



LONG BEACH AIDS RIDE

Day of Ride Information

Dearest LBAR Rider,

The week is finally here and we at The LGBTQ Center of Long Beach are finalizing the finishing touches for the Second Annual Long Beach AIDS Ride. If you are receiving this letter you have chosen to register for the 8, 40, or 75-mile ride taking place this coming Saturday, November 15. We are looking at a mostly sunny day with lows at 54° and highs at about 70°. Weather resources are reporting a 0% chance of rain with winds of 8 mph from the southwest (slight head wind for the 40 and 75-milers). Please dress accordingly and don't forget your helmet! Riders that are fundraising may bring donations to turn in at check-in. Riders with balances remaining toward the minimum \$250 may continue to ride after a commitment pledge is signed. Center staff will be available to answer any questions or concerns you may have.

The START/FINISH for the 2014 Long Beach AIDS Ride will be at **Alfredo's Beach Club** located at **5101 E. Ocean Blvd. Long Beach, CA 90803**, at the intersection of Ocean & Granada. Rider parking will be at designated metered parking spots in the beach parking lot directly behind Alfredo's Beach Club. Parking passes will be available for \$10, exact change would be preferred. Limited street parking may be available on Ocean Blvd. Please be sure to read all parking signs before leaving your vehicle to avoid ticketing.

Below are the registration times, event schedule and ride start times:

40/75 mile Registration and Check-In	6:30am-7:00am
Event Speakers and Acknowledgments	7:00am
75 mile ride start time	7:30am
40 mile ride start time	8:00am
Family Fun Ride Registration and Check-In	8:00am-9:00am
Family Fun Ride Speakers	9:30am
8 mile ride start time	10:00am
Lunch*	12:00pm
Ride closes	4:30pm

*Lunch will include a sandwich, salad and dessert. Riders can enjoy their lunch at Alfredo's after completing their ride.

Riders may begin arriving to Alfredo's Beach Club at 6:00am and will have access to bike mechanics from Jax Bicycle Center for light repairs, spare inner tubes and brief bike maintenance. Some items will be available for purchase. There will be coffee, water, electrolytes, fruit and snacks for riders to enjoy before the start of the ride.


Please note: Each ride will have Pit Stops with water, electrolytes and fruit. Restrooms will be available at each stop.

Vendor booths will be open with information on each agency the event is supporting as well as local agencies that support similar causes in Long Beach. Family and friends that come to support will have access to services and resources at the event. St. Mary's Medical Center will be providing free medical checks and FREE HIV Testing. AMP Radio will be providing entertainment and giveaways provided to riders, supporters and volunteers. Lastly, riders will be able to enjoy complementary chiropractic and massage services provided by the Lumbar Yard at the end of their ride.

If you have any questions please contact your Ride Buddy at (562) 434-4455: Daniel at ext. 238 & Jesse at ext. 237.

Thank you so much for your commitment to the ride and for bringing the much needed services and awareness around HIV/AIDS to The City of Long Beach.

Sincerely,


 Director of Health Services
 The LGBTQ Center of Long Beach

