



# INSIDE OUT

# OUTDOOR SCAVENGER HUNT

Set up your Facebook Fundraiser	Post a picture of your Bike MS® jersey with <b>#BikeMSJersey</b>	Enjoy a rest stop snack and post a picture of it on social using <b>#BikeMSSnack</b>	Email a friend or family member asking for a donation	Pump up your tires
Ride 10 miles	Watch the Opening Ceremony	Raise \$300 or more	Share your Strava activity on social media and use <b>#BikeMSStravaClub</b>	Watch the Closing Ceremony
Donate to another Bike MS participant	Vote in the Virtual Jersey Contest	<b>FREE SPACE</b>	Lube your bike chain in preparation	See an animal on your route
Reach out to someone who is affected by MS	Show us the wildest thing you have seen on your ride and use <b>#BikeMSScenery</b>	Post a picture of your bike using <b>#InsideOutSetUp</b>	Drink pickle juice	Ride 30 miles
Join Bike MS Cyclists Strava Club	Hit the fundraising goal you set for Bike MS: Inside Out	Tell another cyclist on your route about Bike MS and why you ride	Ride for at least 1 hour	Activate your new Bike MS fundraising page

## INSTRUCTIONS

1. Complete and mark off as many squares as you can leading up to and during event day.
2. Once the event is done, take a picture of your scavenger hunt card and post it on your social media channels. **Make sure you tag Bike MS** and use this hashtag when posting: **#BikeMSInsideOutChallenge**
3. Three people who submit will be randomly selected to win a Bike MS prize! Entries can be submitted day of event and the day after the event.

*Don't just ride,  
Bike MS*

## #BIKEMSINSIDEOUTCHALLENGE

THANK YOU TO OUR SCAVENGER HUNT SPONSOR:

