

2018 EVENT HANDBOOK

Your guide to participating in PWA's Friends For Life Bike Rally

Celebrating Our Past, Our Present, and Our Future



Thank you from the bottom of our hearts for committing your time, resources, and effort to support the Toronto People With AIDS Foundation (PWA) and PWA's Friends For Life Bike Rally. As we set out to celebrate our 20th Anniversary, we recognize and honour the immense achievement of those who have brought us this far. We also recognize and applaud all of you for whom this is your first Bike Rally – you should take pride in knowing that your first year will be the launching pad for the next 20, as you are our future.

The Friends for Life Bike Rally began in 1999 as an audacious idea between two friends in search of a way to address a financial crisis threatening PWA. Twenty-four riders and a few friends in a support van raised \$45,000 that first year. In the years since, you and the thousands of others who've participated have raised more than \$16 million, and the Bike Rally has grown to become a marquee event in our community and PWA's sustaining fundraiser. PWA is the largest direct-support service agency of its kind in Canada, providing practical and therapeutic support services for thousands of men, transmen, transwomen, women, and children living with HIV/AIDS. The necessary, vital work done by PWA would quite literally not be possible without you. You are absolutely saving lives!

Dozens of dedicated volunteers began planning and coordinating this year's Rides soon after we arrived in Montreal last August. The

Steering Committee, members of the various support committees, and the Team Leaders have worked alongside PWA staff, devoting thousands of hours to make all of this happen. Their dedication and efforts in planning training rides, seminars, recruitment events, meetings, socials, and of course the Port Hope and Montreal rides, makes the Bike Rally a seamless event and saves tens of thousands of dollars in staff time. Thank you so much to every one of them!

We would also like to thank our sponsors, each of whom has shown tremendous leadership and generosity by sponsoring our event and believing in the Bike Rally Village. We cannot make this happen without them, and by way of thanks we ask you to support them as they support us.

Finally, it is your efforts and those of all the other Crew and Riders that make this event what it is. It simply would not happen without you. Whether you're participating in the Port Hope Ride or joining us on the journey to Montréal, you are in for an incredible experience. We look forward to sharing all of it with you.

As we embark on our 20th annual life-altering adventure, the Bike Rally Village is stronger than ever thanks to each and every one of you. Be proud, be loud, be safe, and have fun!



Ted Robinson
Co-Chair



Stephanie Pearl-McPhee
Co-Chair

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Preparing for the Ride

Please use the information and tips provided in these pages to help you with your final preparations for the Bike Rally and your journey throughout the event.

Mechanical

By now you will have learned how to repair your flat tire and minor road side repairs. During the Bike Rally, other breakdowns will occur. While you are expected to be able to make minor repairs, we do have a fabulous team of mechanics on our Road Support Crew coming along with us to assist with more serious bike problems. They will be providing services (not supplies) free of charge. A donation to PWA is recommended in exchange for their labour.

Make sure that you have all the proper tools to take on the Ride and take your bike in for a final tune-up. Most bike shops take three days to two weeks for a tune-up at this time of year, so do not leave it until the last minute. We recommend that you make an appointment in advance to ensure you have a service in time, and also don't forget to mention what you are doing so that they focus accordingly.

New bikes need tune-ups within one month of first use. Clean your components and rims, and degrease and re-lube your chain. Even with a full tune-up, you should perform your own safety check before every day of riding – see the check list below. You should also get a proper bike fitting. Do not leave fitting adjustments until just before the Ride, as your body needs time to adjust to a new set up before you can tell if it is right for you.

For a small fee, we carry a limited selection of replacement parts, which may not be specific to all bikes. Specialized parts can be difficult to find on some parts of the route, so if your bike breaks down, you may be unable to continue. In the event the Mechanics are unable to repair your bike, you may be transported to a bike shop.

Nutritional

This is an important time for healthy eating to prepare your body for the physical rigors it is about to take on. You should be consuming a

balanced diet that includes carbohydrates and protein to ensure that you are fuelled up and recovering properly.

It is also essential to be hydrated by drinking plenty of water on a regular basis – not just when you are on the bike.

Physical

We recommend that you do not do any hard riding during the week before departure. Allow your body to rest in preparation for the work ahead. Mind you, this does not mean lying on the couch – include a couple of sessions of 30-90 minutes of riding at high cadence with low effort to keep your legs loose.

Perform plenty of stretching to stay limber and help prevent injury on the road to Montréal. Do not stretch “cold” – warm muscles up first with some light spinning or exercise.

Mental

Finally, there is a different kind of preparation – that of the mental kind.

Think about what makes you want to be a part of PWA’s Friends For Life

Bike Rally and the impact your contribution will have on the clients of PWA. Take your time and enjoy the sights along the way. Remember, it is not a race – you will be supported in all kinds of ways during the Bike Rally. No one really ever rides alone.



Packing for the Ride

Whether you're participating in the 1-Day Ride or the 6-Day Ride, making sure you have everything you need to make your journey a rewarding experience is essential.

Packing for the Port Hope Ride (1-Day Ride)

If you're joining us on the Ride to Port Hope, you can pack one duffel bag/knapsack/small suitcase with street clothes, toiletries and anything else you might need in Port Hope. At Packing Morning (Saturday, July 28), a designated truck will be available to load your bags which will transport them to Port Hope. Remember though, once you load your bag on the truck, you won't see it again until Sunday afternoon in Port Hope.

Port Hope Ride, Packing List

Below are some suggestions and must haves of what to pack or to bring with you on your ride. *denotes must have

Cycling Gear

- *Bike
- *Helmet
- *Bell
- *Official 1-Day Ride Jersey
- *Water bottles or hydration backpack
- *Tire pump or CO2 Cartridges
- Saddle Bag
- *Spare tube(s)
- *Tire irons
- *Patch kit and/or glueless patches
- Sunglasses
- Rain jacket and cool weather gear (weather dependant)
- *ID, money (bank card, credit card, etc.) First Aid
- *Sunblock of at least 30 SPF
- Anti-chafing cream
- Anti-blister cream
- Lip balm with sunblock A

What you'll need for after the ride and your return to Toronto!

Clothing (weather dependant)

- Towel
- Toiletries
- Swimsuit
- T-shirt/Sweatshirt/fleece
- Shorts/Long pants
- Shoes and/or sandals (water shoes if you plan to take a dip in the lake)
- Socks & underwear

Other

- Cell phone and/or camera



Packing for the Montreal Ride (6-Day Ride)

If you're joining us on Ride to Montréal, you will receive two Rubbermaid bins to pack your clothing and supplies to transport your gear. These bins will be transported by the Rubbermaid Rustler team to each campsite during the Bike Rally. Each participant will have their bins assigned to a Rubbermaid Rustler truck for the Bike Rally.

Each bin measures approximately 32" x 20" x 17". Please note that the bins taper down on an angle towards the base, so bottom dimensions are slightly smaller. While the lid has substantial overhang to prevent water from getting in, they are not 100% waterproof. You may wish to pack certain belongings into sealed waterproof plastic bags for protection from dampness and insects.

On Packing Morning (Saturday, July 28), you will receive eight labels with your name and truck assignment. Place a label on each of the four sides (not the top) of your bins. While the bins are packed securely, tipping may occur during the drive from site to site. We strongly recommend you do not pack anything heavy or breakable. Also, small items should be contained and not tossed loosely into your bins.

Remember YOU must carry all items back from Montréal with you so you will need a bag that everything will fit in.

*The Rubbermaid Rustlers are not responsible for returning participant items to Toronto - this includes oversize items such as tents, sleeping bags, and chairs. The majority of the trucks are full of bicycles, and remaining trucks are filled with Bike Rally supplies and crew gear.

Toronto People With AIDS Foundation and Bike Rally Crew Members are not responsible for broken or missing goods.

Montreal Ride Packing List

*denotes must have!

Cycling Gear

(Remember some are needed on Day 1 so don't pack those items)

○ *Bike – must be in good working order

- *Helmet – required for the entire ride
- *Bell
- *Bike Reflectors (see page 58 for details)
- Cycling shorts & jerseys (do not pack your Official 6-Day Bike Rally Jersey)
- Cycling shoes
- Cycling gloves
- *Water bottles or hydration backpack
- *Tire pump
- Saddle Bag (with a waterproof cover, or plastic bag)
- *Spare tube(s)
- *Tire irons
- *Patch kit and/or glueless patches
- Floor pump (some will be available at campsite and carried by Road Support)
- Bike Lock (bikes can be stored in trucks overnight)

Camping and Other Gear

- *Tent (folded and packed; should be no longer than 3 feet)
- Tarp(s) to place under tent/over bike
- Large plastic bag to store tent fly
- Small folding chair to sit on (folded; should be no longer than 3 feet)
- Air mattress or sleeping pad NOTE: Folding bed frames (“BYO Beds”) are not allowed.
- Sleeping bag
- Sheet (good for hot weather if sleeping bag is too warm)
- Pillow
- Towel
- Toiletries

- *ID, money (including loonies for campsite showers, bank card, credit card, etc.)
- Cell phone/charger (reception/charging facilities not always available)
- Ear plugs
- Alarm clock
- Flashlight and extra batteries
- Camera
- Duffle bag(s) or knapsack (to carry gear at the end of the Bike Rally)
- Supplies for activities related to daily themes and evening activities

(see Day by Day section of handbook)

Clothing

- T-shirts
- Shorts
- Shoes and/or sandals
- *Closed-toed shoes for Crew while on duty
- Long pants
- Sweatshirt/fleece
- Socks & underwear
- Sleeping clothes
- Swimsuit
- Sunglasses
- Rain jacket and cool weather gear First Aid
- Anti-chafing cream
- Anti-blister cream
- *Sport sunblock of at least 30 SPF
- Lip balm with sunblock
- Analgesic cream (e.g., Rub-A535, tiger balm, etc.)

- Insect repellent (with DEET)
- *Prescription medication(s)

NOTE: If your medication requires refrigeration, please ensure you check in with the Wellness Co-Leads on Packing Morning.

- *Medical Alert jewellery
- Antacids
- Pain relievers (e.g., ibuprofen, ASA, acetaminophen)
- Condoms/dental dams + lube
- Bandages

How to Cycle Comfortably

Cool Clothing

All Riders will be issued an “official” Port Hope or Montreal Bike Rally Jersey to be worn on Departure Day in Toronto and Arrival Day in Montréal for 6-Day Riders.

All Montreal Riders will also be issued a corporate sponsor jersey which must be worn on Day 2.

For the remaining days, we recommend wearing a cycling jersey made of high-tech microfiber polyester, which will wick the sweat away from your body, keeping you a bit cooler. A bonus in any jersey is an extra-long zipper, as you can open it all the way to let in more air. If you are looking for extra jerseys, previous year jerseys are available for sale at PWA.

Although there is the opportunity to have fun dressing up during the Bike Rally, always ensure that any costumes you wear are highly visible on the road and that clothing does not get caught in the moving parts of your bike.

Cycling shorts also wick away moisture. While you can save some money by buying cheaper jerseys, it is unwise to do so with shorts since you will end up with a substandard chamois.

Although it may seem counter-intuitive, wearing a base layer underneath your cycling jersey will actually keep you cooler by increasing air circulation over the skin while wicking away heat-

retaining moisture. Some cycling apparel companies manufacture garments specifically for this purpose.

A cycling-specific helmet actually helps to cool you by directing air to and away from your scalp. Good quality helmets are lightweight and have plenty of vents to promote ventilation. They also help to keep the sun off the top of your head. Wear a bandana or headband under your helmet to wick away perspiration and prevent sweat from dripping into your eyes.

Good quality road cycling shoes feature superior ventilation to keep feet cooler. If your toes get overheated while riding, squirt some water from your water bottle on them for quick relief.

Keep Hydrated

When cycling in high temperatures the body loses essential nutrients through sweat. This can cause muscles to lose the ability to continue functioning, making “bonking” a serious danger. Do not wait until you are on the bike to start hydrating. Drink plenty of water in the days leading up to the ride – even if it causes you to get up to urinate in the middle of the night. Limit intake of liquids that contain caffeine, alcohol or large amounts of sugar as these will cause you to lose more body fluid.

Start hydrating as soon as you start riding. Do not wait until you are thirsty – at that point it is already too late. Get in the habit of taking sips every 15-20 minutes whether you think you need it or not – some riders set a timer on their watch to remind themselves or at traffic lights in more densely populated areas.

Drinking water alone will not replenish the essential nutrients, such as potassium and sodium that your muscles need to continue functioning – you must also consume a fluid-replacement sports drink such as Gatorade or energy booster like Emergen-C. Too much sports drink can wreak havoc on your stomach, so you may want to fill one bottle with water and the other with sports drinks, and alternate between the two, or dilute the sports drink with water in advance. Some people prefer less acidic powdered sports drinks such as E-Load, Cytomax, or Vega which you mix with water. If you are on a low-salt diet, consult with your doctor before drinking sports beverages.

Be aware of your fluid supply. When your bottles are getting low make sure you replenish at the lunch and break spots or from the Road Support vehicles supporting you along the way.

Now is Not the Time for “Low-Cal”

During the Bike Rally, you will burn off huge amounts of calories while cycling and need to refuel your body in order to avoid bonking. For some, the heat can cause stomach upset, but the key is to eat consistently. Some experts recommend eating something every 15-30 minutes depending on the length of the ride. Fruit, energy bars and other food will be available at various places along the route and in the Road Support and Wellness vehicles. This is definitely not the time to be counting calories. You need to eat plenty to ensure adequate replenishment.

Energy gels are easy to carry and are quickly absorbed by your muscles. They are also good for those who suffer stomach upset from solid food while riding. Some are sweeter than others so try different brands to find one that you like. We will be providing Gatorade on the ride. If you prefer a different gel or powder, please bring it along with you.

Pace Yourself

While we will provide support where possible, only you can get yourself to Port Hope or Montréal. You need to learn to be self-sufficient and listen to your body's needs.

When the heat is on, slow down and take it easy. Better a steady pace carrying you through a long ride rather than exhausting yourself with an adrenaline-fuelled sprint at the beginning only to crash at the halfway point. Take five-minute breaks as needed – whether it is indicated on the map or not. Get into a cool, shady area and rest, especially if you become light-headed, confused, weak or faint. If you need to, consult with the Wellness Crew along the route.

It also helps to ride with other people. It is comforting to have other people around in case of problems. Monitor the condition of your co-riders and have someone do the same for you. Heat-induced illness can cause a person to become confused or even lose consciousness –

if this happens, they should be transported to a hospital for treatment as soon as possible.

About Muscle Cramps

Some riders experience painful cramping in their legs while cycling in hot weather. There are many possible causes of heat cramps – poor stretching, lack of rest, dehydration, sodium and potassium deficiency or a lack of calcium and magnesium, to name a few. Consuming a sport drink will help replenish your electrolytes and may diminish the chance of cramps.

Always Use Sunscreen

Besides being extremely painful, a sunburn actually affects your body's ability to cool itself and causes a loss of body fluids. To protect yourself, apply a sport sunscreen of at least 30 SPF before you get dressed to ride, and reapply during long rides. You can buy compact sunscreen applicators that fit in your saddlebag or pocket. When applying sunscreen, apply under your jersey and do not apply it to your forehead since it may seep into your eyes and sting. Have a friend help to ensure that you have not missed any exposed areas.

PWA's Friends For Life Bike Rally Policies

Stick to the route

All Riders must stay on the designated route during the Ride. We recommend you ride with at least one other person so that if there is a problem or you need to go off the route, there is someone who is aware of where you are. All Riders are required to check in upon arrival at the campsite each night. Be sure to slow down for the volunteers and call out your number.

In Case of Emergency

If an injury or accident of an urgent nature occurs while riding or driving, call 911 FIRST then the Bike Rally emergency number. If you run into problems along the route, flag down a Road Support vehicle

for assistance or call the Help Number on your licence plate (647) 993-4357. You will also need to fill out an incident report with PWA staff.

NOTE: 911 must be called if you are involved in a motor vehicle collision.

Alcohol and Drugs

Under NO circumstances are participants permitted to ride or drive while under the influence of alcohol or illegal substances. The Toronto People With AIDS Foundation staff and PWA's Friends For Life Bike Rally Crew Members, Steering Committee, Team Leaders and Co-Chairs are restricted from facilitating/coordinating the direct supply, sale and distribution of alcoholic beverages to any person during the Bike Rally event or training rides.

Discrimination/Harassment

PWA's Friends For Life Bike Rally and Toronto People With AIDS Foundation are welcoming of all people and we do not tolerate discrimination or harassment in any form. If you experience discrimination or harassment during training rides, please contact Trevor Ouellette, PWA Special Events Coordinator (416-506-1400 ext. 238 or touellette@pwatoronto.org) or other PWA staff. If you experience discrimination or harassment during the Ride itself, please contact Mike Twamley, PWA Director, Philanthropy & Communications; Michael Reid, PWA, Manager, Philanthropy & Sponsorship; Trevor Ouellette, PWA Special Events Coordinator; or Stephanie Pearl-McPhee and Ted Robinson, Co-Chairs of the Steering Committee.

The operational action to be taken in the event of an incident involving harassment or discrimination will depend on the gravity and nature of the situation at hand. In the event of an allegation, Bike Rally Leadership may determine that a participant be removed from the event.

Injured Participants

If an injury or accident of an urgent nature occurs while riding or driving, call 911 FIRST then the Bike Rally emergency number. Should a participant suffer injury or illness during the event, he or she will be

examined by a member of the Wellness Crew (nurse or paramedic) and is transported to the nearest hospital for treatment, if necessary. If the head of the Wellness Crew deems a participant unable to ride for that day, the participant and their bicycle will be transported to the next campsite. Should injury or illness result in a participant not being able to complete the Bike Rally of their own volition, the participant may be sent home at the expense of Toronto People With AIDS Foundation. Any decision in this regard will be made through consultation between the participant, the PWA Director in charge, the Wellness Crew Leads, and the Co-Chairs.

Be Considerate

We are staying in public campgrounds so please observe the posted rules pertaining to each campground. In addition, we have early mornings and busy days ahead of us, so please keep any music and noise levels down after 10:00 PM. All campgrounds must be left the way we found them, so do not leave in the morning until you have cleaned up all litter and debris at your site.

Fragrance

Scented products can aggravate health problems for some people – especially those with asthma, allergies or other medical conditions. They also attract bugs! Please respect those who are sensitive to perfumes, scented lotions, hairspray, colognes and other scented products.

Restroom Facilities

All breaks, lunches and campsites are equipped with restroom facilities. Please use the ones provided to avoid offending the local communities. If you are not around a Bike Rally designated location, please make an effort to find another resource out of the public eye.

Speaking to the Media

As Participants, we are all unofficial Bike Rally spokespersons in all of our conversations. At all times, it is expected we represent ourselves and the Bike Rally professionally.

Ted Robinson and Stephanie Pearl-McPhee (Co-Chairs), Suzanne Paddock (PWA Interim Executive Director), Mike Twamley (PWA Director, Philanthropy & Communications) and Michael Reid (PWA Manager, Philanthropy & Sponsorship) are the official spokespeople for the Bike Rally and PWA. Only the official spokespersons may speak on behalf PWA and/or PWA's Friends For Life Bike Rally.

Leading up to and during the Bike Rally you encounter media. We ask that you speak only to your experience, your feelings, and your personal story. If you do make contact with a member of the media, please notify PWA Staff, one of the Co-Chairs or the Media and Communications Committee. They will follow-up and ensure that we can fully capitalize on the media contact and get the messages out to the widest number of people.

Thank you for helping us spread the word!

Cycling Safety

Sharing public roadways is not a right – it is a privilege. By law, bicycles are classified as vehicles and are subject to the same laws. The Bike Rally has the right to remove Riders who are endangering themselves and others through careless cycling.

Rules of the Road

Helmets are mandatory on PWA's Friends For Life Bike Rally. You may not ride without a helmet. As well, bells are mandatory for each cyclist.

Never change lanes without shoulder checking. Shoulder check by tucking your chin into your shoulder (as opposed to turning your whole head) this will help to keep the bike in a straight line.

Ride in an orderly straight line in single file to allow for cars or other cyclists to pass you safely. Keep your hands, wrists and elbows relaxed to prevent swerving. Focus your eyes about 20 feet ahead to provide enough time to make smooth corrections in case something is in your way.

Use hand signals and verbal signals to make other riders aware of your movements and oncoming obstacles. Use caution riding over streetcar

and railway tracks, especially in wet weather and dismount to cross these, if asked to do so.

Do not ride in the middle of the road. Stay to the right near the curb – if there are parked cars, ride just far out enough to avoid getting hit by opening doors. If there are a series of sewer grates or parked cars, do not weave in between them – drivers may not be ready for your sudden re-emergence in their lane. Instead, ride in a straight predictable line only as far out as you need to avoid such obstructions.

Do not run red lights. This includes lights at T-intersections.

At stop signs, bring your bike to a full stop, with one foot touching the ground and cross the intersection with caution. Do not coast past stop signs.

When stopped at an intersection, line up single file and do not block traffic by bunching up in the right lane. If you are going straight through an intersection with a right turn lane or off/on ramp, shoulder check, signal your intentions, and move into the through lane.

Riders are not permitted to use earphones or cell phones while riding. Pull over safely to make calls or send messages. The use of electronic devices utilizing hands-free speakers is permitted while riding.

It is every Rider's responsibility to maintain a cycling speed sufficient to arrive at camp by 5:00 PM or the relevant time required for the day (recommended 20km/hour). Compliance is mandatory to ensure the safety of all Riders. The capacity of Crew to deal with emergencies must be maximized.

Riders are not allowed to leave prior to the official departure from camp on each day unless otherwise indicated. This is to ensure any police escorts are ready, Road Support is in place and there are no last minute changes to the route.

As we have cyclists of varying degrees of experience, we have a zero tolerance policy for reckless behaviour that would endanger the safety of any Participant. Non-compliance with any of the rules stated above during the Bike Rally will be reviewed by the Executive Committee and may result in one or all of the following disciplinary actions – verbal warning, written warning or removal or expulsion from the event.

Inclement Weather

Thunderstorms are a normal part of life in Ontario. The greatest risk posed by thunderstorms is the danger of being struck by lightning.

During the ride, Bike Rally leadership will monitor weather and advise Riders of upcoming inclement weather at the morning announcements.

One well-known lightning guideline is the “30-30” rule: Take appropriate shelter when you can count 30 seconds or fewer between lightning and thunder, and remain sheltered for 30 minutes after the last thunder.

In the event of inclement weather while you are riding, you should take independent steps to stay safe. Seek shelter in public buildings and wait out the storm.

Cycling: Surviving a Thunderstorm

General

Cyclists on the road are most at risk from thunderstorms if they are under or near tall trees, are on or near hilltops, or are themselves high points on flat terrain (such as crossing an open field).

Lightning often strikes outside of heavy rain and may occur as far as 16km away from any rainfall.

Rubber-soled shoes and rubber tires provide NO protection from lightning.

If you can hear thunder, you are close enough to the storm to be struck by lightning. Look for safe shelter immediately!

When skies darken, look AND listen for increasing wind, flashes of lightning and the sound of thunder.

Lightning remains a danger even when a thunderstorm is dissipating or has passed by.

When Thunderstorms Approach

If you are on a hill with exposure to the sky, try to head downhill, seeking out an overhanging bluff or a valley or ravine where you can lower your exposure.

Move to a sturdy building or shelter if there is one within reach (such as an underpass, a large barn, a store or a railroad station). Do not take shelter in small sheds or under isolated trees.

Get to higher ground if flash flooding is possible where you are (such as by a creek bed).

If caught outdoors and no shelter is nearby

Find a low spot away from trees, fences, and poles. Make sure the place you pick is not subject to flooding. If you are in the woods, take shelter under the shorter trees. (Lightning is more likely to strike the tallest trees.)

If you feel your skin tingle or your hair stand on end, dismount fast, get away from your bike, and squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible, and minimize your contact with the ground.

During the Ride

The Bike Rally has an extensive Preparedness Plan. The Plan is a document that sets forth and outlines pre-set policies and procedures to address seemingly unforeseen incidents that have the potential to negatively impact the Bike Rally, including weather incidents. The Plan includes a comprehensive list of emergency contacts that is reviewed and updated annually.



The Crew

The logistics related to executing an event of this size is a mammoth task. While Riders are training, Crew Members are also training, planning and organizing to ensure that this huge event goes smoothly. The Bike Rally could not happen without our dedicated Crew.

The Crew generally work long days, some starting at 4:30 AM. If you are a Rider, your journey will be made easier by the fact that all you have to focus on is cycling the pre-marked route to the next break, lunch or campsite, where you can hang out, unpack your transported gear, enjoy the meals and snacks provided and recover with a Wellness treatment. None of this would be possible without our amazing volunteer Crew. When we arrive in Montréal and the celebrations are over, the Crews' work continues as they unload gear, and clean and sort their vehicles. For them, the Ride is not over until they have driven the vehicles back to Toronto, unloaded all the supplies, gear and bikes, and returned the vehicles to the rental agency.

We ask that Riders be considerate, help the Crew in any way possible and show appreciation for these tireless volunteers. Please remember to take a minute throughout the Bike Rally and thank the Crew for all their hard work. Without them we would never make it to Montréal!

Rubbermaid Rustlers

- Supervise Packing Morning and provide Bike Rally Participants with two Rubbermaid bins for camping and personal gear.
- Transport all bins and event supplies.
- Load and unload bins twice a day between Toronto and Montréal.
- Prepare campsites for arrival by setting up massage tents and setting up other equipment and supplies as needed.
- Transport bicycles and supplies back to Toronto, and work with other Crew and volunteers to get supplies back into storage.

Road Support

- Mark the route with Bike Rally signage and flags.
- Provide assistance with non-routine bike repairs (Mechanics Crew).

- Notify event management of any changes in road conditions or detours.
- Monitor the route.
- Transport Riders in the case of injury or mechanical failure.
- Cheer everyone on.

Food

- Coordinate the set-up, clean up and tear down of food service areas.
- Set up and monitor break stops.
- Provide assistance to caterer in food preparation and food service.
- Food Crew Leader directs assigned Rider Teams in assisting Food Crew.
- Serve Meals

Wellness

- Provide medical support on the road, at breaks, lunch and at camp.
- Provide complimentary therapy, including massage or chiropractic (courtesy of our generous sponsor Canadian Memorial Chiropractic College) as required.
- Lead stretching sessions.
- The Medical RV will be open from 7:00 AM – 7:00 PM each day, unless otherwise directed. You will be able to access medical care and medication and are welcome to leave medication requiring refrigeration in the RV.
- The Wellness Crew is not responsible for dispensing medication or for reminding you to take and/or pick up your medication.

Volunteers for Pick-Up Day

On Friday, July 27 we will be picking up the vehicles, supplies and equipment that are needed for the Bike Rally. While members of the Steering Committee and Crews help out with the various tasks, we need extra volunteers to help. There are various locations and times for pickups and tasks throughout the day. Additional volunteers who have a G license would be extremely helpful.

For more information and to offer to volunteer, please contact PWA Special Events Coordinator Trevor Ouellette (416) 506-1400 ext. 238 or touellette@pwatoronto.org.



Packing Morning

Saturday, July 28, 2018, 9:00 AM – NOON

Msgr. Fraser – Isabella Campus Secondary School, 146 Isabella St., Toronto

Packing Morning occurs the day before we depart and is MANDATORY for all Port Hope and Montreal Riders along with Crew. During Packing Morning, you will be able to complete any final paperwork, and receive your event packages.

Port Hope Riders will load a knapsack or small bag packed with your street clothes and everything else you'll need in Port Hope onto a designated truck.

Montreal Riders will pack gear into Rubbermaid bins and load them onto a designated Rustler truck ready for departure the next day.

***The only Crew this year using bins will be Road Support.**

Reminder: Do NOT pack your Official Bike Rally jersey or Crew T-shirt or whatever else you need for Departure Day.

Give yourself at least an hour to complete the process.

During registration you will:

Sign in and pick up a check-list to ensure that you complete the entire registration process. You will receive a name tag. Please wear your name tag at all times during the Bike Rally.

Hand in any outstanding pledges. In order to participate in the Bike Rally, PWA must have received the minimum fundraising required by June 30:

- \$2,500 if you're a Montreal Rider
- \$1,750 if you're a first year Montreal Rider and opted for this minimum before March 31st
- \$650 if you're a Port Hope Rider

If you have any last-minute pledges you can submit them during Packing Morning.

Montreal Riders and Road Support Crew: Pick up your personalized labels for your bins.

All participants: Your medical forms were completed while registering. By the time Packing Morning arrives, you should have already sent a copy of your health card to Trevor Ouellette, Special Events Coordinator, touellette@pwatoronto.org

All Participants: Pick up your Rider jerseys or Crew T-shirt.

Port Hope Riders: Proceed outside to deposit your bag in the assigned truck

Montreal Riders: Proceed outside to pick up your Rubbermaid bins, pack and load them onto the trucks.

Loading the Trucks

Bring your packed bins or small bag to your assigned truck letter where you will meet the Rubbermaid Rustler Crew members responsible for your truck. They will help you load your bins or bag securely and be responsible for transporting, loading and unloading your gear in Port Hope and all week long. Remember which truck your bins are in – they are marked alphabetically. If you're with us to Montréal, your bins will be on the same truck every day of the Rally.

Please note that once your belongings are loaded onto the trucks, they will become inaccessible. You will not have access to them until our arrival at the campsite in Port Hope, so do not pack items you need for Day 1 such as the Official Bike Rally jersey or Crew T-shirt, sunscreen, and medications.



Essentials Market Donation

On Packing Morning, we ask all Participants to contribute to PWA Essentials Market. This weekly program provides much needed food and was accessed over by over 1,100 individuals last year alone.

We will have collection bins on site to collect any food items you can bring in. Useful donations include: grocery store gift cards, Ensure or Boost meal replacement, canned meat, fish, vegetables, beans, pasta, pasta sauce, cereal, rice, baby food, peanut butter, powdered/canned milk and any other non-perishables. All donations are greatly appreciated.

Daily Schedule

To get the most out of your experience with the Bike Rally, we recommend that you take the time to enjoy the event.

Daily Cog

In the days leading up to Departure Day and on the Ride itself, watch your emails for the Daily Cog, a short newsletter emailed to you each evening, which provides updates and highlights on what to expect for the following days. Information will include route changes, reminders, themes and activities. If you choose to go 'offline' for the week, not to worry, we will have the same information posted at the Dining Tent.

Good Morning!

Rider Teams will be assigned and responsible for the removal of bicycles by 7:00 AM to allow for timely bin loading.

Breakfast is from 6:00 AM -7:00 AM unless otherwise indicated. Do as much of your packing as possible before you eat. After breakfast and after you have packed everything you will not need throughout the day, bring your bins back to your assigned truck as soon as you can where the Rubbermaid Rustlers will help you load them securely.

Morning announcements and group stretching will take place at approximately 8:00 AM each day, unless otherwise indicated at camp. At announcements, you will hear important news and any updates to the day's route.

We ask that Riders leave in groups – experienced Riders depart first, with novice Riders leaving last, followed by the sweeps. This is to prevent the potential danger that can arise by cyclists bunching up and passing each other. Riders cannot leave before our scheduled departure time (typically 8:30 AM unless otherwise indicated). Riders who attempt to do so will be subject to disciplinary action.

Lunch

Lunch is a great time to recharge but it is not a good idea to wait too long before getting back on your bike. Muscles will stiffen as you cool down. Remember to stretch before starting back out.

Camp Arrival

All Participants are required to check into camp by 5:00 PM each day. Keep in mind that the Road Support and Wellness Crews will be out on the road before the Riders depart each morning and they do not finish until the very last Rider arrives at the campsite – these are long days for our hardworking volunteers.

When you arrive at camp and check in, find your assigned truck, claim your bins and transport them to a spot of your choice in the area designated for the Bike Rally. Dollies are available to assist with moving bins at camp. Please make sure to return the dollies ASAP for others to use. For those who have air mattresses, each truck will have an air pump for your convenience. If you pick up bins for a friend, please be sure to communicate this to each other in advance. This will save the Rubbermaid Rustlers precious time rushing around trying to find “missing” belongings. Rest assured the Rubbermaid Rustlers leave nothing behind at the campsites.

Once you are settled, stretch, enjoy a swim and/or a shower and relax before dinner. The Participant Engagement Committee has planned a number of fun-filled activities and themes to keep us entertained and create some memorable moments. Feel free to be part of as many of those opportunities as you wish. We encourage participation, but no one will be forced to take part. Do whatever makes you feel comfortable – silly and outrageous are good, but are not for everyone.

After 6:00 PM, assigned rider teams will put bicycles in the back of the trucks for the night. If you have left your bike with the mechanics for

repair, it is your responsibility to pick it up in order to put it in a truck by 8:00 PM. Bikes can be put in any available Rustler truck. You do not have to put your bike in the Rustler truck you were assigned to for your bins.

Dinner

Dinner will be served from 5:30 – 7:00 PM. Bring your water bottle. Once the Food Crew has packed everything away (usually by 8:00 PM) there will be no access to food or beverages until breakfast the next day. Eat well at dinner and grab an extra snack or beverage.

Note: In Port Hope, a bus will take you to showers at the Jack Burger Sports Complex. Dinner ends promptly at 7:30 PM so please schedule your time accordingly.

Evening announcements will take place at 6:30 PM each night during dinner.

Wellness Treatment Daily Schedule

The Complimentary Therapists of the Wellness Crew and CMCC will be providing treatments at the following times:

Sunday, Monday, Wednesday and Thursday:

11:30 AM – 1:00 PM at lunch and in the evenings from 3:30 – 6:30 PM.

Tuesday in Kingston:

11:00 AM – 2:00 PM on the west side of Morris Hall near our arrival location at Queen's University.

Friday:

Treatment will be available at lunch point before our arrival into Montréal.

All participants have access to:

Three (3) session of Chiropractic treatment, only one (1) session per day, OR

Two (2) sessions of Massage Therapy, only one (1) session per day

We will not mix and match treatment access options.

We cannot guarantee that all Participants will receive Wellness treatments. In all circumstances, medical reasons such as injury or pain management will take priority.

NAME TAG IS REQUIRED TO RECEIVE A TREATMENT.

Greening the Bike Rally

Please help us reduce the Bike Rally's carbon foot print by following the guidelines below. The Bike Rally is committed to becoming a green event.

Recycling and Composting

Recycling and composting bins will be placed at each meal and in the evening. Please sort your garbage and place items in the appropriate bins. We will have signage indicating what item belongs in what bin.

Recyclable plates and utensils will be provided for each breakfast, lunch and dinner on every day of the Ride.

***Please bring your water refillable bottle to every meal. All Crew are asked to also bring water bottles.**

Showers and Washing

Three of the four campsites along the route have limited shower facilities. On Day 1 in Port Hope we provide a shuttle bus service to take Participants to the Jack Burger Sports Complex. At the campsites, please help to reduce the amount of time waiting in line and be kind to the environment and fellow participants by keeping your shower under five (5) minutes.

If you choose to wash in the lake, the proper procedure is to jump in the water to get wet, go back to land to soap up using biodegradable soap and shampoo. Rinse on land and away from the lake so that the water percolates through the soil and gets filtered.

****RIDERS PLEASE CHECK WITH YOUR TEAM LEADER AS TO WHEN YOUR TEAM IS ASSIGNED FOR MEAL AND TRUCK DUTIES****

Daily Schedule

(Changes announced in the Daily Cog and at the Dining Tent)

6:00 – 7:00 AM	Breakfast Rider Team assigned to assist with breakfast reports to Food Crew Leader at 5:30 AM to eat first and then assist Food Crew.
6:30 AM	Rustler trucks open.
6:30 – 8:00 AM	Pack your tent and gear into your bins and load them onto your assigned trucks.
6:30 – 7:00 AM	Assigned Rider Team unloads bicycles from trucks.
7:00 AM	RV opens.
8:00 AM	Morning Announcements. Stretch session. All bins must be loaded into Rustler trucks.
8:30 AM	Departure.
10:30 AM – 1:00 PM	Lunch Note: Monday's lunch hours are extended to 2 PM Tuesday's lunch at Queens 11:30 AM – 1:30 PM
11:30 AM – 1:00 PM	Complimentary Therapies (massage therapy, chiropractic treatment, etc.) available at Lunch on Sunday, Monday, Wednesday & Thursday. Complimentary Therapy available at Queen's University on Tuesday (11:00 AM – 2:00 PM) and the lunch point on Friday.

<p>2:00 – 5:00 PM</p>	<p>Arrival and check-in at Campsite.</p> <p>NOTE: Riders must check in at the campsite by stopping and calling out their Rider number to the assigned check-in person. This is extremely important – it is the only way we can assure that everyone is accounted for.</p> <p>Collect bins from assigned truck.</p> <p>Set up your tent in area of campsite designated for the Bike Rally. Please note and respect areas designated as quiet areas.</p>
<p>3:30 – 6:30 PM</p>	<p>Complimentary Therapies (massage therapy, chiropractic treatment, etc.) available at Campsite on Sunday, Monday, Wednesday & Thursday.</p>
<p>5:30 – 7:00 PM</p>	<p>Dinner</p> <p>Rider Team assigned to assist at dinner reports to Food Crew Leads at 5:20 PM.</p>
<p>6:00 – 8:00 PM</p>	<p>Rustler trucks open for bike loading</p>
<p>6:30 PM</p>	<p>Evening announcements at the Dining Tent.</p> <p>RV closes.</p>
<p>7:00 PM</p>	<p>Medical RV closes</p>
<p>8:00 PM</p>	<p>Evening activities.</p>
<p>10:00 PM</p>	<p>Quiet hours begin.</p>

Departure Ceremonies

Sunday July 29, 2018

Nathan Phillips Square
(Queen St. W. & University)



7:00 AM Rider Sign-in

8:00 AM Group Photos

8:30 AM Speeches

8:45 AM Group Stretch

9:00 AM Departure

There is underground parking accessible on Queen St. West.

When you arrive at Nathan Phillips Square, please check in at the registration desk. All Participants must wear the Official 2018 Bike Rally Jersey or Crew T-shirt which was provided on Packing Morning.

Riders, please bring everything you need for the first day on the road, including water and energy drinks. During the ceremonies, Riders are asked to leave their bicycles in the designated area.

Crew may have duties that necessitate meeting before the ceremonies at a different location and time – please check with your Crew Leader.

After the ceremonies, all Riders will depart together in a slow and orderly procession, keeping one bike length distance from the Rider in front at all times. Be aware that we may cross streetcar tracks on the way, so slow down and use caution, especially in wet conditions. Use hand and verbal signals and do not turn or hit the brakes suddenly.

Day by Day

Day 1 – Sunday, July 29, 2018

Toronto to Port Hope 110 km



BREAK 1

23 km: East Point Park, Scarborough, ON

LUNCH

60 km: Lakeview Park, Oshawa, ON

Lunch Presented by The Roy Public House

The ROY
PUBLIC HOUSE

BREAK 2

84 km: Bond Head Parkette, Bond Head, ON

CAMPSITE

110 km: The Haskill's Farm is a gorgeous location, high atop a cliff overlooking Lake Ontario just before Port Hope. Sanford and Helen Anne Haskill have welcomed us to their property year after year with open arms and have become a part of our Bike Rally Family. Sanford passed away two years ago and Helen Anne continues their tradition of welcoming us with open arms.

Swimming is available at West Beach as the approach is too dangerous at the Haskill farm. The same shuttle bus to the Jack Burger Sport's Complex will include a stop at the nearby beach.

Starting at 3:00 PM, buses will depart every 30 minutes to take Participants to the Jack Burger Sports Complex for showers or a swim in the newly renovated pool, there is a \$6.15 fee for using the pool. The pool closes at 4:00 PM and the rest of the sports complex closes at 8:00 PM with the last bus returning to camp at 8:00 PM, so plan accordingly.

If you're a Port Hope Rider, we will have a change station for you at Haskill's Farm

HIGHLIGHTS

Our emotional departure, a scenic afternoon ride, and a gorgeous arrival overlooking Lake Ontario, as we cheer in our Port Hope Riders.

THEME

Bike Rally Departure and the Official Port Hope or Montreal Bike Rally Jersey / Crew T-shirt

EVENING ACTIVITIES

If you're a Port Hope Rider – congratulations! After months of training and fundraising, you made it! After being cheered into Haskill's farm, Port Hope Riders, their friends and family, Montreal Riders and Crew will join in a celebration dinner!

After dinner and the tribute, the Montreal Riders and Crew will send the Port Hope riders off to Toronto with a Bike Rally departure flavoured as a Hawaiian Luau. We'll supply the music to the farewell; Riders and Crew are invited to get into the spirit by wearing their favourite Hawaiian t-shirt or grass skirt.

PORT HOPE RIDER RETURN TO TORONTO

Thank you for a great day! We hope you had a fantastic experience and hope you will join us for the Montreal Ride next year!

Port Hope participants and their bikes will be transported back to Toronto following dinner and the Evening Programme.

Participants must have their bikes loaded on to the assigned truck(s) by 5:30 PM.

Following the evening program, participants will meet the bus near the road at the entrance to Haskill’s farm. The bus and truck(s) will depart at 7:30 PM sharp.

The bus is scheduled to arrive in Toronto at Barbara Hall Park (beside The 519) on Church Street at or before 9:30 PM. If you are arranging to have someone pick you up in Toronto, parking is available on the street and at the Beer Store (across the street from The 519).

The Rubbermaid Rustlers and a Bike Rally Assistant will be on hand in the Beer Store parking lot with your bike. All Riders are required to pick up their bike that evening. PWA will not store or hold your bike until a later date.

Please ensure you have answered the questions related to return transportation and guest attendance on your personal fundraising page by June 30. To update these questions:

1. Log in to your personal fundraising page
Click on the “Profile” tab on the left hand side of the page
2. Click on the “Edit User Survey”
3. Scroll down to the bottom of the page and answer the questions

Please contact Bike Rally Assistant Shelly Zhang at brassistant1@pwatoronto.org, or (416) 506-1400 ext. 242, if you have questions.

Port Hope Ride Schedule

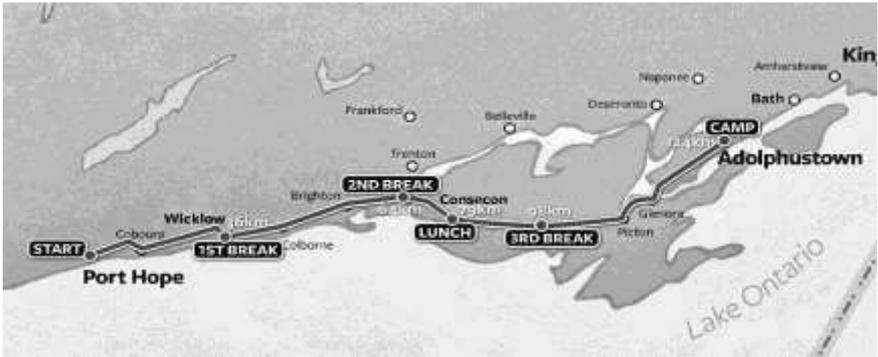
2:00 – 5:00 PM	Arrive Day One Camp – Haskill’s farm	Port Hope Riders load bikes on Toronto-bound truck, retrieve personal belongings, head to shower, swim, and relax before dinner.
5:00 PM	All Participants have arrived to camp	*Changeroom on site to ditch those sweaty cycling clothes

5:30 – 7:00 PM	Dinner	Bikes heading back to Toronto must be loaded on to the designated truck by 5:30 PM.
6:45 PM	Evening Announcements – 1-Day Program	
7:30 PM	Port Hope Riders depart for Toronto	Bus will be located on the road at the entrance to Haskill’s farm.
Approx 9:30 PM	Arrive at Barbara Hall Park, 519 Church St, Toronto	Riders must pick up all their belongings, include your bike, from the Rustler trucks.



Day 2 - Monday July 30, 2018

Port Hope to Adolphustown 131 km



BREAK 1

38 km: Wicklow Beach Park, Wicklow, ON

BREAK 2

56.5 km King Edward Arena in Brighton, ON

LUNCH

82 km: Chantale Grondin's Residence, Consecon, ON

BREAK 3

102 km: Schroedter's Café and Bakery at Huff's Corners (just outside Picton, ON)

CAMPSITE

131 km: U.E.L. Heritage Centre/Park Adolphustown is a lakeside retreat, a short ferry ride on the Glenora Ferry.

Swimming and showers are both available; however, showers are limited and may have long wait times. We recommend taking an eco-shower on the beach. Note: Showers take only \$1.00 coins.

4:45 pm Wellness Yoga Session
presented by lululemon



HIGHLIGHTS

Being cheered through the main streets of small town Ontario, Chantale Grondin's house in Consecon, the ride along Lake Ontario after lunch, the Glenora Ferry and riding through downtown Picton.

THEME

The Bike Rally Sponsor Jersey

EVENING ACTIVITIES

For your second night on the Bike Rally, join us for Bike Rally's Got Talent! Riders and Crew are invited to sign up, either on your own, with your Bike Rally team or with another group of friends. You must register in advance. Contact engage@bikerally.org to sign up.



Day 3 - Tuesday July 31, 2018

Adolphustown to Kingston 51 km



BREAKFAST

Presented by The Tilted Dog Pub & Kitchen



BREAK 1

21 km: Finkle Shore Park, Bath, ON

KINGSTON ARRIVAL

51 km: No campsite! We will be staying at Queen's University. Laundry facilities are available, bring money to buy laundry cards or take your clothes to a local "fluff & fold".

A Buffet Lunch will be available from 11:30 AM -1:30 PM.

HIGHLIGHTS

Cycling along the bay, Buffet Lunch at Queen's University, having the afternoon off, laundry facilities, showers...and a bed.

THEME

Dress in Red Day

Tuesday is the oh-so-fabulous Dress in Red Day so make sure you air out your dresses, jerseys or any other red clothing! As in past years Dress in Red Day will be a sight to behold, so plan to take lots of photos.

EVENING ACTIVITIES

All participants have the afternoon and evening off, will be responsible for their own dinner arrangements, and are free to entertain themselves in the great city of Kingston.

Queen's University

Schedule of Activity 10:00 AM – 1:00 PM

Relax in some shade, make use of a complimentary therapy and enjoy a snack from the snack truck before Lunch.

11:00 AM

Room Check-In opens. Participants will be able to pick up their room key.

***NOTE: Rooms will not be available until 1:00 PM**

If you are staying off-campus, you will still need to check-in to pick up your meal tickets.

11:30 AM – 1:30 PM

Buffet Lunch, Leonard Hall, Queen's University (just to the north of our arrival location)

Please bring the lunch ticket you were given at check-in.

11:00 AM – 2:00 PM

Wellness Treatment available.

1:00 PM

Participants can pick up their bins and access their rooms. Arrival in Kingston presents a new challenge for the Rubbermaid Rustlers – trucks are unloaded together, but is done one truck at a time into the building, often around tight corners and through narrow halls. Bins will be stacked in neat rows according to truck designations, as usual.

Participants must wait until after 1:00 PM when ALL bins have been unloaded and accounted for before they can access the bin storage area.

Once the Rubbermaid Rustlers confirm they have completed the unloading of the trucks and opened up access to the bins, you may take one or both of your bins up to your room, or simply take out the things you need. Please do not drag your bins along the floor. Bicycles

should be taken up to a participant's room. Queen's University, PWA and the Bike Rally Crew are not responsible for any loss or damage of property. Please note that oversized tent bins are not taken off the trucks in Kingston. If you want to air out an oversized tent, please pack it in one of your personal bins that morning.

2:00 PM

RV closes.

Please pick up any medication stored on the RV

The RV will be inaccessible after 2:00 PM until the next morning at 7:00 AM. The Wellness Crew Leader and Wellness Crew Team will be off duty in Kingston after 2:00 PM until 7:00 AM the next day. IN CASE OF A MEDICAL EMERGENCY please call 911 or go to the nearest hospital (a block from Queen's University) if you require medical attention.

The Bike Mechanics go off duty.

The Bike Mechanics have been working very hard and have the afternoon off in Kingston. If you are having mechanical trouble, please make a trip to one of the local bike shops.

FUN IN KINGSTON:

Queen's University is about a 20-minute walk to Kingston's downtown core along Princess Street where you will have access to restaurants, pubs and shopping.

We highly recommend what has become a Bike Rally tradition – Harvey Malinsky's Stages Night Club fundraiser. This annual event has raised thousands for PWA and a portion of the proceeds will support local HIV/AIDS services in Kingston.

A FUN & FUNDRAISING EVENING FOR

FRIENDS FOR LIFE & **HARS**
HIV/AIDS RESOURCE SERVICES

Party with the riders, crew & supporters of the
Friends For Life Bike Rally!

STARRING

MORGAN JAMES
"Toronto Imperial Court's 33rd Empress. The very funny, tanning and dancing ringmaster of a stardom of dancers at Flash in Toronto."

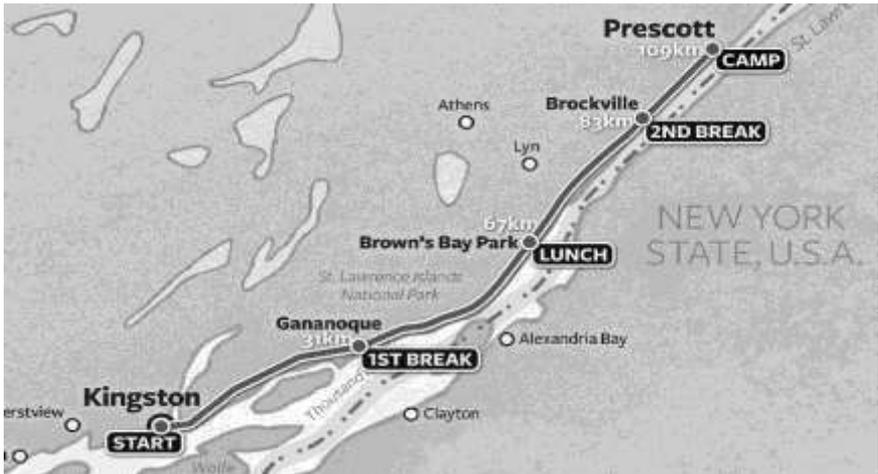
LADY ANYA FACE
"A Manhattan Island escapee captivates her audience by filling the stage, as she'll show you, with her charm, humor, live performance & more."

NICHELLE ROSS
"Toronto's legendary DVA brings Whitney, Diana & other classic pop stars to life on stage."

TUESDAY, JULY 31, 2018 @ 8:00 P.M.
STAGES NIGHT CLUB 290 Princess Ave., Kingston K7L 1B9
"DONATE WHAT YOU CAN AT THE DOOR"
SUGGESTED \$10-15 MINIMUM "IF YOU CAN"
A promotional poster created and sponsored by Harvey Malinsky

Day 4- Wednesday, August 1, 2018

Kingston to Johnstown 109 km



BIKE RALLY BREAKFAST AND GATHERING 7:00AM

Today we acknowledge and celebrate Top Fundraisers!

Top Fundraisers will don their special jersey and t-shirt to wear with pride, and the top fundraiser Riders will lead us out of Kingston.

This morning, we will also announce this year's recipient of the David Linton Spirit of the Rally Award. This award is presented each year to the person that demonstrates, through their actions, a generosity of spirit, caring and passion in supporting others in the Bike Rally.

In the morning, we ask that all Participants return bins and gear to the truck-letter designated rows BEFORE breakfast begins at 7:00 AM. Since there is no designated area to store bikes securely while you eat, we recommend you leave them in your room until after breakfast. Drop off your keys at Leggett Hall between 8 am and 9:30 am with the desk attendants. Do not forget to drop off your room key as you will be charged \$100 for un-returned keys. Morning announcements and stretching will take place at 8:00 AM in Ban Righ Hall.

If you are staying off-campus, you must be back at Queen's ready to ride (dressed, breakfast eaten, bins packed and ready to be loaded) by 8:00 AM at the latest.

Breakfast presented by As Promised Painting



BREAK 1

31 km: Gananoque Town Park, Gananoque, ON

LUNCH

66 km: Brown's Bay Park by Thousand Islands (Beautiful for swimming.)

BREAK 2

83 km: Armagh S. Price Park, Brockville, ON

CAMPSITE

110 km: Grenville Park Campground is located just past Prescott at the foot of the bridge to the USA. Swimming and showers are both available. Please note you will need quarters to operate the showers at this campsite.

4:45 pm Wellness Yoga Session presented by lululemon



HIGHLIGHTS

CELEBRATING TOP FUNDRAISERS!, Hot breakfast at Queens University cafeteria, Gananoque, cycling through the Thousand Islands Parkway, Brockville and the best swimming spot of the week.

THEME

Pimp Your Helmet

Wednesday is Pimp Your Helmet Day and time to add some creativity to your helmets. Bring out your baubles and streamers, your pom poms, your kupie dolls or whatever. Just make sure everything fastens well to your helmet so that nothing falls off and nothing is poking into your head while you ride!

EVENING ACTIVITIES

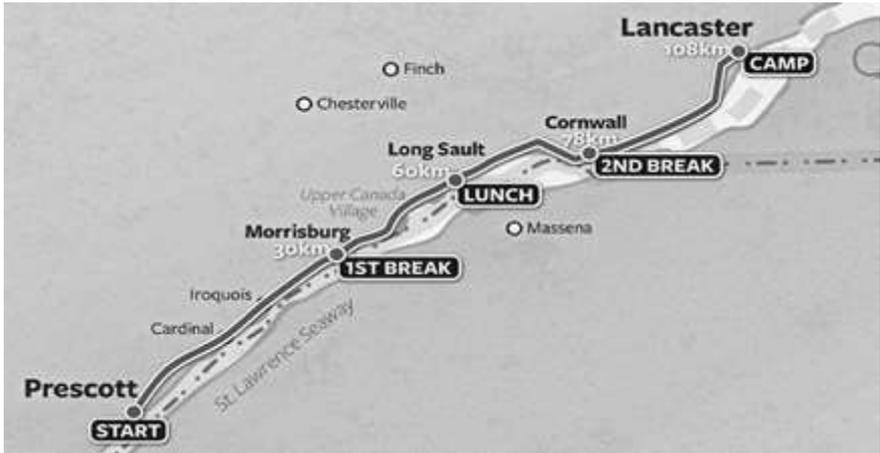
The celebration is a Bike Rally tradition where we commemorate those we've lost to HIV/AIDS and celebrate the advances we've made, and continue to make, in the fight against HIV/AIDS and the stigma associated with it.

Bonfire - Weather permitting we'll find a spot and create a bonfire. Bring along your guitar and prepare for some quiet music as we shift gears from the Celebration to bed time.



Day 5 - Thursday, August 2, 2018

Johnstown to Lancaster 108 km



BREAK 1

29 km: – Morrisburg Beach Park, Morrisburg, ON

LUNCH

60 km: Milles Roches Island

BREAK 2

78 km: Cornwall Aquatic Centre, Cornwall, ON

CAMPSITE

108 km: Glengarry Park Campground is a beautiful wooded campground nestled along the shore of the St. Lawrence.

HIGHLIGHTS

The stunning Long Sault Parkway, Cornwall's bike paths, Dairy Queen in Lancaster, and tenting amongst the tall trees.

Everyone loves Dairy Queen! What could be a better way to celebrate our arrival into Lancaster than with a great Blizzard treat? \$0.50 from every Royal treat, Blizzard or milkshake purchased will be donated to the Bike Rally.

Today we are going to take the time to think about the meaning of the ride. Think of the physical challenges you have overcome thus far. Who are you riding for? Take a moment and find out why others are on the ride. Today, those wishing to, can disclose their HIV status in a safe and welcoming environment by wearing their POZ jersey. Please pick up your POZ jersey the night of Day 4 from PWA Staff at a designated area.

A person's status is personal and private. Unless you have their explicit permission, refrain from photographing any Riders or Crew wearing a POZ jersey.

For others, ride and crew today in solidarity and support of our courageous Friends for Life. Pick up a red ribbon from your Team Leader and attach it to your helmet, hat, shirt or vehicle.

EVENING ACTIVITIES

Karaoke! - After the success of the evening last year, the Karaoke machine is back! We'll start the festivities at 8 pm. The song list will be available after dinner for selecting your favourite tune and signing onto the performers list. For everyone else, prepare to be entertained, to make some noise and even to sing along!



Day 6 - Friday, August 3, 2018

Lancaster to Montréal 101 km



Morning Announcements will take place at approximately 7:30 AM and Departure will be at 8:00 AM

BREAK 1

30km: Parc Wilson, Coteau-du-Lac, QC

LUNCH

53km: Parc Bellevue on L'île Perrot, QC

RENDEZVOUS

Park space beside Rafting Montreal in LaSalle

Group Photos will take place in the morning before departure.

HIGHLIGHTS

Crossing the border into Quebec, the moving village that is PWA's Friends For Life Bike Rally riding into into Montréal, and of course, our arrival celebration.

Today we all wear our Official 2018 Bike Rally jerseys and Crew T-shirts as we arrive in Montréal.

MONTRÉAL ARRIVAL

All Riders must meet at the rendezvous point by 1:30 at 2:00 PM, Riders will then travel together into Montréal. For many, this is the highlight of their journey – a long line of Bike Rally jerseys stretching as far as the eye can see.

As with Departure, safety is paramount. Riders will be without support Crew along the bike path. Ride single file, leave a bike length between you and the next bike, and signal any moves. Stay to the right to leave plenty of room for local oncoming or passing cyclists.

As the Riders make their way towards their final destination, the Crew will begin to leave the route to unload their gear and prepare the arrival area.

ARRIVAL CEREMONIES

August 3 - 3:30 PM

Location – We are excited to be arriving at Place Émilie Gamelin.

As we're riding through the city streets and to our arrival area in the park, it is important to remember the rules of the road. We don't have a police escort, all Riders **MUST** ride in the designated bike lane in single file and obey all traffic signals and signs.

Have some cash on-hand for the two bar locations – you might want to celebrate your arrival with a cold beer, \$5.50! The line-up gets long quickly with 300 people all suddenly in the square, so be patient!

Congratulations! After six incredible days, you have finally made it.

Welcome to Montréal!

MONTRÉAL ACCOMMODATION

On Friday, August 3 Riders and Crew have the option of staying at the accommodation provided by the Bike Rally at McGill, UQAM or University of Montreal or making their own arrangements. Accommodations are provided for all Crew until our return trip to Toronto on Sunday, August 5 at 8:00 AM.

If you are a rider and wish to stay an additional night on Saturday, August 4, you must reserve and pay for a room. Visit the Bike Rally website for the link. A limited number of rooms are available and booking is on a first come, first serve basis.

As the Rustlers will be celebrating and taking part in the Montréal Arrival ceremony and need to prepare for your arrival, there will be no access to the Rustler trucks during the ceremonies. Access will be from 5:00 – 6:15 PM only.

After the celebration, participants are to proceed to the bin-pick-up/bike drop-off located south of Place Émilie Gamelin where the trucks are parked. Riders stop at the trucks first to load their bikes into the trucks to be returned to Toronto. Please ensure you take all your personal belongings from your bicycle and saddle bag (helmet, wallet, ID, keys, etc.) and ensure your license plate is still attached before it is loaded onto the truck.

Once loaded on the truck, you will not be able to access your bicycle or forgotten items until you pick up your bicycle in Toronto Monday, August 6 or Tuesday, August 7.

Please note that although the Rubbermaid Rustlers will treat your bikes with care, they are not responsible for any loss or damage.

If Riders are concerned about the paint on their bicycles, we recommend using newspapers, foam pipe insulation or bubble wrap to protect your bicycle frame before loading it into the trucks.

All Participants will be directed to the bin/bike exchange location to unpack their Rubbermaid bins. While the Rubbermaid Rustlers supervise the unpacking process, please help by stacking your empty bins and lids in the specified stacking locations.

After unpacking and reloading, all trucks will be locked and the contents will not be accessible again until first pickup day back in Toronto Monday, August 6.

Please note there will be **free** transportation from Place Émilie Gamelin to the residences.

REMINDER: Please pick up any medication that was stored in the RV before 6:00 PM from the Wellness Lead. You will NOT be able to pick up your meds after 6:00 PM. Medical supports end at our arrival in Montréal. IN CASE OF A MEDICAL EMERGENCY please call 911 or go to the nearest hospital if you require medical attention.

MONTRÉAL ARRIVAL PARTY

Celebration Party at Club Unity Montréal! 1171 Rue Sainte-Catherine E.

Join us between 9:00 - 11:00 PM on the rooftop terrace to celebrate a successful journey and congratulate each other, family and friends welcome!

Returning to Toronto

BUS

There will be bus return for Riders on Saturday, August 4 and Sunday, August 5.

Departure Info:

- 12:15 pm depart from Zum Hotel, University of Montreal, (2450 Edouard Montpetit Blvd)
- 12:45 pm depart from Citadelle, McGill University, (410 Sherbrooke St W.)

Arrive 15 minutes prior.

An email will be sent to all participants in July who reserved a bus seat to confirm your reservation.

For your convenience, two stops will be made:

- Scarborough Town Centre at approximately 7:00 PM
- Yonge and Bloor at approximately 8:00 PM

All Crew Members will drive back in the rental vehicles on Sunday, August 5 at 8:00 AM. Return to Toronto on Sunday is mandatory for all Crew Members.

VOLUNTEERS NEEDED!

We need volunteers to assist the Crew in unloading supplies and returning equipment to various locations in Toronto on the afternoon of Sunday, August 6. For more information and to volunteer, please contact PWA Special Events Coordinator, Trevor Ouellette at 416-506-1400 ext.238 or by email at touellette@pwatoronto.org.

BIKE PICK UP IN TORONTO

Bikes will be available for pick up at Msgr. Fraser – Isabella Campus Secondary School during the following times:

Monday, August 6:	2:00 - 6:00 PM
Tuesday August 7:	4:00 - 8:00 PM

Please bring photo ID to reclaim your bike. All bikes MUST be picked up by 8:00 PM Tuesday, August 7. If you cannot pick up your bike, please arrange for someone to pick it up for you. Riders who return back to Toronto on Saturday,

August 5 and have volunteered to assist with unloading on Sunday can pick up their bikes at that time.

September Events

2019 Will see some big changes in the Bike Rally and September will reflect the work done to support these endeavours. More details are to come, so check for Bike Rally News and stay tuned to www.bikerally.org.



Bike Rally Leadership

PWA's Friends For Life Bike Rally comes together through the collaboration of the volunteer Steering Committee and PWA staff. It would not be possible without everyone's amazing collaboration.

Executive Committee

2018 Co-Chairs:	Stephanie Pearl-McPhee & Ted Robinson
Past Co-Chair:	Todd Davies
PWA Interim Executive Director:	Suzanne Paddock
PWA Director, Philanthropy & Communications:	Mike Twamley
PWA Manager, Philanthropy & Sponsorship:	Michael Reid
PWA Special Events Coordinator:	Trevor Ouellette

Steering Committee

2018 Co-Chairs:	Ted Robinson & Stephanie Pearl-McPhee
Community Engagement:	Billy Axelrod
Food Crew:	Todd Davies & Karen O'Connor
Fundraising:	Michael Reid & Mike Twamley
Media & Communications:	Storie Serres & Michael Reid
Participant Engagement:	Jehd Canceran & Gilbert May
Recruitment:	Warren Duffy & Matt Lamb
Rider Team Leaders:	Cameron McLean & Dallas Pomeranz
Road Support:	Paul Dawson & David Hughes
Rubbermaid Rustlers Crew:	Bob Beerman & Brent Everett James

Sponsorship:	Tim Ledger & Michael Reid
Training & Support:	Dempsey Cruz & Jordan Simard
Wellness:	Margaret McCormack & Bill Smith
PWA Board Representative	Nicole Edwards

Team Leaders:

Ken Allen & Billy Curtis
Brandon Hamilton & Barrett Morrison
Steven Paisley & Niko Pretorius
Geoff Capelle & Patric Senson
Kirill Adarych & Stefan Fogal
Bradley Crystal & Steve MacLean
Rodney Mc Keen & Scott Merritt
Carey Heeney & Lee Schofield
John Norquay & Mike Rudolph
Perry de Man & Dianne Hind
Matt Lamb & Steve Yeates
Jeff Bale & Trevor Hopman
Philip May & Michael Shreve



2018 Bike Rally at a Glance – Days 1-3

Date	Day 1 July 29	Day 2 July 30	Day 3 July 31
Description	Departure Day	Sponsor Day	Dress in Red Day
The Journey	Toronto to Port Hope	Port Hope to Adolphustown	Adolphustown to Kingston
The Distance (all distances are approximate!)	110 km	131 km	51 km
Break Spots	Break 1 – East Point Park, Scarborough Break 2 – Bondhead Parkette, Bondhead	Break 1 – Wicklow Beach Park, Wicklow Break 2 – Brighton King Edward Arena Break 3 – Schroedter’s Café and Bakery, Huff’s Corners, Picton	Break 1 – Finkle Shore Park, Bath
Lunch Spots	Lakeview Park, Oshawa	Chantale Grondin’s House, Consecon	Buffet Lunch, Queen’s University, Kingston
Campsite	Haskill’s Farm, Port Hope Bus to showers (3:00 - 8:00 PM) Buses depart every	UEL Heritage Park, Adolphustown Showers take \$1.00 coins only	Leggett Hall, Queen’s University, Kingston Laundry & free showers

2018 Bike Rally at a Glance – Days 1-3

	30mins		
On the Road	Dismount for train tracks	Ride on the Glenora Ferry	Enjoy the view of the 1000 Island Parkway
Daily Theme & Attire	Official Bike Rally Jersey or Crew Tshirt	Bike Rally Sponsor Jersey or Crew Sponsor T-shirt	Dress in Red Day
Evening Activities	Arrival & Departure Celebrations of Port Hope Riders	Bike Rally's Got Talent	Kingston Night Life



2018 Bike Rally at a Glance – Days 4-6

Date	Day 4 August 1	Day 5 August 2	Day 6 August 3
Description	Top Fundraiser Jersey	Red Ribbon Day	Arrival Day
The Journey	Kingston to Johnstown	Johnstown to Lancaster	Lancaster to Montréal
The Distance	109 km	108 km	101 km
Break Spots	Break 1 – Gananoque Town Park, Gananoque Break 2 – Armagh S. Price Park, Brockville	Break 1 Morrisburg Beach Park, Morrisburg Break 2 – Cornwall Aquatic Centre, Cornwall	Break 1 – Parc Wilson Break 2 – Rendezvous Point
Lunch Spots	Brown's Bay	Milles Roches	Parc Bellevue on L'île Perrot
Campsite	Grenville Campground Showers take \$1 coins	Glengarry Campground	McGill, UQAM, U of Montreal Residences or own arrangements
On the Road	Up, down and lots of corners Great beach at lunch for swimming	Dairy Queen	Ride all together into Montréal
Daily Theme & Attire	Top Fundraiser Jersey Pimp Your Helmet	POZ Day Jersey	Official Bike Rally Jersey or Crew Tshirt
Evening Activities	Candlelight Celebration & Bonfire	Karaoke	

Quebec Mandatory Bike Reflector Regulations



1. Front white reflector
2. One of the following visibility accessories on the front wheel:
 - a. an amber or white reflector attached to the spokes and visible on both sides of the bicycle
 - b. a tire with reflective sidewalls
 - c. a rim with a continuous reflective strip around the entire circumference of the wheel on both sides

If there are no reflectors on the front wheel, you must attach an amber or white reflective strip on each side of the fork

3. Rear red reflector
4. One of the following visibility accessories on the rear wheel:
 - a. a red or white reflector attached to the spokes and visible on both sides of the bicycle
 - b. a tire with reflective sidewalls
 - c. a rim with a continuous reflective strip around the entire circumference of the wheel on both sides

If there are no reflectors on the rear wheel, you must attach a red or white reflective strip on each seat stay

5. Amber or white reflectors on each pedal. If the pedals are not equipped with such reflectors, the cyclist must wear a reflective band around each ankle or shoes with reflective strips

Visit <https://saaq.gouv.qc.ca/en/road-safety/modes-transportation/bicycle/bicycles-and-accessories/> for more information

Thank You 2018 Sponsors!

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