

THE DAILY SPIN

PRODUCED BY AND BENEFITING SAN FRANCISCO AIDS FOUNDATION

Gay & Lesbian Center

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Thursday, June 04

Day Five

Today's Route

Preisker Park, Santa Maria to River Park, Lompoc
67.7 miles
Ride Out: 6:30 a.m.

Rest Stop 1: Riverbench Winery
@17.6 miles; Open: 7:30 - 10:30 a.m.

RS 2: Fess Parker Winery
@30.6 miles; Open: 8:30 a.m. - 12:30 p.m.

Lunch: Solvang's Lot 72—Alisal Mesa Road
@44.2 miles; Open: 9:30 a.m. - 3:30 p.m.

Water Stop: Sanford Winery
@59.1 miles; Open: 10:30 a.m. - 5 p.m.

Camp 5: River Park, Lompoc
@67.7 miles; Opens at 1 p.m.

Route closes at **6 p.m.** If you do not make it into a rest stop by the time it closes, you will be SAG'd into camp.

If you're dressing for Dress in Red Day, make sure your garb is both faabulous and safe for the road!

ALC Debuts in the Old Country

Californians could be forgiven for thinking the tiny city of Solvang, Danish for "Sunny Field," has everything.

Its tree-lined streets, windmills and antique shops have earned the town bragging rights as one of the nation's favorite small-town tourist destinations. But Solvang never had AIDS/LifeCycle.

Until today. AIDS/LifeCycle will pass through this charming village at lunch, its postcard-pretty vistas forced to compete with 2,150 cyclists enjoying the midday meal in every shade of red.

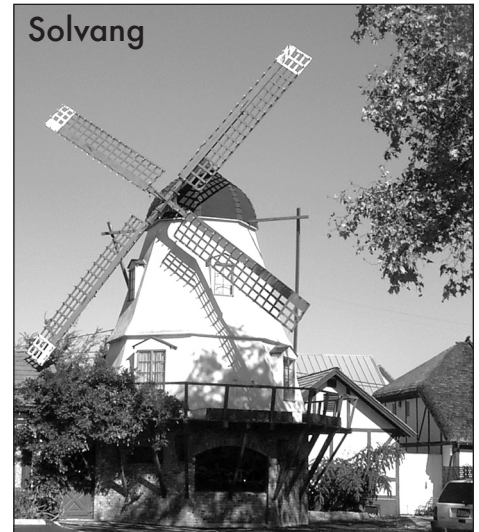
If Solvang's four square miles are home to more Danish bakeries than the average town of 5,300, residents are happy to be among the state's premiere one-of-a-kinds.

Founded in 1910 by a group of Danish émigrés eager to create a foothold in their adopted home, Solvang had its first cultural anchors at a church and Danish folk school.

Solvang's distinctive architecture proliferated after World War II and a 1947 article in the *Saturday Evening Post* began a tradition of automobile tourism that continues to this day.

First-time visitors may recognize Solvang from the film "Sideways," much of which was filmed here.

The town's kinship with AIDS/LifeCycle is noteworthy for the Solvang Century, a March bike ride through the towns of



Lompoc, Vandenberg, Santa Maria and Los Olivos that raises funds for three summer camps catering to young people with congenital heart disease.

The town holds its annual Danish Days celebration in mid-September when residents don traditional costumes and join neighbors in the street for aebleskiver, a Danish donut enjoyed with powdered sugar.

Though native garb is everywhere during Danish Days, the ALC's trademark *Rød Berede Dag* still promises to be an eye-popping experience.

Day 5 Highlights: Red Dresses and Quaint Solvang

Day 5 begins with a beautiful and scenic ride through the farmlands of Santa Maria. At the edge of town, you will enter one of Santa Barbara County's prettiest wine country roads. The scenery will be classic Central California with sprawling vineyards and ancient oak trees making the few challenging climbs along the way well worth the effort.

Lunch is located in the quaint tourist

town of Solvang, a town founded by Danish immigrants.

Departing Solvang, you will pedal through Buellton, home of the world famous Pea Soup Andersen's and head into Lompoc on more beautiful and scenic wine country roads.

Highlight of the day: Oh my, but don't you look fabulous in that red dress!



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Remembering a Compassionate Partner

Jeff Brooks is a 13-year veteran of long-distance AIDS cycling events. He first rode across the country in 1996 while battling AIDS. But this year is special. He is riding in memory of his partner, Greg, who died of cancer last October.



Jeff (r) is riding this year in memory of his partner Greg.

It was on the fifth day of AIDS/LifeCycle in 2006 that Jeff learned that Greg was suffering from a recurrence of a rare form of melanoma that was first diagnosed in 1999. Greg had planned to crew his first ALC that year, but had to cancel to undergo an MRI.

"I found out about his tumor on Red Dress Day, but he wanted me to continue the ride instead of coming home to be with him," Jeff

says. "He met me at the finish line that Saturday, cheering me on and supporting this ride when he was the one who needed support after receiving the devastating news alone. Greg was that kind of man, though; thoughtful, considerate and truly compassionate."

Jeff believes that Greg's HIV-positive status was a contributing factor when the 32-year-old man got a cancer

normally not seen until someone is in his 70s. This year, Jeff is carrying Greg's ashes so he can finally complete a ride with him. Afterward, Jeff will travel back to San Francisco to release the ashes in the city where they made their home together.

Know Before You Go – Important Information

- **Shuttle service to Lompoc** will be available from Camp 5 every half hour. This service will be available on Thursday from 9:30 a.m. - 8:30 p.m., and on Friday from 6:30 - 8:30 a.m. Pick up and drop off will be close to Bike Parking.
- Sign up for **Team Photos** at Info Services. Team photos will be taken near the gazebo in Lompoc.
- If you need transportation after the Closing Ceremony, check with **Road Runner** from 3-7 p.m. near Info Services. You can confirm your reservation if you already made one

online. If not, you can reserve and pay for a seat (cash only). If you don't have a reservation by the closing ceremony, you can't be guaranteed they can accommodate you—so make sure you plan ahead!

- **McCollister's Bike Shipping** will not be in Camp 5, but will be in Camp 6 near Info Services from 3-9 p.m. to process cyclists' bike shipping tags. This will save you a lot of time after the Closing Ceremony!

- The **Baby Dragon 180** ride is a two-day 180-mile bike ride from L.A. to Santa Barbara this fall, which benefits the Crystal Meth Recovery, Mental Health and Homeless Youth Services of the L.A. Gay & Lesbian Center. For more info, visit www.babydragon-180ride.org.

- The **Seismic Challenge 2.0** (October 17 & 18) is two back-to-back cycling centuries making a circuit of the San Francisco Bay and crossing four fault lines. This is ride is limited to 150 cyclists, every one of whom is on the "princess plan" and benefits the San Francisco AIDS Foundation. The fundraising minimum is \$1906. Registration is open at www.seismicchallenge.org.

Daily Weather Report



Chance of T-storms; 20% chance of rain
HI: 65°
LOW: 50°

Today's Menu

Lunch: 9:30 a.m. - 3:30 p.m. Turkey Cranberry on Multi-Grain Bread

Vegetarians Only: Caprese Sandwich on Ciabatta Bread with Mozzarella, Tomato, Lettuce & Roasted Peppers
Served with:

- Seven Grain Salad
- Assorted Chips
- Seasonal Fruit
- Oatmeal Raisin Cookie

Dinner: 4 - 9 p.m. Chicken Marsala, Pork Osso Bucco

Vegetarians Only: Meatless Meatloaf
Served with:

- Roma Tomato and Mozzarella, served with red and yellow bell peppers and baby Romaine tossed in a honey basil vinaigrette
- Macaroni and Cheese
- Broccoli
- Garlic Bread Sticks
- Assorted Cheesecakes

Day 6 Breakfast: 5 - 8 a.m.
Spinach, Mushroom and Feta Cheese Frittata

- Served with:
- Grilled Ham
 - Home Fries
 - Melon Wedges
 - Corn Bread
 - Yogurt and Granola
 - Oatmeal

ON STAGE TONIGHT

*CA Highway Patrol Officer
Comic ANT Perform
ALC Community Variety Show*

Stretch it Out



Stretch before and after riding to prevent injury—several stretching groups are held each day.

Why We Ride

The economic crisis has resulted in a greater demand for free or low-cost services—ALC is more important than ever!

DAY FIVE CAMP HOURS

Morning Camp Service	6 - 8:30 a.m.
Afternoon Camp Services	1 - 9 p.m.
Camp Medical Services	Close At 9 p.m.
Emergency Services	24 Hrs
Camp Stage	Begins At 7:30 p.m.
Showers	Close At 10:30 p.m.