



POSITIVE TRACTION

Volume 2.06



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THE POSPED 2006 JERSEY DESIGN IS HERE!

We were very impressed with the power of the message produced for **AmfAR** by the **Kenneth Cole** organization: "WE ALL HAVE AIDS IF ONE OF US DOES." We sought and got permission to use this powerful message on the back of the jersey. On the side panels is the slogan "We're All In This Together" to reinforce the message on the back.

The jersey will be **\$20.00** each (plus tax); if you are interested in buying the jersey email David Duncan at: duncan-david@sbcglobal.net; 100 jerseys have been ordered in the following numbers: Small: 15, Medium: 30, Large: 30, XL: 20, XXL: 4, and XXXL: 1 (already spoken for, sorry!). Check the Voler chart below to determine your proper size.

Size	Waist	Weight	Height	Chest	Inseam
X SMALL	26-29	100-120	5'5" and under	33-35	8.5
SMALL	29-31	120-145	5'4" to 5'8"	35-37	9
MEDIUM	32-34	145-170	5'7" to 5'11"	38-40	9.5
LARGE	35-37	170-190	5'10" to 6'2"	40-42	10
X LARGE	38-41	190-220	6'1" to 6'5"	42-44	10.5
XX LARGE	42-45	220-250	6'3" and over	44-46	11
XXX LARGE	46-50	250-260	6'3" and over	46-48	11.5

Email **David Duncan** at duncan-david@sbcglobal.net and give your order! Orders will be placed first-come, first served from an email message

THE HIV+ PARTICIPANTS T-Shirt and Hat design IS HERE!

The **t-shirt** design, on the front and back of the shirt, is below:

i'm positive.

The **baseball cap** design is below:

i'm positive.

HIV+ T-shirt & Hat:

This year Positive Pedalers would like to acknowledge, welcome and partner with **HIV+ Roadies**, and have produced a t-shirt and baseball cap for **ALL** of us that simply says: **I'm positive**.

Positive Pedalers strongly believe there is power in joining together with other HIV+ AIDS/LifeCycle ride participants in proclaiming publicly that HIV can not and will not define who we are.

If you are associated with this Ride, as a roadie, a rider, or a staff member, you have been affected by HIV/AIDS. Those of us who are HIV+ on the Ride embody, in many respects, the very reason for doing this event. We represent (and sometimes are) the clients of the San Francisco AIDS Foundation and the Los Angeles Gay & Lesbian Center who benefit directly from the funds raised.

To get a t-shirt and hat, **Roadies** please contact your Team Captain with your shirt size (hats are one size fits all), and we will get them to you. **Riders** and **ALC Staff** please pick up one at the PosPed table on Orientation Day.

Thank You All for being a part of AIDS/LifeCycle 5!!

TRAIN WITH POSPEDS: the remaining CALENDAR up to ALC 5:

DAY ON THE RIDE: April 22 in LA, April 29 in SF, a simulation of a typical "day on ALC 5" complete with rest stops, lunch, and a fully supported ride staff (including PosPed Rest Stop on the SF Ride; Rest Stop 2 (coming) and 4 (going), with the Board members at service!

NORTHERN CALIFORNIA:

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 Duncans Mills at the western end of the Russian River, via Nicasio, Petaluma and Occidental. We'll camp overnight at Casini Ranch. 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 breakfast will be provided and we'll head back home via Point Reyes Station. Daily support while you ride will include route markings, sweep vehicles and mobile rest stops (minus the porta potties). You will need to bring a tent and camp gear, and clothes for overnight. We will transport your gear.

Registration opened at the SF ALC 5 EXPO March 26. RSVP below to reserve your spot, since space will be limited to 150 registrants. There will be a \$75 registration fee, due by May 1 to ensure your place. RSVP on the ALC website. Once it is confirmed by a return email, please send your check, payable to POSITIVE PEDALERS, to David Duncan, 173 Dolores Street, #5, SF CA 94103.

RUSSIAN RIVER 3-DAY RIDE: Cancelled this year, sorry!

SOUTHERN CALIFORNIA:

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.shiftinggearsycling.com**. And check the ALC website for more details.