



## POSITIVE TRACTION

### Who are Positive Pedalers?

By Raul Torres and David Duncan

We are people living with HIV/AIDS and participating in AIDS cycling-related fund raising events. Many of us participate in the AIDS/LifeCycle (ALC) Ride from San Francisco to Los Angeles and are ALC Staff members, Roadies (Ride crew) as well as Riders. Most of us live in California, but we have members in numerous states, Canada and other countries as well.

Our membership can fluctuate, and an accurate head count isn't always possible, as some members are fully "out" as HIV+ and willing to be visible, but not everyone is at that part of their life... and that's OK. When someone needs to identify with a group that provides solidarity, comfort and strength, we're there. We have come to understand that there is strength in numbers, and that HIV cannot and will not define who we are.

We welcome anyone who is HIV+ to join us in showing the positive side of living with HIV/AIDS. Thanks to many new treatments we who are HIV+ can live rich, full, and vital lives. Positive Pedalers may not be the fastest or most skilled cyclists, or not even cyclists; Roadies and ALC Staff members proudly count themselves as PosPeds. And we often carry memories of lost friends and loved ones with us, which can add amazing strength, endurance, stamina and pride to our ride or our work on the ride.

#### So who are Positive Pedalers, you ask?

We hope this gives you a good idea of what makes a Positive Pedaler. And these aspects have been coalesced into our Mission Statement to be succinct in our purpose:

**We are a group of people living with HIV/AIDS committed to eliminating the stigma of disease through our positive public example.**

We are the positive face of HIV/AIDS.

### MARK YOUR CALENDAR

March 11:	SF:	SAUSALITO-LAGUNITAS POSPED TRAINING RIDE (40 miles)
March 26:	SF:	ALC EXPO, GOLDEN GATE PARK
April 1:	LA:	PAUL HULSE/POSPED CENTURY
April 8:	SF:	POSPED 50 mile ± TRAINING RIDE
April 8th Week:	SF:	POSPEDS GENERAL MEETING
April 22:	LA:	DAY ON THE RIDE
April 29:	SF:	DAY ON THE RIDE
May 5-6:	LA:	SANTA BARBARA 2-DAY RIDE
May 6:	SF:	RON WILMOT RIDE
May 13-14:	SF:	JONATHAN PON 2-DAY RIDE
May 19-21:	SF:	RUSSIAN RIVER 3-DAY RIDE
June 3:		ALC 5 ORIENTATION DAY, COW PALACE
June 4:		ALC 5!!!

### WHO'S ON THE POSPED BOARD?



**JOHN FASESKY** came on the Board in the fall of 2005. "After not riding a bicycle for 25 years, I participated in AIDS/LifeCycle 3 and 4 as a Positive Pedaler, and have volunteered as an AIDS/LifeCycle Training Ride Leader for two training seasons.

**DALE FREEMAN** joined the Board in 1998 after completing California AIDS Ride 5. He's participated in many subsequent rides as a cyclist, a roadie, or training ride leader.

**BILL HENRY** is Board Secretary and a member since 2004, after riding with PosPeds in ALC 2. He has since participated in ALC3, 4 and 5 as a cyclist or training ride leader.

**GILBERT GONZALEZ** first rode in ALC 3 and immediately affiliated himself with PosPeds. He is now helping to keep the Web site information current and accessible.

**PETER LAVOIE's** first ride was ALC4 and joined the board in the fall. "It's been amazing to be involved in this event that helps to reduce the stigma of HIV and promotes the possibility of living a vital life. Working (and riding) with the PosPeds is a good way to spread the word and spread the love. Come join us!!"

**WILFREDO ORTIZ**, on the Board since 1997 and Co-Chair for the last 4 years. In the last 12 years, he's participated in 18 AIDS fundraising rides in 14 States, raising \$90,000, 11 in California supporting the San Francisco AIDS Foundation.

**DAVID DUNCAN**, Co-Chair & Treasurer, on the Board since 2001, is a spokesperson for HIV STOPS WITH ME, a training ride leader and will be completing his 9th ride this year.

*(NOT PICTURED)*

**SCOTT CAMPBELL** joined the Board in 2005 and has participated in three ALC rides--twice as a rider and once as a roadie. He is rider #6003 for ALC5. Scott also has been a spokesmodel for the "HIV STOPS WITH ME" campaign for the last four years in both San Francisco and Los Angeles.

**JON GARRISON**, our newest member, Jon rode his first ALC ride last year, complete with a rainbow of feathers!

**PosPeds: Please make sure your info on our Roster is up to date so we can contact you! Email Bobkatz96@aol.com & update!**

**CHECK OUR WEBSITE + page 2 FOR more CALENDAR DETAILS**

## TRAIN WITH POSPEDS



The Calendar on the 1<sup>st</sup> page shows a variety of rides that Positive Pedalers put together during the training season. We offer these rides as a way for positives to meet and train with other positives, as well as other ALC riders who wish to ride, and meet HIV+ riders they will be riding with in June.

### NORTHERN CALIFORNIA

This year we are also offering a 3 step training program for you—the first involves **Day on the Ride**, on April 29, a simulation of a typical “day on ALC 5” complete with rest stops, lunch, and a fully supported ride staff (including PosPed Rest Stop 2 (coming) and 4 (going), with the Board members at service!

### JONATHON PON MEMORIAL RIDE

May 13-14

The Jonathon Pon Memorial Ride, produced by Positive Pedalers in collaboration with AIDS/LifeCycle, will be expanded to a two-day ride this year! Day on the Ride (two weeks prior to this one) will give you a feel for how a given day will work on the Ride. But this two-day ride will give you a sense of what it is like to ride two days in a row AND also learn the art of camping in a tent!

On Saturday May 13, the 73-mile ride will go from Sausalito to Duncan’s Mills at the western end of the Russian River, via Nicasio, Petaluma and Occidental. We'll camp overnight at Casini Ranch where you'll get a feel for what it be like camping out on the Ride in June. A hot dinner will be served at The Ranch followed by entertainment. Bring along a song and a dance to share with us if you like! On Sunday morning a hot breakfast will be provided and we'll head back home via Point Reyes Station, where we'll stop for lunch. Daily support while you ride will include route markings, sweep vehicles and mobile rest stops (minus the porta potties).

Registration will open for this ride Sunday, April 2, 2006. For more details on how to register please refer to the ALC calendar often. There will be a \$75 registration fee. Space is limited to 150 registrations.

### RUSSIAN RIVER 3-DAY RIDE

May 19-21

After Day on the Ride and the Jonathon Pon 2-Day Ride, this 3-day ride is a fantastic way to culminate your training schedule! Join us for a great 3-day adventure primarily for PosPeds and close friends. The route will be similar to the Jonathon Pon Ride but will end in Guerneville. The ride starts in Sausalito on Friday, May 19; Saturday is usually a short, beautiful ride to Healdsburg and back. Sunday is the return ride along Tomales Bay back to Sausalito.

A great way to meet your fellow positive riders and to get a true feel for back-to-back riding! Email duncan-david@sbcglobal.net & reserve.

**NOTE: Reserve a room/cabin in Guerneville early! With the flood repairs many places are still under repair!**

### SOUTHERN CALIFORNIA

LA's **Day on the Ride** is April 22 and as in NoCA, a simulation of a typical “day on ALC 5” complete with rest stops, lunch, and a fully supported ride staff. No PosPed rest stop, though!

### PAUL HULSE/POS PED CENTURY

April 1

[from the ALC website, LA training rides]:

The Chain Gang and Team Ventura invite you to honor the memory of Paul Hulse (a long-time rider and original producer of this ride) and the on-going work of Positive Pedalers. Centuries (100 mile rides) don't get any easier than this, or more beautiful. We'll ride from Valencia through the fragrant orange groves of the Santa Clarita River Valley to Ventura for lunch (provided) on the beach. Then we turn inland for the trip back. Rolling hills, but no significant climbs. There is a Half-Century (50 mile) route available, too.

We'll ask for a \$10 donation on the day of the ride to help cover pit stop food and lunch, but no one will be turned away.

Check the ALC website for more details.

### SANTA BARBARA RIDE

May 6-7



[from the ALC website, LA training rides]:

This is a two-day, 195-mile ride from Santa Monica to Santa Barbara and back. The ride is fully supported, including rest stops; sweep vehicles, massage and chiropractic team, Saturday night's hotel accommodations (see below) and breakfast, lunch and snacks both days.

This is a great ride to get you ready for ALC5!

Rates for ALC participants: PLEASE NOTE: All accommodations are 2 people per bed. TWO-BED ROOM SHARED with 3 OTHER PEOPLE: \$125.00 per person ONE-BED ROOM SHARED with 1 OTHER PERSON: \$140.00 per person \$90 per person for both centuries - no accommodations \$55 single century -one-way \$25 processing fee will be charged for cancellations and/or rider transfers.

Pertinent dates: Friday April 14th --cut-off date to receive all refund requests (less the \$25 fee)

\*\* Pre-Ride Meeting Monday April 24th is the pre-ride meeting at 7 pm. Helen's Cycles No refunds after April 24th. For more information & to register go to [www.shiftinggearsocycling.com](http://www.shiftinggearsocycling.com).

Check the ALC website for more details.