



# 2023 RIDER HANDBOOK

*Toronto-Montreal (6-Day)*

*Version 1 : July 1st, 2023*

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## Message From the Co-Chairs

Hello Bike Rally!

Welcome to the 25th Anniversary of the Friends for Life Bike Rally. Thank you for choosing to be part of this event and this community.

Together we'll celebrate the resilience, dedication, and passion of our community. HIV/AIDS has a long history and one the Rally community has shared. This year presents an opportunity to reflect on our journey, how far we've come, and what lies ahead.

***"As long as there's a reason there's a ride."***

We're thrilled to share this journey with each of you, our returning Riders and Crew, and our first-year participants. We welcome each and every one of you, and rest assured you are in for an incredible journey. A journey that will change lives and build community. This is the Friends for Life Bike Rally.

Life is full of, moments that can change our perspectives and sometimes even alter our lives. Whether you're a new participant or returning, we've all experienced unique moments associated with the Bike Rally.

The moment we decide to participate, our reasons why, experiences with teams, training, fundraising, and building relationships. Each moment has become our story. This journey is one that at its core helps people living with HIV/AIDS. The ride will have a positive impact on their lives as well as our own. The best is yet to come!

Our purpose, as it is each and every year, is to support The Toronto People With AIDS Foundation (PWA). Along with our partners in Kingston (Trellis HIV & Community Care) and Montreal (ACCM -AIDS Community Care Montréal) we get to support our local communities, and help the AIDS Service Organizations do their vital work. The work is necessary in providing essential services, advocating for equality in access, and fighting stigma. It's an honour and a privilege to ride with and for these organizations.

The Bike Rally is a community of like-minded people doing great things. With a Steering Committee of over 30 dedicated volunteers, Team Captains, sponsors, donors, supporters, and PWA staff members we've worked together all year long to organize and execute this outstanding event. Your experience is important and we've worked hard to create a safe and welcoming environment, a diverse and embracing community. We look forward to sharing the Bike Rally journey with you.

This year, we have a lofty goal of \$1.8 Million. With rising inflation, the cost of living and government funding cuts, more people are in need. Our fundraising efforts come with a telling story of why we need to support people living with HIV/AIDS. We are some of the voices that will tell that story and engage donors and supporters. Because of us they will believe in the work we do and be part of this caring community who step up and give back.

"The greatness of a community is most accurately measured by the compassionate actions of its members."

Have an amazing journey, take in every moment, and be proud of the work we're doing!

Thank you!

Gaby Harvey & Robb Walker

Co-Chairs, 25th Anniversary, Friends for Life Bike Rally

## Final 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 5th. 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 Rider route maps on RideWithGPS.** Keep in mind that the maps are subject to change in the days leading up to Departure.

- 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" x 17.5H" (106 L) each. Note that the bins taper down on an angle towards the base, so bottom dimensions are slightly smaller (25L" x 14W")

- Low-Cost Departure & Arrival Accommodations:** We guarantee everyone a place to stay on either end of the Ride. [Click here for details about your options.](#)

- Bike Rally Transportation:** We will be providing return bus transportation from the Grey Nuns Residence at Concordia University in Montreal, with stops at Trellis HIV & Community Care in Kingston & Monsignor Fraser College in Toronto. **Departure options:**

- Saturday August 12th, 2023
- Sunday August 13th, 2023
- Monday August 14th, 2023

A \$50 deposit is required to reserve your seat and will be reimbursed after the Rally to participants who use the service.

[Click here to complete the online deposit form.](#)

**NOTE: Crew returning on Sunday the 13th will drive their vehicles and don't need to book a bus!**



## 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 2023 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. Bring cutlery.
- 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 2023 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)

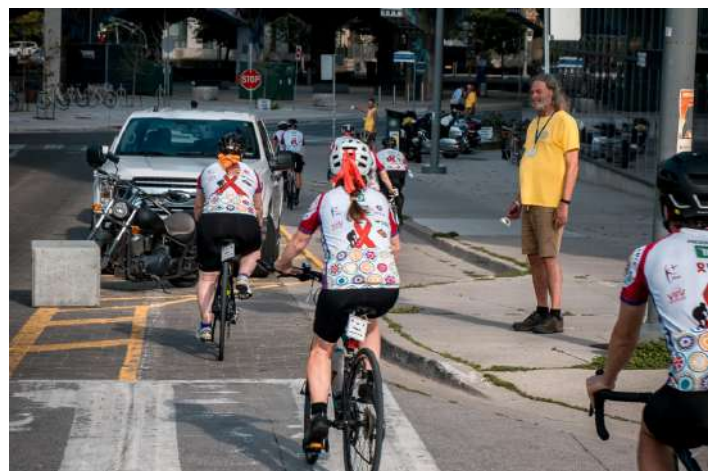
## First Aid Supplies

- 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
- Eye drops (Allergies, smoke, etc.)

# 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 who organize and plan 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.

### Nutrition

- 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

We will also be supplementing our volunteers with **two professional sports event paramedics**.

This Crew will:

- Mark the route with Bike Rally signage.
- 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 5, 2023, 9:00 AM-1:00 PM**

**Monsignor Fraser College – Isabella Campus  
146 Isabella St. Toronto**

- This day is mandatory for all **Crew, 1-Day, and 6-Day Riders**. Also for **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 8th.
- **1-Day Riders will load their backpacks or small bags** onto their 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 also **load their bicycles** for transport to Kingston. Remember, you will not see your packed things until Tuesday afternoon /evening upon their arrival to Queen's University.
- **6-Day and 3-Day Riders** in attendance 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 5:45 AM -6:45 AM** unless otherwise indicated (Rider Teams helping with breakfast report at 5:30 AM). Use your own **re-usable plate** (parchment cover sheet provided) and **cutlery** for breakfast. Do as much of your packing as possible before you eat.

### Announcements and Departures

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.

**Morning announcements and group stretching will take place at approximately 7:30 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.

**Plates and cutlery will be provided** to you at lunch. The plates are re-useable so don't throw them out!

## Camp Arrival

**All participants are required to arrive into camp by 5:00 PM each day.** When you arrive, find your assigned truck, claim your bins and transport them to a camping spot of your choice in the area designated for the Bike Rally.

Road Support and Wellness Crews will be out on the road before the Riders depart each morning and don't finish until the very last Rider arrives at the campsite. 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. Use your own **re-usable plate** (parchment cover sheet provided) and **cutlery** for dinner.
- Once the Nutrition 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

- **A confidential support group for those in Recovery** will run every night from 7:00-7:45 PM. Meetings will be held discreetly at each campsite in varying locations. Ask a staff member or at Rally HQ for that evening's meeting spot.
- **Each evening will have a fun activity planned after dinner**, and we encourage you to be an active audience member or participant in the Lip Sync Battle, Kingston Drag in the Park, the Candlelight Celebration, or Karaoke!
- **Quiet time begins at 10 PM.** Remember, No tents are sound proof!
- Don't be that person who is disruptive when the people in the tents around you are trying to sleep. The Rally is exhausting and everyone needs their rest!



## 6-Day Participants From the Montreal & Kingston Areas

Gear and Bike Drop-Off / Transportation to Toronto, Friday August 4th

- **10am Montreal:** Load gear and bikes into a Bike Rally truck outside ACCM in Montreal. The truck will also make a stop in Kingston to pick up gear and bikes for participants from that area. The truck will take your items to the Packing Day location in Toronto and store securely overnight (Participants who can't attend Friday morning can drop their gear and bike off at ACCM Thursday evening).
- Montreal participants who would like transportation to Toronto will then board the designated bus or VIA train (TDB based on numbers) to start their journey.
- **1pm in Kingston:** When the truck arrives from Montreal, load gear and bikes outside of Trellis in Kingston. The truck will take your items to the Packing Day location in Toronto and store securely overnight.
- Kingston participants who would like transportation to Toronto will then board the designated bus or VIA train (TDB based on numbers) to continue the journey!

If you are planning your own travel to Toronto (train, plane, car) please note you need to be at the Packing Day location in Toronto no later than 12:00pm noon on Saturday August 5th to sign-in, pick-up your jerseys and gift bag, and take your bike for Departure on Sunday.



## All Participants from Outside the Toronto Area

**Toronto Accommodation for the nights of Friday August 4th and Saturday August 5th:** 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. [Click here for booking.](#)

## Packing Day

Saturday August 5th, 9:00 AM -1:00 PM

- Arrive at Packing Day location no later than 12pm noon. Sign-in and pick-up your jersey/t-shirt and gift bag. If your bike has been transported for you from out of town, you can pick it up now, or indicate that you'd like it brought directly to Departure the following morning.
- **IMPORTANT:** Be sure to take your official Day 1 jersey back to your accommodations with you on Saturday night, as you'll need them first thing Sunday morning.



## 6-Day/1-Day Departure Ceremony

Sunday, August 6th, 2023

### Departure from Toronto

Corktown Common Park, 155 Bayview Avenue, Toronto

7:00 AM Rider/Crew Sign-in Opens

7:45 AM Group Photos

8:30 AM Speeches

8:45 AM Group Stretch

9:00 AM Departure

For 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, including at 120 Bayview Avenue and 100 Cooperage Street. **Official parking for Crew vehicles** is being arranged at nearby locations. Check with your Crew Leads for more info.

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, join your Team in the field. 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 2023 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

### Day 1 – Sunday, August 6th, 2023

**Toronto to Port Hope: 115 km**

**Break one is at the 23 km mark** (East Point Park, Scarborough, ON).

**Lunch is at the 60 km mark** (Lakeview Park, Oshawa, ON).

**Break two is at the 84 km mark** (Bondhead Parkette, Bond Head, ON).

**Camp is at the 115 km mark.** (Agricultural Park & Recreation Centre, [62 McCaul Street, Port Hope ON](#)).

When you arrive, grab your bins and **set up camp in the lower field** on the south side of McCaul Street.

*\*\*\* A huge thank you to Helen Anne Haskill and her late husband Sanford who hosted our campsite on their family farm for well over a decade! The farm is being sold, so our camp has moved to the new location at the Port Hope Rec Centre.\*\*\**

- There are **6 portable showers** located outside the Rec Centre, and **2 showers** inside.
- Enjoy the afternoon! Go to the **beach**, play **pickleball** or **basketball**, enjoy a "**spa experience**" in the indoor lounge, get a **physical treatment**, or walk 20 mins and explore **downtown Port Hope** along Walton Street (includes patio restaurants, galleries, LCBO, coffee shops and more!)
- **Starting at 3:00 PM**, shuttle vans will depart from the "**BEACH SHUTTLE PICK-UP**" sign to bring people to the nearby beach for swimming. The beach is also a 20 min walk or 5 min bike ride.
- 1-Day Riders can get changed into regular clothes in the Rec Centre changerooms.
- Dinner will be in the **air-conditioned gym from 5:30 PM to 7:00 PM**. The evening program, including a celebration of the 1-Day Riders, will run from 6:30 PM - 7:30 PM
- The bus returning 1-Day Riders, friends & family to Toronto will **depart at 8:30 PM**.





## Day by Day

### Day 1 – Sunday, August 6th, 2023

#### 1-Day Rider & Cheer Squad Send-Off

If you're a 1-Day Rider – congratulations! After months of training and fundraising, you've made it!

Thank you for a great day. We hope you had a fantastic experience and hope you will join us for the Bike Rally next year!

1-Day Riders returning to Toronto must have their **bikes loaded on to the assigned truck by 5:30 PM.**

Following the evening program, participants will meet the **bus outside of the Rec Centre, departing at 8:30 PM.**

The bus is scheduled to arrive in Toronto back at Monsignor Fraser High School (location of Packing Day) by **10:00 PM.**

The Rustlers and staff will be on hand with the 1-Day Riders' bikes. All Riders are required to pick up their bike that evening.



## Day by Day

### Day 2 - Monday August 7th, 2023

#### Port Hope to Adolphustown: 121 km

Riders and Crew can wear whatever jersey/t-shirt they want on this day.

**Break one is at the 38 km mark** (Wicklow Beach Park, Wicklow, ON).

**Break two is at the 57 km mark** (King Edward Arena in Brighton, ON).

**Lunch is at the 82 km mark** (Consecon Royal Canadian Legion 509, Consecon, ON).

**Break three is at the 105 km mark** (Mustang Drive-In Movie Theatre, Prince Edward County)

#### Camp is at the 121 km mark.

U.E.L. Heritage Center/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.**
- A post-ride **yoga session will be happening at 4:30 PM** on the lawn beside the dinner tent.
- We are thrilled to announce an exciting NEW evening event, **Friends For Life Lip Sync Assassin!** Since a lot of effort is put into prepping your fabulous fancy red dresses, we'd like to give you an additional opportunity to show it off, while joining in a fun drag competition! [Click here for more info](#) or ask your Team Captain how to participate.



## Day by Day

### Day 3 - Tuesday August 8th, 2023

#### Adolphustown to Kingston: 51 km

Today is Dress in Red Day, feel free to wear a fancy red get-up!

Please **load your bins by 7:30 AM!** It's a short day, so the Rustlers need to leave early for the Riders to get their bins at Queen's.

#### Break one is at the 21 km mark

(Finkle's Shore Park, Bath, ON)

#### "Camp" is at the 51 km mark

No campsite today! We will be staying in the residences at Queen's University.

- **A Buffet Lunch will be available at Queen's from 11:30 AM -1:30 PM.** You must wear your official Bike Rally nametag to get lunch and breakfast at Queen's, as well as gain access to your bins and/or bikes.
- Rooms keys are available when you arrive, but rooms aren't accessible until 1pm.
- Bring what you need for the day to your rooms—including your bikes—leave the bins in the courtyard.
- If you are staying off-campus, remember to keep your nametag if you intend to eat with us at Queen's University.
- Laundry facilities are available at Queens, so bring money to buy laundry cards or take your clothes to a local "wash & fold" such as Econo Coin Laundry (250 Queen St, Kingston).
- All riders have the afternoon and evening off, and will be responsible for their own dinner arrangements. This is typically the evening when teams dine together.
- The mechanics are also off, so if you encounter a bike problem, you may need to go to a local bike mechanic.



## Day by Day

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

Tuesday August 8th, 2023

#### 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 8th @7:00 PM,  
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 7:00pm on the veranda of the Kingston Visitor Information Centre.

Join Kingston's own Miss Tyffanie Morgan, Rowena Whey 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 after 8:00 PM at **Tir Nan Og Irish Pub inside the Prince George Hotel**. 200 Ontario Street, Kingston.



## Day by Day

### Day 4 (6-Day Ride) - Departure Day (3-Day Ride) Wednesday August 9th, 2023

#### 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 and the Bike Rally Legacy 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 9th, 2023

#### 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).

**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 10th, 2023

#### 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 taken this day will not be used without the permission of the jersey 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 11th, 2023

#### Lancaster to Montréal: 101 km

Today, riders wear their official 2023 jerseys, and Crew wear their official 2023 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).

**Break two is at the 80km mark**  
(Lachine Canal, Montreal, 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 you 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 11th, 2023

**Arrival Festivities Begin: 3:00pm**

**Riders Arrive: 4:00pm**

Location – We are excited to be **arriving at the beautiful Parc Lafontaine** for the first time ever! Located just west of the Village, it features giant trees, a small lake and restaurant area.

**All Crew with cars, SUVs or minivans should be parked between 1:30 PM and 2:30 PM at Concordia Grey Nuns residence at 1190 Guy Street.** At the parking lot you'll receive your weekend Metro pass. Take the orange subway line to Sherbrooke station and walk the short distance to Parc Lafontaine.

Rustlers and larger food trucks will be parking at a different location that is currently being finalized. More info to come!

NEW: Drinks will be acquired with drink tickets that must be bought via the Bike Rally. An online purchase form will be made available the week before the Rally, with drink tickets being distributed in camp on Day 5. Drink tickets can also be purchased at Parc Lafontaine for participants who need more, or by their friends and family.

**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 11th, 2023**

**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 bins during the ceremonies.

After the celebration, **participants are to proceed to the bin pick-up/bike drop-off** located directly beside Parc La Fontaine.

**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.

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 removing your tape and stickers and** 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 14th or Tuesday, August 15th.**



## Day by Day

### Arrival Day - Friday August 11th, 2023

#### Montréal Accommodations

On **Friday, August 11th**, 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 13th**.

If you are a rider and wish to stay additional nights (**Sat Aug 12th and Sun Aug 13th**) you will only be reimbursed for the first night.

**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 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 Parc Lafontaine**, 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 Orange Metro line (Sherbrooke Station) is a 10 minute walk from the park and runs close to the Sheraton and Grey Nuns.

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

We are working on confirming the details of our evening Arrival Party in Montreal! Stay tuned...



## Returning to Toronto/Kingston

### Crew Return Transport

With a few exceptions, most Crew Members will drive back in the rental vehicles on **Sunday, August 13th at 8:00 AM**. If you would like to stay longer than Sunday you need permission from your Crew Leads. If Crew stay longer in Montréal, their second night at Grey Nuns will not be reimbursed.

### Rider Return Transport

The Bike Rally will be providing 3 return buses departing from the Grey Nuns Residence in Montreal, with stops at Trellis in Kingston & Msgr. Fraser College - Isabella Campus in Toronto. They will depart:

- Saturday August 12th, 2023
- Sunday August 13th, 2023
- Monday August 14th, 2023

A refundable \$50 deposit is required to reserve your seat. The deposit will be refunded if you use your spot - no-shows will not receive a refund. **Make reservations by completing the online deposit form.**

### Toronto Unloading & Bike Pick-Up

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

**Monday, August 14th 2:00 - 6:00 PM**

**Tuesday August 15th 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 2024

Amazing new initiatives are coming to the Bike Rally for the 2024 year, and we're super excited about them. We hope you get excited too! Sign up early, get fundraising early, and we'll see you on the road. Thanks again for being a Friend for Life!



## **Bike Rally Leadership**

### **Bike Rally Staff:**

Event Manager:  
Michael Reid

Event Officer:  
Emma-Cole McCubbin

Marketing Coordinator:  
Abubaker Bukulu

Logistics Coordinator:  
Izi Janc

### **Agency Executive Directors:**

Toronto PWA Foundation:  
Suzanne Paddock

AIDS Community Care Montreal (ACCM):  
Emilie Renahy

Trellis HIV & Community Care:  
Gilles Charette

### **Steering Committee:**

2023 Co-Chairs: Gaby Harvey & Robb Walker

Community Engagement: Ted Robinson,  
Jehd Canceran & Vince Hughes

Sponsorship: Stiva Sinanan & Neil Kudrinko

Fundraising: Seamus Butterly & Trevor Hopman

Participant Engagement: Dustin Seidler & Sara Menard

Recruitment & Retention: Simon Lysnes,  
Jacob Nagy & Laurence Lui

Team Captain Co-Lead: Eli Elsasser & Brent Southin

Training & Support: Stephen Yeates & Milly Weidhaas

Nutrition: Todd Davies & Tak Tsukada



## **Bike Rally Leadership**

Road Support/Wellness: David MacKay & Trinity Dempster & Stephen McKeown

Rustlers: Brent Everett James & Eric Klaver

Tech Support: Harvey Kaye

25th Anniversary: Sam Lapidus



## **Bike Rally Leadership**

### **Team Captains**

**Spokémon:** Jeff Otto & Dean Miller

**Chain Reaction:** Mark Keller & Carl Hiehn

**Tour de Prance:** Brian Millward & Jonathan Robbins

**Horde of the Rings:** Michael Shreve & Vanessa Pinto

**Pneu Sensations:** Josh Roy & Kevin Egan

**The Curious Incident of the Cog in the Night Time:** Jeremy Hall & Anthony Castaneda

**House of Quads:** Dustin Seidler & Stiva Sinanan

**Cycling Everywhere All at Once:** Steve Yeates & Milly Weidhaas

**Clippindales:** Tim Martin & Simon Lysnes

**Friends With Bikes:** Paul Dawson & Connie Crosby





## 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 The Bike Rally Manager Michael Reid at [mreid@pwatoronto.org](mailto:mreid@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: Robb Walker and Gaby Harvey (Co-Chairs), Sam Lapidus (Past Co-Chair), Michael Reid (Bike Rally Manager) are the official spokespersons for the Bike Rally.

# COVID-19 Policy

## Prior to the Event

- **We strongly recommend being fully vaccinated, including a third dose.** Participants who are at higher risk as encouraged to get their 4+ doses, depending on advice from your medical professional.
- **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 2024 Bike Rally.

## During the event

### 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. There will be a strict “no-shaming” policy around masking.
- The Bike Rally will provide a supply of **high-quality masks (N95, KN95, KF94)** which can be picked up at Packing Day or from the Wellness Crew.
- The **only time that masking will be mandatory** is to protect others if you develop COVID-like symptoms.

## In the Event of Illness

- Any individual experiencing COVID-19 symptoms should **put on a mask and call the Bike Rally Helpline or approach the Wellness Crew.**
- 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 2024 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.*

## The Bike Rally Will Provide

- High-quality well-fitting masks (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.

# Air Quality Policy

As smoke from wildfires becomes a more regular occurrence across the Bike Rally region, we are studying the best ways for us to adapt over the next few years to keep our participants healthy and safe.

Ultimately, it is up to individual riders to understand air quality advisories and assess their personal risk before cycling long distances (Air quality updates will be included in the Daily Cog and in the Morning Announcements). In terms of postponing or cancelling riding on specific days of the Rally, we are working under the current loose guidelines, which are subject to change:

- Air Quality Health Index of **9-10 or more**: Riding will likely be cancelled.
- Air Quality Health Index of **7-8**: Riding could be cancelled, depending on other variables (temperature, ride difficulty, etc.)
- Air Quality Health Index of **6 or under**: Riding will not be cancelled. It is up to individual participants to assess their own risk.

Any Rider who is not comfortable riding for any reason will always be given the choice to be transported by Road Support/Wellness to the next rest stop, or straight to camp.



## 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



# Sam's 6-Day Prep & Pack

Our Past Co-Chair Sam Lapidus shares his personal process for prepping and packing for the 6-Day Ride.

## Before the Ride

- Pack
- Download route map file and install onto cycling computer
- CHARGE ALL DEVICES, battery packs, computer, lights, and bike's Di2 in advance
- Set Weather app(s) to track the Ride
- Set email and voice mail away messages

## Ride Days

### Day 1

- See bottom of this list

### Day 2

- Shorts (second pair)
- Socks (second pair)
- Sports Drink additives
- Change for shower: \$1 x2

### Day 3

- Red Dress outfit
  - Jersey
  - Shorts (third pair)
  - Red Dress / Dress in Red outfit
  - Socks (red) (third pair)
  - Gloves (red)
- Sports Drink additives

### Day 4

- Jersey: Top Fundraiser (if earned)
- Repeat shorts of day 1
- Socks (fourth pair)
- Helmet decorations
- Sports Drink additives
- Change for shower: \$1 x2

### Day 5

- Jersey: Jersey of choice or Team Jersey (older F4L option or other)
- Repeat shorts of day 2
- Repeat socks or new
- Sports Drink additives
- Note: spider camp; appropriate clothing for this site

### Day 6

- Quebec reflector kit
- Jersey: From day 1
- Repeat shorts of day 3
- Repeat socks or new
- Sports Drink additives
- Shoes and socks for MTL park arrival

# Sam's 6-Day Prep & Pack

## Clothing and Other:

- T-shirts x5
- Shorts x2
- Shoes x2
- Sandals
- Long pants x2
- Sweatshirt/fleece x1
- Sweatpants x1
- Socks x8
- Underwear x6
- Sleeping clothes x3
- Swimsuit x1
- Sunglasses (other than cycling pair)
- Rain jacket
- Cool weather gear
- 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)
- Bandages
- Extra water bottle
- Sunglass' case for cycling glasses
  - o Cleaning cloth

## Other

- Spare rear derailleur hanger
- Duffle bag(s) or knapsack (to carry gear at the end of the Bike Rally)
- Earphones
- Supplies for activities related to daily themes and evening activities
- Spare cycling peddle cleats
- Spare water bottle
- Tent decorations
- Materials to protect the bike for transport back to Toronto
  - o Foam pipe insulation tubes
  - o Bubble wrap
- If a Team Co-lead:
  - o Extra coloured duck tape and Sharpie
  - o Pen

# Sam's 6-Day Prep & Pack

## Evenings

### Camping Gear:

- Tent w/ fly (folded and packed; should be no longer than 3 feet)
- Ground sheet if using Coleman tent
- 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)
  - o Inflatable couch
- Air mattress or sleeping pad
- Sleeping bag
- Sheet (good for hot weather if sleeping bag is too warm)
  - o Pillow
  - Mug
  - Cutlery
  - Towel
  - Old towel or rag
  - Toiletries
    - o Tooth brush
    - o Tooth paste
    - o Deodorant
    - o Small scissors
    - o Medications and vitamins including Magnesium and Leg Cramp Pills
    - o Antacids
- Tent decorations
- o Pain relievers
- Camp suds (biodegradable all purpose body / hair soap)
- After Bite and/or Antiseptic Spray
- Caffeine Pills
- Benadryl
- Pain killers
- Volteran
- Money (for campsite showers)
  - o Loonies x 4
  - o Quarters x 8
- Phone / USB chargers (reception/charging facilities not always available)
  - o ie. Portable power pack batteries w/ USB ports (and the needed cables)
- Flashlight / headlamp and extra batteries
- Tent lantern
- Duck tape (coloured preferred)
- Newspaper (to dry out cycling shoes)
- Zip Lock bags x 2
- Cloths line
- Cloths pegs
- Hammock with mounting cords and carabeners
- Pen

# Sam's 6-Day Prep & Pack

## Day 1 Roll Out

- Bike
- Helmet
- Cycling shorts
- Jerseys (Official 6-Day Bike Rally Jersey)
- Cycling shoes
- Cycling socks
- Cycling gloves
- Cycling cap
- Cycling glasses
- Water bottles
- Cycling computer
- Heart rate sensor and strap
- Cycling rain jacket (pack of clear weather is expected)
  
- **Saddle Bag with:**
  - Pump or CO2 Inflation Kit
  - Spare tube(s)
  - Tire irons
  - Patch kit and/or glue-less patches
- Sports Drink additives (tablets)
- Wallet
  - All needed ID's
  - All CC's
  - Cash x \$80
- Cell phone
- Pocket size pack of tissues
- Zip Lock bags x2

## Food

- Energy gel packs x
- Carb gummy's x
- Electrolyte powder
- Electrolyte tablets

UNTIL  
IGNORANCE  
BECOMES

# ACCEPTANCE

We won't stop until people living with HIV are cared for and treated with dignity.

We won't stop until our community is free of stigma and ignorance.

ViiV Healthcare is here until HIV and AIDS are not.

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

**Thank  
You.**