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.
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
TYPES OF BIKES/FIT

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

- Cycling Gear
  - Jerseys, bibs, shoes, etc.
- Community Partners
  - Bike shops
  - Spin studios
- ALC Incentives
  - Windvest
  - Jerseys
  - Top 545
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
TRAINING
YOU CAN DO IT!

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

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

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

Eat before you are hungry!
Drink before you are thirsty!
Overtraining is real!

- Stay hydrated
- Protein
- Stretching
- Roll/massage muscles
- Compression
- Recovery activities
- SLEEP!
Q & A

INFO@AIDSLIFECYCLE.ORG