



# Positive TRACTION

August 2008

## Pos Peds blaze trails in Minnesota!

About 25 Positive Pedaler cyclists and roadies participated in the recent Red Ribbon Ride in Minnesota, helping to raise more than \$400,000 for seven area HIV service organizations.

The Red Ribbon Ride, a four-day ride covering nearly 300 miles, is one of more than two dozen cycling fund-raisers for AIDS services in the United States. For more information about the Red Ribbon Ride, visit [www.redribbonride.org](http://www.redribbonride.org). For a list of AIDS fund-raising cycling events across the U.S., visit [www.pospeds.org](http://www.pospeds.org).



Joe Ede



Garrison Grace and Todd Peter



## New members join Board

Five new members have been appointed to the Positive Pedalers Board, the all-volunteer body that administers the group of HIV-positive cyclists and roadies.

Early this summer, all Positive Pedalers were encouraged to submit applications to join the Pos Peds Board. A strong crop of candidates

came forward, making the process for selecting members to fill the five available seats on the Board extremely difficult.

The five new Board members are:

- **Shirley Jaglowski**, from Long Beach, Calif.
- **Eric Kamm**, from Van Nuys, Calif.

- **Robert Olszewski**, from San Francisco
- **Brendan Patrick**, from Tarzana, Calif.
- **David Stouffer**, from San Francisco

Each of the new Board members submitted a compelling application describing his or her commitment to eliminating stigma through positive See back page

## Let's RIDE!

For more info on these rides, visit [www.pospeds.org](http://www.pospeds.org)

### Saturday, Sept. 6 - 9 a.m.

- Pos Peds Turf and Surf Day, Will Rogers State Beach, Santa Monica

### Saturday, Sept. 13 - 8:30 a.m.

- Pos Peds Beginner Ride, West Hollywood Park

### Saturday, Sept. 20

- Pos Peds Advanced Ride TBA, Los Angeles
- Pos Peds Ride TBA, Bay Area

### Friday, Oct. 3 - 8 p.m.

- Special event! Pos Peds Downtown Disney Dinner

### Saturday, Oct. 4 - all day

- Special event: Pos Peds Do Gay Days at Disneyland!

### Saturday, Oct. 11 - 8:30 a.m.

- Pos Peds Go to Long Beach

### Saturday, Oct. 18

- Pos Peds Advanced Ride TBA, Los Angeles
- Pos Peds Ride TBA, Bay Area

### Saturday, Nov. 1

- Desert Roadrunners kickoff ride, Palm Springs

### Sunday, Nov. 2

- Desert Roadrunners join Palm Springs Gay Pride parade

### Saturday, Nov. 8 - 8:30 a.m.

- Pos Peds Head South, West Hollywood

### Saturday, Nov. 15

- Pos Peds Advanced Ride TBA, Los Angeles

### Saturday, Nov. 30

- World AIDS Day Bike Ride, L.A. and other cities TBA

### Saturday, Dec. 13 - 8:30 a.m.

- Pos Peds Monthly Fun Ride, West Hollywood

### Saturday, Dec. 20

- Pos Peds Advanced Ride TBA, Los Angeles
- Pos Peds Ride TBA, Bay Area

### Friday, Dec. 26 - 8:30 a.m.

- Pos Peds Boxing Day Ride, L.A. Zoo parking lot

# Being Alive to present Spirit of Hope Award to Positive Pedalers on Feb. 8

**P**ositive Pedalers has been selected as one of the honored recipients of the 16th Annual Spirit of Hope Awards, to be presented by Being Alive/ People with HIV/AIDS Action Coalition on Sunday, Feb. 8, 2009 at the Pacific Design Center in West Hollywood, Calif.

The Spirit of Hope Award is an honor that recognizes

those individuals who have worked in the trenches, often against popular opinion, and who have used their time, money and/or talents to advance the fight against HIV/AIDS.

Honorees are selected by people living with HIV/AIDS.

The evening includes a cocktail reception, auction, entertainment, awards

ceremony and post-show dessert buffet.

For information about attending the Spirit of Hope Awards, watch for announcements in coming issues of *Positive Traction* and posts on PosPeds Connect.

For additional information about Being Alive, visit [www.beingalivela.org](http://www.beingalivela.org).



**POSITIVE TRACTION**  
August 2008

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

[www.pospeds.org](http://www.pospeds.org)

## POSITIVE PEDALER BOARD

**NATHAN MENARD**  
Co-Chair  
Tustin, Calif.

**BEAU THOMSON**  
Co-Chair  
San Francisco, Calif.

**JOHN FASESKY**  
Treasurer  
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Secretary  
New York, N.Y.

**DAVID DUNCAN**  
Portland, Ore.

**GARRISON GRACE**  
San Francisco, Calif.

**SHIRLEY JAGLOWSKI**  
Long Beach, Calif.

**ERIC KAMM**  
Van Nuys, Calif.

**ERIC KRIGGER**  
West Los Angeles, Calif.

**ROBERT OLSZEWSKI**  
San Francisco, Calif.

**WILFREDO ORTIZ**  
San Francisco, Calif.

**BRENDAN PATRICK**  
Tarzana, Calif.

**PAUL SERCHIA**  
Los Angeles, Calif.

**DAVID STOUFFER**  
San Francisco, Calif.

**DALE FREEMAN**  
Emeritus member  
San Francisco, Calif.

**BOB KATZ**  
Emeritus member  
San Francisco, Calif.

Positive Traction Editor  
**PAUL SERCHIA**



## JERSEY DESIGN COMPETITION



### DEADLINE EXTENDED!

Each year, **Positive Pedalers** creates a new jersey design for our members. Positive Pedalers is a group of people living with HIV/AIDS committed to eliminating stigma through positive public example and our jersey is a key instrument in fulfilling our mission.

We invite any member of Positive Pedalers to submit designs for consideration for our 2009 jersey.

**REQUIREMENTS:**

- The jersey must prominently feature the Pos Peds logo
- The Pos Peds logo must be on each sleeve
- Our website URL ([www.pospeds.org](http://www.pospeds.org)) must be on the collar
- The design must promote our mission to eliminate stigma through our positive public example

Submit your design (showing the jersey's front, back and sleeves) to [2009competition@pospeders.org](mailto:2009competition@pospeders.org) by **Saturday, Nov. 1, 2008**. The winning design will be unveiled in early 2009.

Design specifications will be posted at [www.pospeds.org](http://www.pospeds.org)

# Pos Peds summer fun

Scenes from the two Pos Peds Summer Parties in San Francisco and Tarzana, Calif. Thank you to our parties' hosts, **Wilfredo Ortiz** and **Brendan Patrick**, and to everyone who participated!

Photos by Bob Katz and Paul Serchia



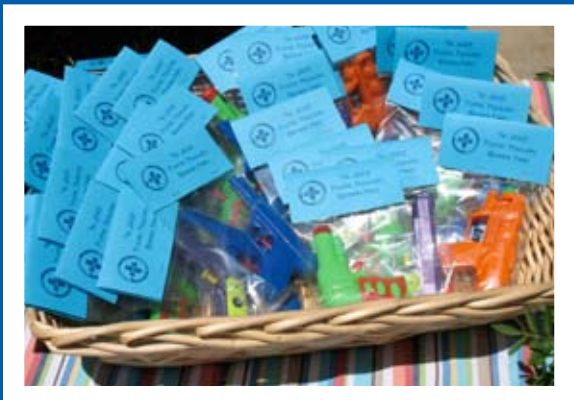
From left, Jeff Briggs, Bill Stewart and Brad Smith at **Wilfredo's** bash.



**Ric 'Ginger Brewlay' Uggen**, left, shares his album of photos with two guests at the Tarzana pool party on July 26.



**Beau Thomson**, left, flew to Southern California to surprise **Brendan Patrick**, right, host of the Tarzana party.



Squirt-gun party favors at the Tarzana pool party



**Ric** and **Gordon** at the Tarzana pool party.

## Pos Ped Annie Elmer back in the saddle in Minnesota

In the late 1980s, Annie Elmer was an active cyclist participating in the MS150, The Ride Across Minnesota for MS (TRAM), and other organized rides.

In 1990, Annie learned that she was infected with HIV. "The doctors told me I would probably be healthy for three years, but they wouldn't promise anything after that," Annie says.

Annie asked her doctors whether or not it would be OK to continue doing long rides, and was told that the impact of long-distance cycling on her immune system was unknown.

### Refuses to be sidelined

In spite of her HIV status, Annie was determined to continue doing long-distance rides, and she remained healthy.

In 1997, Annie rode the AIDS Ride from Minneapolis to Chicago. That was the first ride she did while on combination therapy, which recently had been introduced to treat people with HIV. The powerful new meds did affect her performance, but she managed to make it over 500 miles to Chicago.

She took a break from cycling for a few years to hike the mountains in Glacier Park, Montana, and stopped riding her bicycle for a few years.

In March 2006, Annie and her mother, Marie-Therese, attended a benefit for Minnesota AIDS charities. There, they met Gina Lemon and her husband, Josh. Annie felt comfortable enough

to disclose that she is HIV-positive to them, and Gina shared her story about losing her father to AIDS when she was a teenager.

Gina and Annie stayed in touch with each other, and Annie greeted Gina in the closing ceremony for the 2006 and 2007 Red Ribbon Rides. In 2007, all of the Positive Pedalers rode in at once.

### Building camaraderie

Annie noticed there were no female riders in the group of Pos Peds. That day, she signed up for the 2008 Red Ribbon Ride. Gina created the team, The Bicycle Bandits, and we helped each other with fundraising and training.

A few members of the Bicycle Bandits rode together to "check-in" day. When Annie went to check in for the ride, Joe Ede had a special package for Annie: a Pos Ped flag to fly from her bike.

Shirley Jaglowski, a Positive Pedaler from Long Beach, Calif., had heard about Annie being the only female rider in Minnesota. Shirley autographed the Pos Ped flag that she flew from her bike on AIDS/LifeCycle 7, and mailed it to Annie, to encourage her along her way.

Annie says that she met many wonderful people on the Red Ribbon Ride and magically bonded with all of her teammates. Never having ridden with a team, Annie says that she felt very cared for.

And Annie has already signed up for the Red Ribbon Ride in 2009!

Pos Ped Annie Elmer on the Red Ribbon Ride in July 2008



## Pos Peds coming to Disneyland!

Grab your mouse ears and don your red Pos Ped jersey! We're goin' to Disneyland!

Gay Days 2008 at the Disneyland Resort in Anaheim, Calif., unfolds over a three-day span beginning Friday, Oct. 3 and ending Sunday, Oct. 5. Pos Peds are invited to participate, beginning with a dinner in Downtown Disney at 8 p.m. on Oct. 3, and continuing the following day when we join the Gay Days gathering in the Happiest Place on Earth.

Watch for details on PosPedsConnect and at [www.pospeds.org](http://www.pospeds.org). Gay Days information: [www.gaydaysanaheim.com/](http://www.gaydaysanaheim.com/).

## Board members

From front

public example, and explaining how they would help Positive Pedalers fulfill its mission.

As new leadership steps up, five Board members are drawing a close to their service on the Board. The entire Pos Peds Board thanks the retiring Board

members **Nick Brinkley**, **James Ferguson**, **Peter Lavoie**, **Mike Murphy** and **Gabriel Rocha** for their extraordinary contribution.

The Board includes members from California, Oregon and New York. Members participate in a variety of committees focused on outreach, membership, communications and merchandise.