

On Friday, September 10, 2004, 100 riders will begin an extraordinary journey of hope, riding from Maryland's Chesapeake Bay to New York City. For three days, we will have a mission: to raise funds to prevent the spread of HIV, to support those living with HIV/AIDS, and to remember those we have lost. Braking the Cycle is an intimate, uplifting, challenging event that will change the way you look at AIDS . . . and yourself.



Photos by Simon Chung

THE BRAKING THE CYCLE EXPERIENCE

Whether you've done dozens of charity rides before, or if Braking the Cycle is your first, you'll find the ride to be unlike anything you've previously experienced. Braking the Cycle is a small, yet powerful event with a strong community base.

Braking the Cycle is intimate. You and no more than 100 fellow cyclists will pedal to make a difference.

Braking the Cycle is significant. With each rider raising at least \$3,500, your donations will pay for critical HIV/AIDS services of the Lesbian, Gay, Bisexual & Transgender Community Center.

Braking the Cycle is a community effort. It's hard to miss the impact this event has on the Center. At any turn, you may meet a crew member who's also on the Center's staff, or a rider who happens to be a recipient of the Center's HIV/AIDS services. You may be climbing a tough hill, look up, and see the names of loved ones adorned on the rider in front of you. With so many reminders, you'll never forget why you're riding.




It was by far the most challenging and yet most powerful AIDS-related event I have been involved with. I encourage everyone to do it at least once.
 — John Bartlett
 Rider #48

You'll be supported the whole time. From the day you sign up until the end of closing ceremonies, the staff and crew of Braking the Cycle will support you. As soon as we receive your registration, your rider coach will reach out with a hearty welcome. She'll send you our prep guide full of fund-raising and training insights, along with a list of official outfitters who offer discounts to Braking the Cycle participants. Our Web site lists training rides so you can get in shape with other registered riders.

On the event, you'll find our crew and staff to be your spiritual tailwind. Whether it's safe passage across an intersection, water at an "oasis," getting a lift when you're done for the day, or just a little extra encouragement, our impassioned support team is ubiquitous.

Each day you'll get three full meals, plus snacks and beverages at oases placed roughly every 15 miles along the route. At the end of the day, you'll rest your head in one of our hotels along the route. They may not be fancy, but will offer clean and comfortable rooms for you and a roommate. You'll awake refreshed and ready to tackle the next day's route.



BRAKING THE CYCLE  2004

Chesapeake Bay to Manhattan
 September 10-12, 2004

www.brakingthecycle.org