

AIDS/LIFECYCLE IS A FULLY-SUPPORTED, SEVEN DAY BIKE RIDE FROM SAN FRANCISCO TO LOS ANGELES.

It's a life-changing 545-mile ride—*not a race*—through some of California's beautiful countryside. Thousands of people participate and come together to raise critically-needed funds for San Francisco AIDS Foundation and the HIV/AIDS-related services of the Los Angeles LGBT Center.

As an AIDS/LifeCycle 2023 participant, you'll join a committed, one-of-a-kind community of Cyclists, Roadies and @Home Heroes united by one cause: to end AIDS.

JOIN AS A CYCLIST!

Over seven glorious, unforgettable days, you'll ride your bike through California, standing up to stigma with every mile, fueling your body, heart and mind as you help raise awareness for our shared cause. Over the months leading up to your first day on the Ride you'll raise a minimum of \$3,500, supporting the HIV/AIDS related programs and services of San Francisco AIDS Foundation and the Los Angeles LGBT Center.



BECOME A ROADIE!

For seven days, Cyclists use their legs to bike from SF to LA, but it's the Roadies who dedicate their time, energy and heart moving the event safely through California. Roadies run our rest stops, transport gear, provide medical support, and of course, cheer the riders on! Costumes **STRONGLY ENCOURAGED!**



BE AN @HOME HERO!

@Home Heroes are an integral part of the AIDS/LifeCycle community. As an @Home Hero you can hike, bike, run or walk throughout the year, logging activity in your AIDS/LifeCycle app and raising money for HIV services. **YOU** decide how much you will raise and how many miles you will log. Be a part of your company's team!



**FOR MORE INFORMATION CHECK OUT
WWW.AIDSLIFECYCLE.ORG OR CONTACT US AT
INFO@AIDSLIFECYCLE.ORG**