

DAILY SPIN

AIDS/LifeCycle®

PRODUCED BY & BENEFITING



FRIDAY, JUNE 8, 2019

DAY 7

today's route

VENTURA TO LOS ANGELES

| Mile | Site | Hours |
|-------|--|-----------------------|
| 0 | Camp 6 San Buenaventura State Beach | Ride opens 6:00 am |
| 21.0 | Rest Stop 1 CalTrans Pull Out | 7:00 am - 10:00 am |
| 29.7 | Rest Stop 2 Malibu State Park Office | 7:30 am - 11:30 am |
| 54.1 | Lunch Will Rogers State Beach | 9:30 am - 2:30 pm |
| 68.6 | Finish Line Festival Grand Park | 11:00 am - 6:00 pm |
| TOTAL | | |

If you do not make it into a Rest Stop before it closes, you will be transported to the Finish Line Festival. The route closes at 5:00 pm.

coney's tip of the day

Today we'll be riding down the Pacific Coast Highway into Los Angeles! Let's exemplify kindness, courtesy, and respect to everyone around us.

The Day 7 route will be very exhilarating, but also very busy as we enter city traffic. Use extreme caution in city traffic.

Stay alert and watch for car doors opening, especially as we ride near the beach in Malibu. Always ride defensively and predictably!

We will be riding in bike lanes, restricted parking lanes, and closed lanes on our final trek to the Finish.

This is an alcohol and drug-free event. It is never OK to cycle while under the influence.

RIDE SAFE. BE SAFE.
See you at the Finish Line!



facebook.com/AIDSLifeCycle
@AIDSLifeCycle #AIDSLifeCycle

ALMOST THERE!

FINISH LINE FESTIVAL

Enjoy your last day on the Ride as we finish another incredible AIDS/LifeCycle.

After you cross the Finish Line, you'll have a chance to celebrate at the Finish Line Festival!

The Finish Line Festival is at **Fairfax High School**, 7850 Melrose Ave, Los Angeles.

Here's what you'll experience:

- Being welcomed and cheered as you cross the Finish Line
- Music and dancing on the festival main stage
- Lunch in our food truck village
- End-of-event wrap-up video presentation

Make sure to pick up your victory T-shirt when you arrive at the Finish Line Festival!

WELCOMING FAMILY & FRIENDS

Family and friends coming to cheer you on will want to have an idea of around when you might expect to arrive at the Finish Line.

The fastest Cyclists arrive around 11 am, with most cyclists arriving between 12 pm and 4 pm.

GUEST INFORMATION

There is very limited parking available at Fairfax High School for family and friends. We suggest using ride shares, public transportation and carpooling.

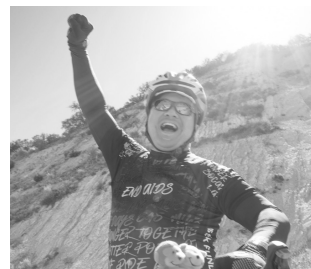
Pick-up locations for friends, family and rideshares will be marked by signs, and available along Genesee Ave.

LA PRIDE WELCOMES AIDS/LIFECYCLE

Saturday, June 8, 7 pm

Join a celebration toast this evening at Oil Can Harry's Beer Garden on Robertson in WeHo (across from The Abbey)!

For participants age 21+. Free admission.



ALONG THE ROUTE

You're almost there! Enjoy your sunny ride along the coast today, where you'll see surfers and beach-goers as you pedal through Malibu towards L.A.

Enjoy the crowds that gather to cheer you on as you ride through the Finish Line! This year, we'll end the Ride at Fairfax High School.



charlieness - So thankful for the awesome Roadies like Majeya and Matt at the Chiropractor Tent who look out for us during the week.

SAVE THE DATE!

Reflect on the ride, see new friends, and celebrate your journey from San Francisco to L.A. at an AIDS/LifeCycle Brunch in August.

Please invite your donors to these special events to thank them for their support.

Please save the date:

- Sunday, August 4, 2019 at the San Francisco Art Institute in San Francisco
- Sunday, August 11, 2019 at the Los Angeles LGBT Center

Check the AIDS/LifeCycle events calendar for additional Thank You events near you.

today's info



High high-70s
Low low-60s



DAY 7 MENU

BREAKFAST 5:00 am – 8:00 am

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

Scrambled eggs, sausage, MorningStar veggie sausage, vegan sausage, hashbrown potato triangles, cheese blintzes with jam

LUNCH 9:30 am – 2:30 pm

Chicken gyro

Vegetarian: Peanut butter cranberry with apple

Served with: Lemon kale salad, fruit, chocolate chip cookie



VENTURA CAMP HOURS

All cyclists must be on the route by 8 am

| | |
|-----------------------|-------------------|
| Breakfast | 5:00 am – 8:00 am |
| Morning camp services | 6:00 am – 8:00 am |
| Camp health services | 5:00 am – 8:00 am |



beautybylevi - Some of the gorgeous views on day 6. #aidslifecycle

veggiedarla
- Day 6 @
AIDSLifeCycle



JOIN US AT PRIDE

Sunday, June 9, 9 am - 3 pm

Join the Center's parade contingent at LA Pride 2019!

The Center is being honored for their 50th anniversary as LA Pride's Organizational Grand Marshal.

For more details and to RSVP go to lgbtcenter.org/pride



AT THE FINISH LINE FESTIVAL

PICK UP YOUR GEAR

Gear will not be available to pick up until after 1 pm.

GEAR SHIPPING

FedEx can ship your personal items home from the Finish Line Festival.

BIKE SHIPPING

There are two options for shipping your bike from the Finish Line.

- **ACE Ride:** sign up in advance for special pricing on bike tune-ups. Shipping available to San Francisco, San Diego, Palm Springs and nationally.

- **FedEx Ground:** ship your boxed bike home to any place nationwide.

Cannondale will be on-site to assist with bike tech needs and to break down and box bikes for \$25.

POST-EVENT TRANSPORTATION

Catch an Uber to the airport from the Finish Line Festival. Pick up locations will be marked with signage.

REGISTER FOR 2020!

Today is your last day to secure your spot on next year's Ride for \$45, **and** get an exclusive AIDS/LifeCycle T-shirt.

DAY 7 INSTAGRAM CHALLENGE

YOU DID IT! With 545 miles complete, whether you rode or Roadied, it's time to cash in those bragging rights! Show off a photo of you at the Finish Line Festival tagged #aidslifecycle to show off that you made it!



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