



## The Toronto People With AIDS Foundation Annual Fundraisers

To financially support the many services and programs we offer, the Toronto People With AIDS Foundation holds two major annual fundraisers each year. With generous help from our volunteers and the community, we raise hundreds of thousands of dollars each year. This allows us to help provide men, women and children living with HIV/AIDS in Toronto the means to live independently and with dignity.

### *Friends for Life Bike Rally*

The Friends for Life Bike Rally is the Toronto People With AIDS Foundation's biggest fundraising event. In fact, it's the 3rd largest fundraiser for an HIV/AIDS organization in Canada.

It all started eight years ago when two dedicated supporters of the Toronto People With AIDS Foundation challenged each other to cycle from Toronto to Montreal in less than a week. There are now over 200 riders who make the 600 km trek. And they raise hundreds of thousands of dollars while they're at it.

Cyclists of all levels take part in this rigorous week-long adventure. They begin training months ahead of time. The Toronto People With AIDS Foundation holds over 26 development clinics to help riders prepare for the ride, covering topics such as nutrition, rider safety and bike maintenance.

What makes this massive event possible is the crew of 80 generous volunteers who dedicate a whole week of their time in support of people living with HIV/AIDS. And it's a busy week. They handle road safety, set up and tear down camp, and help prepare 3 healthy meals a day for the riders. Let's not forget the wellness team which consists of nurses, paramedics, massage therapists, yoga instructors and even a chiropractor. These volunteers use their skills to keep the riders in top shape throughout the journey.

The Friends for Life Bike Rally brings a vast amount of people together in support of people living with HIV/AIDS.

Until there's a cure...there's a ride.

For more information on the Friends for Life Bike Rally, email [bikerrally@pwatoronto.org](mailto:bikerrally@pwatoronto.org), call 416-506-1400, or visit [www.bikerrally.org](http://www.bikerrally.org).

### *Pie in the Sky*

Toronto's culinary artists donate their time and talent to this annual fundraiser for the Toronto People With AIDS Foundation Food for Life Meal Delivery Program.

In the Fall, apple and pumpkin pies are pre-sold throughout the city by a team of volunteers. Some of the city's best chefs and bakers prepare the delicious, gourmet pies, which can be picked up or delivered just in time for Thanksgiving weekend. All the proceeds go to the Food for Life Meal Delivery Program, a food delivery service for homebound people living with HIV/AIDS.

For more information on the Pie in the Sky fundraiser, email [pieinthesky@pwatoronto.org](mailto:pieinthesky@pwatoronto.org), call 416-506-1400, or visit [www.pwatoronto.org](http://www.pwatoronto.org).