

# DAILY SPIN

AIDS/LifeCycle®

PRODUCED BY & BENEFITING



SATURDAY/SUNDAY, JUNE 1/2, 2019

ORIENTATION & DAY 1

## today's route

### COW PALACE TO HARVEY WEST PARK

Mile	Site	Hours
0	<b>Ride Out</b> Cow Palace	6:30 am
7.2	<b>Water Stop</b> Thornton Beach Pkg. Lot	6:30 am - 9:00 am
15.6	<b>Rest Stop 1</b> Ingrid B. Lacy School	7:00 am - 10:30 am
31.5	<b>Rest Stop 2</b> Cabrillo Unified School District	8:00 am - Noon
42.4	<b>Lunch</b> San Gregorio State Beach	9:30 am - 3:00 pm
63.1	<b>Rest Stop 3</b> Greyhound Rock Fishing Access	10:00 am - 4:30 pm
76.3	<b>Rest Stop 4</b> Wilder Ranch State Park	Noon - 6:00 pm
82.0	<b>Camp 1</b> Harvey West Park	Opens at 1:00 pm
TOTAL		

Pay attention to Rest Stop closing times. If you do not make it into a Rest Stop before it closes, you will be transported into Camp. The route closes at 7:00 pm.

## coney's tip of the day

When we leave the Cow Palace, we will have a limited road closure and a police escort that will allow us to ride in the entire right lane. You are not required to ride single file, but you need to be cycling **single file by the time you reach the first Water Stop at mile 7.2.**

Starting today, you will be riding with thousands of other Cyclists. Be sure to pass safely (Look over your shoulder and call out "On Your Left!"), leave enough space between you and the rider in front, and stop at all stop signs. Please be patient, and ride carefully.



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@AIDSLifeCycle #AIDSLifeCycle

## WELCOME TO AIDS/LIFECYCLE 2019!

Your long training rides are finished, your team preparations are set and your costumes are packed—you're ready to Ride or Roadie another incredible AIDS/LifeCycle. We can't wait to share this week with each and every one of you!

Thank you from the bottom of our hearts for the passion, dedication and commitment you've already shown as you've fundraised for AIDS/LifeCycle. You've raised an astounding amount of money to support the lifesaving HIV and AIDS-related services of the Los Angeles LGBT Center and San Francisco AIDS Foundation.

The funds you're raised enable thousands of people to access quality medical care, HIV prevention services, community support and so much more. All week on the Ride, we'll be sharing stories and information about the

clients, community and advocacy work your fundraising goes to support.

We hope you reflect every day of this journey on the amazing power our community has to create positive change in the world. And most importantly, we hope that you have a wonderful, safe and enjoyable week!



**Lorri L. Jean**  
CEO, Los Angeles  
LGBT Center

**Joe Hollendonner**  
CEO, San Francisco  
AIDS Foundation

## ALONG THE ROUTE

Today's route offers some of the best scenery in Northern California. You'll enjoy stunning coastal views as you travel along Highway 1 through Pacifica, Half Moon Bay, San Gregorio and Pescadero to Santa Cruz.

Take a few minutes to enjoy the beautiful coastal bluffs, and take a few pictures with a stunning ocean backdrop at the Lunch Stop at San Gregorio State Beach.

After leaving the Lunch Stop, be on the lookout for elephant seals on the beach near miles 57 to 59, as you pass by Año Nuevo State Park. The park is one of the largest mainland breeding colonies in the world for northern elephant seals, who come ashore in the spring and summer months to shed their outer layer of skin and fur.

Soon after going past Davenport, you'll ride by Shark Fin Cove, named for the shark fin-shaped rock jutting out in the

water just past the small beach area. The rock stands now out in the water after being shaped by the forces of waves and wind for thousands of years.

### Things to keep in mind:

- San Francisco and Daly City Police departments will escort cyclists out of the Cow Palace to the San Francisco/San Mateo County line.
- The first stop will be a Water Stop at Mile 7.2 and will only have water, Powerade and toilets.
- After the Water Stop, you MUST ride single file for the remainder of the event. Obey all traffic laws, signals and signs. Remember, bicycles are "vehicles" under the California Vehicle Code.

## today's info



**High** mid-60s  
**Low** low-50s



### DAY 1 MENU

#### BREAKFAST

(Ride Out)

Oatmeal & fresh fruit

Peet's coffee

#### LUNCH

9:30 am – 3:00 pm

BBQ pulled pork wrap

Vegetarian: Curry tofu wrap

Served with: Cracked wheat salad, seasonal fruit, chocolate chip cookie

#### DINNER

4:00 pm – 9:00 pm

Carne asada and with corn tortillas; pollo asada with flour tortillas

Vegetarian: Black bean chili with avocado and tortilla strips (on the side)

Served with: Santa Fe rice, pinto beans, grilled peppers and onions, Caesar salad, garden salad, tortilla chips, cheesecake, snickerdoodle cookies



### SANTA CRUZ CAMP HOURS

Quiet hours begin at 9:30 pm

Camp services 1:00 pm – 9:00 pm

Health services Close at 8:30 pm

Emergency medical services Open 24 hours

Dinner 4:00 pm – 9:00 pm

Showers 1:00 pm – 10:30 pm



### DAY 1 CAMP STAGE

Begins at 7:30 pm

- Video: Why I Ride/Roadie
- AIDS/LifeCycle Director Tracy Evans
  - Announcements
  - Safety report
- Los Angeles LGBT Center CEO Lorri Jean
- San Francisco AIDS Foundation CEO Joe Hollendonner

## WHY WE ROADIE

Every year, more than 600 Roadies join AIDS/LifeCycle to help support all aspects of the Ride.

"The whole reason we do this is for the people," said Ron Lenker, who is Co-Captain of the Pack Up team.

Ron said he joined not knowing a single person involved in the Ride, as a way to get involved in the community. He remembers thinking, 'What did I get myself into?' the first year he joined as a Roadie. But he's returned year after year since, and is now returning for his 13th year.

Peter Athanas, Captain of Moto Safety, also returns for his 13th year on the Ride. He joined the Ride as a way to remember and honor an employee who died of AIDS in the 1980s.

"It's something I'll never forget," said Peter. "He got sick, and he dwindled away. At the time, he kept saying, 'I'll get better. It's not that bad.' My wife and I saw him the day before he passed away. He was maybe 31 or 32, and such a wonderful kid."

Angie Barbary, Captain of Rest Stop 1, said she didn't have a personal connection to HIV when she joined the Ride 13 years ago. But when her brother shared that he was living with HIV, Angela's AIDS/LifeCycle connections provided much-needed support.

"I didn't know what to do," said Angie. "My brother was living in Las Vegas at the time, and couldn't get his medications. One of my

team members was a Sister of Perpetual Indulgence, who told me, 'When you get to Vegas, look up the Sisters. They'll help you.' And that's exactly what we did. I reconnected with my brother, and the Sisters helped him get medications through the Ryan White Program."

Angie's brother eventually moved to San Francisco to be closer to her and to access services from San Francisco AIDS Foundation.



"He really thought nobody cared, but when he got to San Francisco AIDS Foundation, he found out that people do care," she said.

Peter said the first year he joined the Ride, he was impressed by the

incredible people he met and the incredible organization of the Roadie teams. "It's 3,000 people on the same page. And the Moto crew, about 80% come back every year. I tell my crew, I wouldn't be anywhere else the first week of June."

## bulletin board

### TEXTS FROM THE ROAD

Want up-to-the-minute info on the Ride? Text **ALCUupdates** to **474747**.

### IN CAMP TONIGHT

Swing by the Camp Lounge for some post-ride chillaxing. Comfy chairs, cozy blankets, and lovely people await you, 1 pm - 8:45 pm. "Let's Do This" temporary tattoos are also available in LifeCycle Village tonight.

### SAFETY ORANGE DAY TOMORROW

Tomorrow is our longest day of the week at 110 miles! In order to show your commitment to safety, please wear something orange as a visual reminder to Ride Safe and Be Safe!

Don't forget, we are guests in all of the towns we ride through and we want to leave a good impression.

### TONIGHT'S THANK YOUS

This week, we'll share picture montage thank yous to Roadies and staff an hour before Camp Stage on Days 1 - 5. Tonight, we'll feature staff from: Production Management, Site Management, Camp Dispatch/Communications and LifeCycle Village.

### #SHARE YOUR JOURNEY

Share your experience this week with friends & family by using the hashtag #aidslifecycle when posting on Facebook, Instagram, and Twitter. Friends and family can log onto AIDSLifeCycle.org to see posts from the Ride.

"Like" us on Facebook at facebook.com/AIDSLifeCycle. Follow us on Instagram and Twitter @aidslifecycle. We will be sharing your stories all week long!

### DAILY INSTAGRAM CHALLENGE

Look for the new InstaChallenge theme each day in the Daily Spin. We'll feature pics taken throughout the week!

### DAY 1 CHALLENGE

As we roll out from the Cow Palace to our first camp in Santa Cruz, take a moment to reflect on why you push yourself to participate in AIDS/LifeCycle. Snap a photo and share it with: #whyiride or #whyroadie



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