



Many Pos Ped riders and roadies in AIDS/LifeCycle 7 gathered on Day 5 at our campsite in Lompoc for the annual Pos Ped ALC photo. For more photos taken by Brian Hodes in Lompoc and on Quadbuster, visit www.br8shots.com.

Pos Peds' ALC presence soars!



June 2008

Positive **TRACTION**

Pos Ped 'Stand Up' honors presented to Ric Uggen

Pos Ped roadie Ric Uggen –one of only a few people to have participated in all nine California AIDS Rides and seven AIDS/LifeCycles– was honored for his tireless services to the HIV/AIDS community as the recipient of the inaugural Stand Up! Award from the Positive Pedaler Board.

The presentation of the award capped the Pos Ped segment of the camp program on Day 3 of AIDS/LifeCycle 7 in Paso Robles. Board member Jim Williams announced the award in the packed dining hall, surprising Ric and bringing the appreciative ALC community to its feet. On stage, Ric responded with a curtsy, a gesture as eloquent as it was graceful.

Ginger Brewlay is a familiar sight to thousands of riders in AIDS/LifeCycle and other HIV/AIDS awareness-building events. This year, Ric was one of the top four roadie fund-raisers for ALC, bringing \$6,190 in donations to the cause.



Pos Ped roadie Ric Uggen of Costa Mesa, Calif., familiar to fellow Pos Peds and the AIDS/LifeCycle community as Ginger Brewlay, accepted the first-ever Positive Pedaler Stand Up! Award from Board Member Jim Williams during the evening program in Lompoc on Day 3.

A record number of Positive Pedaler cyclists and roadies energized AIDS/LifeCycle 7 from June 1 through June 7 in California, helping the annual fund-raising ride for the San Francisco AIDS Foundation and the L.A. Gay & Lesbian Center raise \$11.6 million, more than any other annual HIV/AIDS fund-raising event.

More than 2,500 cyclists and 500 roadies participated in AIDS/LifeCycle 7, and nearly 300 of those participants were members of Positive Pedalers. From the opening ceremonies in the Cow Palace in Daly City to the close of the ride seven days later in Los Angeles, Pos Peds eliminated stigma of HIV/AIDS through our visible presence on and off the route.

Pos Peds on ALC this year discovered an increase in member support, including a dedicated Pos Ped tent at each of the six campsites between San Francisco and Los Angeles and availability of wind vests in addition to the traditional Pos Ped jersey.

Non-Pos Ped members on ALC 7 had an opportunity to demonstrate their support for Pos Peds and people living with HIV/AIDS by wearing Pos Ped supporter jerseys in addition to the Pos Ped supporter T-shirt that made its debut on ALC 6. SFAF Executive Direc-

See Page 2

'You will never be alone again'

Pos Ped Shirley Jaglowski's speech in Paso Robles on Day 3

My name is Shirley and I am up here representing the 270 Positive Pedaler riders and roadies this year.

Positive Pedalers are a group of individuals living with HIV/AIDS who participate in bicycle-related fundraisers. Our goal is to expand and enhance public awareness of HIV, and to eliminate stigma through our public example of service, participation and physical vitality. We are the Positive Pedalers, the positive face of HIV.

I'll tell you a part of my story, but this can represent similar stories of many of the people living with HIV.

I was diagnosed with HIV in 1998. I can still remember like it was yesterday. My entire being shut down. I couldn't hear, I could barely see (it was like looking through at sheet of water), and time stood still.

It took me over one year to muster up the courage to tell anyone that I was positive. It took another year and a half before I was seeing any sort of light at the end of the tunnel. On a happier note –five years later – a new woman emerged.

I was tired of feeling like a secondhand citizen. I was tired of being ashamed for what happened. And I was tired of living a sheltered life. I wanted to live, I wanted to feel and I wanted to be able to hold my head up high.

So I set out on my new quest –something I urge my fellow positives to do– I spoke out against HIV



Positive Pedaler Shirley Jaglowski in Lompoc with Jose Ibarra-Virgen, who introduced her in the camp program on Day 3. Shirley and Jose were first-time riders in AIDS/LifeCycle this year.

discrimination in the work place. I spoke out to raise awareness in schools and colleges throughout Southern California, I spoke out at fundraisers and I met wonderful, loving, caring, HIV-positive individuals. I learned 'sadly' that I was not alone, not at all.

I'm riding for the hundreds of thousands who can't. Mostly I'm riding because I know first hand how this disease affects you and your entire being. How can I turn my back on that? None of us can. That's why we are here. Right?

In 1998, I was alone. In 2002, 90 percent of the people I socialized with were positive, they provided me with support, courage and knowledge. In 2003, I started dating again. I was determined that my disease would stop with me, so I would only date others who were HIV positive. In 2005, I married my HIV-positive hubby. I love you Matt, he's a Positive Pedaler and a first-time roadie. And in 2008, I stand before you, to tell those of you that are still afraid to say you are positive that you are NOT alone. You never be alone again. That we are united in numbers, together we gather strength, and courage and wisdom.

I'd like to invite everyone who is positive to stand with me and my fellow Positive Pedalers. Let me applaud you! And give yourselves a HUG. This ride is for you.

I'd now like to acknowledge all the people who are negative for fighting the fight to stay negative and for all your selfless support!

Positive Pedalers set record in AIDS/LifeCycle participation

From cover

tor Mark Cloutier wore a Pos Ped supporter jersey in the camp program in Paso Robles on Day 3, the evening when Pos Peds Shirley Jaglowski and Jose Ibarra-Virgen delivered

heartfelt speeches to the ALC community.

In January, the AIDS/LifeCycle staff set the tone for Pos Peds' involvement in ALC 7 by presenting the Spirit of ALC Award to Positive Pedalers at kick-off events in San Francisco

and Los Angeles.

Registration in AIDS/LifeCycle 8, set for May 31 through June 6, 2009, was open during the seven days of the ride, attracting hundreds of riders and roadies. For information about registering for the event,

call (866) 245-3424. Online registration for ALC 8 will begin this fall.

Rider registration in ALC 7 closed early in 2008 when the number of riders hit capacity of 2,500. Riders in ALC 8 will be required to raise at least \$3,000.

ALC 7: A ride to remember!

Pos Ped Beau Thomson poses behind a tribute to David Duncan created for Rest Stop 2 on Day 6



Bob Katz and Ginger Brewlaw on Day 1



Gabriel Rocha and friend prepare for Red Dress Day



Training Ride Leaders David Mershimer and James Ferguson and James' mom of Team OC

'You did it!'

Lorri Jean's salute to ALC riders and roadies

Excerpts from the speech delivered by L.A. Gay & Lesbian Center CEO Lorri Jean at closing ceremonies on Day 7:

Hello, riders! Hello, roadies! You did it! You made it! All the way from San Francisco: more than 545 miles! Welcome to Los Angeles.

You riders pedaled your hearts out! You rode through some of the most beautiful countryside in the world and over some of the most intimidating hills. And you survived! And look at this crowd! Thousands of people are here to welcome you because they know what I know. We all know that each and every one of you is a HERO! Many of you rode every single mile; others rode every mile you could; and everyone did their best. . . .

My wonderful riders and roadies, thank you for your remarkable passion and unflinching dedication. Because of you, thousands of people with AIDS and HIV will be able to come to the L.A. Gay & Lesbian Center and the San Francisco AIDS Foundation and get the medical care and other help that they desperately need. Thanks to you, thousands more will learn how to prevent the spread of HIV. Further, you've created enormous awareness about HIV and AIDS. Because of all that YOU have done, literally thousands of lives will be saved.

But if we've learned anything over the past week, it's that AIDS/LifeCycle is about so much more than that. It's also about the memories we made, memories that we will cherish forever. . . .

As we stand here today –triumphant, exhausted, proud and happy– we know that the true magic of AIDS/LifeCycle is . . . what you riders and roadies represent. You have shown that intimidating challenges can be overcome when we face them together. You have shown that anyone can help to make a significant difference in the fight against AIDS and that it takes all kinds of people to succeed and whether we are gay or straight, HIV-positive or -negative, regardless of gender or race or age or physical ability –we are in this together and we will NOT allow ourselves to be divided when it comes to fighting AIDS. We have created a unique community over the past week: one filled with love and compassion and kindness and commitment, exactly the kind of community we must strive for in the larger world if we are to find an end to AIDS.

Today, as we prepare to leave, please join me in vowing not to let your commitment stop here. Let us vow to take the loving and uplifting spirit of AIDS/LifeCycle with us to our homes, our neighborhoods, our workplaces, our place of worship and our schools. Let us vow to continue the fight against AIDS, against ignorance, against bigotry and homophobia. Let us vow not to stop until we're concluding the last AIDS LifeCycle as a victory ride in celebration of finally winning the battle against AIDS. May that day come soon.

Finally, my wonderful riders, my phenomenal roadies, my beloved friends, I will never be able to adequately express my gratitude for the sacrifices you have made to participate in AIDS/LifeCycle 7. For one hellacious and glorious week you epitomized the best that people can be. You were kind and giving and gracious and tender and hilarious. It was my great honor to join you along the route. I love you, I am inspired by you, and in my heart you will always be heroes. Thank you!

Want your Pos Peds flag to ride onward?

Would you like your Pos Peds bike flag to continue your positive message? We are in need of Pos Peds flags for our Minnesota Red Ribbon Riders (July 17-20). If you are interested in perhaps signing your flag and passing it on to another rider in the cause, please email Garrison Grace at topcalman@aol.com ASAP.



JERSEY DESIGN COMPETITION

Call for entries to create the 2009 Pos Ped jersey



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) 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 by **Wednesday, Oct. 1, 2008**. The winning design will be unveiled in early 2009.

Design specifications will be posted at www.pospeds.org