

## DIRECTIONS

1. Print one sided on 8.5" x 11" card stock.
2. Cut out images.
3. Tape to a skewers, dowels or chopsticks.
4. Take photos with your props and post on social media using the hashtag #bikeMSinsideout.
5. Have fun!

## PRINTING AT HOME

A desktop printer will print your props just fine. Put your printer on its highest quality print setting. It's a good idea to print a test page first. Laser printers sometimes print very saturated color.

We recommend printing on bright white, heavy card stock paper — ideally 8.5" x 11" (U.S. letter) and 110# paper weight. You can find this at your local office supply store. Heavy photo paper can also be used.

## CUTTING

You can use scissors or an X-ACTO<sup>®</sup> knife to cut out your props.

**Always supervise children** whenever they handle scissors. Never let children use an X-ACTO knife alone.



*I Ride  
with MS*

bike

MS<sup>®</sup>



*Rookie*

*rider*

bike

MS<sup>®</sup>

**TEAM  
CAPTAIN**

bike

**MS**®

**TOP  
FUNDRAISER**

**bike**

**MS**  <sup>®</sup>



bike

MS<sup>®</sup>



bike

MS<sup>®</sup>

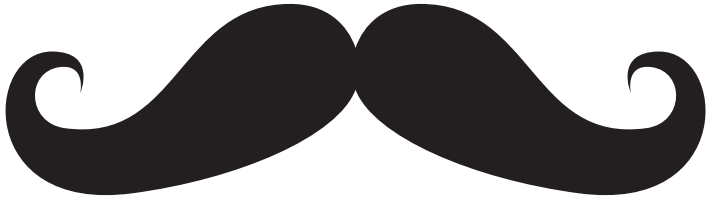
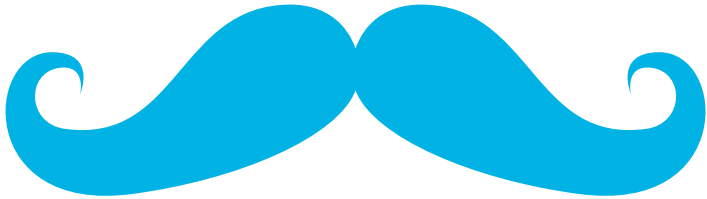
bike

MS<sup>®</sup>

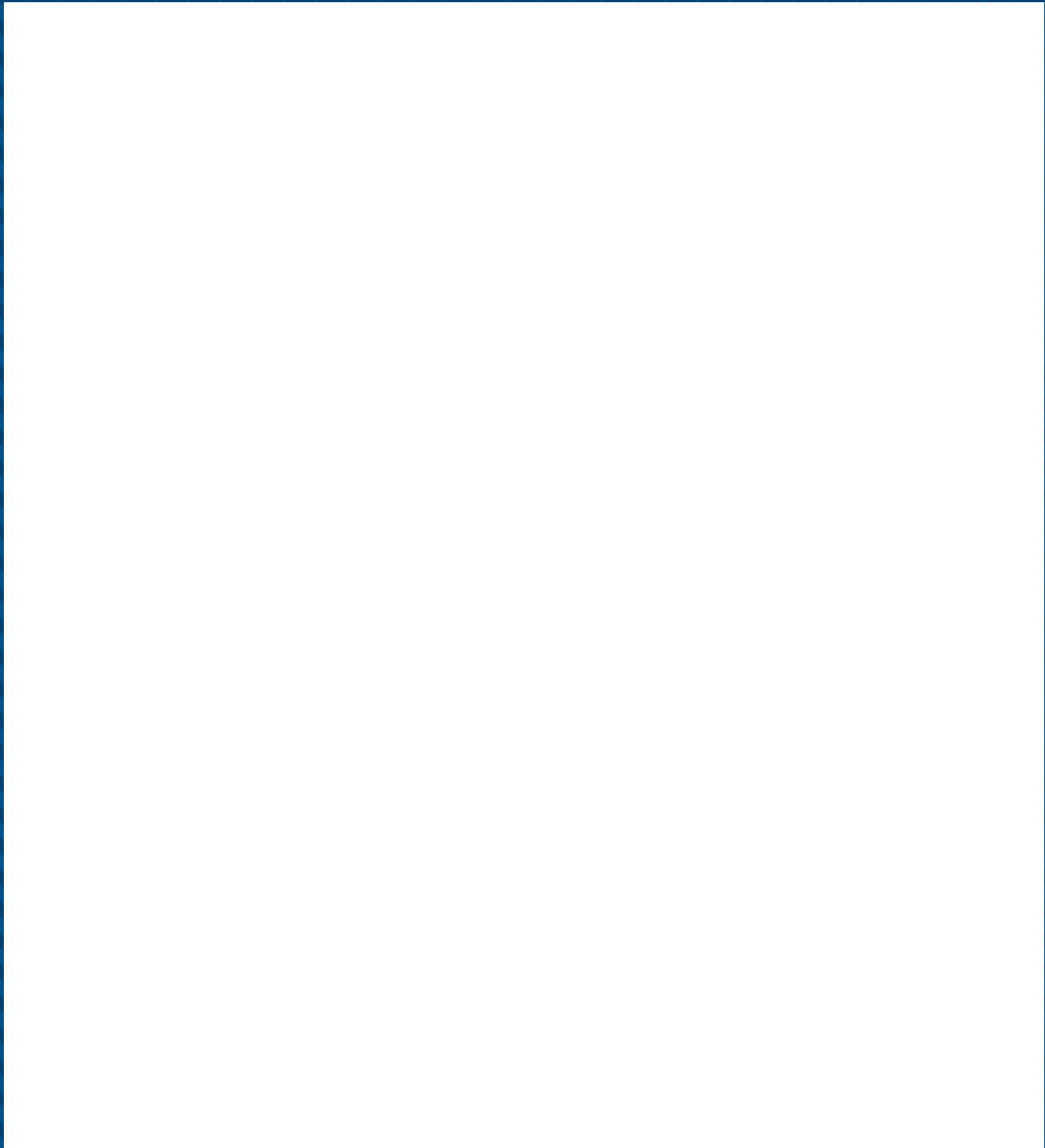
A graphic of a bike tire tread, consisting of two parallel lines with a hatched pattern between them, crossing over the letters 'MS'.

*Don't  
just ride,  
Bike MS<sup>®</sup>*





#BIKEMSINSIDEOUT



*Don't just ride,  
Bike MS*

# #MORETHANARIDE



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

# #ENDMSFOREVER

bike

~~MS~~<sup>®</sup>

INSIDE  
OUT

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

# #BIKEMSINSIDEOUT



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

# #BIKEMSAFTERPARTY



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

# #MSWONTSTOPUS

bike



INSIDE  
OUT

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

# #HEREFORTHEBEER

bike



INSIDE  
OUT

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



# #MYBIKEMS



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

# #THISISMS



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

# #IRIDEWITHMS



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

# #TEAMCAPTAIN



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

# #ROOKIERIDER

bike



INSIDE  
OUT

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

# #TOPFUNDRAISER



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

# #THETIMEISNOW



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

Enjoy your post Bike MS®:Inside Out experience and ride with our National Sponsor,  
Left Hand Brewing Company! [#LeftHandBrewing](#)





**WE BELIEVE.  
WE RIDE.**

I ordered my  
**Bike MS<sup>®</sup>**  
**jersey** from  
Premier  
National  
Sponsor,  
**PRIMAL!**

**P  
R  
I  
M  
A  
L**

**bike**

**MS<sup>®</sup>**

