

We are a group of people living with HIV/AIDS, eliminating stigma through our positive public example

Pos Ped ALC 7 Guide

June 1 - 7, 2008



Before heading to the Cow Palace

■ CHECK WITH YOUR DOC

Be sure you are medically cleared to do the ride and are prepared for your medical needs.

■ MEDICAL INFORMATION

Bring your insurance card or health/medical info to the Cow Palace. Your medical form is confidential; only medical staff sees it. You should already have completed your online medical form. Make a list of all of your meds and your dosages and keep it with you at all times.

■ AVOID LINES ON DAY ZERO

Log in to your ALC homepage, and check your e-ticket to see if you need to visit the medical and pledge areas at the Cow Palace. Bring your e-ticket to the Cow Palace!

■ MEDS

Bring enough meds to last you for several days longer than the ride. Medications can get wet or lost. Bringing extra meds will help those who may be short.

■ NUTRITION

A limited amount of Ensure-type product will be available for any Pos Ped who requests it at the med tents or at rest stops. If you have special needs, prepare for them prior to the ride.

■ SPECIAL MEDICAL NEEDS

ALC staff will do their best to assist or accommodate your medical needs. Contact the medical staff NOW to alert them to your needs. If your meds require refrigeration, the medical staff will store them. There will be more Pos Peds on ALC 7 than any other AIDS ride. Help out the medical staff by anticipating your needs!

■ POSPEDSCONNECT

Sign up for our Google group at <http://groups.google.com/group/pospedscconnect?Ink=srg>

■ READ THE BREW-HA-HA'S

Review the Brew-Ha-Ha's from Ginger Brewlay, Roadie 9113.

■ WWW.AIDSLIFECYCLE.ORG

Check out the page featuring HIV-positive ALC participants and log in to your page for updates.

■ ALC DISCUSSION BOARD

Check the Pos Peds section for news and tips.

■ WWW.POSPEDS.ORG

Visit www.pospeds.org regularly for information about ALC.

■ JERSEYS & VESTS

Order your Pos Ped jersey and wind vest at the Merchandise page at www.pospeds.org! Pos Ped jerseys are available only to Positive Pedalers for \$31, first-come, first-served. Wind vests are also \$31 but some sizes are sold out. Tell your non-positive friends about the jerseys for supporters!

■ POST-RIDE TRANSPORT

Visit www.rrshuttle.com/alc.

Friday, May 30 San Francisco

■ NO-HOST DINNER

Join your fellow Pos Peds at our no-host dinner, 7 to 9 p.m. at Jack Tar Bar & Grill, (Cathedral Hill Hotel), 1101 Van Ness Ave. (at Geary Street). Any riders, roadies, family, and friends may join us. Please bring a check for \$26 to cover your share of the dinner.



Saturday, May 31

Day Zero Cow Palace

■ WHAT TO BRING

You will need a photo I.D. Do not bring your gear bag, water bottles, helmet or pets! The Cow Palace is at 2600 Geneva Ave., Dal City. Parking will cost \$8.

■ SAFETY VIDEO

Safety videos will be presented on the hour and on the half-hour between 10 a.m. and 4:30 p.m. in Halls A and D. ALC asks that all participants view the safety video immediately after parking their bikes. Roadies should begin at the safety video.

■ POS PEDS CHECK-IN

Be sure to visit the Pos Peds table in Hall B, where the pledge and medical areas also will be based. Whether you are currently on our roster or have yet to join, drop by and say hi!

■ JERSEY AND VEST PICKUP

If you ordered a jersey or vest, pick up your purchase at the Pos Ped table. If you did not pre-purchase Pos Ped gear, see what is available at the table.

■ T-SHIRTS AND CAPS

This year we will have Positive Pedaler T-shirts and caps and Positive Supporter T-shirts. Caps will be distributed to positive roadies first, then to all other Pos Peds, first come, first serve. We ask for a modest donation for these items.

■ FUND-RAISING

Have you met your fund-raising goal? Consider holding some of your checks to help others. Nick Brinkley can connect those with excess to those with need at the Pos Ped table.

■ BIKE FLAGS

Pos Ped bike flags give a visual cue for other Pos Peds, riders and staff of your presence on the route and can be a health and safety assistance tool. Free flags, poles and brackets will be available at the Pos Ped table, first come, first serve. If you already have a flag, remember to bring it.

■ POS PEDS BIKE PARKING

Ask the bike parking staff to place your bike in the Pos Peds section on Day Zero. On each day of the ride, Pos Peds may leave their bikes in the front section of bike parking. This helps you find your bike each morning, and allows you to meet other Pos Peds easily.

■ POS PEDS TENT SECTION

Tell tent check-in staff if you want to be in the Pos Peds tent section and be among a family and community of Pos Peds! Your non-positive tent mate or roadie also can join us. Get to Tent Assignment before 2 p.m.

■ TENT MATCHMAKING

Need a tent mate? Drop by the Pos Ped table. We will match you with another Pos Ped who is also hunting.

Sunday, June 1

Day 1 Cow Palace to Santa Cruz

■ OPENING CEREMONIES

A procession of Pos Peds will start Opening Ceremonies. All Pos Peds should gather at the side of the stage before 5:50 a.m. Organizers will assist you. Up to 50 Pos Peds will participate in the flag procession. If you are picked, meet in front of the stage at 5 a.m. sharp.

■ RIDING OUT

Pos Peds have the honor of being the first riders out on the route. We encourage all Pos Peds to show the spirit of pride by beginning the ride united. Please wear a Pos Ped jersey, if you have one. We ask that you take off your jackets and show your jersey at the start. Arm warmers are good to wear at this time. If you must keep your jacket on for warmth/comfort, again, please allow those with their jersey showing to move toward the front of our pack.

■ POS PED TENT AT CAMP

For the first time in the history of AIDS rides, Pos Peds will have a staffed tent at each campsite for our members to visit before and after riding. Look for the bright blue and orange canopies. Pos Ped literature and other services will be available. This is a new feature on ALC, so tell us what you would like to see at the Pos Ped tent.



■ DEDICATION TENT

A Pos Ped roadie will staff the dedication tent, where you can pay honor to those who have passed away and who are living with HIV. Drop by and say hi!



■ MESSAGE TENT

One or two massage spots are held for Pos Peds members during each time slot. Showing your Pos Peds token may get you into a slot if the regular slots are booked up. This is not a guarantee but a service they provide with courtesy to us. Please do not abuse this privilege. Limit your massages to the designated number stated by the massage staff (usually no more than two visits).

Monday, June 2

Day 2 Santa Cruz to King City

■ CAMP SERVICES

Morning camp services begin at 6 a.m. and close at 8:30 a.m. Afternoon/evening camp services open at 1 p.m. and close at 9 p.m. Breakfast is served from 5 to 8 a.m. daily. Dinner is served between 4 and 9 p.m.

■ ROUTE HOURS

On Days 2 through 6, the route opens at 6:30 a.m. (The route opens at 6 a.m. on Day 7.) Everyone must be on the road by 8 a.m. The route closes at 7 p.m. on Days 1, 2, 3 and 4. On Day 5, the route closes at 3 p.m., and on Day 7, the route closes at 3:15 p.m.

Tuesday, June 3

Day 3 King City to Paso Robles

■ POS PED DAY

We receive extra recognition and accolades from riders and staff on Day 3. Please wear your jersey, fly your flag, and ride with pride! Pos Peds will be featured in the Daily Spin and in the Day 3 ALC podcast.

■ POS PED SPEECH

In the Day 3 evening program, Shirley Jaglowski will be our featured speaker. This is one of the most powerful moments of the ride. Please support this part of the program with your presence. Shirley will be introduced by Jose Ibarra-Virgen.

■ ROADIE FASHION SHOW

Stick around after the Pos Ped speech for the annual Roadie Fashion Show. There are 47 Pos Ped roadies on ALC 7, and many will be in the Fashion Show!

Wednesday, June 4

Day 4 Paso Robles to Santa Maria

■ HALFWAY TO L.A.!

Celebrate at the top of the hill and cheer riders as they arrive!

Thursday, June 5

Day 5 Santa Maria to Lompoc

■ RED DRESS DAY

From the sky and on the ground, red garments worn by riders appear as a giant red ribbon, symbolizing the support and pride of our community. We encourage all riders and roadies to wear red. Don your finest skirt, dress or gown, or jersey.

■ POS PED PHOTO

Join us at 6 p.m. at the campsite for the Pos Ped photo, which will be displayed on our website and in ALC materials. Wear a Pos Ped shirt or jersey. Bring a photo of someone in whose memory you are riding and we will photograph you individually. After the group photo, stick around for a Pos Ped pizza celebration.

■ TRL PHOTO

We will be taking a photo of our training ride leaders. If you are a TRL, want a photo of them, or simply want to thank them for their hard work, join us.

Friday, June 6

Day 6 Lompoc to Ventura

■ CANDLELIGHT VIGIL

This powerful procession at San Buenaventura Beach follows the evening program.



Saturday, June 7

Day 7 Ventura to Los Angeles

■ CLOSING CEREMONIES

Pos Peds will lead the ride-in to Closing Ceremonies at the Department of Veterans Affairs, 11301 Wilshire Blvd. Park your bike in the Pos Peds section when you get to the V.A. We have the honor of riding in before other riders and hold a prominent place in front of the crowd. Wear your Pos Ped jersey and hear the crowd cheer!



Pos Ped Board



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NICK BRINKLEY
Rider 1269



PAUL SERCHIA
Rider 5085



WILFREDO ORTIZ
TRL-Rider 3115

After Closing Ceremonies

■ NO PROMISES, BUT . . .

. . . there may be a Pos Ped gathering after closing ceremonies. Check www.pospeds.org, the ALC discussion board and PosPeds-Connect for details. During ALC 7, ask any Board member for news.

Sunday, June 8 West Hollywood

■ DAY 8 RECOVERY RIDE

Meet at the Bank of America on Santa Monica Boulevard, east of Crescent Heights, at 8:45 a.m. for an easy 10-mile ride. RSVP on the Training Ride Calendar or just show up.

■ PRIDE PARADE

Walk or ride in the annual Pride Parade in West Hollywood. Please register online before the ride at www.aidslifecycle.org or register at camp services.

Monday, June 9 San Francisco

■ BIKE RETRIEVAL

Set up for Pos Peds bike retrieval begins on June 9 in San Francisco. Bike retrieval takes place on Monday and Tuesday, and is taken down on Wednesday. This is a great opportunity for Pos Peds not doing the ride this year to help out! Let us know if you are available for a shift.

Summer 2008

■ SUMMER CELEBRATIONS

A post-ALC 7 Pos Ped celebration will take place in the Bay Area on Sunday, June 22. A post-ALC 7 Pos Ped party also will take place

in So Cal (date to be determined) Stay tuned to PosPedsConnect and www.pospeds.org for details.

■ POS PED SURVEY

The Pos Ped Board wants to know how we can best serve our members during AIDS/LifeCycle and in the months leading up to the ride. We also want to hear feedback from members who are not participating in AIDS/LifeCycle. Watch your email inbox for the annual Pos Ped survey.

Fall 2008 and beyond: When will you ride next?

■ SEISMIC CHALLENGE

The Seismic Challenge on Oct. 18 and 19 is a 200-mile cycling fundraiser to help the San Francisco AIDS Foundation prevent new HIV infections and promote health among people living with HIV. The Seismic Challenge will follow the San Andreas Fault from Fort Bragg in Mendocino County, through the Russian River Valley and across the Golden Gate Bridge into San Francisco. Visit www.tofighthiv.org

■ AIDS/LIFECYCLE 8

ALC 8 will take place from May 31 through June 6, 2008. Register for ALC 8 in camp. Discounted registration fee typically is offered to those who register on ALC.

■ TRAINING RIDES

Watch www.pospeds.org for Pos Ped training rides year-round.

This guide is a service of the Positive Pedalers Board, prepared by Paul Serchia with help from Ross Papish. Photos by Bob Katz and Paul Serchia

www.pospeds.org

