



Presented By



2022 RIDER HANDBOOK

Kingston-Montreal (3-Day)

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Message From the Co-Chairs

The Wonderful Road Ahead

Hello Bike Rally!

We are so pleased to have you joining us in 2022. For those who are returning to ride or crew, you have been waiting for this for a long, long time. For those who are new to the family, we welcome you with open arms and know you are in for one of the greatest adventures of your life. Trust us on this.

You have heard the saying before; “It takes a village”, and for the Bike Rally it truly does. Pulling off the 6-Day Ride, along with the 1-Day and 3-Day options, takes 10-plus months of planning, multiple agency staff members and a team of volunteers, not to mention the support of the communities we ride through. Returning to the road after two years of altered Rallies has taken even more work. Thank you to all those who have gotten us to this point and will get us to Montreal in August. A thank you to those who have been fundraising, training, and participating in crew preparation as you too are part of the village, and we couldn’t make this event a success without you.

There is an excitement about this year as it is our 24th year of riding to support The Toronto People With AIDS Foundation (PWA). Since 2020 we have given Kingston and Montreal participants the option to directly support others living with HIV in their local communities, and we are so happy to have Trellis HIV & Community Care (formerly HARS) in Kingston and AIDS Community Care Montréal (ACCM) as our Friends for Life. These three AIDS Service Organizations (ASOs) really do change people's lives. The work these agencies do is instrumental in providing and organizing essential services, advocating for equality in access, and breaking down of stigma each and every day. We all ride and participate for wonderful causes.

Among the addition of these two ASOs to the Rally over the last few years there have been other advancements. We welcomed riders and volunteers many years ago to join in a 1-Day Ride and then in 2019 we initiated the 3-Day Ride option. These rides have helped engage new participants and create some flexibility for seasoned Rallyists to allow them to stay connected. This year while on the Rally you will see some new changes: We have moved some break spots and made some modifications in camp to keep everyone happy and safe. Leadership has been working hard to make the 2022 ride as close to your experiences of the past with the needed changes to plan for future growth (*wink *wink, come back next year for the mega 25th Anniversary Friends For Life Bike Rally!)

In the last two years we have raised a total of over \$2 million dollars, a fantastic accomplishment in an altered environment. This year, as we return to normalcy, we are shooting for a strong \$1.5 Million. With government funding cuts, more people needing services, and rising inflation, this fundraising endeavour is critical for those we support. Remember, your sponsors give to you because of how wonderful you are and what an amazing physical adventure you are undertaking. Keep training to get yourself ready and keep fundraising through the end of the Rally to make amazing things possible.

On one last note: this is your Rally. We are a big family and together we will celebrate together. Have an amazing time and may the wind be at your back.

Welcome Home to the Bike Rally!

Your 2022 Co-Chairs, Gaby Harvey and Sam Lapidus

Last Minute Checklist

- Complete the Medical Form.** In the unlikely event of an emergency, we will need to communicate your information to medical professionals in case you cannot. Our physical therapies professionals also require this information as part of their assessment. This information will remain completely confidential and will be securely destroyed after the Bike Rally.

Please submit before Saturday August 6th. If not completed before then, you'll be asked to fill it out in-person at Packing Day. [Click here to fill out the form.](#)

- Check out the official route maps on RideWithGPS.** Keep in mind that the maps are subject to change in the days leading up to Departure. [Click here to view the maps.](#)

- Review the Packing List** and ensure your gear will fit into our bins! Riders get two bins for your personal and camping gear. They are 32L" x 20.2W" x17.5H" (106 L) each. Note that the bins taper down on an angle towards the base, so bottom dimensions are slightly smaller (25L" x 14W")

- Familiarize yourself with the **schedule and procedures for Packing Day.** [Click here for details.](#)

COVID-19 Policy

Prior to the Event

- **We strongly recommend being fully vaccinated, including a third and fourth dose. All adults 18+ in Ontario and Quebec are now eligible for a fourth dose.**
- **We are not asking for PCR or Rapid Antigen Testing prior to departure**, but this is subject to change depending on the circumstances at the time. The cost of any testing would be covered by the Bike Rally.
- **Stay home if you're sick or test positive for COVID-19.** We ask that any participant who tests positive for COVID-19 or has been in close contact with someone who has tested positive for COVID-19 remain home for the event. Individuals who have reached their fundraising minimum and need to stay home due to COVID-19 will be eligible for a roll-over of all funds to the 2023 Bike Rally.

Social Distancing & Masking

- The Bike Rally is a summer event that is primarily outdoors, and therefore carries a low risk of COVID-19 transmission. Enclosed spaces such as Crew vehicles, washrooms, buses, etc. carry a higher risk of potential transmission. Participants are encouraged to wear a mask in any situation they feel might pose a risk for them.
- **The choice to wear a mask or not is a personal one** and everyone's individual choice will be respected by everyone on the Rally.
- **Participants should bring at least one high-quality well-fitting masks** (N95, KN95, KF94), or pick up the masks provided by the Bike Rally (available on Packing Day).
- The only times that masking will be mandatory are a) when a Rally partner or venue may have a mask mandate, or (b) to protect others if you develop COVID-like symptoms. **Please be prepared to wear a mask if asked to do so.**
- Crew members can request to be in a "mask-on" vehicle, and/or a vehicle that is only shared by one other person. Talk to your Crew Leads for more information.

In the Event of Illness

- Any individual experiencing COVID-19 symptoms should put on a mask and call the Bike Rally Helpline.
- The participant will be administered a Rapid Antigen Test, and if they receive a positive COVID-19 diagnosis they will be required to leave the Ride.
- Any transportation or accommodation planning/costs will be covered by the Bike Rally. Individuals who need to be removed from the Ride due to COVID-19 will be eligible for a medical roll-over of funds to the 2023 Bike Rally.
- Any close contacts (tentmate, close friends, etc.) will also need to be tested and/or asked to take extra precautions to protect others.
- NOTE: Rapid testing will only be available to those reporting symptoms of COVID-19, and their close contacts. They will not be available upon general request by participants.

Meals and Camp

- Extra space is being added in our layouts for Camp, dining tents, and break/meal stops to avoid overcrowding.
- Meal service may be staggered to allow for more space in the dining areas, and increased health precautions for Nutrition Crew will be in effect.

The Bike Rally Will Provide

- Up to 3 high-quality well-fitting masks per participant (N95, KN95 or KF94), upon request.
- Rapid tests to be used for participants who may become symptomatic on the Ride.
- Transportation and other support for participants who may test positive and are required to leave the Ride.
- Transparency about any COVID-19 on the ride, including tracking and notifying close contacts, while maintaining medical confidentiality.



Preparing for the Ride

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

Mechanical

By now you hopefully will have learned how to repair your flat tire and minor road side repairs. During the Bike Rally, other breakdowns may occur. While you are expected to be able to make minor repairs, we do have a 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.

Make sure that you have the proper equipment with you on the Rally, and take your bike in for a final tune-up. Most bike shops take anywhere from three days to two weeks for a tune-up, 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.

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.

You should also get a proper bike fitting. Do not leave fitting adjustments until just before the Rally, as your body needs time to adjust to a new set up before you can tell if it is right for you.

Specialized parts can be difficult to find on the route, so if your bike breaks down, you may be unable to continue. In the event our 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, but leading up to departure, too.

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

Mental

The Rally can be mentally tiring, as well. Be present, be excited, feel the joy of the experience. Think about what makes you want to be a part of the Friends For Life Bike Rally and the impact your contribution will have on people living with HIV/AIDS. 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. We’re all in this together.



How To Cycle Comfortably

Cool Clothing

All riders will be issued an official 2022 jersey to be worn on Departure Day in Toronto and Arrival Day in Montréal.

For the remaining days for 3-Day and 6-Day Riders, 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.

While you can save some money by buying cheaper jerseys, it is unwise to do so with shorts. For your own comfort, it is advisable to spend the extra money to buy quality bike shorts.

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.

A cycling-specific helmet actually helps to cool you by directing air to and vents to promote ventilation. They also help to keep the sun off the top of your head.



Keep Hydrated

When cycling in high temperatures the body loses essential nutrients and moisture through sweating. This can cause muscles to lose the ability to function normally. Do not wait until you are on the bike to start hydrating.

Drink plenty of water in the days leading up to the ride, and during it when you're off your bike. 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 because at that point, you're already very dehydrated and will have a difficult time sufficiently rehydrating. Get in the habit of taking sips every 15-20 minutes whether you think you need it or not.

Drinking water alone will not replenish the essential nutrients, such as potassium and sodium that your muscles need to function normally. You must also consume an electrolyte replacer drink such as Gatorade, and energy boosters like Emergen-C.

You may wish to dilute your sports drink with water because too much sports drink can cause stomach upset. Be mindful of your bottles' fluid levels.

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.



Eat Wisely

During the Bike Rally, you will burn off huge amounts of calories while cycling, and you'll need to refuel your body in order to avoid fatigue.

Our catered meals allow for you to eat in a balanced way everyday, and fruit, energy bars and other snacks will be available at various places along the route by our Road Support and Wellness Crews.

This is definitely not the time to be counting calories. You need to eat plenty to ensure adequate replenishment.

Energy gels are also 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.

Pace Yourself

While we will provide support where possible, only you can get yourself from departure to arrival. 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 than exhausting yourself with an adrenaline-fueled 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.

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.

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.



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.

3- & 6-Day Rider Packing List

Camping and other gear

(* denotes must haves)

- * Tent (folded and packed; should be no longer than 3 feet) & Tarps
- 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 and pillow
- Sheet (good for hot weather if sleeping bag is too warm)
- *Plastic or metal dinner plate **NEW!**
- Towel & Toiletries
- * Wallet (ID, bank cards, etc.)
- Cell phone/charger/battery packs (reception/charging facilities not always available)
- Ear plugs
- Flashlight and extra batteries
- Backpack (to carry all gear at the end of the Bike Rally)
- Supplies for activities related to daily themes and evening activities (see ‘day by day’ for daily themes or activities)
- Everyday clothing—for all weather types when you’re not riding
- Socks & underwear
- Sleeping clothes
- Swimsuit
- Sunglasses
- Rain jacket/poncho + cool weather gear.

Cycling Gear

- * Bike – must be in good working order
- * Helmet – required for the entire ride
- * Bell
- * Bike Reflectors
- Cycling shorts & jerseys (do not pack your Official 2022 Jersey, you need to wear it for Departure!)
- Cycling shoes
- Cycling gloves
- * Water bottles or hydration backpack
- * Tire pump
- Saddle Bag (with a waterproof cover, or plastic bag)
- * Spare tubes
- * Tire irons
- * Patch kit
- Floor pump (some will be available at campsite and carried by Road Support)
- Bike Lock (bikes can be stored in trucks overnight)

First Aid Supplies

- 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 Day.
- * Medical Alert jewelry
- Antacids
- Pain relievers (e.g., ibuprofen, ASA, acetaminophen)
- Bandages

Rules of the Road

Sharing public roadways is not a right – it is the law. Bicycles are classified as vehicles and are subject to the same laws.

- **Helmets and bells are mandatory** on the Bike Rally. You may not ride without them.
- Never change lanes or pass another rider without **shoulder checking**.
- Ride in an orderly straight line in **single file** to allow for cars or other cyclists to pass you safely.
- **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.
- **Do not run red lights! At stop signs, bring your bike to a full stop**, with one foot touching the ground and cross the intersection with caution.
- **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.
- **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 sewer grates, 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.
- 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).



Weather Safety

Inclement Weather

Unfortunately, rain happens every now and then. It is the responsibility of every participant to come prepared with their own rain attire, i.e. Rain jacket, rain poncho, umbrella, etc.

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

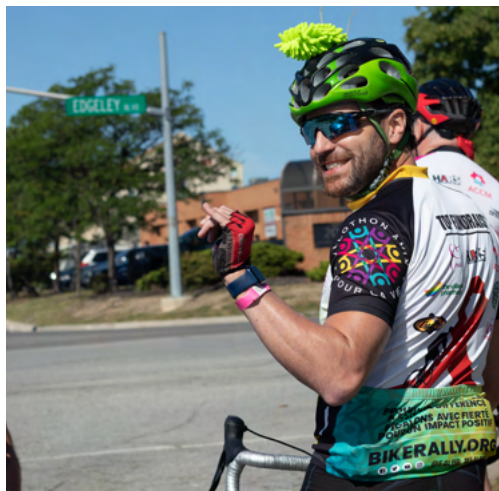
The greatest risk posed by rainstorms is the risk of lightning. One well-known lightning guideline is the “30-30” rule: Take appropriate shelter when you can count 30 seconds or fewer between lightning and thunder, and remain sheltered for 30 minutes after the last thunder.

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, a railroad station, or vehicle). Do not take shelter in small sheds or under isolated trees. 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.





The Crew

Planning and executing an event of this size is a mammoth task. Our crews organizing and planning this event consist of almost exclusively volunteers, without whom this Rally would not happen. On the Rally, our crews work long days all week, and when we arrive in Montréal and the celebrations begin, the crews' work continues. 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.

Rustlers

- Supervise Packing Day and provide Bike Rally participants with two 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 by setting up 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.

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 teams in assisting Food Crew
- Serve meals.



Road Support & Wellness

This year we are merging the Road Support and Wellness Crews. We will also be supplementing our volunteers with **two professional sports event paramedics**.

This Crew will:

- Mark the route with Bike Rally signage and flags.
 - Provide assistance with non-routine bike repairs.
 - Notify event management of any changes in road conditions or detours. Monitor the route.
 - Transport riders in the case of injury or mechanical failure.
 - Most Important: They cheer everyone on!
- Provide medical support on the road, at breaks, lunch and at camp.
 - Provide complimentary therapy, such as massage, as required.
 - Lead stretching and yoga sessions.
 - Organize the daily support group for those in recovery.



Packing Day

Saturday, August 6, 2022, 9:00 AM-1:00 PM

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

Please note: This day is mandatory for all Crew, 1-Day, 6-Day and 3-Day Riders (who live in the Toronto area).

- **If you are a 3-Day rider from outside the Toronto area**, you will have your 'Packing Day' upon your arrival to Queen's University on the afternoon of Tuesday, August 9th.
 - **1-Day Riders will load their backpacks or small bags** onto their designated truck. 6-Day and 3-Day Riders will pack their gear into bins and load them onto their team's designated truck.
 - **Most Crew will pack their belongings into their vehicles, not onto the trucks.** Check with your Crew Leads to determine where you should put your gear.
- All participants will **pick up their rider jerseys or crew t-shirts.**
 - 3-Day Riders must remember that they will not see their packed things until Tuesday afternoon /evening upon their arrival to Queen's University.
 - Finally, **all riders will proceed to the trucks and load their bins or bags into their designated truck**, ready for departure the next morning. **Bin dimensions are 32L" x 20.2W" x17.5H" (106 L).**
 - **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.

Please bring non-perishable food items for donation to PWA's Essentials Market.



Daily Schedule

This is a rough outline of what your days will look like on the Bike Rally

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.

Breakfast and Packing

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 Rustlers will help you load them securely.

Announcements and Departures

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.



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.

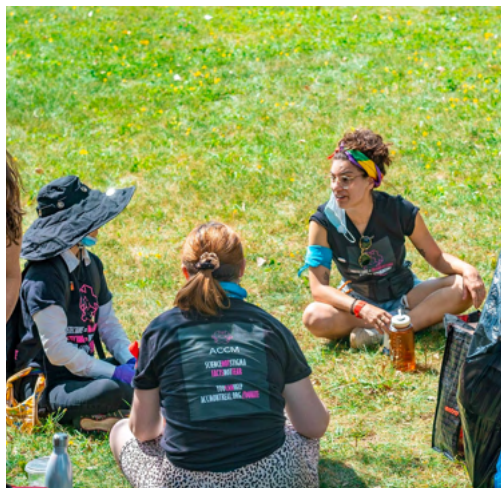
Muscles will stiffen as you cool down. Remember to stretch before starting back out.

Camp Arrival

All participants are required to check into camp by 5:00 PM each day. 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.

Keep in mind that the Road Support and Wellness Crew 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. In order to respect everyone's time, **Riders who do not arrive at camp by 5pm will be driven in by a Road Support vehicle.**

- Dollies are available to assist with moving bins at camp. Please make sure to return the dollies ASAP for others to use. If you pick up bins for a friend, please be sure to communicate this to each other in advance. This will save the Rustlers precious time rushing around trying to find "missing" belongings. Rest assured the Rustlers leave nothing behind at the campsites.
- For those who have air mattresses, each truck will have an air pump for your convenience.
- Once you are settled, stretch and enjoy a swim and/or a shower and relax before dinner.
- **Physical treatments (massage, chiro, assisted stretching, etc.) will be offered every day in camp.** Please book in at the Wellness tents as soon as you arrive into camp. There are also "massage guns" available for you to use on yourself.
- 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.



Dinner

- Dinner will be served from 5:30 – 7:00 PM. Bring your own refillable 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.
- Dinner ends promptly at 7:00 PM so please schedule your time accordingly.
- Evening announcements will take place at 6:30 PM each night during dinner.

Evenings

- **NEW: A confidential support group for those in Recovery** will run every night from 7:00-7:45 PM. Location and time at each campsite may vary slightly and will be announced in the Daily Cog.
- **Each evening will have a fun activity planned after dinner**, and we encourage you to be an active audience member or participant in the Talent Show, Kingston Drag in the Park, the Candlelight Celebration, or Karaoke!
- **Do not be that person who is disruptive** when the people in the tents around you just want to sleep after an exhausting bike ride.
- **Quiet time begins at 10 PM.** No tents are sound proof!



All Participants from Outside the Toronto Area

Toronto Accommodation for the nights of Friday August 5th and Saturday August 6th: If you have not booked accommodations in Toronto, we have confirmed low-cost university dorm accommodations that will be available to those who want it. All out-of-town participants have been contacted with more details.

Packing Day

Saturday August 6th, 9:00 AM -1:00 PM

- Arrive at Packing Day location no later than 12pm noon. Sign-in, pick-up your jerseys and gift bag, and pickup your bike if it has been transported for you from out of town.
- **IMPORTANT:** Be sure to take your official Day 1 jersey and bike back to your accommodations with you on Saturday night, as you'll need them first thing Sunday morning.



Departure from Toronto

Sunday, August 7th, 2022

Departure from Toronto

Corktown Common Park, 155 Bayview Avenue, Toronto

7:00 AM Rider Sign-in Opens

7:45 AM Teams Assemble/Group Photos

8:30 AM Speeches

8:45 AM Group Stretch

9:00 AM Departure

***Come out to cheer on
the 6-Day and 1-Day
Riders!***

For Crew vehicles, friends and family, there is free street parking available around the departure venue on Front Street and connected side streets, or underground Green 'P' parking lots available within walking distance.

When you arrive at Corktown Common, please check in at the registration desk under the large pavilion on the hill at the south end of the park. **Once Riders have registered, find your Team. Your Captains will be holding placards with your team name.** Crew may have duties that necessitate meeting before the ceremonies at a different location and time – please check with your Crew Leader.

All participants must wear the Official 2022 Bike Rally Jersey or Crew T-shirt which was provided the day before at Packing Day. Riders must bring everything they need for their first day on the road. During the ceremonies, riders are asked to leave their bicycles in the designated fenced-in area.

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.



Day by Day

Pre-Departure (3-Day Ride) Tuesday August 9th, 2022

3-Day Riders Join the Rally

On this day, 3-Day Riders from Toronto will be taking the VIA rail train from Toronto to Queen's University in Kingston, arriving at approx. 2:45 PM. They'll be picked up from the train station by a Crew vehicle.

At 3:00/3:30 PM the 3-Day Riders will arrive to Legget Hall Courtyard where you will collect your keys.

If you were present for Packing Day in Toronto, please access your bins, collect your bikes, and check into your rooms.

If you were not present to for Packing Morning in Toronto, please head into the courtyard and collect your bins, stickers, and other important stuff from the Rustler Crew.

Once settled into your rooms, connect with your Team Leads, and enjoy your evening in Kingston.



Day by Day

Day 3 (6-Day Ride) - Pre-Departure (3-Day Ride)

Tuesday August 9th, 2022

Dinner 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. **All participants are responsible for purchasing their own dinner in Kingston.** Traditionally, teams go out for dinner together, so check with your Captains.

DRAG IN THE PARK:

Tuesday, August 9th @7:30pm, Confederation Park, Kingston

Trellis HIV & Community Care, Tourism Kingston, and the greater Kingston community invites The Friends For Life Bike Rally to **DRAG IN THE PARK**, a showcase of fantastic (and slightly naughty) entertainment under the open sky in **Confederation Park (that's the big park between Kingston City Hall and Lake Ontario)**. The show will start at 7:30pm on the veranda of the Kingston Visitor Information Centre.

Join the Bike Rally's own Rowena Whey, Kingston Drag Doyenne Miss Tyffanie Morgan, and a star-studded array of local performers as they welcome the Bike Rally to Kingston.

After the show head across the street to **BEERS FOR QUEERS - THE BIKE RALLY EDITION** a special edition of a local weekly event in our honour! Happening at 8:30pm at **Tir Nan Og Irish Pub inside the Prince George Hotel**. 200 Ontario Street, Kingston.

**Note that this event is the new iteration of the Drag Show at Stages Nightclub that was done in previous years.*



Day by Day

Day 4 (6-Day Ride) - Departure Day (3-Day Ride) Wednesday August 10th, 2022

Breakfast at Queen's

Top fundraising Riders and Crew wear their top fundraiser jerseys and t-shirts, and the top fundraiser riders will lead us out of Kingston.

This morning we ask that all participants return bins and gear to the courtyard where they got them BEFORE breakfast begins at 6:00 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.

Breakfast is at 6:00 AM sharp!

Today we acknowledge and celebrate Top Fundraisers, welcome our 3-Day Riders, as well as 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.

Before departing, drop off your keys at Leggett Hall with the desk attendants.

Do not forget to drop off your room key as you will be charged.

\$125 for unreturned keys!



Day by Day

Day 4 (6-Day Ride) - Departure Day (3-Day Ride) Wednesday August 10th, 2022

Kingston to Johnstown: 109 km

In addition to Top Fundraiser jerseys, it's also Decorate Your Helmet Day: the time to add some creativity to your helmets! Bring out your baubles and streamers, your pompoms, etc. Just make sure everything fastens well to your helmet so that nothing falls off and nothing is poking into your head while you ride!

Break one is at the 31 km mark (Gananoque Town Park, Gananoque, ON).

Lunch is at the 55 km mark (The Rockport Barn, Rockport ON).

Our traditional lunch spot, Brown's Bay Park, is under construction and inaccessible this year.

Break two is at the 83 km mark (Armagh Sifton Price Park/Brockville Railway Tunnel, Brockville, ON).

Camp is at the 110 km mark.

- Grenville Park Campground is located just past Prescott at the foot of the bridge to the USA.
- **Post-ride yoga session will be happening at 4:30pm** on the lawn beside the beach.

- Swimming and showers are both available. Please note you will need loonies to operate the showers at this campsite.

Candlelight Celebration

The Candlelight Celebration starts at 8pm and is an honoured Bike Rally tradition. 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.

[Click here to sign up as a speaker](#) and share your reasons for doing the Ride.



Day by Day

Day 5 (6-Day Ride) - Day 2 (3-Day Ride)

Thursday August 11th, 2022

Johnstown to Lancaster: 108 km

Today, riders and crew wishing to disclose their poz status may wear their poz jerseys and t-shirts. These can be picked up the night of Day 4 from Bike Rally staff at a designated area in camp.

A person's HIV status is personal and private. Unless you have their explicit permission, refrain from photographing any riders or crew wearing a poz shirt. Any official photos not use any image with a poz shirt or jersey without the permission of the wearer.

Break one is at the 29 km mark

(Morrisburg Beach Park, Morrisburg, ON).

Lunch is at the 60 km mark

(Milles Roches Island, Thousand Islands, ON)

**Break two is at the 78 km mark
(Cornwall Bandshell, Cornwall, ON).**

Dairy Queen stop is at the 104 km mark

Everyone loves Dairy Queen! \$0.50 from every purchase will be donated to the Bike Rally.

Camp is at the 108 km mark

Glengarry Park Campground is a beautiful wooded campground nestled along the shore of the St. Lawrence. [Go for a swim at the beach, or take advantage of the free showers.](#)

Evening activities

Karaoke! We'll start the festivities at 8 pm. The song list will be available after dinner for selecting your favorite tune and signing up on the performers list.

[Click here to sign up as a participant](#) for karaoke!



Day by Day

Arrival Day - Friday August 12th, 2022

Lancaster to Montréal: 101 km

Today, riders wear their official 2022 jerseys, and Crew wear their official 2022 t-shirts.

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

Break one is at the 30km mark
(Parc Wilson, Coteau-du-Lac, QC).

Lunch is at the 53km mark
(Parc Shamrock on L'île Perrot, QC).

Montréal Arrival

All Riders must meet at the rendezvous point by 2:00 PM. We 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.

At this point we are on a tight schedule, and must stick to it in order to honour our contracts with the City of Montreal and the Montreal Police. If you are not at the rendezvous by 2:00 PM, Road Support will pick you up and drive you there. If choose not to be transported, the rest of the Rally will unfortunately have to depart into Montreal without you.

As with departure, safety is paramount. Riders will be without any 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.



Day by Day

Arrival Day - Friday August 12th, 2022

Arrival Festivities Begin: 3:00pm

Riders Arrive: 4:00pm

Location – We are excited to be **arriving at Place Emilie-Gamelin** for the first time since 2018!

All Crew with cars or minivans should be parked by 3:00 pm at the underground parking at 1601 Rue Sanguinet (just a 3 block walk from Place Emilie-Gamelin). Rustlers and larger food trucks will be parking above ground at Le Centre St-Pierre, 1212 Rue Panet.

NEW: All participants will receive one drink ticket to buy an alcoholic or non-alcoholic drink at the park concession stand. Have cash or a tap debit/credit card on-hand if you'd like more than one.

Friends and family should arrive at the park no later than 3:30pm in order to cheer the Riders in!



Day by Day

Arrival Day - Friday August 12th, 2022

Congratulations! You Made It!!

Bin & Bike Exchange

As we celebrate our arrival, the Rustlers are celebrating too, so there will be no access to the Rustler trucks during the ceremonies.

After the celebration, **participants are to proceed to the bin pick-up/bike drop-off** located directly beside Place Emilie-Gamelin. **Access to the trucks will be from 4:45 PM – 6:15 PM only.**

Riders must first load their bikes into the trucks to be returned to Toronto. They then **must collect all their things (including tents and chairs), leaving only their bikes.** Please ensure your license plate is still attached before it is loaded onto the truck.

Remember: It is your responsibility to get all your belongings back home, except your bikes.

NEW: If you absolutely can't bring your camping equipment with you, there will be one bin for camping equipment **trash**, and one bin for camping equipment **donations** (for use by future Rally participants). Please only donate equipment that is in good working order, is not ripped or with holes.

Note that although the Rustlers will treat your bikes with care, they are not responsible for any damage.

While the 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 you pick it up in Toronto the evening of **Monday, August 15th or Tuesday, August 16th.**



Day by Day

Arrival Day - Friday August 12th, 2022

Montréal Accommodations

On **Friday, August 12th**, riders and crew have the option of staying at the accommodation provided by the Bike Rally at Grey Nuns Concordia, or making their own arrangements.

Accommodation costs at Grey Nuns will be reimbursed for all Riders for the Friday night, and for Crew until our return trip to Toronto on **Sunday, August 14th**.

If you are a rider and wish to stay an additional night (**Saturday, August 13th**), you must reserve your own accommodations, and you will not be reimbursed for staying a second night in the student residences.

Do you still need a place to stay after arriving in Montreal? If YES, you can still book at the Grey Nuns Residence at Concordia University. [Click here for price & location info and to book your room.](#)

Montréal Transportation

If you're staying at or near the Le Centre Sheraton Montreal or Concordia Grey Nuns Residence **there will be free shuttle buses running every 30 mins from our arrival location at Place Emilie-Gamelin**, stopping at these two accommodations. This is free and no booking is required.

If you don't want to wait for the shuttle bus, the Green Metro line also runs directly from Place Emilie-Gamelin to Grey Nuns.

NEW: Unlimited weekend Metro passes will be given to those Crew who want them. These are good for trips between 4pm Friday and 5am Monday.

Evening Activities

Celebration Party at Sky Bar (1478 St Catherine St E) on the first floor. Patio, drag show, and more! Join us between **9:00 - 11:00 PM** to celebrate a successful journey and congratulate each other, family and friends welcome!



Returning to Toronto/Kingston

Crew Return Transport

With a few exceptions, most Crew Members will drive back in the rental vehicles on **Sunday, August 14th at 8:00 AM**. Return to Toronto on Sunday is mandatory, except with permission from your Crew Leads. If Crew stay longer in Montréal, their second night at Grey Nuns will not be reimbursed.

Rider Return Transport - REVISED

These are the options for Rally-organized transportation back to Toronto:

- Free transport back with the Crew on Saturday August 13th @ 10am
- Free transport back with the Crew on Sunday August 14th @ 8am
- A coach bus is being chartered to depart Montreal at 3pm on Sunday August 14th. A \$50 deposit must be paid by participants to book. The deposit will be refunded if you use your spot - no-shows will not receive a refund.

[Click here to fill out the transport form](#) to tell us your preferences and reserve a seat.

Toronto Unloading & Bike Pick-Up

We need volunteers to assist the Crew in unloading supplies and returning equipment to various locations in Toronto on the afternoon of **Sunday, August 14th**.

For more information and to volunteer, please contact PWA Special Events Coordinator, Emma-Cole McCubbin at 416-506-1400 ext.238 or by email at emccubbin@pwatoronto.org

Riders can pick-up their bikes at Msgr. Fraser – Isabella Campus Secondary School during the following times:

Monday, August 15th 2:00 - 6:00 PM

Tuesday August 16th 4:00 - 8:00 PM

You absolutely must pick your bicycle up at one of these two slots. Please bring photo ID to reclaim your bike. If you cannot pick up your bike, please arrange for someone to pick it up for you, and let staff know who that person will be.



Bike Rally Leadership

Bike Rally Staff:

To be visible, staff will be wearing **PURPLE lanyards**, so come ask us anything!

PWA Development Director:
Anthony Johnson

Bike Rally Manager: Michael Reid

Bike Rally Event Officer: Emma-Cole
McCubbin

Bike Rally Assistants: Mervin Hall &
Marie Marchand

Agency Executive Directors:

Toronto PWA Foundation:
Suzanne Paddock

AIDS Community Care Montreal (ACCM):
Emilie Renahy

Trellis HIV & Community Care:
Gilles Charette

Steering Committee:

2022 Co-Chairs: Sam Lapidus & Gaby Harvey

Past Co-Chair/Recruitment & Retention Lead:
Simon Lysnes

Nutrition Crew Co-Leads: Todd Davies &
Pat Lucas

Rustlers Crew Co-Leads: Brent-Everett James &
Eric Klaver

Road Support Crew Lead: Harvey Kaye

Team Captains Co-Lead: Eli Elsasser &
Brent Southin

Training & Support Co-Lead: Geoff Gibson &
Steve Yeates

Fundraising Coach: Yannick Picard



Bike Rally Leadership

Team Captains

Rally's Angels: Michael Shreve & Vanessa Pinto

In-Cog-Nito: Helen Williams & Robb Walker

Glimmer Gams: Ken Allen & Mark Johnston

Wonder Gears: Steve Yeates & Geoff Gibson

Phoenix Riding: Dean Miller & Jeff Otto

Clips & Chains Excite Me: Ari Caylakyan & Jeremy Hall

Tour de Farce: Josh Roy & Ricky Guy

Sassy Spinners: David Hughes & Paul Dawson

Glitter Butts: Simon Lysnes & Tim Martin



Friends For Life Bike Rally Policies

Stick to the Route

All riders must stay on the designated route during the Rally.

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 with their Team Captains upon arrival at the campsite each night.

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

If you run into less serious problems along the route, flag down a Road Support vehicle for assistance or call the help number on your license plate 647-641-4357 (647-641-HELP)

You will also need to fill out an online incident report with Road Support volunteers or Bike Rally staff.



Friends For Life Bike Rally Policies

Alcohol and Drugs

Under no circumstances are participants permitted to ride or drive while under the influence of alcohol, cannabis, or illegal substances.

The Toronto People with AIDS Foundation staff and the 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

The 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 or the Rally itself, you can approach staff directly or email PWA's Director of Development Anthony Johnson at ajohnson@pwatoronto.org. All incident reports are kept confidential.



Friends For Life Bike Rally Policies

Injured Participants

If an injury or accident of a serious or urgent nature occurs while riding or driving, call 911 first then the Bike Rally emergency number.

Should a participant suffer a less serious injury or illness during the event, he or she will be examined by a Rally paramedic and is transported to the nearest hospital for treatment, if necessary.

If the paramedics, in consultation with Rally leadership, deem 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.

If a rider is unable to continue cycling due to a health condition, but can safely assist one of the support crews, the rider may be assigned a crew role for the duration of the ride.

Any decision in this regard will be made through consultation between the Rally paramedic, the participant and Bike Rally leadership.

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.



Friends For Life Bike Rally Policies

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/Public

As participants, we are all unofficial Bike Rally spokespersons in all of our conversations.

Sometimes local media or community members will approach you to talk about the Rally. At all times, it is expected we represent ourselves and the Bike Rally professionally. If you choose to speak with them, be sure to only speak to your own experiences, feelings and personal story.

If you feel uncomfortable speaking to the media or members of the community you can direct them to one of these people: Sam Lapidus and Gaby Harvey (Co-Chairs), Simon Lysnes (Past Co-Chair), Anthony Johnson (PWA Development Director), Michael Reid (Bike Rally Manager) are the official spokespersons for the Bike Rally.



Friends For Life Bike Rally Policies

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



You're making a real difference in the lives of people living with HIV.

Thank You.