



*Scotiabank Welcomes Cyclists*

*McNairn photo*

Representatives of the Morrisburg Scotiabank Branch were on hand at the dock last Thursday morning to welcome participants in the 10th annual Friends For Life Bike Rally which is a primary fund raiser for the Toronto People With Aids Foundation. The Rally this year has raised over \$1 million for the Association which recently welcomed ScotiaBank as a presenting sponsor. Pictured above, left to right, representing ScotiaBank are Danielle Tobin, Kim VanAllen, Taylor VanAllen, Megan Van Allen and Morrisburg Branch manager Kim Butler. The cyclists, l-r, are Todd Ross, Michael Telpner, and Darren Cooney.

## ***Cyclists peddle over 600 km, raise over \$1 million for Toronto Aids Foundation***

MORRISBURG—Last Thursday morning, 320 cyclists who had combined to bank \$1.16 million for the Toronto People With Aids (PWA) Foundation coasted into town where they were met by representatives of the local Scotiabank branch.

The cyclists were participating in the 10th annual Friends for Life Bike Rally which started when two friends challenged each other to take their commitment to supporting PWA to the next level by creating the ride from Toronto to Montreal.

Since its inception, the ride has raised over \$4.5 million for PWA and organizers were ecstatic with the record set last year at

\$815,000.

Participants this year, who had to raise a minimum of \$2,200 in pledges, went past last year's mark, and then some, with the total standing at \$1.16 million last week. One rider led the pack with a pledge total of \$25,000.

"You would me amazed at the people on this ride," said co-chair Todd Ross. "We have young people and some people in their 60s. We have all shapes and sizes and one person who is blind."

Organizers were also pleased to welcome Scotiabank Group this year as a presenting sponsor.

"We are thrilled to have them involved with us," said Ross.

The riders travelled mainly on

Highway 2 leaving on the six-day, 600 km plus ride from Toronto on Sunday, July 27 and travelling to Port Hope (112 km). Day two ended at Adolphustown (125 km) and day three at Kingston (51 km) where their early arrival gave them the riders the rest of the day off to rest and get ready for the remainder of the trip.

Day four was from Kingston to Johnstown (110 km) and their stop in Morrisburg was on day five on their way to Lancaster.

The Scotiabank crew met them at the dock area in Morrisburg where they had fruit and refreshments available.

The final day of the ride took them from Lancaster to Montre-

al.

The 400 plus riders were accompanied along the route by 100 volunteers which included seven medical volunteers and 20 massage therapists. During the 2007 ride, these volunteers supplied 192 bags of ice to prevent/minimize injuries and used 460 metres of tensor bandages.

The cyclists, in 2007 drank 3,600 liters of bottled water, 3,600 bottles of sports drinks and ate 1,582 nutrition bars.

Forty-four support trucks made this year's run to move storage bins, food, tents, tables, people, water and other supplies.

Statistics show that 26,461 men women and children tested positive for HIV in Ontario from 1985