



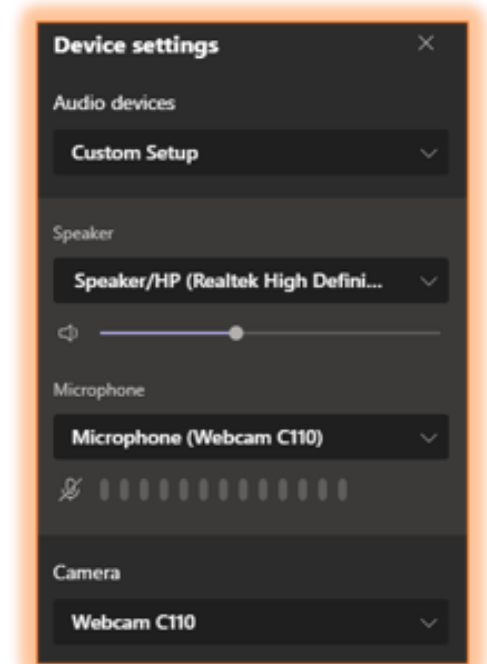
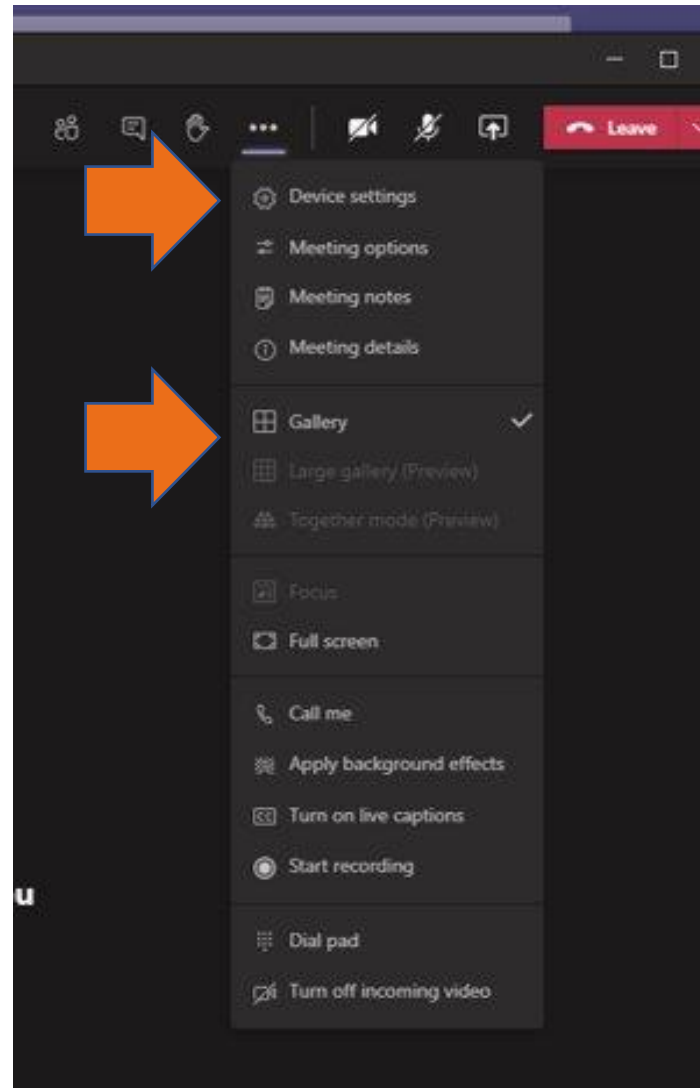
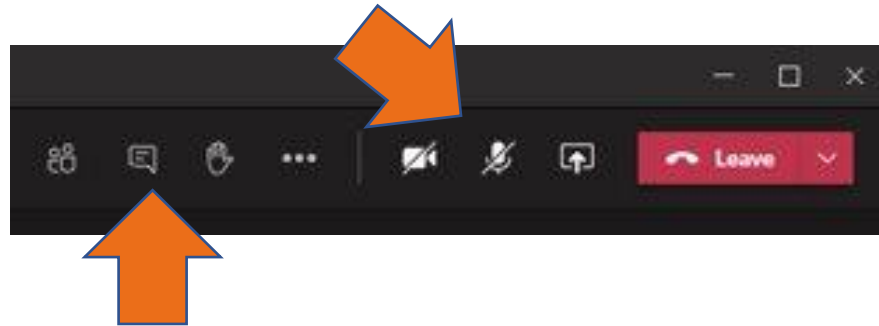
# BIKE MS: MS 150 2021 TEAM CAPTAIN MEETUP



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# Microsoft Teams Best Practices



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## National MS Society Mission Statement

We will CURE MS while  
empowering people affected by  
MS to live their best lives.

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bike

~~MS~~<sup>®</sup>

## Agenda

- Fundraising Progress
- Fundraising Clubs & Incentives
- Packet Pick-Up Information
- Event Weekend Schedule of Events
- Route Maps | RidewithGPS Links
- Cycling Safety



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## Fundraising Progress & Top 10 Team Shoutout



**1,132** Participants

### Top Teams

|    |  |                                   |
|----|--|-----------------------------------|
| 01 |  | <b>Team Donaldson</b><br>\$64,471 |
| 02 |  | <b>Team Robinson</b><br>\$37,049  |
| 03 |  | <b>Team Mortenson</b><br>\$35,215 |
| 04 |  | <b>Team Finnegan</b><br>\$30,197  |
| 05 |  | <b>Polaris</b><br>\$27,008        |

|    |  |                                       |
|----|--|---------------------------------------|
| 06 |  | <b>Real Estate Riders</b><br>\$21,085 |
| 07 |  | <b>Team Ryan</b><br>\$20,339          |
| 08 |  | <b>Team Subaru</b><br>\$14,020        |
| 09 |  | <b>Cargill</b><br>\$12,605            |
| 10 |  | <b>Pentair</b><br>\$10,944            |

**\$489,456** Raised

**Goal \$1,600,000**



# Fundraising Clubs & Incentives



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# MS 150 Prize Jersey



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## Packet Pick-Up Information

- All packets must be picked up PRIOR to the ride
  - You must raise \$300 before you receive your packet
  - Youth riders must have a signed paper waiver on file
  - Packets may be picked up on behalf of other participants (with their permission) if these standards are met.
- Youth Riders (12-17)
  - Must review [Bike MS Safety Materials](#)
  - Paper waiver on file signed by parent/guardian
- Packet Pick Up Options
  - Toro: June 8 (11am – 7pm)
    - 8111 Lyndale Ave S, Bloomington, MN 55420
  - Blaine National Sports Center: June 11 (11am – 7pm)
    - 1700 105th Ave NE, Blaine, MN 55449

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# Event Schedule

## Pre-Event

- Registration Fee Increase: May 31
  - (\$51 - \$70)
- Safety Clinic: June 3
- Packet Pickup
  - June 8: Toro (11am – 7pm)
  - June 11: Blaine National Sports Center (11am-7pm)
- Registration Closes: June 10, 12 PM

## Event Day & Post-Event

- June 12 Start Windows – 6-10 AM
- June 12 Route Close – 5 PM
- Fundraising Deadlines:
  - Prize Deadline: July 12
  - Top 150 Club Ranking Deadline: August 11

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# Event Schedule of Activities

**\*\*Tentative**

## Saturday, June 12: National Sports Center, Blaine

- 6 a.m. to 10 a.m.
- Venue Access Windows, riders released in waves
- Light Grab & Go breakfast available
- Bike shop on-site

### 6 a.m. to 5 p.m.

- Routes open & supported – short loop (approximately 23 miles) & long loop (approximately 75 miles)
- Lunch will not be served along route
- Protein-packed snacks available at Rest Stop 3 on 75-mile route
- First Aid available at rest stops and start/finish line

### 7 a.m. to 5 p.m.

- T-shirts & jerseys available POST ride

### 10 a.m. to 5 p.m.

- Grab & Go lunch available at finish line

### 5 p.m.

- Route is officially closed — anyone on the route will be asked to ride in a support vehicle to the finish line

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## Staggered Start

- Start Windows: 6 AM – 10 AM
  - 25-minute windows
  - During this time riders will receive their wristbands, can use the restrooms, will have access to a bike mechanic, and get set up to launch their ride
- You will receive an email by June 4<sup>th</sup> with start time and rider number
- Teams will be assigned the same start window
- Riders who register on or after May 31<sup>st</sup> will be assigned to later start times, and are not guaranteed to be placed with their teams.
- Teams that won Fundraising Week can choose their start window

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# Packing List

## Mandatory:

- Helmet
- Rider Bib
- Bike number
- Wristband
- ID

## Highly Recommended:

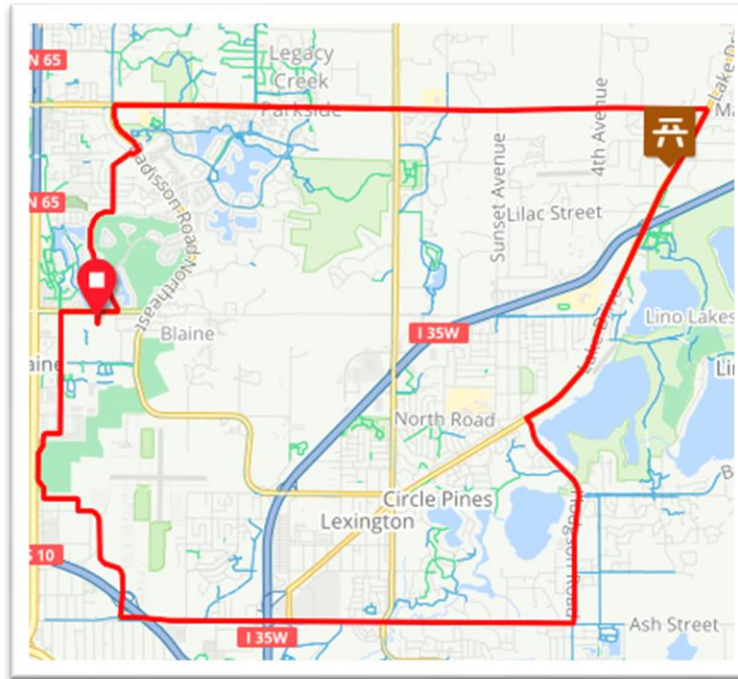
- Comfortable cycling gear
- Shorts
- Jerseys
- Socks
- Gloves
- Sunglasses
- Cycling shoes
- Rain gear
- Sparetube/patch kit
- Pump/CO2
- Water Bottles
- Sunscreen
- Health insurance card with any other important health information and medications

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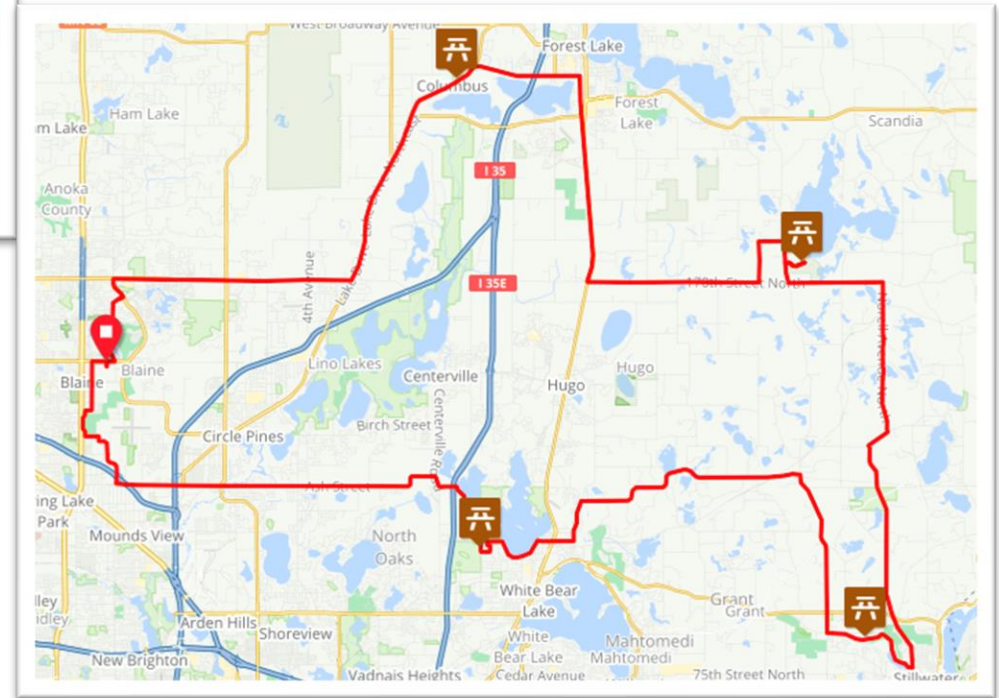
## Route Options

23-Mile Loop  
74-Mile Loop



23 Mile

74 Mile



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# Bike MS Cycling Safety



The safety of our cyclists is the number one priority at Bike MS. To help ensure that everyone has a great ride and arrives safely at the finish line, we work hard to create a proactive approach to safety.

Help us by knowing the rules of the road and following safe riding practices.

# MS THINK SAFE



### KNOW AND OBEY ALL TRAFFIC LAWS

The golden rule of bicycling in a group is be predictable!



### OBEY ALL TRAFFIC SIGNS & SIGNALS

Avoid "following the leader" through traffic signs and signals.



### STAY RIGHT!

Ride in the right portion of the rightmost lane in the direction you are traveling. Leave at least 4' between your handlebars and parked cars, other hazards or riders.



### LOOK & SIGNAL

Avoid "following the leader" through traffic signs and signals.



### UNPLUG

Headphones or ear buds are **NOT permitted**. This is so you can hear traffic and safety warnings.



### 2<sup>AT</sup> TI

Ride no m abreast or impede tr



### BE VERBAL!

Communicate during the ride to let others know about hazards or your movements.



### "ON YOUR LEFT"

Call this out before you pass someone. If you hear it, a rider is approaching your left side. Allow them room to pass.



### "SLOWING"

The cyclist in front of you is slowing down. Use caution and prepare to stop. Use the palm of your hand toward riders behind you to indicate slowing and stopping.



### "STOPPING"

This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals.



### "CAR BACK"

This means a car is approaching from the rear. All riders make an effort to move to the right of the road in a single file until the car passes.



### "GRAVEL / POTHOLE / SAND / TRACKS"

Each of these messages is to alert the rider behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.



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# THANK YOU TO OUR BIKE SHOP PARTNERS



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# QUESTIONS?



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