



# LIFE ON THE RIDE

## ALL THINGS PRE-RIDE

- TRAVEL PLANNER
- BIKE SHIPPING
- FLIGHTS & HOTELS
- PACKING
- ORIENTATION DAY

## ALL THINGS CAMP

- CAMPING & GEAR TRUCKS
- SHOWERS
- MEALS
- ADDITIONAL SERVICES

## ALL THINGS ON THE ROUTE

- SAFETY
- REST STOPS
- SWEEP & SAG BUS
- DAILY MILEAGE & ELEVATION STATS



# TRAVEL PLANNER

GETTING YOU, YOUR GEAR & YOUR BIKE  
TO SF, AND HOME FROM LOS ANGELES



Bike Shipping



Hotels



Airfare & Transportation



Bike Rentals



[aidslifecycle.org/travel-planner](https://aidslifecycle.org/travel-planner)

# BIKE SHIPPING

## ACE RIDE

Ships fully assembled bikes to and from SF/LA, both one way and round-trip for outside of California. Book by April 15 to get the best prices.

## FEDEX

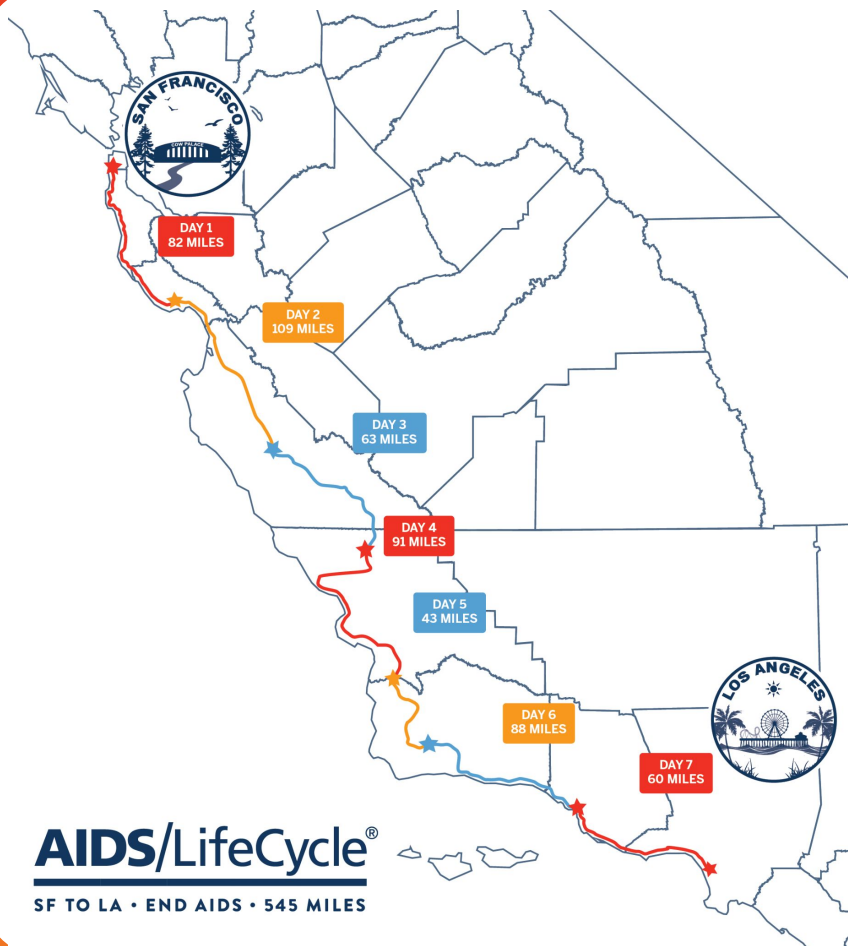
This is the **ONLY** bike shipping vendor we work with- bikes are shipped directly to the Cow Palace. Limited bike tech will be available on Orientation day if you need assistance assembling your bike.

## FLYING

If you fly with your bike in a hard- or soft-shell case, we will transport them from SF to LA. Be cautious of oversize and overweight fees for checked bikes

## TEAMS

Some teams choose to do their own group transport of bikes and gear to and from SF/LA. This is organized by teams, not ALC.



## COW PALACE, DALY CITY, CALIFORNIA

- SFO - SAN FRANCISCO INTERNATIONAL AIRPORT
- OAK - OAKLAND INTERNATIONAL AIRPORT
- SJV - SAN JOSE INTERNATIONAL AIRPORT

## SANTA MONICA, CALIFORNIA

- BUR - HOLLYWOOD BURBANK AIRPORT
- LAX - LOS ANGELES INTERNATIONAL AIRPORT
- ONT - ONTARIO INTERNATIONAL AIRPORT
- SNA - JOHN WAYNE AIRPORT





# ONE BAG

Any size, 70lb max

ROADIE & CYCLIST PACKING LISTS  
CAN BE DOWNLOADED AT:  
[AIDSLIFECYCLE.ORG/TRAVEL-PLANNER](https://aidslifecycle.org/travel-planner)

DO I NEED 7 CYCLING KITS?

WHAT'S THE ROADIE  
SHIRT SITUATION?

# ORIENTATION DAY: SATURDAY, JUNE 3<sup>RD</sup>

**1 BIKE PARKING:** DROP OFF (& ASSEMBLE IF NECESSARY) YOUR BIKE! FILL YOUR WATER BOTTLES TO BE READY FOR THE MORNING. DO NOT BRING YOUR LUGGAGE!

**2 PARTICIPANT ORIENTATION MEETING (POM):** COVERS SAFETY & RIDE CULTURE. MANDATORY & BY APPOINTMENT (KEEP COVID GROUPS SMALL)

**3 CHECK IN:** BRING YOUR PHOTO ID & PROOF OF VACCINATION. YOU'LL GET YOUR TENT TAGS, TENT ADDRESS, BIKE & HELMET TAGS, AND WRISTBANDS.

**4 CAMP STORE & SWAG:** PURCHASE ALL THE ALC BRANDED THINGS! \$5K, \$10K & \$10K INCENTIVES ARE ALL AVAILABLE TO EARN UNTIL JUNE 4<sup>TH</sup>!



## CAMPING:

AIDS/LIFECYCLE PROVIDES  
THE TENTS & THE  
CAMPGROUND.

BRING YOUR OWN  
SLEEPING BAG, MATTRESS  
OR PAD & A HEADLAMP!

## GEAR STORAGE:

WHILE YOU'RE RIDING OR  
ROADIE-ING, YOUR  
ASSIGNED GEAR TRUCK  
WILL TRANSPORT YOUR  
LUGGAGE AHEAD TO THE  
NEXT CAMP. THANK YOU,  
ROADIES!







# HOT SHOWERS

BRING YOUR SHOWER  
SHOES & TOILETRIES

**MORNING: 4:30AM – 8:30AM**  
**EVENING: 1:00PM – 10:30PM**

**MALE, FEMALE & GENDER  
NEUTRAL SHOWERS  
AVAILABLE**

PLEASE BE MINDFUL OF YOUR SHOWER  
TIME, AND WHICH TRUCK YOU USE.  
YOUR RESPECT OF EACH OF THE  
SPACES ALLOWS EVERYONE TO FEEL  
SAFE AND WELCOME ON THE RIDE.



## HOT BREAKFAST & DINNER

VEGAN, VEGETARIAN AND GLUTEN-FREE  
OPTIONS

TALK TO YOUR REP FOR MORE DIETARY  
INFORMATION

**BREAKFAST: 5:00AM – 8:00AM**

\*LIMITED 4:00AM SERVICE FOR SOME ROADIES

**DINNER: 4:00PM – 9:00PM**

## CAMP STAGE @ DINING TENT

- WEATHER & ROUTE INFO
  - SAFETY UPDATE & ANNOUNCEMENTS
- VIDEO RECAP OF THE DAY
  - GUEST SPEAKERS
- **DAY 5 TALENT SHOW**

## GETTING INTO CAMP

- BIKE PARKING
- GRAB GEAR & SET UP TENT
- SETTLE IN: SHOWER & WASH

## SELF CARE ON THE RIDE

- STRETCH & FOAM ROLL
- EAT, DRINK & REST
- !!WASH HANDS!!



- MEDICAL SERVICES
- SUNSCREEN & CHAPSTICK!
- CHAMOIS BUTTER!
- WATER & ELECTROLYTES!

# OTHER CAMP SERVICES:

## CHIROPRACTIC

- SPINE STUFF
- HEALTH & WELLNESS

## FEDEX

- SHIP YOUR USED OR UNNEEDED GEAR HOME AHEAD OF YOU

## WASH STATION

- WASH YOUR GEAR – THIS IS A BUCKET OPERATION

## PARTICIPANT SERVICES

- LOST & FOUND
- INFO SERVICES

## MEETING TENT

- NIGHTLY AA MEETING
- AFFINITY GROUPS

## CAMP LOUNGE

- CHILLAX WITH US
- REGISTER FOR ALC 2024!

## SPORTS MED

- BODY TAPING
- STRETCHING

## CAMP STORE

- GEAR, SWAG & EXTRA BATTERIES

## MEDICAL

- SADDLE SORE CLINIC
- HEALTH & WELLNESS

## CHARGING TENT

## MASSAGE

- 1- 15 MIN PER PERSON

## CPAP VILLAGE

- TELL YOUR REP IN ADVANCE TO RESERVE YOUR SPOT

# SAFETY PILLARS

## 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/slowng/stopping]
- Call and point out hazards
- Take care of one another



## 4. How to Respond to an Incident

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



IN THE EVENT  
OF  
EMERGENCY:  
CALL 911





# ADDITIONAL SUPPORT

MOTO SAFETY, TRAFFIC, ROUTE MARKING,  
DISPATCH, MEDICAL TRANSPORT & MORE

## REST STOPS

4 REST STOPS + LUNCH STOP  
& BONUS WATER & TOILET STOPS

### **SERVICES:**

WATER & ELECTROLYTES  
TOILETS  
SNACKS  
BIKE TECH  
MEDICAL

## SWEEP

SUPPORT BETWEEN  
REST STOPS

NOT A TAXI!

SIGNAL THUMBS  
DOWN OR CALL  
DISPATCH # ON YOUR  
WRISTBAND

## SAG BUS

PICKS UP FROM EACH REST STOP  
AND TAKES RIDERS TO CAMP.

NOTIFY THE BUS LIAISON THAT  
YOU'LL BE HOPPING ON

BIKES ARE TAKEN TO CAMP VIA  
BIKE TRANSPORT

## DAY 1: 82 MILES

800 ft



**Total Elevation Gain:** 4,718 ft

**Climbs:** 300 ft, 5.3 mi, 2.5% | 400 ft, 1 mi, 6.6% | 350 ft, 1.25 mi, 5%

**Ends:** Santa Cruz

IT'S AN EXCITING DAY BUT REMEMBER  
YOUR TRAINING! RIDE PREDICTABLE,  
SINGLE FILE, AND CALL OUT OBSTACLES.

**RIDE SAFE, BE SAFE!!**

- ARRIVE BY 5:00 AM, EARLIER IF MEDICAL DROPOFFS
- DROP OFF BAG AT GEAR TRUCK, HYDRATE, PEE, STRETCH & COFFEE
- SPECIAL NEEDS TO MEDICAL (CPAP, MEALS, REFRIGERATED MEDS, ETC)
- OPENING CEREMONY: 6:00AM

# LET'S RIDE!!

## DAY 2: 109 MILES

600 ft



**Total Elevation Gain:** 2,933 ft

**Climbs:** 300 ft, 11 mi, 1% | 325 ft, 4 mi, 1.5% | 150 ft, 2 mi, 1.5% | 150 ft, 2 mi, 1.5%

**Ends:** King City

## ORANGE SAFETY DAY

- SANTA CRUZ TO KING CITY
- ROUTE OPENS: 6:15AM; LUNCH: 9:00AM-2PM;  
CLOSES: 7PM
- ARTICHOKE STOP! 8:00AM- 11:30AM

THIS IS A  
LONG DAY.  
HYDRATE  
HYDRATE!!



## DAY 3: 63 MILES

1,500 ft



**Total Elevation Gain:** 4,498 ft

**Climbs:** Quadbuster! 1,100 ft, 8 mi, 2.5% | 500 ft, 1 mi, 10%

**Ends:** Paso Robles

# BRADLEY SCHOOL

- KING CITY TO PASO ROBLES
- ROUTE OPENS: 6:30AM; LUNCH: 9:00AM-3:30PM; CLOSES: 7PM
- OPTIONAL: BRING CASH OR CARD- BRADLEY FUNDRAISER  
9AM-3:30PM



## DAY 4: 91 MILES

2,000 ft



**Total Elevation Gain:** 4,745 ft

**Climbs:** Evil Twins! 500 ft, 1.8 mi, 5.5% | 775 ft, 0.25 mi, 5.5%

**Ends:** Santa Maria

## HALFWAY TO LA

- PASO ROBLES TO SANTA MARIA
- ROUTE OPENS: 6:30AM; LUNCH: 9:30AM-2:30PM; CLOSES: 7PM
- HALFWAY PHOTOS - WEAR YOUR FAVORITE OUTFIT!





## DAY 5: 43 MILES

800 ft



**Total Elevation Gain:** 1,719 ft

**Climbs:** 400 ft, 3.7 mi, 1.25% | 275 ft, 1 mi, 2.5% | 425 ft, 1 mi, 6.2%

**Ends:** Lompoc

## RED DRESS DAY

- SANTA MARIA TO LOMPOC
- ROUTE OPENS: 6:30AM; LUNCH: 9:30AM-2:45PM; CLOSES: 4PM
- RED DRESS DAY, SHORT MILEAGE SO NO RS 3 & 4, TALENT SHOW NIGHT AND TEAM PHOTOS!

ANYTHING RED WILL DO!  
COORDINATE WITH  
YOUR TEAM, DO A SOLO  
LOOK, OR A SIMPLE RED  
RIBBON.



# DAY 6: 88 MILES

1,500 ft



**Total Elevation Gain:** 3,574 ft

**Climbs:** 1,200 ft, 13 mi, 1.1%

**Ends:** Ventura

## CANDLELIGHT VIGIL

- LOMPOC TO VENTURA
- ROUTE OPENS: 6:30AM; LUNCH: 9:30AM-2PM; CLOSES: 7PM
- PARADISE PIT ICE CREAM STOP, BEACH DANCE PARTY, EVENING VIGIL ON BEACH



**DAY 7:** 60 MILES  
400 ft



## FINISH LINE FESTIVAL

- VENTURA TO SANTA MONICA - NEW FINISH LINE!
- ROUTE OPENS: 6:00AM; LUNCH AT FINISH LINE
- GEAR TRUCKS ARRIVE 11ISH AT CLOSING FESTIVAL



# AIDS/LifeCycle<sup>®</sup>

SF TO LA • **END AIDS** • 545 MILES

CONTACT YOUR ENGAGEMENT REP!!  
OR  
[INFO@AIDSLIFECYCLE.ORG](mailto:INFO@AIDSLIFECYCLE.ORG)

CHECK OUT THE TRAVEL PLANNER  
FOR UPDATES!  
KEEP FUNDRAISING & TRAINING.  
WE'LL SEE YOU SOON!