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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 - October 8, 2015



F4LBR at Toronto International Bike Show

Saturday, October 17
Enercare Centre
Exhibition Place, Toronto
10:00 am to 5:00 pm



The F4LBR will once again be at the Toronto International Bicycle Fall Blowout Sale so why not volunteer a few hours and help spread the word about the Bike Rally and recruit new riders and crew?

If you're interested in volunteering for one of the three-hour time slots (between 9:00 am and 6:00 pm), notify the [Recruitment Committee](#) today.

Give back to the F4LBR!

Volunteer for one of the many sub-committees

Plans are well underway in making Bike Rally 18 a year to remember. Consider becoming more involved in the Bike Rally and [volunteer](#) for one of many roles, including:



- **Recruitment Committee** - Join the Recruitment Committee and help get the word out about how amazing the Bike Rally is - and help recruit new riders and crew. Contact [Recruitment](#) and find out more!
- **Media and Communication Committee** - If you enjoy writing or are a social media fanatic and you enjoy the F4LBR, then you're needed on the [Media and Communications Committee](#) so contact them today.
- **Fundraising Committee** - Perhaps you have some new and effective fundraising ideas. Then you're wanted on the [Fundraising Committee](#). Contact them today and let them know you want to help.
- **Participant Engagement Committee** - If you have a flare for planning a party or organizing a social event, then why not let your creative juices flow on the [Participant Engagement Committee](#)? Contact the Participant Engagement Committee for more information or to volunteer.
- **Community Engagement Committee** - Why not help out on the Community Engagement and help reach out to local communities from Toronto to Montréal to help create awareness of F4LBR? Contact the [Community Engagement Committee](#) today and volunteer.

Gearing up for #F4LBR18 is promising to be an exciting and memorable experience, so consider being at the heart of all the action and volunteer today!

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're already recruiting Team Leads so notify the Rider Team Leads Committee and apply to be a one today! It will be an experience you won't soon forget!

Book your accommodation in Montréal early!

Once again the Sheraton Hotel Montréal is offering discounted room rates for riders and crew of the Bike Rally. Only a limited



number of rooms will be available at a discounted rate of \$219 per night for July 29 to 31, so book your room today.

[Book a room at the Sheraton Hotel Montréal >](#)

PWA Fast Fact

Did you know? ... Toronto People With AIDS Foundation (PWA) is the largest direct support service agency in Canada for people living with HIV/AIDS.

Bike Rally Statistics (October 7, 2015)

1-Day Riders: 8; 6-Day Riders: 115; Raised: \$6,890

[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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