

Friday, June 05

Day Six

Today's Route

River Park, Lompoc to San Buenaventura State Beach, Ventura
85.5 miles
Ride Out: 6:30 a.m.

Rest Stop 1: Caltrans Property CA 1 South
@15.1 miles; **Open:** 7 – 10:30 a.m.

RS 2: Vista Point
@25.9 miles; **Open:** 8:30 – Noon

Lunch: Tucker's Grove Park, Goleta
@47.2 miles; **Open:** 9:30 a.m. – 2 p.m.

RS 3: Leadbetter Parking Lot, Santa Barbara
@56.8 miles; **Open:** 10:30 a.m. – 4 p.m.

Water Stop: Viola Fields Parking Lot, Carpinteria
@70.1 miles; **Open:** 11 a.m. – 5 p.m.

RS 4: Rincon Parkway Campground, Spaces 1 – 15
@77.4 miles; **Open:** 11:30 a.m. – 6 p.m.

Camp 6: San Buenaventura State Beach, Ventura
@85.5 miles; **Opens** at 1 p.m.

Route closes at 7 p.m. If you do not make it into a rest stop by the time it closes, you will be SAG'd into camp.

Roadie Team Goes Green

By now, most AIDS/LifeCycle participants have encountered the most visible Roadie Teams. Charming early risers have served you breakfast. Able-bodied masseurs have pounded your shoulders. Scene-stealing performers have turned Rest Stops into the “must see” entertainment of early June in rural California.

But many committed Roadie Teams spend the week of AIDS/LifeCycle far from the parade of neon spandex. Some have responsibilities that keep them from intersecting with cyclists completely while others are engaged in make-or-break work right under our noses that help the event run more efficiently.

Route Clean-Up is one such team. Roadie Captain Carlena McK-erney and her brawny colleagues Pascale Le Rudulie and Frederick Shaw visit every stop on the route and remove the trash, guaranteeing that every site is cleaner after AIDS/LifeCycle passes through. The team has worked together for years—a particularly



Carlena and her team remove the trash from all stops on the route, leaving them cleaner than they were before ALC passed through.

Many committed roadies spend the week of AIDS/LifeCycle far from the parade of neon spandex.

stunning feat when one knows that Pascale travels to AIDS/LifeCycle from Finland for a week of strategic garbage duty.

“The hardest stops are the ones with fruit,” admits Carlena. “You wouldn’t think a pile of banana peels and orange slices would weigh that much. But if the trash liner isn’t removed every few minutes, three strong people cannot lift it at all.”

What may be most inspiring about Route

Clean Up is its recycling ingenuity. Two years ago, Carlena observed that trash haulers were collecting the revenue from deposits on the aluminum cans and plastic bottles we use at lunch and dinner. She got in touch with county recycling programs near every campsite and now makes daily deposits, generating revenue that she returns to the ride. Last year, Route Clean Up’s green thumb added more than \$1,000 to AIDS/LifeCycle’s coffers.

“It’s a personal thing,” says Carlena. “When you’re talking about recycling from 2,500 people, that’s a lot of money.”

Day 6 Highlights: Wildflowers and Dolphins

Day 6 begins on one of the prettiest roads on the entire route. You’ll pedal through vast expansive ranchlands with wildflower-covered hills on both sides!

As you ride toward the coast through Gaviota Pass you will be on US 101. This is a well-travelled freeway and caution should be practiced at all times.

After lunch you will pass through the heart of Santa Barbara, Montecito and Carpinteria and into Ventura, where we camp at San Buenaventura State Beach.

Highlight of the day: Best bet for dolphin sightings! Cast an eye to the sea to glimpse those playful creatures jumping as they frolic just off the coast.



SPONSORED BY

Team Marriage Equality 'Marries' Twin Causes

For one AIDS/LifeCycle rider, the aftermath of Prop. 8's passage led to a "marriage" of two important causes—HIV/AIDS awareness and the freedom to marry for same-sex couples.

Seeing a need for solidarity in the community, Jennifer Spinner formed Team Marriage Equality, a group of ALC cyclists devoted not only to raising money for HIV services but also to raising awareness about marriage equality.

"The homophobia that helped Prop. 8 pass is the same homophobia that makes it hard for people with HIV to find quality care and support," says Spinner, the team's captain. "This struck me as the perfect opportunity to bring our message of inclusion to communities that don't have much interaction with lesbian, gay, bisexual or transgender people."

To identify the members of Team Marriage Equality, keep an eye out for riders wearing team jerseys or sporting red-and-white ribbons, which combining the colors for marriage equality (white) and AIDS awareness (red).

As ALC rolls through small communities,



PHOTO BY STANLEY APPELMAN

Team Marriage Equality is just one of the many teams that are riding in ALC 8. Tonight these teams will be honored on STAGE at 7:30 p.m.

including many areas where voters favored Prop. 8, these cyclists are talking to local residents, the media and fellow activists about the importance of marriage equality.

"To me, raising money for HIV services and fighting for the freedom to marry isn't just wedding two causes," Spinner says. "It's a perfect match."

Know Before You Go—Important Information

- **Attention fast riders:** Caltrans permits ALC to close one lane of a very narrow bridge just south of Rest Stop 2 from 9 a.m. to 1 p.m. only. If you arrive at RS2 before 9 a.m., you will be held until that lane is closed. CHP will be on hand to ensure that no one leaves the rest stop until it is safe. Please plan your departure accordingly.
- Catch the **shuttle to downtown Ventura** near the park entrance from noon to 9:30 p.m. The shuttle runs every 30-45 minutes and costs \$1 to ride.
- There will be a **Shabbat service** this evening in Ventura at 7 p.m. in the Conference Tent.
- If you need transportation after the Closing Ceremony, check with **Roadrunner** 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).
- **McCollister's Bike Shipping** will be 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!
- Please note: The **hours for Day Seven are different** than those of other days. The route will open earlier (6 a.m.), bike parking closes earlier (8 a.m.)—and the route closes at 3 p.m.

Why We Ride

In the United States, 1.1 million people are living with HIV. 21% of them are unaware of their status.

DAY SIX 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.

Candlelight Vigil

Tonight on the beach, ALC will conduct one of its most meaningful traditions: the candlelight vigil. Please walk along the designated paths and respect the silence of your fellow participants.

Details for the vigil will be given at Community News.

Daily Weather Report



Mostly cloudy with a 50 % chance of showers
HI: 63°
LOW: 50°

Today's Menu

Lunch: 9:30 a.m. - 2 p.m. Tuscan Chicken & Goat Cheese on Multi-Grain Bread

Vegetarians Only: Feta & Tabouli Wrap

Served with:

- Cheese Sticks & Baby Carrots
- Assorted Chips
- Seasonal Fruit
- Chocolate Chip Cookie

Dinner: 4 - 9 p.m. Roasted Turkey Breast; Pot Roast with Gravy

Vegetarians Only: Green Chili Enchiladas

Served with:

- Purple Cabbage Slaw
- Garlic Mashed Potatoes
- 5-Way Vegetable Blend
- Dinner Roll and Butter
- Chocolate Cake

Day 7 Breakfast: 5 - 8 a.m. Scrambled Eggs with Mushrooms

Served with:

- Sausage
- Biscuit and Gravy
- Bananas
- Danish
- Assorted Dry Cereals
- Oatmeal

ON STAGE TONIGHT

Acknowledgements:

- Road-based, Operations & Advance Roadie Teams

Video Clips from the Week

Also tonight: Candlelight Vigil