

DAILY SPIN

AIDS/LifeCycle®

PRODUCED BY & BENEFITING



WEDNESDAY JUNE 6, 2019

DAY 5

today's route

SANTA MARIA TO LOMPOC

Mile	Site	Hours
0	Camp 4 Preisker Park	Ride opens 6:30 am
9.6	Rest Stop 1 Pioneer Park	7:00 am - 10:30 am
17.3	Rest Stop 2 Orcutt Academy	7:30 am - 12:30 pm
29.7	Water Stop Hawk's Nest	8:30 am - 1:30 pm
38.5	Lunch River Bend Park	9:30 am - 2:45 pm
41.3	Camp 5 Ryon Memorial 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 4:00 pm.

coney's tip of the day

The route today will take you onto Highway 1. Be very careful when riding on the shoulder of this busy highway! Ride single file and stay to the right of the white line in the shoulder of the road.

Even though it is a shorter day, there are a number of hills and plenty of distracting costumes. Make sure your costume is safe for riding.

If you need to pull over and step off your bike, call out and signal to notify the Cyclists behind you.



CENTERING PEOPLE OF COLOR ON AIDS/LIFECYCLE

Centering people of color on AIDS/LifeCycle is a priority for two teams—Cyclepaths and Brown Brakers—fostering community during the Ride and in the months leading up to the event.



Brown Brakers

For three years, the Brown Brakers team has been part of AIDS/LifeCycle—riding together in solidarity and united by a cause that disproportionately affects people of color.

This year, 25 people are officially part of the Brown Brakers team, although the Brown Brakers community is open to all people of color on the Ride whether or not they're on the team's official roster.

Now in its fourth year, AIDS/LifeCycle team Cyclepaths brings a 35-person team to the Ride. Although AIDS/LifeCycle team Cyclepaths isn't exclusively for people of color, team captain James Diaz said that the team brings more people of color to the ride.

"This representation during the ride is important because of how HIV impacts people of color," said Diaz.

"I wanted to make a statement for people of color," said Brown Brakers co-founder Noris Chavarría. "We not only benefit from the services, but we also participate in this event to fundraise for the services that are happening at the foundation and Los Angeles LGBT Center."



Cyclepaths

Cyclepaths is also known for hosting impressive fundraising events. For two years, they have fundraised for AIDS/LifeCycle with an event called "Bikes to Broadway," a drag show featuring Broadway tunes. This year, the team hosted two separate night of Bikes to Broadway, bringing in \$6,000 for team members.

This is Diaz's third year on the Ride, his first as team captain. "We have a lot of newbies on the Ride this year on our team. I'm looking forward to taking care of them as much as I can, and also seeing how they experience the Ride as a first timer."

ALONG THE ROUTE

Today's short-ish route stays inland as you travel through Santa Maria to Lompoc. Instead of gazing on ocean views, you'll have a chance to see your fellow Riders raising awareness of HIV and AIDS all in red!

This year, we'll return to the tiny town of Casmalia for Rest Stop 2, located just outside the borders of Vandenberg Air Force Base. Founded in the mid-1890s, Casmalia is located on the 1840 Mexican land grant named Rancho Casmalia.

Once a bustling railroad town in its early years (and serving as the red light district for a nearby oil company), the town's population has decreased significantly and is now less than 200 people.

As you approach the switchbacks after Rest Stop 2, be sure to look up at the hills to see the red ribbon bicycle parade.

Camp services open at 1 pm, so take your time and appreciate the beautiful vistas along the way.

today's info



High high-60s
Low low-50s



DAY 5 MENU

BREAKFAST 5:00 am – 8:00 am

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

Scrambled eggs, sausage, MorningStar veggie sausage, vegan sausage, hashbrown potato triangles

LUNCH 9:30 am – 2:45 pm

Turkey havarti on sourdough

Vegetarian: Noodle wrap with spinach tortilla

Served with: Wheatberry salad, fruit, oatmeal raisin cookie

DINNER 4:00 pm – 9:00 pm

Steak with red wine sauce, chicken cordon bleu

Vegetarian: Portobello stir fry over brown rice

Served with: Quinoa salad, whiskey-glazed carrots, rosemary & garlic potatoes, garden salad, rolls, chocolate and vanilla cupcakes,



LOMPOC CAMP HOURS

Quiet hours begin at 9:30 pm

Camp services 1:00 pm – 9:00 pm

Camp medical Close at 8:30 pm

Sports med, massage, chiro & acupuncture close at 6:30 pm

Emergency medical services Open 24 hours

Dinner 4:00 pm – 9:00 pm

Showers 1:00 pm – 10:30 pm



DAY 5 CAMP STAGE

Begins at 6:30 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
- Talent Show will follow Camp Stage

“YOGA GUY” AT AIDS/LIFECYCLE

For 20 years, Chokaé Kalekoa has participated as a Cyclist and member of the Massage Team on AIDS/LifeCycle and its predecessor, California AIDS Ride. He's also known as the unofficial yoga teacher on the Ride: Every morning, you can find Chokaé leading a series of yoga classes so that Riders have a chance to stretch in the morning before starting the day's ride.

A yoga instructor who also leads meditations and retreats outside of AIDS/LifeCycle, Chokaé's yoga session on the Ride started by happenstance. A Rider happened to see him stretching and doing yoga before riding out for the day, and asked to join. Soon, a small group of Riders were seeking out Chokaé on a regular basis.

“Every day, I kept stretching. More and more people just started coming! Eventually, I got to the point where I was leading four to five classes in the morning each day.”

To combat the typical types of aches and pains caused by riding a bike for long periods, Chokaé leads classes through tailored sequences designed to stretch muscle

combinations most susceptible to pain and injury.



“I tell people, you've got to get your body moving before you get on your bike,” he said.

Chokaé returns to the Ride every year in memory of the many friends he's lost to HIV. He remembers how quickly

he seemed to lose people: He remembers days when he would have to decide between conflicting funerals. It was then that he decided to help in whatever way he could.

“I'm here for my dead friends. I never go a day in my life without thinking of them. And I don't want anyone else to have to go through what we went through.”

bulletin board

TALENT SHOW

Get excited for an incredible line-up of talent at this evening's talent show! The talent show will begin after Camp Stage in the dinner tent.

TIKI BAR TONIGHT

Cannondale is hosting a mocktail Tiki Bar today. Enjoy a virgin Pina Colada in LifeCycle Village before dinner!

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 YOUS

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

Roadies: Advance Set Up A, Medical, Chiro, Acupuncture, Massage, Health Services Support, Medical Transport, Sports Medicine, Route Clean Up, Route Marking, Traffic, Bus Liaison

Staff: Production Director, IT Support, Command Center Management, Supplies Coordination, Roadie Coordination, Special Events, Production Office Management, Production Assistance, Accounting, Sponsorship Management



antonio_velasco - #roadies rock With@ hammyham05 @ aidslifecycle #truck b. It's great to be of service!

beautybylevi - #evaperon at 7 am. Yes, please!



vicavelo - HALFWAY TO LA!



DAY 5 INSTAGRAM CHALLENGE

We know your Red Dress Day costume is fabulous, and you're dressed to the nines. As we ride on this day, we spread awareness



to the towns we pass through, and honor those who've been lost. Share your Red Dress Day dedication outfit with the hashtag #reddressday!

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