

# **AIDS/LifeCycle<sup>®</sup>**



**SF TO LA • END AIDS • 545 MILES**



# DRIVEN BY OUR MISSION

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AIDS/LifeCycle is a 7 day bike ride from SF to LA, co-produced by the San Francisco AIDS Foundation and the Los Angeles LGBT Center. The Ride is designed to advance our shared interests to end the HIV/AIDS epidemic.

Since 1993 participants have raised over \$230 million dollars and completed over 40,000 journeys on bicycles from SF to LA.



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**SAFETY**

**We take safety seriously and ask that you do too. Please become familiar with the AIDS/LifeCycle Safety Pillars below - they are here to protect you, as well as those riding with you.**

## 1. Rules of the Road

These are the basic rules that each Cyclist must follow:

- Obey all traffic signals!
- Make a full ALC Stop at stop signs and appropriate traffic signals
- Always wear your helmet [properly fit]
- Do not ride while under the influence of drugs or alcohol
- No electronics while riding



## 2. Individual Safety

These practices will help keep you safe while riding:

- Ride predictably
- Ride with at least one hand on handle bars at all times
- Stay alert and assume cars cannot see you
- Stay hydrated and fueled
- No earphones while on your bike



## 3. Group Safety

Help protect those around you with these guidelines:

- Pass safely [on left/call out/look over shoulder]
- Ride single file [spacing/lane placement]
- Use hand signals [turning/slowing/stopping]
- Call and point out hazards
- Take care of one another



## 4. Emergency Handling

In the event of a serious incident, follow these steps:

- If an accident occurs that needs medical attention, call 911 Immediately
- Do not move an injured person
- Direct traffic around the scene
- Stay until help arrives and notify a Ride Leader or AIDS/LifeCycle staff member



**We are a diverse community.  
We ask that you treat each other with kindness and look after one another!**

# BIKE 101



*THIS  
IS HOW  
WE ROLL*  
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# TYPES OF BIKES/FIT

- Road Bikes vs Gravel
  - Which is best
- No Electric Bikes Allowed
- Bike Fit/Size
  - Professional Bike Fit
  - Safety/Comfort



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**GEAR**

# GEAR

- Cycling Gear
  - Jerseys, bibs, shoes, etc.
- Community Partners
  - Bike shops
  - Spin studios
- ALC Incentives
  - Windvest
  - Jerseys
  - Top 545



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# PEDAL IT FORWARD

- Program set up by AIDS/LifeCycle Community members as an opportunity to swap new and gently used gear
- Available at both NorCal and SoCal Expo
- Community Engagement Reps can assist throughout the season with collection of gear as well as one on one distribution



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**TRAINING**



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# YOU CAN DO IT!

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- Progressive weekly training recommended
  - Ride Milestones
  - Back to Back Rides
- AIDS/LifeCycle group rides
  - ALC Calendar
- Train successfully in all weather



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# RIDER RESOURCES

- Introductions to cyclists and teams in your local area
- RidewithGPS, Strava routes
- AIDS/LifeCycle Facebook groups
- League of American Bicyclists, regional bike groups, coalitions, bike shops



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# CROSS-TRAINING

Bad weather? Too busy? No problem!

- Core
- Strength training
- Yoga/pilates - Get flexible!
- Mix it up: Swim, hike, climb, run, ski, etc.
- Trainer/Peloton/spin classes
- YouTube/Online videos



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# HYDRATION & NUTRITION

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Eat before you are hungry!  
Drink before you are thirsty!

- Water & electrolytes
- Carbs are our friend
- What works for you?
- Before, during, and after



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# RECOVERY

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Overtraining is real!

- Stay hydrated
- Protein
- Stretching
- Roll/massage muscles
- Compression
- Recovery activities
- **SLEEP!**



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# Q & A

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