

Wednesday, June 03

Day Four

Today's Route

Mid-State Fairgrounds, Paso Robles
to Preisker Park, Santa Maria
94.1 miles
Ride Out: 6:30 a.m.

Rest Stop 1: Jack Creek Farm
@9.7 miles; **Open:** 7 a.m. – 10:30 a.m.

RS 2: Caltrans Pullout CA 1 South
@33.3 miles; **Open:** 8 a.m. – 12:30 p.m.

Lunch: Cuesta College
@49.5 miles; **Open:** 9 a.m. – 2:30 p.m.

RS 3: PG&E Power Plant Tour Facility
@61.2 miles; **Open:** 10:30 a.m. – 4:30 p.m.

Water Stop: Mary Herrington Park
@67.3 miles; **Open:** 11 a.m. – 5 p.m.

RS 4: LeRoy Park, Guadalupe
@82.2 miles; **Open:** 11:30 p.m. – 6 p.m.

Camp 4: Preisker Park, Santa Maria
@94.1 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.

It Takes Two to Tandem on ALC 8

For many of us, a day spent conquering the California countryside can be a solitary experience. Not so for AIDS/LifeCycle's 10 tandem riders. On a fabled "bicycle built for two," there's always someone who can hear you complain.

"If she moves around, waves, reaches for something, yells at me, whatever, I know about it," says Dean Clark, a first-time cyclist from Palo Alto who is experiencing every mile of AIDS/LifeCycle with his wife Janine close behind. The Clarks were 16-year solo cyclists who turned to tandems to enjoy cycling together.

"When we tried to ride on separate bikes, it was madness," says Janine. "He's a much stronger cyclist than I am. This way, he can't lose me."

On a tandem, position is everything. The captain is in front, navigating, passing and calling out approaching hills. In the rear, the stoker provides brute strength. The stoker can also point out sideline sights the captain may never see.

"Oh honey, look at that heron eating the squirrel," Janine says. "Oh, what's that? You missed it because you've got to keep your eyes on the road? So sorry."

Tandems are not for everyone. They require careful coordination and plenty of engine strength. The same bike that easily hits 40 mph downhill moves very slowly when it's time to climb.

"When we're on the flats, I look behind at 35 riders basking in our draft. The minute



PHOTO BY JEFF BROCK

Riding tandem is one way to keep your partner from riding too far ahead.

we hit the hill, everyone leaves us."

So who's really in charge? For the Clarks, it's a matter of some dispute.

"I have no control," says Janine. "If you're a control freak, this is not a good place to be."

Dean disagrees. "I like to think I'm in control but the real control is in back with her. She's only a few inches away so between fingernails and earlobes and threats of bodily and psychological damage, she has quite a lot of control."

"You get the whole relationship on a long tandem ride," he adds. "It's the honeymoon, plenty of fighting, and making up."

Day 4 Highlights: 'Evil Twins' Mark the Halfway Point to Los Angeles

The route on Day 4 has a little bit of everything... a feast for the eyes with stunning vistas and ocean views that give way to sprawling fields of farmland and even some quaint seaside towns. The route will wind along some seldom-traveled roads as well as some congested town streets.

Before lunch you will conquer the infa-

mous Evil Twins. The views from the top of that second sister hill are nothing short of spectacular and you may even find yourself forgetting that you are pedaling uphill.

From there you will ride back out to the coast and through the city of Pismo Beach (do I smell cinnamon rolls?) and into Preisker Park in the beautiful central Califor-

nia city of Santa Maria.

Highlight of the day: Halfway to L.A. at the top of the second sister hill you will come upon a vista turnout where you can have your picture taken with the "Half Way to L.A." sign. Don't forget your camera on this day — but don't dally too long; you still have a lot of miles to cover!



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Take Only Pictures, Leave No Carbon Footprint

Leaving your car behind and cycling may be the “greenest” way to get from San Francisco to Los Angeles, but it’s just the tip of the eco-iceberg for ALC 8.

ALC has always recycled cardboard, plastic and aluminum on the ride—but the eco-friendly elements of this year’s ride began long before we left San Francisco.

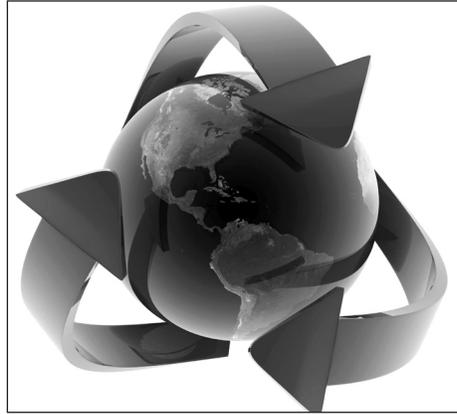
Each of you received a Participant Manual when you registered, which in years past would have been a thick booklet. This year we saved about 600 reams of paper by instead distributing the information on 5,000 jump drives donated by SanDisk.

The paper that we do use is now certified by the Forest Stewardship Council, which means it comes from sustainable sources that help eliminate habitat destruction, water pollution and other problems that often accompany logging.

On the ride itself, there’s a big difference in your utensils, which are biodegradable. And we’re eating on paper plates made from recycled materials.

In addition, REC Solar has donated carbon offsets to minimize the environmental impact of the ride—compensating for 150 percent of the anticipated carbon emissions by funding greenhouse gas-reducing projects.

On Day 7, the morning after the candle-



light vigil, keep an eye on the beach and you’ll see a troop of Girl Scouts scouring the sand for anything left over by participants. Thanks to these civic-minded young people, we leave the beach cleaner than we found it.

“Each year we try to balance the most cost-efficient way of producing the ride with the improvements we’d like to make,” says ALC Director Michael Barron. “To be more ‘green’ as a ride has consistently been a high priority for the cyclists, roadies and staff, so we’re happy we were able to improve the ride’s ecological footprint.”

“To be more ‘green’ as a ride has consistently been a high priority...”

Know Before You Go – Late-breaking Route Info

- Remember *Dress in Red Day* is tomorrow!
- There is construction with one-way traffic controls about two miles out of Camp 3 on South Vine Street. There is a section of gravel where you will be asked to walk your bikes. Be prepared for dust, wear your sunglasses. Please be patient. There will be delays.
- At today’s water stop at Mary Herrington Park, the city of Pismo Beach is sponsoring a *saltwater taffy* and pre-paid postcard giveaway.

DAY FOUR 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.

My bad!

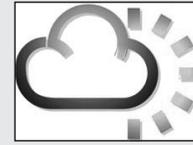


Remember to be courteous to your fellow riders and follow all safety guidelines.

Why We Ride

California ranks **second** in the nation in cumulative AIDS cases, surpassed only by New York.

Daily Weather Report



Partly Cloudy
HI: Low 47°
LOW: 72°

Today’s Menu

Lunch: 9 a.m. - 2:30 p.m. Turkey Havarti on Sliced Sourdough
Vegetarians Only: Greek Wrap: Hummus, Pepper Jack Cheese and Vegetables on Lavash Bread

Served with:

- Cheese Sticks & Baby Carrots
- Assorted Chips
- Seasonal Fruit
- White Chocolate Macadamia Nut Cookie

Dinner: 4 - 9 p.m. Tequila Lime Chicken; Fish Tacos
Vegetarians Only: Vegetarian Fajitas with Tequila Lime-marinated Tempeh

Served with:

- Frizzled Tortilla Salad, Baby Greens, Avocado, Jicama, Roasted Peppers accompanied with a Red Chili Vinaigrette and Frizzled Tortillas
- Black Beans
- Rancho Style Vegetables
- Flour Tortillas and Salsa
- Pecan or Apple Pie

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

Served with:

- Bacon
- French Toast
- Warm Apple Compote
- Muffins
- Assorted Dry Cereal
- Oatmeal
- Grapes

ON STAGE TONIGHT

Acknowledgments:

- Families & partners
- Road-based & Specialty Roadie Teams
- Top Fundraisers, Top-100 riders for ALC 8

Movie: Pixar’s Short Films
Program begins at 7:30 p.m.