

HCRA 2020



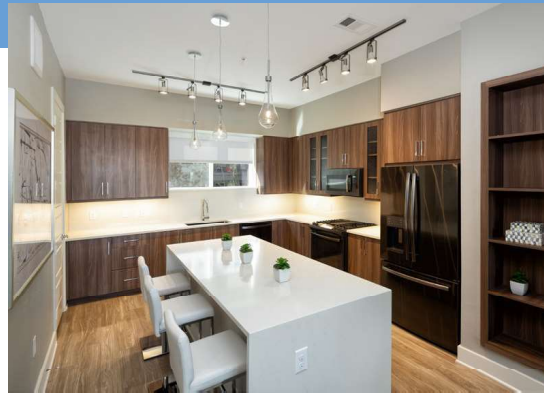
Virtual Rider Packet



Experience one of our **nine** luxury communities located in
Downtown, Mueller, Central, East and Southwest Austin.
You deserve to find the perfect home.
Find yours at **AMLI.com/Austin**



AMLI Eastside
AMLI South Shore
AMLI on Aldrich



AMLI 300
AMLI 5350
AMLI Covered Bridge



AMLI on 2ND
AMLI Downtown
AMLI at Mueller



Visit us at **AMLI.com** and follow us on  and  **@amliaptsaustin**

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Our Sponsors - 4

ViiV Healthcare, Kind Clinic, Bicycle Sport Shop, Kxan, Whole Foods, Avita Pharmacy, Gilead Sciences, HEB, Sue Patrick, Vivent Health, Amlı Residential, Velocity Credit Union, Dragon's Lair, CGI, The Great Outdoors, Viatran, Fix Vodka, Seventh Scout, Heat Bootcamp

Our Beneficiaries - 5

allgo, Ash+Well, CARE Program, Community Action, Friends of David Powell Clinic, Out Youth Austin, Project Transitions, Vivant Health, Waterloo Counseling Center

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Our Sponsors



VIIV HEALTHCARE



KIND CLINIC



BICYCLE SPORT SHOP



KXAN



WHOLE FOODS



AVITA PHARMACY



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VIVENT HEALTH



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SEVENTH SCOUT



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KXAN SIMPLE HEALTH



HEAT BOOTCAMP



THINK OUTSIDE THE BOOTH



AUSTIN CAKE BALL



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LAST STAND BREWING



BRAD HERRERA



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MOTORBLADE



NATIVE HOSTEL



KASASA



EVOLVE CRYO + WELLNESS



RICHARD'S RAINWATER



38TH STREET PHARMACY

Our Beneficiaries



VIBRANT QUEER PEOPLE OF COLOR

allgo.org

health & wellness, cultural arts, and social justice programs

Virtual Ride Fundraising Incentives & Challenges!

- Raise \$50 to earn a Ride t-shirt (folks who paid registration fee auto qualify)!
- Raise \$250 by May 3rd to earn Ride socks!
- Raise \$500 by May 17th to earn a Ride cycling cap!
- Raise \$1000 by May 31st to earn a Fundraising Boss hat!
- Raise \$1500 by June 14th to earn Ride Arm Warmers!
- Raise \$2000 by June 25th to earn a NEW Ride Hoodie!
- Raise \$5000 by June 25th to earn a Ride Jersey!
- For folks who have already purchased a cycling cap or arm warmers on Primal store, then we can substitute our double-walled stainless-steel drink tumbler, while supplies last.

In addition to our fundraising challenges, check out hillcountryride.org (or your inbox, if you're signed up for emails) for fun physical challenges, released every other Monday! Each physical challenge will have two options, so whether you're an avid cyclist or you are more of an "athletic supporter," there will be something for you. You'll need to enter data in Strava for some Physical Challenges. Check out the next few pages for more details.

WHATEVER YOU'RE INTO



WE GOT YOU

PrEP is the daily pill that can protect you up to 99% from HIV. At ASHwell Sexual Health Clinic we can get it to you at NO COST. Our patients also have free access to PEP (a treatment that prevents HIV after exposure), STI testing, gender care, HEP C treatment, wellness exams, HIV case management, and holistic therapies.

ASHWELL
www.ASHWELLATX.org



How to record indoor cycling on Strava

Step 1: Login to the Strava Website or create a free account if you don't have one. (Make sure you join the Hill Country Ride for AIDS club!) Please note, if you sign up with Strava on your phone, you may have chosen to log in with your Google or Facebook account. You'll need to choose this option on the web interface as well.

Step 2: Once logged in, at the top right of the screen you will see a small plus symbol with a circle around it. Rolling over that will show a dropdown menu with several options. We're looking for the "Add manual entry" option from the dropdown.



Step 3: This will take you to a screen where you can enter your activity data based on either your indoor trainer, or any app it might use.

Enter that data manually in each field, and be sure to choose the “Indoor Cycling” tag in the Tags field in the middle of the page. This tag is not available on Android or iPhone, so make sure to use the web interface.

STRAVA [Dashboard](#) [Training](#) [Explore](#) [Challenges](#) [Start Free Trial](#)

[Device](#)
[File](#)
[Manual](#)
[Mobile](#)

Manual Entry

Distance

miles

Duration

01

hr

 00

min

 00

s

Elevation

feet

Sport

Ride

Date & Time

04/02/2020 2:10 PM

Title

Afternoon Ride

Ride Type

Default

Tags

Commute

Indoor Cycling

Bike

No Bike

[+ New Bike](#)

Description

How did it go? Were you tired or rested? How was the weather?

Perceived Exertion

Moderate

Clear Entry

Easy

Moderate

Max Effort

What's Moderate?

Could talk in short spurts
Breathing more labored
Within your comfort zone, but working

Privacy Controls

WHO CAN SEE

☒ Everyone

Anyone on Strava can view this activity. This activity will be visible on segment and challenge leaderboards, and other Strava features.

Create

Cancel

Free Strava Mobile App

Get the easiest way to record and sync your activities with the free Strava app for iPhone and Android.



Community AIDS Resources and Education (C.A.R.E.)

C.A.R.E. supports people living with or at risk of getting HIV who also experience mental health issues and/or use substances. Licensed professionals offer mental health services and substance use treatment in a compassionate, non-judgmental environment.

C.A.R.E. offers a variety of free services.



Hepatitis C and
HIV testing



Counseling groups
and education



Condoms
and lube



Harm reduction supplies
(needle cleaning and
safer smoking kits)

Hours

Monday - Friday:
8 am to 5 pm

Walk-in Testing

Monday & Wednesday
8:30 am - 11:30 am



Richard E. Hopkins
Behavioral Health Building
1165 Airport Boulevard,
Austin, TX 78702



512-804-3650

If you have concerns about our services or staff, please
contact us at feedback@integralcare.org or at 512-440-4086.

Fundraising Tools & Tips

Using your Fundraising Page

- On the left side of your participant page, you'll see several helpful links to help you boost your fundraising efforts. You can join a team, create a Facebook fundraiser, invite friends to join you, ask for donations, and more!
- In the Ask for Donations, Thank Donors, & Enter Cash/Checks section, there are multiple tabs - click the blue links to move from tab to tab. The Ask Your Friends and Thank Your Donors tabs allow you to send emails and texts to your friends and donors, as well as share your asks on social media. Feel free to customize these messages!!

Fundraising Tips

- For emails, texts, and social media posts, keep it short.
- Make it personal! Share your personal connection to the Ride and/or to the person you're asking.
- Not sure who to ask? Start with your family and close friends, and then expand out from there. Coworkers, church friends, that Facebook acquaintance you met at a party three years ago - you'll be surprised by how many people have a connection to our cause and will be happy to support you!
- Thank your donors on social media! Share how you know them and how much you appreciate them. It's a great way to make them feel special and to build momentum for your campaign.
- Make the right ask. If you think someone can give \$1,000, ask for \$1,000!
- Most importantly, ASK! Every year, we hear from people who say, "I was going to donate, but no one asked me!"
- For more tips, visit our [Fundraising Tips page](#)!

Still not sure how to ask for donations? Talk about our Beneficiaries!

Remember, our Beneficiaries need our support now more than ever! They're facing funding shortfalls, increased demand for services, and entirely new challenges related to COVID-19. Losing volunteers, covering costs for more of their clients, navigating social distancing requirements while still providing essential care - these are just a few of the difficulties they're dealing with. When you're making your donation asks, let people know how much our Beneficiaries need their help to keep their doors open and keep people living with HIV/AIDS safe and healthy.

Still not sure how to ask?

Take advantage of our matching gift events! People love to know that they're making an impact, and matching gifts are one of the best ways to take advantage of that. More info to come - stay tuned to our website and our emails!

OUR MISSION: Community Action develops opportunities for people and communities to realize their potential by providing resources and comprehensive services to empower Central Texans of all ages to become self-sufficient.

Executive Director: Carole Belver, 512-392-1161 ext. 328



Health Services

Reproductive Health & Primary Health Care: 611 W.MLK, San Marcos, TX. Contact: Jackie Prado at 512-392-5816 Counties Served: Hays, Caldwell, Blanco

Breast Cancer Outreach and Case Management: Contact Lydia Perez at 512-392-1161, ext. 322. Counties Served: Hays, Caldwell, Blanco & Comal

HIV/AIDS Case Management: Contact Stacey Martinez at 512-392-1161 ext. 329. Counties Served: Hays, Caldwell, Blanco, Bastrop, Burnet, Fayette, Lee, Llano, and Williamson.



Community Services & Senior Citizens Program

Utility Assistance, Case Management, Financial Management & Counseling. Counties served Hays, Caldwell, and Blanco.

Senior Citizens Center located at 810 Arizona Street, San Marcos.

Contact: Margery Marshal at 512-392-1161 ext. 309

Early Child Hood Education

Provides intensive and comprehensive child development and support services to low-income families with children ages birth to five years and pregnant women.

Programs: **Head Start, Early Head Start and Texas Home Visiting**

Counties Served: Hays and Caldwell. Contact: Debra Belitz at 512-392-1161 ext. 335



Adult Education

Programs: **Workforce Training, GED/HSE Preparation, ESL, English Literacy & Civics, Computer Literacy, Career Counseling, College Prep Academy**

Contact: Dough Mudd at 512-392-1161 ext. 332

Counties Served: Hays, Caldwell, Blanco, Bastrop, Burnet, Fayette, Lee, Llano, and Williamson

Graphics Library for Social Media

To download, click on one of the links below, which will take you to dropbox. Then click the download button in the top right. You can also find this on our Website under the “Participants Tools” section.

Mix and match any of our premade, ready to go graphics - perfect for showing your HCRA support!

- [Thank You Graphic](#)
- [Going Virtual Graphic](#)
- [Facebook Cover Photo \(with Riders\)](#)
- [Facebook Cover Photo \(HCRA Love.Ride.Repeat\)](#)
- [Virtual Ride Physical Challenge Graphic](#)
- [Virtual Ride Fundraising Challenge Graphic](#)
- [Kind Clinic Match Graphic](#)
- [I Ride Because... Printable Graphic](#)
- [I Donate Because... Printable Graphic](#)

If you want to get creative and make your own graphics, check out our templates below! We use “HWT American Solid” for the Ride Name and “HWT Unit Gothic 719” for the slogan.

- [Love. Ride. Repeat. Text Template](#)
- [Blank Hill Country Road Template](#)
- [Blank Square Background Template](#)

WHERE YOU FILL MAKES A DIFFERENCE

Not all pharmacies are created equal.

Free delivery, expert staff, online refills—these are the basics you should expect from your pharmacy. We've got the basics covered, and so much more.

- ♥ Financial Assistance
- ♥ LGBTQ+ Care & Support
- ♥ Gender Care
- ♥ PrEP & STD Expertise
- ♥ Community Education & Awareness
- ♥ Personal, Compassionate Care

When you fill your prescriptions with Avita, you can feel good knowing you're helping support your community and the mission of helping everyone get better, together.



Avita
PHARMACY

You're more than just a prescription,
and that's why we're more than just a pharmacy.
3810 Medical Pkwy Suite 109/115, Austin, TX 78756

OUR
COMMITMENT

SUPPORT COMMUNITY PROGRAMS THAT HELP CLOSE GAPS IN CARE

ViiV Healthcare is proud to support
the 2020 Hill Country Ride for AIDS.

HOW IT'S VIEWED

howitsviewed.com

FIND OUT WHO I AM



Activate with your smartphone camera app

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Compensated by ViiV Healthcare

ViiV
Healthcare

Virtual Ride FAQs

Q: Is the Ride canceled?

A: The Ride is not canceled, but it will be a little different this year. The 2020 Hill Country Ride for AIDS will move to a completely virtual event through June 2020. All training JoyRides for the season and the Friday night pasta dinner are suspended. This is not a decision that we made lightly, but given guidance from the Centers for Disease Control and Prevention (CDC), the City of Austin, and the State of Texas, it is clear that we would not be able to provide a safe, fun event for all of our participants.

Q: Will the Ride be rescheduled?

A: Given the complexities of transitioning into a virtual event, we are extending our event into 12 weeks of physical and fundraising challenges. While we will not have our physical event on April 25th, we will be holding our Virtual Ride campaign April-June.

Q: Can my team members or others still register?

A: Yes! We encourage you and your friends to register and continue to fundraise through June 30th, 2020. Our mission is, and will continue to be, providing critical support for the nine beneficiary agencies, who need us now more than ever before.

Q: If I'm already registered, do I need to register as a Virtual Rider?

A: No! You can continue to raise funds as any kind of Rider or volunteer. You are also going to be automatically qualified for some of our fundraising incentives because of your registration fee.

Q: Can I continue fundraising and have it count towards my goal?

A: Absolutely! Fundraising will continue through June 30, 2020. You will still have access to your fundraising page, and we will be introducing new fundraising challenges and incentives for all participants.

Q: How do I turn in cash and checks I received?

A: Please mail donations to: P.O. Box 49097, Austin, TX 78765.

Please do not mail cash; if possible, please ask your donor to write a check or donate via credit card. Otherwise, please contact the Ride Office (512-371-7433 or admin@hillcountryride.org) to schedule a time to arrange for acceptance of the cash donation. When turning in donations, please ensure that the participant's name, the event name, and year are written on the memo line or included in a separate note. Funds must be received by Thursday, June 25th, 2020 to be counted towards fundraising challenges, incentives, and leaderboards.

Virtual Ride FAQs

Q: Can I still get my T-shirt, Rider packet, Jersey, etc.?

A: All currently registered participants will get their T-shirt, a digital Rider packet with information from our beneficiaries and sponsors, and other items at the earliest opportunity. We are determining the most efficient method to distribute all supplies. Please continue to check our website for further information. Please contact us at 512-371-7433 or admin@hillcountryride.org for assistance. Any participant registering after March 19 will be eligible for fundraising incentives as they meet the virtual challenges announced over the next several weeks.

Q: Fundraising incentives?

A: We will be having additional fundraising incentives for all participants in this year's Virtual Ride. Some participants may automatically qualify for certain incentives if they previously paid for their registration, regardless of their fundraising amount.

Q: How do I record my indoor riding miles on Strava?

A: Check out our new resource [here!](#) It'll walk you through the process of manually entering your activities. You can also download the Strava app and record your workouts in real time.

Q: When can I register for next year's event?

A: We will let you know when next year's Ride is scheduled as soon as possible. We can't wait to get back in the saddle with you! Stay in touch with us on Facebook, Twitter, Instagram, and on our email list for more updates.

Q: If I have other questions, who should I reach out to?

A: Please contact us at 512-371-7433 or admin@hillcountryride.org.

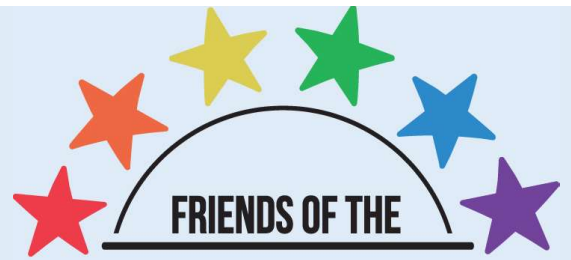




David Powell Health Center
4614 North IH 35, Austin, Texas 78751

Providing HIV Care, Primary Care,
PrEP, Gender Care, Psychiatry, Behavioral
Health, Medication Access, Hepatitis C
Treatment, Women's Health Services, and
Post-exposure prophylaxis (PEP),
to those living with HIV

Seeing all patients including those whose
income and insurance options prevent them
from seeking care elsewhere
www.communitycaretx.org



DAVID POWELL CLINIC

The Friends of the David Powell Clinic supports the health needs of patients at the city's public safety net clinic. When patients need lifesaving medications, we make sure they go home with their medicine **that day**.

The Friends of the David Powell Clinic also funds other patient support, staff development, patient nutrition, patient transportation, and consultative services to enhance care delivery. We are a non-profit entirely managed and run by volunteers with no staff expenses.



Training Basics

Where do I begin?

- Assess your current state of fitness and cycling abilities.
- Always consult with your physician before beginning any new exercise program.
- Plan your schedule and make time for training.

Training Basics

- Find your base mileage. Go for a ride on your bike and see how far you can go comfortably now. This is your base mileage for your weekly long ride.
- Every week or two, increase that distance by no more than 10-15 miles, or less if your base mileage is less than 20 miles.
- Continue building your longest ride to date until you've reached your target distance.
- Ride a combination of long distances at a moderate pace and shorter distances at a more strenuous pace and with hill-climbs.

Training Tips

- Pace yourself; increase your mileage and build endurance slowly.
- Stretch and hydrate before, during, and after rides to maintain flexibility and avoid fatigue, stiffness, and injuries.
- Cross train with other cardiovascular workouts. Strengthening your core muscles with abdominal crunches, yoga, and Pilates will reduce stress on your back and neck while riding.
- In inclement weather, cycle indoors on a trainer or in spin classes.
- Make sure to follow all social distancing guidelines while training!
- Be safe, have fun, and enjoy your training!



PROJECT
TRANSITIONS

Together we are tackling Austin's

DUAL CRISES OF HIV + HOMELESSNESS

Thank you for being a hero
to our community

projecttransitions.org



@ProjTransitions



/ProjectTransitions



@ProjTransitions

Safe Riding Tips

With regards to safety, there are two important facts that you should not forget while on any training ride.

- The bicycle is legally considered a vehicle in most states. With that in mind, you have full rights and responsibilities on the roadway and are subject to the regulations governing the operation of motor vehicles where applicable.
- Most routes are not closed to traffic. Thus, the only time you should ignore signs or traffic signals is the same as if you were in a car: only when a police officer is directing you to do so.

With these two things in mind, here are a few safety tips:

- OBEY ALL TRAFFIC SIGNS, SIGNALS, and directions from TRAFFIC OFFICIALS. Stop at all stop signs. Signal all turns. Cross only at intersections.
- Ride in a straight line, predictably and in control. Avoid excessive weaving back and forth.
- Ride single file on the right, with traffic, a couple of feet from the edge of the road.
- Warn others when stopping or turning by giving required hand signals with the left hand.
- Pass on the left only. When passing another cyclist, call “on your left.” When you hear someone calling out, don’t turn around. Ride straight and steady.
- Keep a safe distance: do not follow too closely behind other cyclists or cars. Never draft behind cars.
- Never make abrupt stops. Slow gradually, and when stopping to rest, move completely off the path of other cyclists.
- Keep clear of road-edge hazards such as sand, gravel, trash drains, and parked cars.
- Cross railroad tracks with your tire at a right angle to the tracks.
- Talk to your fellow cyclists. Call out details like “car back,” “car up,” “on your left,” “stopping,” “gravel,” “potholes,” or “tracks.”
- Speed must be reasonable for control with regard to weather, traffic, road, and light conditions. • •
- Do not bring stereos with headphones—they are not permitted because they interfere with your ability to hear traffic sounds around you.

- Use extra caution when riding in the rain. Roads become more slick and cars won't be able to see you as well.
- Be vigilant when going fast downhill. Keep your hands on the handlebars for more stability.
- Wear bright clothing that can be easily seen and avoid loose fitting apparel that could get caught in the spokes or chain. Don't forget your helmet – it is required to ride.


Other Important Safety Tips...

- Watch for Dogs

Be aware that dogs are unpredictable. If a dog does decide to pursue you, the best course of action is to squirt it with your water bottle. It will startle the dog and give you time to get away. Do not kick a dog that chases you!

- Stick to social distancing guidelines

Cycling is a great way to keep your fitness up during this time, but always make sure that you're keeping yourself and others safe by maintaining a minimum 6 feet of distance between yourself and other riders.




Brad Herrera, Agent
 4404 W William Cannon Drive Suite J
 Austin, TX 78749
 Bus: 512-892-1200
 brad@sfagentbrad.com

Neighborhood of Good® – Quotes for Good™ makes it easy to give back.

Looking for a way to give back to your community?
 Just get a quote and I'll give \$10.00 to a local cause. Right now, my office is helping raise money for Hill Country Ride for AIDS.

Quotes for Good is part of Neighborhood of Good and is making a big difference in communities like ours.

Let's talk today.





MISSION

Out Youth promotes the physical, mental, emotional, spiritual and social well being of sexual and gender minority youth so that they can openly and safely explore and affirm their identities.

VISION

Out Youth envisions a world where sexual and gender minority youth receive the support needed to develop positive self-images, empower themselves and become active citizens in their communities.

5 STEPS TO CONFIDENT CYCLING

The League of American Bicyclists recommends these 5 steps to make your cycling experience as enjoyable as possible and to reduce the risk of crashes or injury. You can easily be a responsible, confident and safe cyclist.



1 Follow the Rules of the Road

- Ride with traffic and obey the same laws as motorists.
- Use the rightmost lane that heads in the direction that you are traveling.
- Obey all traffic control devices, such as stop signs, lights, and lane markings.
- Always look back and use hand and arm signals to indicate your intention to stop, merge, or turn.

2 Be Visible

- Ride where motor-vehicle drivers can see you.
 - Wear brightly colored clothes at all times.
- At night, use a white front light or reflector. Wear reflective tape or clothing.

3 Be Predictable

- Ride in a straight line and don't swerve between parked cars.
- Make eye contact with motorists to let them know you are there.
 - Do not ride on the sidewalk.

4 Anticipate Conflicts

- Be aware of traffic around you and be prepared to take evasive action.
 - Learn braking and turning techniques to avoid crashes.
 - Be extra alert at intersections.

5 Wear a Helmet

- Make sure that the helmet fits on top of your head, not tipped back or forward.
- After a crash or any impact that affects your helmet, visible or not, replace it immediately.

BICYCLE SPORT SHOP

BASIC RIDE APPAREL LIST:

Jersey with pockets in the back to hold snacks, chap-stick, an extra water bottle, and other goodies.

Helmet...always!

Bib Shorts or shorts with a chamois to save your rear while riding.

Gloves for comfort and easy grip when things get sweaty.

Socks with compression for comfort/circulation.

Arm & Leg Warmers are good for training/riding in cold weather and easy to remove and put in a pocket.

Shoes clip in to leverage more of your power for more miles.

SHORT/CASUAL RIDES (UNDER 20 MILES)
 MUST HAVE
 NICE TO HAVE

DISTANCE/FASTER RIDES (OVER 20 MILES)
 MUST HAVE
 NICE TO HAVE



Get everything you need for your ride at www.bicyclesportshop.com! Also at 5 convenient locations serving Austin.

They've been a sponsor for every year of the Hill Country Ride for AIDS, so make sure to show them some love!

BICYCLE SPORT SHOP

BASIC RIDE EQUIPMENT LIST:

Water Bottle to stay hydrated.

Lights to see and be seen.

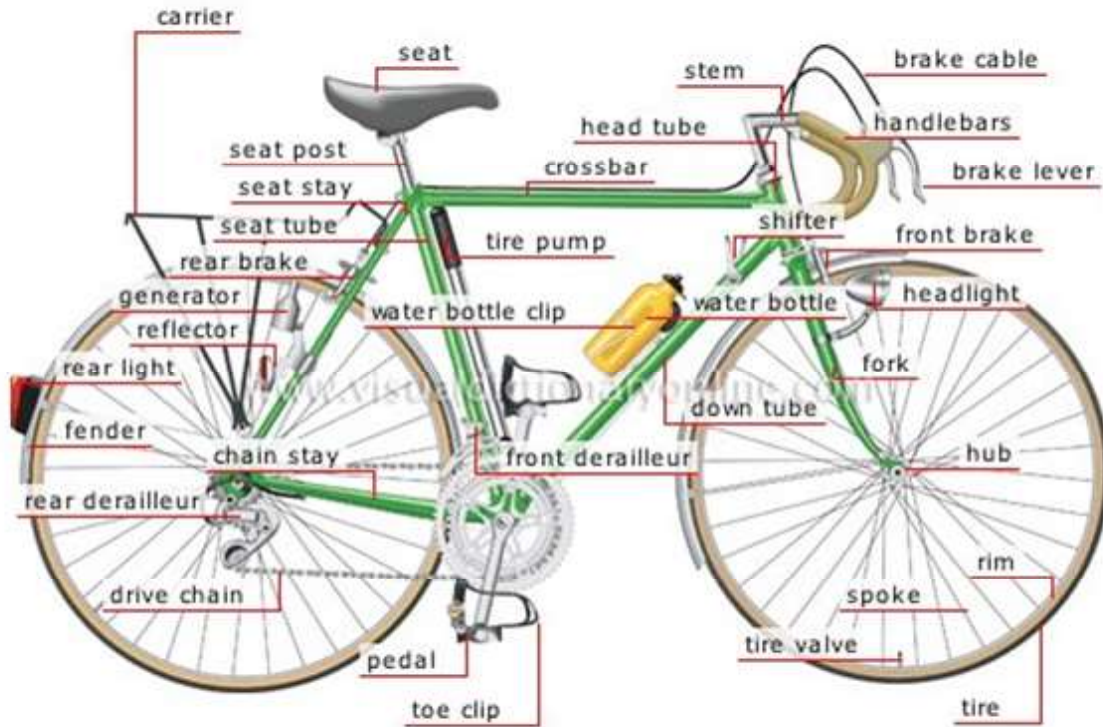
Multi Tool for minor adjustments on the go.

Tubes, Tire Levers, and Air (CO2 Cartridge plus an Inflator or a Hand Pump) fix flats and keep you rolling.

Saddle Bag to carry tools on the road.

MUST HAVE
NICE TO HAVE

Before Any Ride: The **ABC Quick Check**



So... you're going for a bike ride. Your body will get a workout, and so will your bike. Have you checked your bike for mechanical safety? Timely bicycle maintenance can prevent a serious accident. Here is the "ABC Quick Check," which you should do every time you ride.

If you don't know what any of this means, don't worry! You don't need to be a bike guru to ride with us.

A is for Air

- Check tire pressure.
- Check for damage to the tire sidewalls and/or tread.



B is for Brakes.

- Check the brakes for pad wear and adjustment.
- Check cables and housing. Cables need to travel smoothly.

C is for Chain.

- Check the chain to ensure it is fitted appropriately around the chain rings. Check the arms of the pedals to ensure they are running smoothly and firmly - if they feel loose and wobble from side to side, schedule a maintenance appointment with your local bike shop.



Quick is for Quick Releases.

- Quick-release hubs need to be tight, but not too tight.
- Quick-release brakes, which are opened when removing or installing wheels, need to be in the closed position.
- Quick-release seat clamps, need to be in the closed position. Check to be sure your seat is at the correct height.

Check is for a brief, Checkout Ride.

- Take the bike for a brief spin to verify that your derailleur and shift levers are working properly.



Many items of the ABC Quick Check can be done visually; others require just a brief physical check. If you find that your bike needs adjustments beyond your ability, enlist the professional mechanics at your local bike shop.

From the League of American Bicyclists – learn more at www.bikeleague.org

**THE FIGHT
AGAINST HIV HAS
CHANGED. NOW
SO HAS OUR NAME.**

**AIDS SERVICES
OF AUSTIN IS NOW
VIVENT HEALTH.**

Introducing Vivent Health. Nationally-renowned efforts with a local focus, and steadfastly dedicated to serving anyone and everyone affected by HIV through our comprehensive prevention, care and treatment programs.

Learn more at ViventHealth.org



thrive. together.

Stretching, Nutrition, & Hydration

STRETCHING

Stretching is extremely important in keeping your muscles flexible and injury free. Keep the following in mind when stretching:

- Make sure you warm up first—walk in place for three to five minutes. It is always better to stretch warmed-up muscles.
- Stretch muscles equally on both sides of your body. Don't focus your attention on one side or the other.
- Don't bounce while stretching. Take it slow and steady. Bouncing can cause injury to your muscles.
- Be sure to stretch your entire body—not just your legs. Include your arms, back, hips, shoulders, and neck.
- Stretch every time you get off your bike during a ride.
- Don't forget to stretch after you ride and before getting in the car for a long drive home. Stretch at home before going to bed. Your muscles will thank you the next morning.

NUTRITION

It's important that your body gets the quality fuel it needs to perform the extra work of cycling. Complex carbohydrates are the best source of fuel for your muscles—pasta, beans, rice, whole grains, fruits, and veggies. Consult with your physician or registered dietitian for advice.

HYDRATION

Fluids are crucial to your performance and sense of well-being. You've heard it before— drink, drink, drink! But it is amazing how few cyclists heed this advice. They forget to drink because of the excitement of the ride, and then they wilt before the end.

Dehydration is a common problem among cyclists, especially in warm weather, and can lead to serious problems. To prevent this, you must drink plenty of fluids while you ride.

Keep the following in mind:

- Pre-hydrate: Drink a bottle of water and/or 16 ounces of sports drink an hour before a ride.
- Consume at least one bottle of water per hour
- Don't wait until you're thirsty to drink. Your body begins to lack fluid before you feel the sensation of thirst.



OUR SERVICES

- Individual Therapy
- Couples and Family Counseling
- Group Therapy
- HRT, Gender Marker Change, and Name Change Letters

OUR FEES

Waterloo accepts most forms of insurance.

For client's who are uninsured, fees are assessed on a sliding scale with proof of income.

******We have immediate openings for clients who are HIV+ and uninsured. Contact us for more information***

OUR EXPERTISE

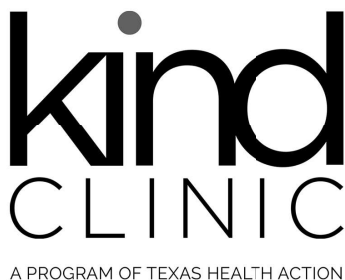
- *LGBTQ and Coming Out Issues
- *Concerns about Living with HIV
- *Abuse/Trauma Issues
- *Depression and Anxiety

E - THERAPY AVAILABLE!

Waterloo Counseling offers therapy services online through a secure, HIPAA-compliant web page. This service is currently available to residents of Texas only.

314 East Highland Mall Blvd. Austin, Texas 78752
(512) 444-9922 | info@waterloocounseling.org

THANKS TO OUR GENEROUS SPONSORS!



(VIRTUAL)

HILL COUNTRY RIDE FOR AIDS 2020