



**AIDS/LifeCycle 2**

presented by



# As the Wheels Turn

The Daily AIDS/LifeCycle Newsletter

**DAY 3**  
Tuesday  
JUNE 10, 2003

Official media sponsor



### Today's Route

King City to

Paso Robles

### Route Hours

**6:30am-7pm**

### **Rest Stop 1 - 18.9**

7am-10:30pm

### **Rest Stop 2 - 30**

8am-12pm

### **Rest Stop 3 - 42.6**

9am-2pm

### **Lunch - 53.5**

10am-2pm

### **Rest Stop 4 - 65.8**

11am-6pm

## **On the Way to LA**

Today's journey took cyclists on a winding journey through some of California's most lush farmland. Participants rode among day laborers who tended crops and watched with curiosity as a line of ALC cyclists passed by – stretching as far as the eye could see.

From wine grapes, to cherries, to strawberries, to those famous artichokes – some cyclists couldn't help themselves. *As the Wheels Turns* came upon what may have been the most popular rest stop of the day – the ever popular Thistle Hut Fried Artichoke Stand where the line for their famous offerings stretched

the length of the parking lot. Cyclists ended the day with a triumphant ride into King City with the sun shining, and the wind at their backs, gently coasting them into camp.

## **Your amazing fund raising pays off – big time!**

As we announced on stage in Camp in Santa Cruz, 997 cyclists on the event, and 305 roadies have raised \$4.1 million for the fight against HIV/AIDS!

### **Attention Slower Riders**

Slower riders can leave their tent numbers with Info Services in the morning and faster cyclists that get in early will do their best to set up those tents for them.

### **Participants Profiled**

#### **Arlene Frames – Cyclist #2091**

Funny and outgoing, Arlene Frames embodies the spirit of ALC. A first-time cyclist, Arlene is a parent to three children and two grandchildren in LA. She discovered she was HIV+ 16 years ago while 9 months pregnant. When her husband passed away from AIDS shortly after Arlene's diagnosis, she was left to raise

her three children alone while coping with a chronic illness. Arlene recalls, "I was overwhelmed. I didn't know if I was going to live to see my kids grow up."

A Medicare/Medical recipient, difficulties with benefits led her to the LA Gay & Lesbian Center for help. "I don't fit the usual client profile of the Center," Arlene remembers, "But they

treated me very well, and sorted it all out." The Center linked her with access to proper care, and appropriate drug therapy. Arlene's health improved remarkably.

Now a busy parent to her children and two grandchildren, she has put

herself through school to become a manicurist, and is working towards a degree in psychology.

Arlene has gone from a terrified young woman to a powerful AIDS community advocate and educator. She is actively involved in the Center's Positive Image program which works to prevent transmission of HIV/AIDS among those already positive by building self-esteem. Arlene inspires by example and her

straight forward approach to confronting issues facing HIV+ women.

Asked what sparked her interest ALC2, she recounts how she has, "...always wanted to do something like this." She also wanted to find new ways to serve as a role model. "In our community," Arlene recounts, "we don't take care of ourselves. I wanted to show them how it's done."

"I'm killing two birds with one stone. I'm helping to support a really

good cause, but, primarily, I'm helping me. And I'm also showing my peers it can be done. Next year, maybe we'll have a team." Arlene's training helped her to become more focused and disciplined. Physically, the results are amazing – she reports her doctor was astounded that her viral load is now the lowest it's ever been – undetectable.

Not that's it's been easy. "I have to keep pushing myself to go to the damn gym. But now I think, 'What happened? I feel *so good!* I've even started Yoga!"

That's the spirit, Arlene!

### **Rest Stop of the Day**

All of the Rest Stop staffers really went for it today, making it another difficult decision. But, based on our random poll of cyclists and roadies, the winner is...the Kids of Rest Stop 2. Their awesome costumes, toys and give-aways – along with their loving pampering of cyclists – left these toddlers tops. Congrats, babes!

### **TODAY'S WEATHER**

Partly Cloudy

High 81°

Low 50°

Winds SW 15-25 mph



### **BREAKFAST MENU**

**Scrambled Eggs with Cheese**

**French Toast**

**Bacon**

**Muffins**

**Oatmeal**

### **LUNCH MENU**

**The Club**

**Hummus Veggie Sandwich**

**Oil & Vinegar Cole Slaw**

**Fruit**

**Dessert Snack**

### **DINNER MENU**

**Mesquite Grilled Tri-Tip**

**Green Chili Enchiladas**

**Green Tossed Salad**

### **Info on Today's Route:**

- Today's route takes cyclists right along side 2 military bases—Fort Hunter Liggett following Rest Stop 2 and Camp Roberts between lunch and Rest Stop 4. In previous years, military exercises have occurred while cyclists past by.
- This route includes the infamous Quad Buster Hill—just past the 21 mile mark. A mile and a half long and very steep, the hill also gets hot. Be sure to fill your water bottles at rest stop 1 and hydrate
- Rest Stop 2 is split between two side-by-side sites — refreshments will be at Plato Plaza and medical and bike tech at Waystation Restaurant.

## **From the Stage**

### **News/Updates/Presentations**

**7-8 pm**

Daily News, Stories from the Road and Route Updates

**8 pm**

Addresses by:

Pat Christen, SF AIDS Foundation

Steven Wallace, LA Gay & Lesbian Center

<p><b>Mid-State Fairgrounds</b> <b>Camp Hours 1 pm — 9 pm</b> <b>Dinner 4 pm — 9 pm</b> <b>Quiet Time Begins— 9:30 pm</b></p>
-------------------------------------------------------------------------------------------------------------------------------------------