

# DAILY SPIN

AIDS/LifeCycle®

PRODUCED BY & BENEFITING



WEDNESDAY, JUNE 5, 2019

DAY 4

## today's route

### PASO ROBLES TO SANTA MARIA

Mile	Site	Hours
0	<b>Camp 3</b> Mid-State Fairgrounds	Ride opens 6:30 am
9.7	<b>Rest Stop 1</b> Jack Creek Farms	7:00 am- 10:30 am
	<b>Halfway Point</b> CA-46	7:00 am - 11:30 am
33.7	<b>Rest Stop 2</b> CalTrans Pull Out	8:00 am- 12:30 pm
49.7	<b>Lunch</b> Cuesta College	9:30 am- 2:30 pm
61.5	<b>Rest Stop 3</b> PG&E Community Ctr.	10:00 am- 4:00 pm
67.6	<b>Water Stop</b> Mary Harrington Park	10:30 am- 5:00 pm
82.5	<b>Rest Stop 4</b> Nipomo Regional Park	11:30 am- 6:15 pm
88.6	<b>Camp 4</b> Preisker Park	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

Today, you'll head down the backside of the Evil Twins. Practice safe descending! Control your bike (make sure at least one hand is on your bike at all times) take it slow, feather your brakes, and be aware of any hazards on the road.

Be prepared to stop as you near the bottom. Cross traffic on Pacific Coast Highway does not stop. Please, be cautious and courteous when descending. Remember: Not everyone has the same skill set as you.



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## WOMEN-LED TEAMS

Women and femmes have played an integral role on AIDS/LifeCycle since the beginning of the Ride, leading teams, showing up as Roadies, and fostering inclusive female-friendly spaces. This year, women make up about 25% of the Ride.

SheSpoke, now in its sixth year with 24 members, is one team that welcomes women, trans and gender non-conforming folks.

"We're from all over the Bay Area," said Shannon Boughn, who is riding with SheSpoke for the first time this year. "SheSpoke members are strong, inspiring and interesting. Their politics are spot on—there's a political slant to the group. They really remind me of all the things I love about riding with other people."

Although this is Shannon's first year on AIDS/LifeCycle, she is well-acquainted with the Ride through her wife, who is captain of Team United, friends who regularly participate, and her experience participating in the California AIDS Ride in 2000.

The gym and strength training studio she owns in San Francisco, 17th Street Athletic Club, has welcomed the AIDS/LifeCycle community for many years, and recently was named "Best Place to Train for AIDS/LifeCycle" by SF Weekly.

Nancy Morrow, captain of Cheers to 60 Years, also joins AIDS/LifeCycle for the first time this year. After a friend tried to convince her to join the Ride, Nancy noticed that the event's last day would be on her 60th birthday this year.

"I thought, this is a sign," she said. She immediately signed up, and created a team by recruiting members from a women's triathlon and biking team she is part of.

"I'm intrigued by the fact that people do this Ride over and over again," she said. "I'm a lesbian, and I've been with my partner for the last 36 years. I went to dental school in San Francisco, and saw the beginning of the AIDS crisis coming on. We knew people who died, and I still have a lot of friends who are living with HIV and AIDS. I think it's really such a cool thing that we can raise money for this cause."



Nancy Morrow and Cheers to 60 Years team members

## ALONG THE ROUTE

Today, you'll make your way from Paso Robles back to the coast during the first part of the day. You'll stop at Jack Creek Farms (Rest Stop 1), a 5th generation family farm growing pumpkins, apples, peaches, plums, heirloom tomatoes, blackberries, onions and more.



Just after Rest Stop 1, you'll tackle the infamous Evil Twins hills (the second hill is a 1.8 mile climb). Soon after, you'll reach

the halfway to L.A. point. Please be careful crossing the street if you want to take a pic with the Halfway to L.A. sign.

Along the coast before lunch, you'll ride past Morro Bay before turning inland. Just off the coast, look for Morro Rock, an ancient volcanic plug formed by magma, standing 581-feet out of the water.

After lunch, you'll go through San Luis Obispo, as you make your way back towards the ocean and Pismo Beach.

Satisfy your sweet tooth today at the Brown Butter Cookie Company (after Rest Stop 2) and after lunch at Old West Cinnamon Rolls (in Pismo Beach).

## today's info



**High** mid-70s  
**Low** mid-50s



### DAY 4 MENU

#### BREAKFAST 5:00 am – 8:00 am

Daily express line: Oatmeal, fruit, yogurt, bagels & donuts

Scrambled eggs, bacon, MorningStar veggie sausage, vegan sausage, homefried potatoes, french toast sticks

#### LUNCH 9:30 am – 2:30 pm

Chipotle farro with chicken wrap

Vegetarian: Chipotle farro with vegan crumble wrap

Served with: Carrot & cheese sticks, fruit, chocolate chip cookie

#### DINNER 4:00 pm – 9:00 pm

Grilled honey-smoked BBQ chicken, Kalua pulled pork sandwiches

Vegetarian: BBQ vegan sloppy joes

Served with: Roasted potatoes, mac n' cheese, lentil & sweet potato shepherds pie, corn saute, caprese salad, cole slaw, jalapeno muffins, apple pie, peanut butter chocolate chip cookies



### SANTA MARIA 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 – 8:30 pm
Showers	1:00 pm – 10:30 pm



### DAY 4 CAMP STAGE

Begins at 7:30 pm

- New AIDS/LifeCycle video
- AIDS/LifeCycle Director Tracy Evans
  - Team fundraising recognitions, announcements, safety report, camp services, route & weather
- Joe Hollendoner, SFAF CEO
- Lorri Jean, Los Angeles LGBT Center CEO

## 50 YEARS OF QUEER

This year, the Los Angeles LGBT Center celebrates 50 years of serving the LGBT community with a jubilant campaign, "50 Years of Queer," and festivities occurring throughout the year. The Los Angeles LGBT Center is the world's largest LGBT organization, providing social services, housing, health services and global advocacy in addition to HIV services.



"This is a historic moment for the Center and for the LGBT community," said Center CEO Lorri L. Jean. "Fifty years ago, a small group of volunteers banded together and decided to change the world. Perhaps that's not how they thought of it, but that's what happened. What began as a vision for helping members of our community developed into what's now

the largest LGBT organization, with nearly 700 employees, thousands of volunteers and supporters, and many more thousands of people whose lives have been changed for the better."

The anniversary also included the opening of a two-acre Anita May Rosenstein Campus in Hollywood. The first-of-its-kind complex provides services and housing for homeless young people, affordable housing for seniors and includes a new Senior Community Center and Youth Academy.

According to Jean, two out of every 10 LGBT seniors live on \$20,000 or less per year, and are four times more likely than straight counterparts to live alone and have no family to rely on. Young LGBT people are also vulnerable: In Los Angeles, 40% of homeless young people identify as LGBTQ.

"The Campus greatly expands our programs and services for the two most vulnerable populations in our community: LGBT seniors and youth," said Jean. "It also sends a powerful message: when the highest leaders in the land want to build a wall to keep the most vulnerable out, our Center has built a home to welcome the most vulnerable in."

## bulletin board

### RED NAIL SALON

Get ready for Red Dress Day at the Camp Lounge Nail Salon! Grab a friend, pick a color and give those nails some ruby love.

### STRAWBERRIES

The Santa Maria Chamber of Commerce will provide strawberries after today's ride. Find them in bike parking!

### TONIGHT'S THANK YOUS

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

Roadies: Bike Tech, Camp Store, Food Service, Pack-Up, Supply Truck, Interns, Advance Route Marking, Moto Safety

Staff: Medical Director, Health Services Management, Stage Management, ASL Interpreters, Participant Support, Management, Media Team



zippyeb  
- #ridecrush



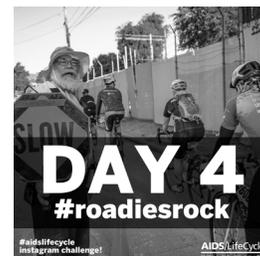
everythingisgreat11 -  
2019 ALC Sweep Staff



mustang78\_9 -  
good morning!

### DAY 4 INSTAGRAM CHALLENGE

WE <3 ROADIES! From the rarely-seen Advance Teams, to Pick Up and everyone in between, we appreciate your hard work and dedication to ending HIV and AIDS. Take a photo with your Roadie team, or take a photo with a Roadie you appreciate and tag it **#roadiesrock!**



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