

bike

MS®

INSIDE OUT

INDOOR SCAVENGER HUNT

Join Bike MS® Cyclists Strava Club	Enjoy a rest stop snack and post a picture of it on social using #BikeMSSnack	Set up your Facebook Fundraiser	Link Strava to your indoor riding activity source (Zwift, Peloton, Garmin, etc.)	Ride for at least 30 minutes
Ride 10 miles	Share your Strava activity on social media and use #BikeMSInsideOut	Show us the wildest thing you have seen in your house/garage #BikeMSScenery	Watch the Closing Ceremony	Take a video while indoor riding and tell people why you do Bike MS
Watch the Opening Ceremony	Vote in the Virtual Jersey Contest	FREE SPACE	Follow Bike MS on Instagram (@bike_ms)	Hit your fundraising goal you set for Bike MS: Inside Out
Drink pickle juice	Post a picture of your indoor set up using #InsideOutSetUp	Ride for 1 hour or more	Reach out to someone who is affected by MS	Thank your donors
Email a friend or family member asking for a donation	Follow Bike MS on Facebook	Activate your new Bike MS fundraising page	Post a picture of your Bike MS jersey with #BikeMSJersey	Donate to another Bike MS participant

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:

