



bike
MS

TEAM CAPTAIN MEET UP

TRENT PARKS



*Don't just **ride**, **Bike MS***

WELCOME CAPTAINS



*Don't just **ride**, **Bike MS***

GoToWebinar Best Practices:



All attendees on are on mute



Interact in the chat box



Ask questions in the chat box or “raise your hand.”



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You're changing lives

The COVID-19 pandemic intensifies the challenges of MS and it is taking a toll on our community:



Does my MS medication or essential job make me vulnerable to COVID-19?



Will I be able to afford my MS medication or even my rent now that I'm laid off?



How will I take care of myself and remain mobile if I'm alone?



Will MS researchers remain focused on a cure?



DAMIAN, DIAGNOSED IN 2015

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Make Impact

MS doesn't stop, and neither will we.

- MS Navigator Program
- Coronavirus and MS Resources
- Ask an MS Expert webinar
- Connecting individuals with doctors and resources
- Virtual self-help groups

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Bike MS: Inside Out



BIKE MS® INSIDE OUT

SEPTEMBER 26, 2020 @ 10 A.M. ET/7 A.M. PT

OCTOBER 17, 2020 @ 10 A.M. ET/7 A.M. PT

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What is Bike MS: Inside Out?

WHAT'S INCLUDED



LIVE BROADCAST



INTERACTIVE



SHOUTOUTS



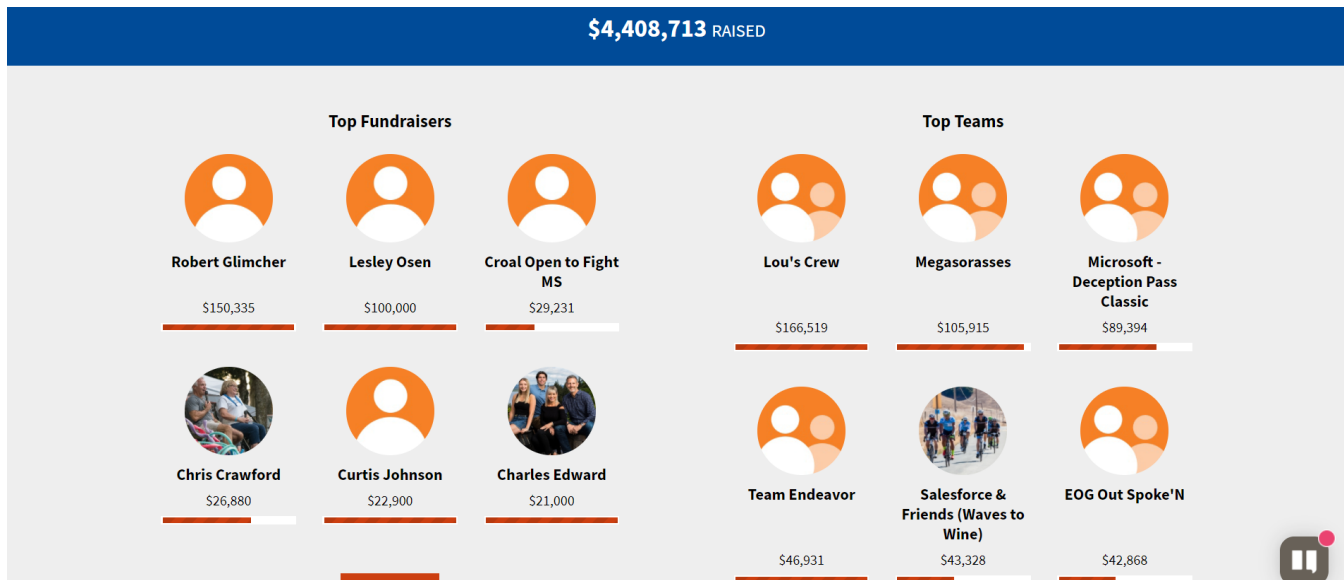
GUEST MC



CHALLENGES



COOL SWAG




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What is Bike MS: Inside Out?

 Your Page  Dashboard  Donations  Messages  Resources

 Welcome, Laura. 



Fundraiser Search 

[Home](#) [Ride Logistics](#) [Fundraising](#) [Teams](#) [Resources](#) [Why Bike MS?](#)

Bike MS: Inside Out - September

[Register Now!](#)

[Donate To This Event](#)

\$4,408,713 Raised

Goal \$8,000,000



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Event Day Schedule

10 a.m. Live Opening Ceremony

10:45 a.m. Rest Stop 1

11:45 a.m. Rest Stop 2

12:45 p.m. Primal Jersey Competition

1 p.m. Post Ride Party and Closing Ceremony

Scavenger Hunt Challenges: All Day!

Fundraising Challenge: All Day!

Virtual Bibs – Coming Soon

Ride Anytime, Anyway!



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How are you doing Bike MS: Inside Out?

Build your team experience!

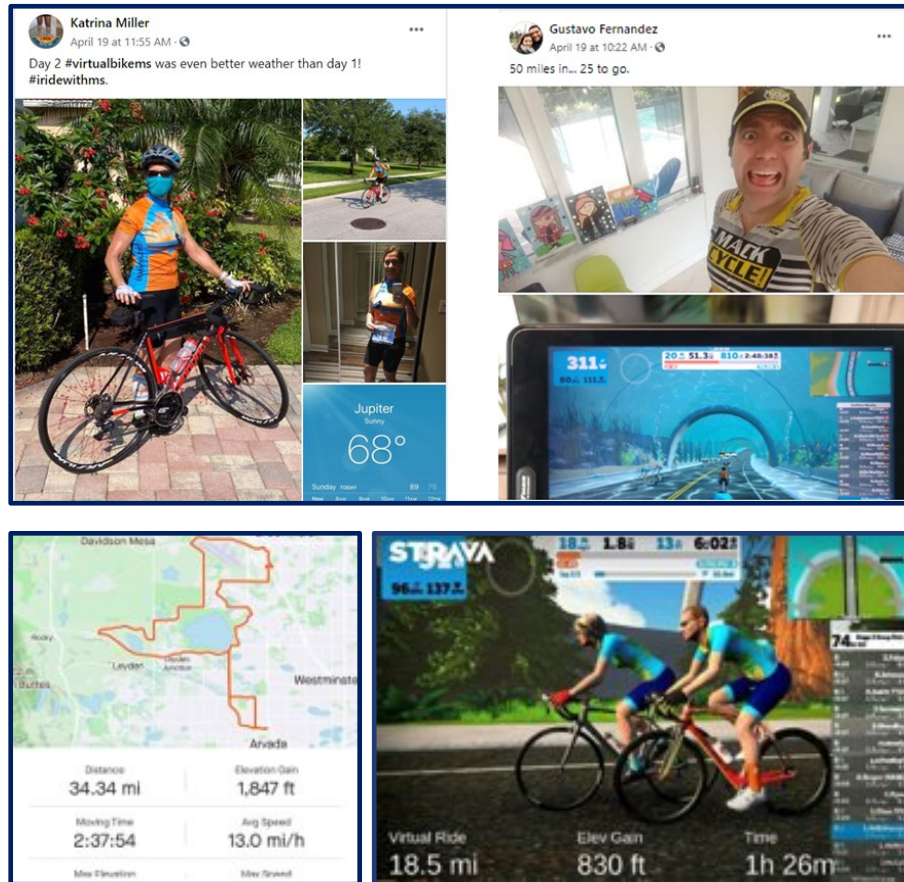
- Do you have a team mileage goal?
- How much will you fundraise during the weekend?
- Will you be hosting a Virtual Fundraiser?
- Are you hosting a Facebook Watch Party?
- Who will be riding, and where/how?



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How do I ride?

Any way you want!



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How do I ride?

Survey Says....

STRAVA

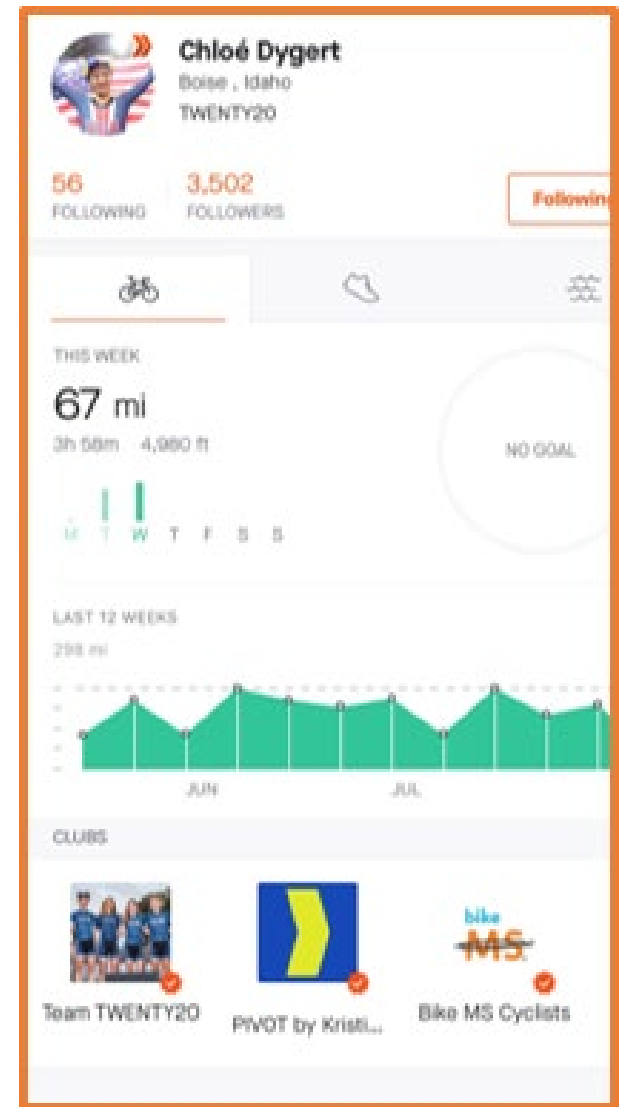


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We ❤️ STRAVA

- Strava is the leading GPS activity app in the world
- Free and paid versions
- Gamification of your exercise
- Community of Bike MS Cyclists

Join National Bike MS Strava Club



Don't just ride, Bike MS

How does it work?

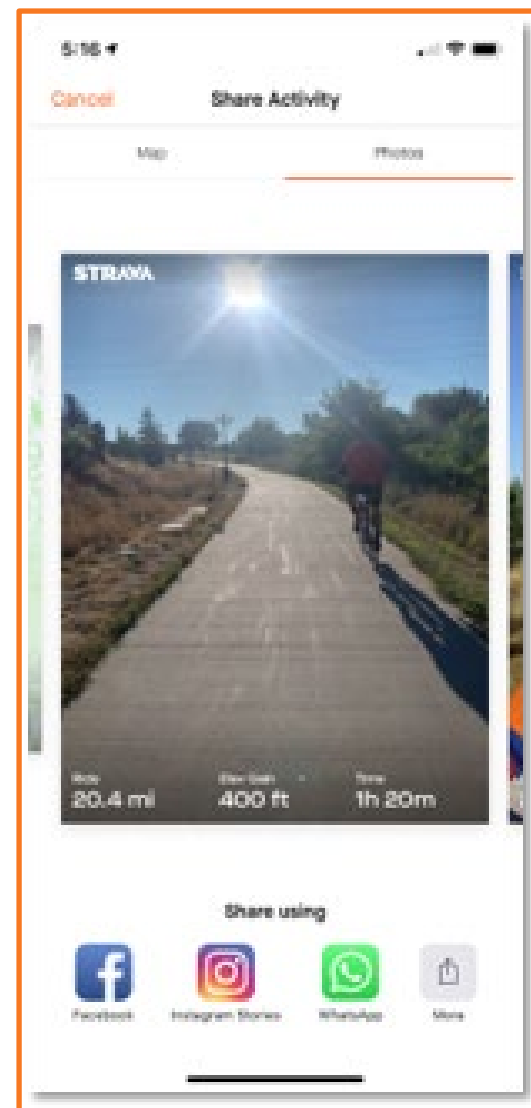
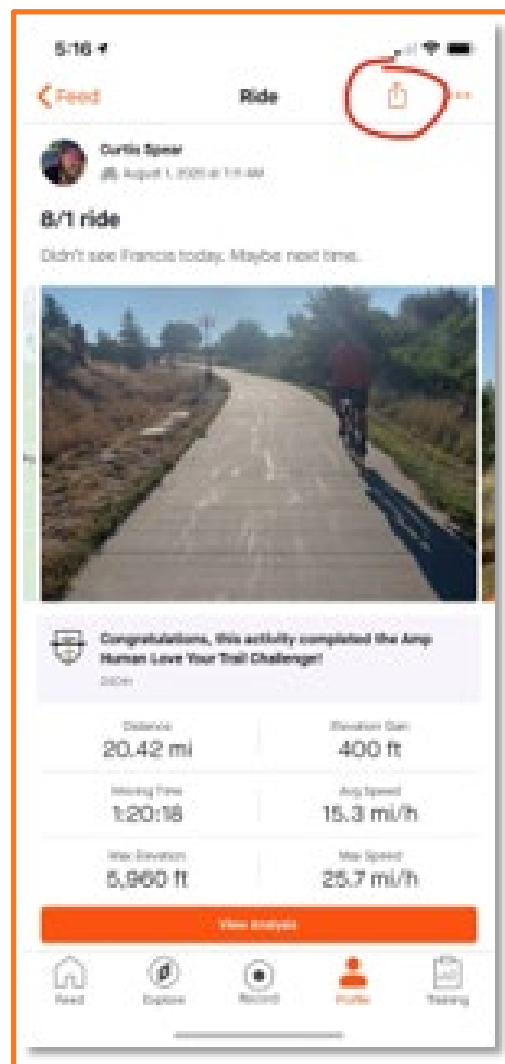
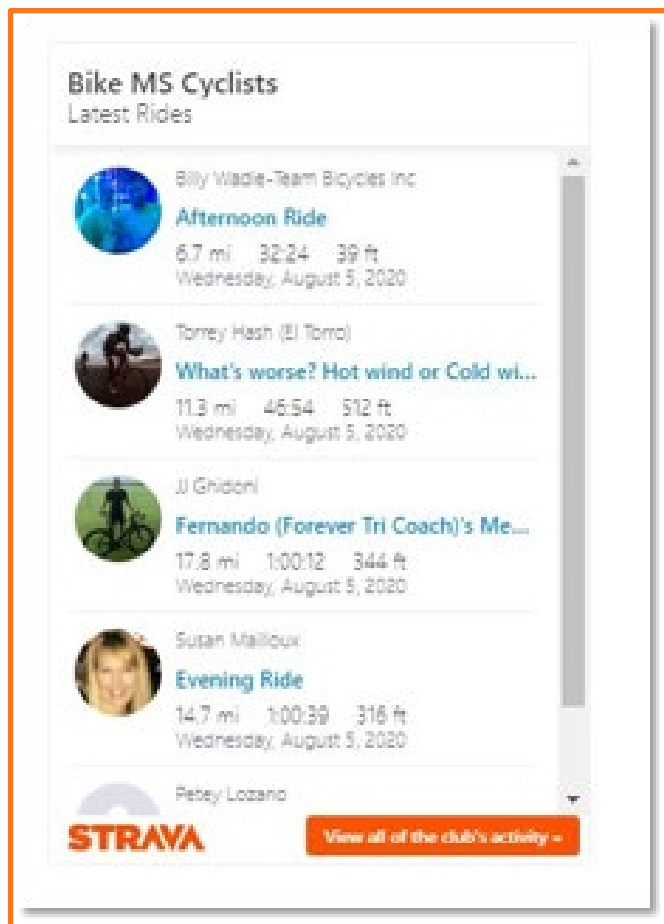


1. Download Strava and sign up for a free account
2. Create your profile
3. Join the **Bike MS Cyclists Strava Club**
4. Sync your riding activity with Strava directly or a connected device
5. Record your riding activity and don't forget to share on social media – stay tuned for official hashtags!
6. Use Strava every time you ride, connect with fellow cyclists through the Bike MS Cyclists Strava Club and have fun!

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STRAVA

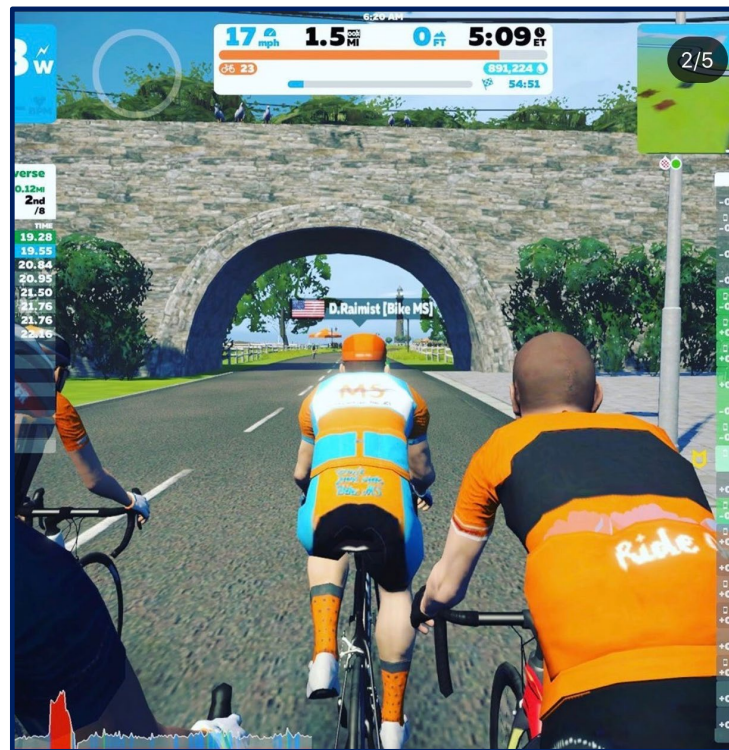


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We



- Indoor cycling app allowing cyclists from around the world to participate together
- 7-day free trial
- Gamification of your exercise
- Community of Bike MS Cyclists
- Bike MS Kit
- Recruitment opportunity



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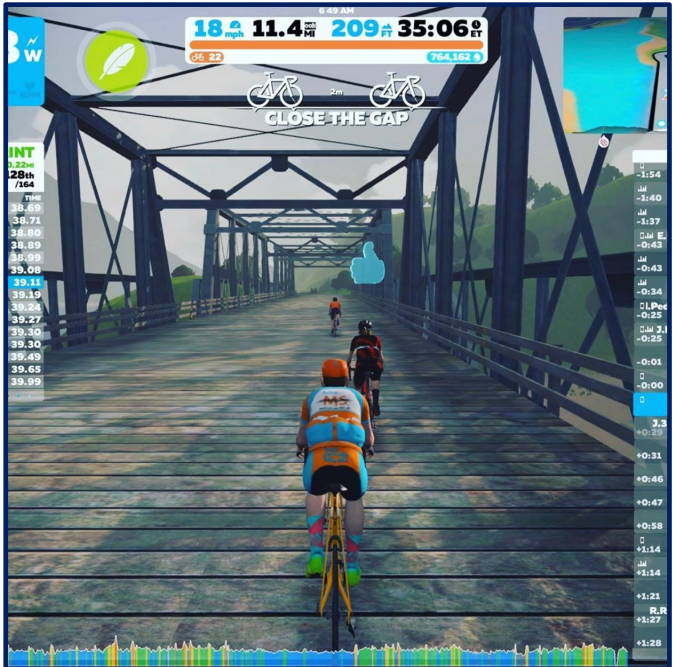


How does it work?



1. Download Zwift and sign up for a 7-day free trial (\$14.99 per month) and create your profile
2. Sign up for Bike MS: Inside Out in Zwift
3. Sign into Zwift Friday night prior to receive any potential updates
4. Arrive 10-15 minutes early, get set up and be transported to the Bike MS: Inside Out Starting Line
5. Enjoy the ride in the world of Watopia.
6. Stop every 45 minutes at your rest stop to refuel and check out the livestream in your fundraising center
7. Sync your Zwift activity to Strava (if you like)
8. Take photos inside the game to share on your social media
9. Share your fundraising link so family and friends can support you!

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Get Prepared

- Unlock the Experience – log in!
- Connect and Inspire Team Members
- Join Facebook Team Captain Group
- Update Facebook Profile
- Build your team experience for Bike MS: Inside Out!
- Submit your jersey for the Primal Jersey Contest!



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Jersey Competition

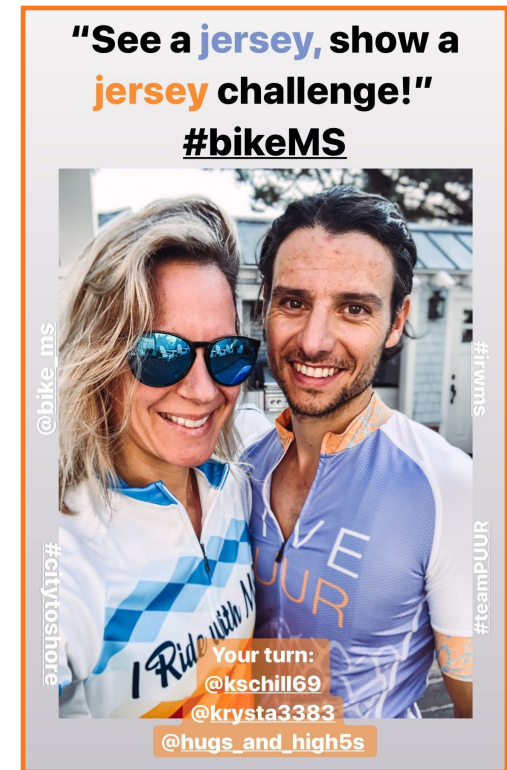
PRIMAL

People's Choice - Online Voting

- Top Vote Getter:
 - \$200 Primal Custom Credit
 - Official Championship Trophy
- Second Place: \$150 Primal Custom Credit
- Third Place: \$100 Primal Custom Credit

Mission – National MS Society Votes

- \$200 Primal Custom Credit
- Plaque/Trophy from Bike MS



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Jersey Competition

PRIMAL

Bike MS: Inside Out, Sept. 26

- Submissions: Sept. 7-13
- Online Voting: Sept. 14-23
- People's Choice Award Top 5 Live Voting: Sept. 26, 12:45 p.m. EST
- Winners Announced: Sept. 26, 12:45 p.m. EST

Bike MS: Inside Out, Oct 17

- Submissions: Sept. 28 – Oct.
- Online Voting: Oct. 5-14
- People's Choice Award Top 5 Live Voting: Oct. 17, 12:45 p.m. EST
- Winners Announced: Oct. 17, 12:45 p.m. EST

All designs are subject to review and approval. Only one design entry per team. Only one vote per valid email and IP address. The Team must be registered in the September or October Bike MS® Inside Out Virtual Event.

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What's next...

Team Captain Meet-Up: Sept 9, 7 p.m. EST

Fundraising & Recruiting in a Virtual Space

- Recognition & Competition
- Challenges & Incentives
- Tips, Tools & Resources
- You're Impact



Bike MS: Inside Out Kick Off: Sept 22 & Oct 13, 7 p.m. EST

- Review your virtual packet and how to use your virtual bibs!
- Showcase details of the scavenger hunt and fundraising challenges
- Learn more about ride day, and ensure you and your members are prepared

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Q&A



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PRIMAL

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THANK YOU



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