

KNOW BEFORE YOU GO

Be Sure to:

- Complete the emergency contact information on the back of your rider bib.
- Make sure your **Front Bike Number is visible** for proper bike transportation throughout the event, and to find your photos after the ride!
- Don't forget to smile! **MarathonFoto** photographers will be taking pictures along the route all weekend. Check back [here](#) for a link to your photos after the ride!



- If you have not picked up your rider packet, please do so at Opening Ceremonies for **Packet Pick Up** sponsored by Infosys on Friday, April 28:
 - Your Bike MS packet contains important items including your rider bib, luggage tags, helmet number and bike number. **To pick up your packet, you must meet the \$400 fundraising minimum.**
 - Houston
 - 2:30 PM – 7:30 PM
 - Rice University Football Practice Bubble @ Greenbriar Dr & Rice Blvd.
 - Free Parking
 - Pick up your packet, shirt, and goodie bag
 - Turn in donations
 - Free food
 - Beer, graciously donated by Karbach
 - Visit the [Official Bike stores](#) for last minute specials!
 - Austin
 - 11:00 AM – 6:00 PM
 - Trek Bicycle Lamar - 517 South Lamar Blvd, Austin, TX 78704
 - Pick up your packet, shirt, and goodie bag
 - Turn in donations
- **Leap Ahead Option from Fayette County Fairgrounds to Burton:**
 - On **Saturday**, drop your bike at the Leap Ahead Truck near the Luggage Barn.
 - Bikes will be transported Saturday night to Burton, and held in a secure bike compound and cannot be returned to La Grange
 - **Sunday Morning:**
 - Bike Transport:
 - 5:30 A.M. – 7:30 A.M.
 - Bus Loading Starts: 8:15 A.M.
 - Bus Departures: 8:30 A.M. – 9 A.M.

Camp St. Mark's

Saturday

- If you are positive you will take the leap ahead: Drop your bike at the Leap Ahead Truck near the Luggage Barn by 6:30pm.
- Bikes will be transported Saturday night to Burton, and held in a secure bike compound and cannot be returned to La Grange
- Be sure to take your water bottles off your bike
- To return to Camp St. Mark's, shuttles will be available at the Shuttle Depot

Sunday Morning

- If you have not dropped your bike, bring it to the Leap Ahead Truck near the Camp St. Mark's Luggage Tent by 7:45am
- Be sure to take your water bottles off your bike
- Make your way to the Shuttle Drop-off area in the parking lot of St. Mark's Hospital at 8:00am to start loading busses
- Shuttles will come from the fairgrounds for pick up, don't panic if you see a shuttle pass, some will be full and head straight to Burton, but we will make sure you are not left behind!

- The **route maps** and cues are available through the Ride with GPS application. Connect to the Bike MS: Texas MS 150 routes and access the navigation features.

- **Luggage Requirements & Packing List**



- **Transportation:** Buy your **bus ticket** before online sales end April 26, there will be limited on site sales.

- **Safety**

- **Bike Inspections:** To ensure your bike is in the best shape, take your bike and cycling shoes to one of the **Texas MS 150 Bike Store Sponsors**. \$15 Bike inspection fee April 21-28.
- Complete the **Safety Quiz** to qualify your team for the Team Safety Award!

- **Text Alerts:** Opt-in to our Bike MS event text messaging and receive notifications and updates about the ride all weekend long. Connect through your Bike MS account or opt in by texting the key word **23TXMS150** to **833-232-0120**.




To opt-in for information on specific areas of involvement, please text the corresponding key word(s) to 833.232.0120.

- Energy Corridor Riders – ENERGYCORRIDOR23
- Royal Riders – ROYAL23
- Bellville Leap Ahead Riders - BELLVILLE23
- Austin Riders – AUSTIN23



- Webberville Leap Ahead Riders - WEBBERVILLE23
 - Burton Leap Ahead Riders - BURTON23
 - Volunteer – VOLUNTEER23
 - Team Captain – TEAMCAPTAIN23
- Read this year's [Bike MS Champions Stories](#) to meet the signatures on your bandana! Our Champs highlight the many different faces of MS and “why we ride”.




- **Mission Mile Activities** sponsored by 

- Look for **Bubbles** in Fayetteville and at the Finish Line in College Station! **Bubble Bistro** offers an area for people living with MS to gather and show their gratitude for the funds you are raising! We encourage you to stop by and say hi!
- While you cycle through the route, be on the lookout for this inspiring and informational Mission Mile with facts about the National MS Society's mission and goal to end MS forever!




- **Rider Assistance Number:** Your wristband will have the Rider Assistance Number, if you need assistance at any point during the weekend, reach out to the Rider Assistance Number.
- Take note of your favorite Rest Stop for the **Rest Stop Contest!** Be on the lookout for a survey after the ride!
- **Event Weekend Parking:** Visit [Parking](#) for more details.

➤ **La Grange Festivities**

- Join us at the **Primal People's Choice Jersey Contest** at 5:30 pm on Saturday!
- **Energy Corridor Riders:** Pick up your official **Century Patch fueled by CITGO** as you cross the finish line in La Grange at the Fayette County Fairgrounds! 
- **Massages** available from 12-7pm for \$1.50 a minute, sign up early when you arrive at the fairgrounds, cash encouraged.
- Enjoy the VIP reception in Czech Heritage Museum from 11 AM – 5 PM (Invite required).
- Party with Trek Texas at their Hospitality Tent #104!
- Entertainment by Black Cat Choir on the Main Stage at 6:30-9 PM! 
- **Karbach Beer Garden:** From 12 – 6 PM, riders 21 and older can stop by the Karbach Beer Garden to receive a complimentary beverage with your rider bib or wristband. Proof of age is required. 

➤ **College Station Finish Line Festivities**

- **College Station FAQ + What's new with the finish line?**
- Shower trucks will be located on the southeast side of the stadium in Lot 48 near the official finish line.
- Add your inspiring message to the Wall of Hope in Aggie Park, sponsored by ConocoPhillips! 



- **Karbach Can Zone:** 12:00 pm – 6:00 pm riders 21+ can stop by the Karbach Can Zone in Aggie Park to receive a complimentary beverage with your rider bib or wristband. Proof of age is required.
- Enjoy the VIP tent in Aggie Park from 11 AM – 4:30 PM (Invite required).
- **Aggieland Outfitters Spirit Towel Giveaway:** Riders, volunteers, friends and family, grab your spirit towel in the bike dismount zone, at the Aggieland Outfitters tent, or from volunteers around the plaza!

- **Aggieland Outfitters Commemorative T-shirt:** Purchase [your commemorative event shirt](#) at the Aggieland Outfitters tent. Proceeds benefit the Society.



- **NEW:** Grab your finisher medal in Aggie Park, at the end of the rider chute, at the information booth or at Bubble Bistro!
- Pick up your Official Texas MS 150 Completion Certificate at an information booth or at Bubble Bistro!

- **Food**



- Cyclists grab your complimentary meal at the dining tent by showing your wristband.
- Spectators can grab a bite to eat from the dining tent for a small fee or at the Memorial Student Center at various concessionaires.

- Visit the [Primal](#) Booth for Bike MS Apparel!

- Get hydrated with CForce Water found on the plaza!



- **First year riding?** Celebrate your accomplishment with something sweet! Come to the **Cookies for Rookies** tent sponsored by **H-E-B!**



- Stop by the [Compete College Station](#) visitor's booth to find out more about things to do in College Station while you are in town!
- Visit the **Kendra Scott** pop-up shop, the first 50 customers will receive a special gift, and proceeds from all purchases will benefit the Society.
- Visit [Buff City Soap](#) before heading to the showers to grab a bar of "Off the Chain" soap, created specifically for the Texas MS 150! Proceeds from all sales will benefit the Society.
- Visit the **Aggieland Pop Up Shops** to reward yourself with something special after your ride! Proceeds will benefit the Society:
 - [Beaded Blondes](#)
 - [KLĒNR](#)
 - [WoodLabDesignsTX](#)
 - [Texas Legacy Apparel](#)





Bike MS: Texas MS 150
Event Weekend - KNOW BEFORE YOU GO

LET'S RIDE!