do you know a fellow cyclist who is interested in joining the Bike Rally in 2016? Or maybe a friend that's looking for a new challenge? Now is the time to put your recruiting skills to the test.



Recruit a Rider for the 6-Day or 1-Day Rides between now and the Holiday Party on December 3, and you will be entered into a draw for a 1-night stay at the Fairmont Royal York Hotel! There's a catch - the Rider you recruit must be a first-time Rider or has not ridden since 2014.

But wait, there's more! Once your recruit registers, they will also qualify to win a \$50 gift certificate to The Keg!

We're looking for Team Leads

Are you a returning Rider and want to make sure other riders have an experience of a lifetime on this year's Bike Rally? Why not become a Team Lead?



We still have a few spots open for Team Leads so notify the Rider Team Leads Committee. The deadline for applications is Monday, November 23 so apply today! It will be an experience you won't soon forget!

[Apply for Team Lead >](#)

Where are you staying in Montréal?

Plan ahead and take advantage of discounted room rates when we're in Montréal. Once again the Sheraton Centre Hotel Montréal is offering discounted room rates for Bike Rally Riders and Crew. A block of rooms will be available at a discounted rate of \$219 per night for July 29 to 31. Book your room early though, there are only a limited number available at the discounted rate and they will go quickly!



[Make a room reservation >](#)

Follow us and like us on Social Media

Join the Bike Rally on [Facebook](#) and [Twitter](#) to stay up-to-date on the latest Bike Rally happenings. It's also a great way to meet and chat with other Bike Rally Riders and Crew; to receive and share Bike Rally, or general cycling or camping tips; to find out where to get all your Bike Rally paraphernalia; and to ask any questions you might have about the Bike Rally.



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 (November 19, 2015)

1-Day Riders: 8; 6-Day Riders: 117; Crew: 10;

Raised: \$12,806

[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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