

**AIDS LIFECYCLE**  
Ride to end AIDS

PRODUCED BY AND BENEFITING  
**SAN FRANCISCO AIDS FOUNDATION**

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Saturday, June 12

Day Seven

**TODAY'S ROUTE: SAN BUENAVENTURA STATE BEACH TO WADSWORTH THEATRE GROUNDS/ DEPT. OF VA**

MILE	SITE	HOURS
0	<b>Ride Out</b> San Buenaventura SB	6 a.m.
20.4	<b>Rest Stop 1</b> Caltrans Pullout CA 1 South Mile Marker 8.86	7-10 a.m.
29.6	<b>Rest Stop 2</b> Leo Carrillo State Beach	7:30-11:30 am
43.6	<b>Lunch</b> Malibu Bluffs	8:30am-1:30pm
61.5 <b>TOTAL</b>	<b>Closing</b> Wadsworth Theatre Grounds/Dept. of VA	

If you do not make it into a rest stop before it closes, you will be transported into camp. The route closes at 3:15 p.m.

## Tenth Anniv. Reunion Ride - Vets Save \$45

Hard as it is to believe, next year will mark the tenth anniversary of AIDS/LifeCycle and a staggering 18 years since the first California AIDS Ride. With planning already underway for this milestone event, we can assure you it's going to be an event you don't want to miss.

Since 2001, more than 10,000 heroic AIDS/LifeCycle riders and roadies have raised \$70+ million in the fight against AIDS, helping the L.A. Gay & Lesbian Center and San Francisco AIDS Foundation care for those most in need while working to prevent new infections.

And as we ride next year, the world will mark a sad but historic anniversary—30 years since the first reported case of HIV (then known as GRID). We invite you, and all veterans of AIDS/LifeCycle and California AIDS Ride, to join us for this special Reunion Ride in 2011.

The need for AIDS/LifeCycle has never been greater. Today there are more than 1 million people—just in the U.S.—living with HIV and more people than ever who depend on the services of San Francisco AIDS Foundation and the L.A. Gay & Lesbian Center.

Though you haven't even finished AIDS/LifeCycle



9 yet, we want you to know about a very special offer we're promoting to all veterans (riders and roadies) this week. Register for ALC 10 by the day we pedal into Los Angeles and your registration fee will be just \$30 (\$1 for every year of the epidemic). We'll never offer a lower registration fee during the recruitment season and this offer is only available to veterans (that's you—even if this is your first ride) and only through June 12.

As a special bonus, you'll receive a limited edition, commemorative T-shirt when you register for ALC 10 this week (while supply lasts)! You can register at the general store or at the closing ceremony.

### TWITTER + FACEBOOK Post of the Day:

"You're a good soldier, picking your battles... today's your day... I feel it, pick yourself up, dust yourself off get back on the saddle! The pressure is on and all eyes are on you... You're almost there, don't give up get back on the saddle! This is ALC 9 and you've inspired!" --Pedro Arevalo

### CANNONDALE TIP OF THE DAY

Great job riders! Before you leave, please stop by Cannondale to settle your IOUs.

## Day 7 Highlights: Welcome to Los Angeles!!

Today your trip south will take you through Ventura, Oxnard and Port Hueneme (pronounced Why-Knee-Me) and Malibu. You will see the military planes on display as you ride past the Naval Air Station on your way to Highway One also known as the Pacific Coast Highway (or PCH). Once on PCH it's a straight shot down the coastline for about 20 miles. Enjoy the southern California sights of surfers and beach goers as you pedal through Malibu on your way toward LA. You will complete your journey with a turn away from the coast and nice pedal through Santa Monica on your way to the Closing Ceremonies site.

#### Highlight of the Day:

The streets along the route will be peppered with friends, family and well-wishers!

#### Things to Keep In Mind:

- After Rest Stop One, cyclists will be on Highway One (PCH) for approximately 35 miles (mostly through Malibu). Be careful of heavy traffic, cars parked alongside road & their doors opening
- Rest Stop Two is located at Leo Carrillo State Beach Parking Lot. Once you exit the freeway, the route takes you through an underpass. Pedestrian and motorists also use this underpass so be careful.
- Cyclists must walk their bikes down and up a flight of stairs at PCH and Channel (@ mile 54.6).
- Take caution riding through Brentwood at the end of the route,



it's a very busy shopping district with lots of weekend traffic.

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# Things to do at Closing Ceremonies

## EVERYONE:

- Get your Victory Shirt (Lot D)
- Remember to stay hydrated. There are beverages and snacks near the Victory Shirt Tent. (Lot D)
- Register for ALC10! (Lot A)
- Check out the Food Vendor in Lot 17! All kinds of tasty treats like coffee, ice cream and hot items like burgers & veggie burgers!
- Do you need to make a reservation with Road Runner Shuttle or do you just want to confirm your reservation? They are located in Lot 18. Walk-ups might not be able to be accommodated.
- Lose anything during the week? Make sure you check out the Lost & Found area at the Info Tent near Bike Parking one last time. (Lot G)
- Meet up with friends and family.

- Visit the Merchandise Store for the last time! (Lot A)

## CYCLISTS:

- If you are shipping your bike, get your shipping tag from McCollister's, or fill out your paperwork with FedEx. This will save you tons of time after the ceremonies. (Lot 18)
- Be back at your bike by 3:30 p.m. for Ride-In! (Lot 10)

## ROADIES:

- Report to the Roadie Meeting at 3p.m. in the Wadsworth Theatre next to Lot 7.



## AIDS/LIFECYCLE IN THE NEWS:

"I lost a friend to the HIV pandemic about five years ago and was, myself, diagnosed HIV positive, so this is an opportunity to honor the memory of my friend and also an opportunity for me to gain confidence and be comfortable with my own diagnosis. So it is a great, joyous, opportunity to reclaim life," **Jason Villalobos** told KCOY-TV.

"Over and over this week I've heard stories of coming to this ride that combine a loss -- often the AIDS caused death of someone loved -- with a decision to reverse one's own physical decline, however mild or potentially severe. For many people, the ride is no mere demonstration of commitment to "fighting AIDS." It's a lever, flipping the sentiments that accompany loss and failure into a tangible dividend for the suffering," **Mchael Owen** in the *Los Angeles Times*.

## REASONS TO RIDE

Gay and bisexual men continue to bear the greatest burden of HIV infections, accounting for 53% of new cases.

## TEXTS FROM THE ROAD

Want up to the minute ALC info on the ride? Text **ALC** to **69222**.

# AIDS LIFECYCLE 9 Experience the Ride Photos!

Visit [aidslifecycle.org/experience](http://aidslifecycle.org/experience) to see photos, video and blogs from the week.



## SATURDAY'S WEATHER

Sponsored by NBC Bay Area



**High:** 60s  
**Low:** 50s

## DAY SEVEN MENU

BREAKFAST	5 a.m. - 8 a.m.
Scrambled Eggs with Mushrooms	SERVED WITH: Sausage, Biscuit & Gravy, Bananas (G, V), Danish, Assorted Dry Cereals and Oatmeal (V)
LUNCH	9 a.m. - 3 p.m.
Chicken & Brown Rice Wrap	SERVED WITH: Orzo Feta Salad, Assorted Chips (G, V), Seasonal Fruit (G, V) and Peanut Butter Cookie
VEGETARIANS ONLY: Tofu & Brown Rice Wrap	

Menu Key: V = Vegan Items, G = Gluten Free Items. Food is not prepared in a gluten-free environment. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

## VENTURA CAMP HOURS

Breakfast Services	5 - 8 a.m.
Morning Camp Services	6 - 8 a.m.
Camp Medical Services	5 - 8 a.m.
Emergency Medical Services	Open 24 Hours

Route opens @ 6 a.m. - ALL CYCLISTS MUST BE OUT OF BIKE PARKING AND ON THE ROUTE BY 8 a.m.