



RIDER NUMBER INSTRUCTIONS

Cyclist Bib



Pin this number to the **back of your jersey** or outermost layer of clothing with the enclosed safety pins.

The number should always be visible. It identifies you as a participant.



You must fill out the emergency information on the reverse side prior to the start of the ride on Sunday morning.

Bike Plate



Attach this bike Plate with the enclosed ties to the front handlebars of your bike with the route are you participating in facing out prior to your arrival on Sunday Morning.

For your safety and the safety of others, DO NOT provide your assigned rider number (bib) to a fellow participant for use ride weekend.

Wristband

All New York City cyclists must wear the enclosed wristband to access all New York City finish line festivities, including the lunch from Bareburger, t-shirt and medal pick up. Most importantly, **YOUR WRISTBAND IS IMPRINTED WITH A MEDICAL EMERGENCY CONTACT NUMBER.** Use this during the ride if you encounter an accident.



Bag Restrictions

For the safety of our participants, **large bags are not allowed on the course** including bags with shoulder straps (including backpacks, hydration packs, drawstring bags, messenger bags), panniers or bags that hang on side of your bike, covered baskets, or any bag over 420 cubic inches. Approved bags include saddle bags, frame bags, fanny packs and uncovered baskets. Visit website for full details of restrictions.

Stickers at the Start

Team Captains, Top Fundraisers and Rookie Riders! Pick up your designated sticker at the start line and wear with pride. **All cyclists** help us ensure that our Rookie Riders feel welcome by connecting with them. Plus, thank Top Fundraisers and Team Captains for going above and beyond.



IMPACT CORNER

YOUR LIFE-CHANGING IMPACT AT A GLANCE

With your help, the Society has been the driving force for the progress the world has seen so far for MS and is the best investment you can make to get us closer to a world free of MS. Together, we can be the generation that ends the disease and changes life for millions of people affected by MS.

24,905 ANNUAL PROGRAM PARTICIPANTS



People who participate in Society programs live better lives — they are less isolated, better informed and happier

Paved the way for **ALL** MS TREATMENT OPTIONS that exist today

100% OF PEOPLE AFFECTED BY MS nationwide have access to a MS Navigator — a dedicated partner for overcoming challenges



“Anytime I meet someone affected by MS, I give out a Society card with a smile, knowing that the Society will be there for them, too.”

– Douglas, MS activist and carepartner

FUNDRAISING INCENTIVES

We know you ride for a world free of MS, but who does not love some friendly competition and appreciation along the way? **Keep the fundraising momentum going until November 21** and qualify to receive some additional Bike MS gear.



\$500

20 oz. Iconic Tumbler or North Vista Trail Waist Pack



\$1,000 Club K

Receive the commemorative **2023 New York City Top Fundraiser jersey** and other great ride day perks. Plus, your choice of Good Vibes Cabana Stripe Towel or Lightweight Performance Hat



\$2,500 High Rollers

OGIO® Endurance Sonar Full-Zip Jacket *OR* Coleman® Comfortsmart™ Suspension Chair



\$5,000 Passport Program

Ride in any additional Bike MS event for free! Plus, receive an exclusive Bike MS Passport Jersey and your choice of a Rainier Jacket *OR* JBL 4 Ultra-Portable Waterproof Speaker

Visit www.BikeMSNYC.org for all ride weekend details and information.

Contact Us: FundraisingSupport@nmss.org
855-372-1331