

# DAILY SPIN

AIDS/LifeCycle®

PRODUCED BY & BENEFITING



TUESDAY, JUNE 4, 2019

DAY 3

## today's route

### KING CITY TO PASO ROBLES

Mile	Site	Hours
0	<b>Camp 2</b> San Lorenzo County Park	Ride opens 6:30 am
7.5	<b>Rest Stop 1</b> Salinan Nation Cultural Ctr.	7:00 am- 11:00 am
18.4	<b>Rest Stop 2</b> St. Lukes Episcopal Church	7:30 am- 12:30 pm
24.6	<b>Toilet Stop</b> Lockwood Store	8:00 am- 1:00 pm
30.6	<b>Rest Stop 3</b> Pleyto Plaza Country Store	8:30 am- 2:30 pm
41.8	<b>Lunch</b> Bradley School	9:00 am- 3:30 pm
54.8	<b>Rest Stop 4</b> San Miguel Park	10:30 am- 5:30 pm
66.3	<b>Camp 3</b> Mid-State Fairgrounds	Opens at 1:00 pm
TOTAL		

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

You're going to make it over Quadbuster and feel on top of the world! Remember to leave enough space between you and the Cyclist in front of you when climbing and descending.

Watch out when riding over the bridge to Bradley (mile 41.4). There is a large crack where tires can get stuck and cause you to fall. SLOW DOWN!

The roads today are rougher than others. Remember to call out and signal to other Riders about all potential road hazards.

It's going to be warm! Hydrate and apply ample sunscreen throughout the day.



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## LOCAL COMMUNITIES WELCOME AIDS/LIFECYCLE

There's no doubt that AIDS/LifeCycle has—and continues—to make an impact on every town the Ride travels through. As the Ride winds its way along the coast and through central parts of the state, the visibility of an event for HIV combined with the vibrancy of our LGBTQ community brings awareness and joy to people across the state.

Jack Creek Farms outside of Paso Robles, the first Rest Stop tomorrow, began welcoming Cyclists at their family farm more than 10 years ago after finding out that Riders needed a safe place to stop off of Highway 46.

The family who owns the farm enjoys hosting the AIDS/LifeCycle community every year, said Becky Sumpter, who is part of the Jack Creek Farms family. She said they always enjoy meeting the Rest Stop 1 Roadies, in addition to seeing all of the different teams come through the stop.

"We can tell they all do this with a lot of heart," said Sumpter.

Perhaps no community feels our impact more than the tiny town of Bradley (population 93 in 2010). Every year, the community comes together to host an annual lunch fundraiser for the kindergarten through eighth grade Bradley School.

"There's a ton of support in the town for the Ride," said Ian Trejo, the principal of Bradley School. "Most people in town have put kids through the school, who have all benefited from

the Ride coming through. The funds raised go to help pay for our art teacher, our music teacher, to buy computers, to send kids on field trips, and to send kids to a four-day science camp. Those funds support every aspect of our campus."



Ian said the kids who volunteer at the Lunch Stop not only do important work the day the Ride comes to Bradley, but also in preparation. The kids design and make buttons and postcards as part of the fundraiser, help set up the campus, and get other leadership and event planning experience.

The students also learn about HIV and AIDS, and how the Ride benefits the people served by the Los Angeles LGBT Center and San Francisco AIDS Foundation, said Lindsay Lopez, a seventh and eighth grade teacher at Bradley School and AIDS/LifeCycle fundraiser chairperson.

Today, you'll have the option of supporting Bradley School with your donations or purchase of lunch.

## ALONG THE ROUTE

Today's route will take us along El Camino Real, a 600-mile road connecting 21 missions and stretching all the way from San Diego to Sonoma. You'll see commemorative bell-markers along the route, hung on 11-foot shepherd's crooks, originally created in the early 1900s and updated and restored through the 20th century.

Your hill training will pay off early in the day as you face Quadbuster just after Rest Stop 1. The steepest part of the climb ascends more than 800 feet, reaching a maximum elevation of about 1,500 feet.

The lunch stop today is in the small town of Bradley, where you'll have the option of supporting the town's school by purchasing a BBQ lunch. Bring cash or credit card to purchase something from the grill.

At Bradley, please only photograph children wearing AIDS/LifeCycle T-shirts.

Between Lunch and Rest Stop 4, you'll ride through Camp Roberts, the largest California National Guard training installation in the state. You'll see soldiers on the ground, and will have a chance to stop for photos by the tanks near one of the museum annexes.



## today's info



**High** mid-90s  
**Low** low-60s



### DAY 3 MENU

#### BREAKFAST 5:00 am – 8:00 am

Daily express line: Oatmeal, fruit, yogurt, pastries & breads

Leek and truffle quiche, sausage, MorningStar veggie sausage, vegan sausage, hash brown potato triangles

#### LUNCH 9:00 am – 3:30 pm

Ham & jam sandwich

Vegetarian: Mediterranean wrap with chickpeas

Served with: Orzo feta salad, fruit, snickerdoodle cookie

#### DINNER 4:00 pm – 9:00 pm

Beef bourguignon with egg noodles, roasted ono with chimichurri

Vegetarian: Mushroom Stroganoff with egg noodles

Served with: Mixed veggies, sweet potato mash, garden salad, rolls, salted caramel cream puffs, vegan chocolate brownie



### PASO ROBLES 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 3 CAMP STAGE

7:00 pm

- Positive Pedalers present the David Duncan Stand Up Award

7:30 pm

- New AIDS/LifeCycle video
- AIDS/LifeCycle Director Tracy Evans
  - Announcements, safety report, camp services, route & weather
- Lorri Jean, Los Angeles LGBT Center CEO
- Joe Hollendoner, SFAF CEO
- Guest Speaker: Gus Kenworthy

# INTERNATIONAL AIDS CONFERENCE COMES TO BAY AREA

In July 2020, more than 20,000 HIV researchers, activists, clinicians and community members from around the world will convene in San Francisco and Oakland for the 23rd International AIDS Conference (AIDS 2020).

Conference attendees will hear the latest news and research related to HIV treatment, prevention and cure during conference sessions—and join together in HIV advocacy and activism as a united and global HIV community.

San Francisco AIDS Foundation, in collaboration with other representatives on a local bid committee, advocated for San Francisco and Oakland to jointly host the conference as a way to raise awareness about innovations in care in the two cities, and to build partnerships across the bay.

"It's an incredible honor and a fantastic opportunity to share our community's progress on the global stage," said Joe Hollendoner, San Francisco AIDS Foundation

CEO. "Since the beginning of the epidemic, these two cities have been at the forefront of HIV/AIDS research, treatment, activism and community support. San Francisco and Oakland are inextricably linked when it comes to our work, and I couldn't be happier that the cities were selected as hosts in partnership."

The AIDS 2020 host committee also expects the conference to showcase the HIV disparities experienced by the two cities.

"You can't tell the story of HIV in America without talking about San Francisco," said Cynthia Carey-Grant, AIDS 2020 local co-chair. "But right across the bay is another community – a browner community with a different story. Having the International AIDS Conference in the California Bay Area provides a unique opportunity to address the global HIV disparities that are the final frontier to ending the epidemic."

For more information on how to get involved, please visit [www.aids2020local.org](http://www.aids2020local.org).

## bulletin board

### ROOT BEER BUST

Swing by the Camp Lounge from 3 pm – 7 pm and cool off with a root beer float. You deserve a treat today!

### MOVIE NIGHT

After Camp Stage, head over to Camp Lounge to see the classic 1996 comedy *The Birdcage*, starring Robin Williams and Nathan Lane. Relax, kick back, and enjoy movie night under the stars. The show will start at approximately 8:45 pm.

### SHIPPING YOUR BIKE OR GEAR HOME

Visit the FedEx booth tonight, from 1 pm - 6 pm, to arrange shipping your bike or gear home.

### TONIGHT'S THANK YOU

Join us an hour before Camp Stage for a picture montage thank you to:

Roadies: Lunch, Rest Stop 1, Rest Stop 2, Rest Stop 3, Rest Stop 4, Rest Stop Tent Team, Water Stop, Sweep, Water & Ice

Staff: Road Management, Road Dispatch/Communications, Rest Stop Closure

### OLYMPIAN GUS KENWORTHY BREAKS FUNDRAISING RECORDS

First-time Rider Gus Kenworthy is our top individual fundraiser this year, raising a record-breaking \$225,083 for AIDS/Lifecycle (as of the writing of this newsletter). Gus is a freestyle skier from Telluride, Colorado who competed in men's slopestyle at the 2018 Winter Olympics (finishing 12th) and at the 2014 Winter Olympics (winning the silver medal).

Visit Camp Stage tonight as we celebrate Gus' incredible fundraising and hear what's driven his great success.

### DAY 3 INSTAGRAM CHALLENGE



It's Day 3, and we're all feeling the love! Maybe you're feeling extra friendly with a certain someone... whether it's a best friend, a partner, or someone who just caught your eye. Share a photo of you and your **#ridecrush!**

RXBAR

Peet's  
COFFEE

TOYOTA

AMR

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SAN FRANCISCO SOURDOUGH

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hydration

ROCKTAPE  
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