

# DAILY SPIN

AIDS/LifeCycle®

PRODUCED BY & BENEFITING



THURSDAY, JUNE 7, 2019

DAY 6

## today's route

### LOMPOC TO VENTURA

Mile	Site	Hours
0	<b>Camp 5</b> Ryon Memorial Park	Ride opens 6:30 am
16.4	<b>Rest Stop 1</b> CalTrans Pull Out	6:30 am - 10:30 am
27.7	<b>Rest Stop 2</b> Vista Point	8:30 am - noon
44.4	<b>Lunch</b> Girsh Park	9:30 am - 2:00 pm
57.8	<b>Rest Stop 3</b> Ledbetter Beach Pkg. Lot	10:30 am - 4:00 pm
	<b>Paradise Pit</b> Cabrillo Blvd. at Channel Drive	11:00 am - 3:30 pm
72.2	<b>Water Stop</b> Viola Fields Pkg. Lot	11:00 am - 5:00 pm
79.2	<b>Rest Stop 4</b> Rincon Pk. Campground	11:30 am - 6:00 pm
88.7 TOTAL	<b>Camp 6</b> San Buenaventura State Beach	Opens at 1:00 pm

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

## coney's tip of the day

Today we ride through the Gaviota Pass, a dangerous stretch of US-101 connecting Lompoc with the Pacific Ocean. Be extremely cautious through this area. Watch for grates on the descent after Rest Stop 1.

It is legal for Cyclists to pass on US-101 if both Cyclists stay safely to the right of the white line. Cyclists may not cross the white line into the lane of traffic at any time.

Gaviota Pass can be precarious. Take your time, be patient, pass safely, and remember—this is a ride, not a race.

Just after Rest Stop 2, one lane on a two-lane bridge is closed for cyclists to use. Use caution when merging into the closed lane.



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## CANDLELIGHT VIGIL: A TIME TO REMEMBER AND HONOR

The Candlelight Vigil, held tonight by Ventura Beach, is a time for us to remember and honor people we have lost. Every year, the Sisters of Perpetual Indulgence lead the Vigil as a way to honor loved ones who have passed, reflect on the Ride and think about how to spread love and light in the world.



For long-term survivor Michael Beckman, who has participated in AIDS/LifeCycle and the California AIDS Ride since 1997, the Candlelight Vigil is the culmination of a powerful week.

"I get very teary," he said. "It's amazing to have everyone together, on the beach, in silence with just the sounds of the waves around us. There's a power that's difficult to describe."

Living in San Francisco in the early 1980s,

Michael saw HIV decimate the gay athletic clubs he was part of. "It seemed like every day we would lose some wonderful young person. I lost so many friends--people who had their whole lives in front of them. And it didn't take long. All of a sudden, they wouldn't show up for sports one day."

Twice, Michael's own health prevented him from participating in the Ride, once before the advent of protease inhibitors and another time when he stopped taking antiretrovirals. In 2003, he thought he might never be able to Ride again, but he recovered and now participates in gratitude for the people who saved his life.

"I'm a firm believer in people accomplishing things together. When we do this ride, we're helping each other. We get through this ride with the support everyone around us. It's really beautiful."



## ALONG THE ROUTE

Today's route will take you along the southern California coastline with beautiful ocean views. Look for seals, sea lions, and dolphins in the stretch of water between the coast and the Channel Islands (called the Santa Barbara Channel). In the winter, Pacific grey whales migrate through the Santa Barbara Channel.

Off the coast, are the Channel Islands, a National Park boasting more than 2,000 plant and animal species—145 of which are found nowhere else in the world. Seals and sea lions, island foxes, pelicans, and falcons can all be found on the Channel Islands.

The unofficial "Paradise Pit" stop will be held in between Rest Stop 3 and the Water Stop this year. Stop for ice cream and other delicious sweets!



## today's info



**High** high-60s  
**Low** high-40s



### DAY 6 MENU

#### BREAKFAST 5:00 am – 8:00 am

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

Tomato spinach quiche, bacon, MorningStar veggie sausage, vegan sausage, homefried potatoes

#### LUNCH 9:30 am – 2:00 pm

Chicken Caesar wrap

Vegetarian: Tofurky Chick'N Caesar wrap

Served with: Carrot & cheese sticks, fruit, oatmeal raisin cookie

#### DINNER 4:00 pm – 9:00 pm

Chicken with pineapple and red pepper salsa, pork loin with tomato and olive marinara

Vegetarian: Grilled vegetable pasta bake

Served with: Potato mash, mac n' cheese, green beans, Caesar salad, rolls, carrot cake, chocolate layer cake, vegan chocolate brownie



### VENTURA 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 6 CAMP STAGE

Begins at 7:30 pm

- New AIDS/LifeCycle video
- AIDS/LifeCycle Director Tracy Evans
  - Announcements, safety report, camp services, route, weather, Finish Line Festival info
- Lorri Jean and Joe Hollendoner
- Candlelight Vigil follows Camp Stage

## MAGIC ALONG THE ROUTE

Each stop along AIDS/LifeCycle brings magic as Roadies, volunteers and local community members come together to lift Riders' spirits with costumes, treats and joy.

"I like to think of the Otter Pop Stop as a mirage, something that only exists in that parking lot once a year," said Wink Maltman, who hosts the Day 2 rest stop. "It's a magical reunion when we meet in the morning with the Roadies and the Cookie Lady. We set up, get dressed, laugh, dance, cry a little, and share in the AIDS/LifeCycle love bubble."

The Otter Pop Stop debuted in 2007 at Mission Soledad, organized by Kyle Tonazzi and friends. In 2011, they were joined by Christy Muller, the Cookie Lady, who previously was passing out her homemade cookies to Riders at a roadside location.

"Over the years, the number of tutu-wearing dancers has grown," said Wink. Most drive down from San Francisco and from around the Bay Area, but we also have friends that come up from Los Angeles to join in. A few of us follow the Ride all the way to the Finish Line. We have dancers that decided to become Riders, and Riders that decide to take a year off and become dancers."

Today, you'll find more magic along the route at Paradise Pit, an unofficial AIDS/LifeCycle stop organized by Santa Barbara volunteers. Led by Sean Dooner, the "mayor of Paradise

Pit", the stop provides ice cream, fruit, baked goods and happy vibes to all who pass through.

"It's our way of saying 'Thank you, we love you!'," said Sean. "We know how hard people train, how many miles they have ridden, how hard they have fundraised. This is our way of giving back, too. And we want people to remember Santa Barbara, and come back when the Ride is over!"

Paradise Pit began 20 years ago when Rob Lathum, a Santa Barbara resident, participated in the California AIDS Ride for the first time. He started a one-person pop-up serving ice cream out of the trunk of his car. Over the years, additional Santa Barbara residents joined him to grow the pop-up.

Now, Sean solicits donations throughout the year to purchase the 155 gallons of ice cream served during the day, and he organizes the logistics to serve thousands of cyclists with ice cream and toppings, fruit and homemade baked goods. A local gay camping group, Great Outdoors, staffs the toppings tent, Tri-County Produce donates the fruit and local volunteers bake cookies and "Krack bars".

"I hope one day we'll reach a time when we're no longer affected by HIV. But until then, we'll keep on sharing the love at Paradise Pit," said Sean.

## bulletin board

### CANDLELIGHT VIGIL

The Candlelight Vigil will begin from the dining tent following Camp Stage this evening at dusk. The Los Angeles Sisters of Perpetual Indulgence will join us to share their blessings of love and light. Friends and family of Riders and Roadies should enter through the main gate of Buena Ventura State Beach and will be directed where to park.

Please minimize the use of flash photography during the Vigil.



**jwr4** - And it begins. today we all ride in red. A human ribbon - riding love, hope, strength, compassion and awareness. ALC Trudging Buddies #reddressday



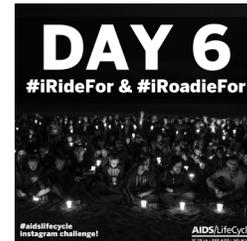
**thesfbaes** - teamtotallyawesome #reddressday

**jphop** - When you order online vs. when it arrives #reddressday



### DAY 6 INSTAGRAM CHALLENGE

We all Ride and Roadie for a reason. What's your story? Share a photo, dedicate your



ride to someone, show support for a service from the agencies, or tell us why.

Be sure to tag it **#iridefor** or **#iroadiefor** to share your story!

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