



Bike MS: City to Shore Rookie Rider Q&A

August 31, 2021

Don't just ride, Bike MS

ROOKIE RIDER:

First year participant at
City to Shore



Don't just ride, Bike MS

WHY WE RIDE: BECAUSE OF YOU

The National MS Society invests more money in MS research than any other volunteer-driven health organization in the world.

Together, we've achieved more breakthroughs for MS than the world has seen for any other neurological disease.



Funded over
\$1.1 billion
IN RESEARCH since 1946

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



Launched the careers of over
120 HEALTHCARE SPECIALISTS

that provide care to over
100,000 PEOPLE WITH MS



376 ESTABLISHED
PARTNERSHIPS with high-quality
MS care centers

Don't just ride, Bike MS

WHY WE RIDE



Welcome, Colleen McEntee!

- 2019 Rookie Rider
- 2020 and 2021 Team Captain
- IRWMS participant



RIDING TO CREATE A WORLD FREE OF MS  ivyrehab
PHYSICAL THERAPY

Don't just ride, Bike MS

AGENDA

- Get Prepared!
 - Bike inspections, Cycling Challenges, fundraising
- Ride Weekend Support
 - What to bring, what to expect, transportation
- Ride Weekend Safety
 - Precautions and best practices, COVID-19, safe cycling tips
- Ride Weekend Experience
 - Having a great first year experience, from PATCO to Ocean City and beyond
- Q&A Time
- Stay until the end to enter your name into the **special raffle**, courtesy of Keswick Cycles

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

GET
PREPARED



Don't just ride, Bike MS

STAY CONNECTED

Bike MS & City to Shore Website

- The Rookie Rider page is constantly updated with new information

Facebook

- Bike MS and Team Captains have Facebook group you can join to meet folks from across the country!

Virtual Safety Clinic: Thursday, August 2 at 7pm



Don't just ride, Bike MS

CYCLING CHALLENGES:

WHO: All registered participants – riding in person or virtually

WHY: Chance to win an exclusive bike tire tool or Garmin Edge 130 bike GPS.

WHEN & WHERE:

- This week: a local sporting venue or track
- 9/4-9/11: an iconic landmark near you
- 9/11-9/18: your local bike shop

HOW:

Step 1	Step 2	Step 3
Ride and take a picture at one of our challenge locations	Submit your photo for each challenge through the Challenge Photos page on the website	Check out the gallery of photos from everyone riding in their communities and view the leaderboard!



Don't just ride, Bike MS

MANDATORY BIKE INSPECTIONS:

WHO: All registered City to Shore participants

WHAT: Overall evaluation of the overall condition of your bike.

WHERE: City to Shore sponsoring bike shop

WHY:

1. It's FREE!
2. identify any major mechanical issues
3. receive free bike maintenance City to Shore weekend

HOW: bring your bike + show Bike Shop Inspection BEFORE September 18



Don't just ride, Bike MS

EXCEED THE \$300 FUNDRAISING MINIMUM

WHO:

All registered City to Shore participants to receive a rider number and participate

WHEN:

1. By September 8 = have your packet mailed to you
2. Ride Morning @ each start location
 - PATCO: Rookie Rider Tent



Don't just ride, Bike MS

BECOME A TOP FUNDRAISER: RAISE \$1,000



Credential

Jersey

Completer Medal

Upgraded Finish Line
Meal & Seating

Post Event Prizes

Don't just ride, Bike MS

FUNDRAISING TIPS: HOW

1. Know Your Networks

2. Share, Share, Share

- Reason for Riding & Impact
- Training & Fundraising Status Updates + Photos

3. Corporate Matching Gifts

- Double Donor Donations
- Bike MS website includes a
- handy quick checker



See if your employer will match your donation!

Let's Check

All information provided by
Double the Donation

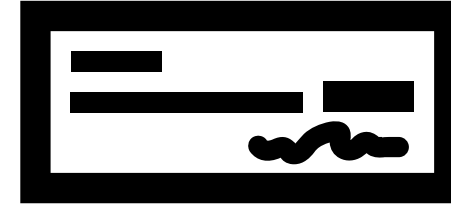


Don't just ride, Bike MS

FUNDRAISING TIPS: HOW

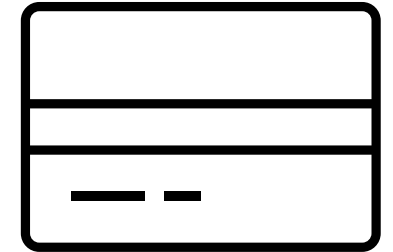
4. Bike MS App:

- Connect on Multiple Social Media Platforms
- Fundraise from the palm of your hand
- Mobile Check Cashing



5. Maximize Online Tools & Social Media

- Activate Facebook Fundraiser
- Add Bike MS Facebook profile frame or Bike MS badge



6. Visit the website for more ideas!

**FACEBOOK FUNDRAISERS:
\$850 Raised on Avg.**

Don't just ride, Bike MS

RIDE WEEKEND SUPPORT



Don't just ride, Bike MS

WHAT TO BRING RIDE WEEKEND

REQUIRED:

- Bicycle (inspected)
- Rider number
- Water bottle (all rest stops are cup-free)
- Helmet
- **Face Mask**

SUGGESTED:

- Cycling gloves
- Padded cycling shorts
- Sunscreen & lip balm
- Windbreaker
- Rain gear
- Phone
- ID & money
- Sunglasses
- Overnight bag

OPTIONAL:

- Patch kit & spare tube
- Dietary preferences or needs



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

Outstanding support, every mile of the way...

FOOD & DRINK

- **Breakfast:**
 - Saturday: Breakfast Bars, Water & Sports Drink
 - Sunday: Continental Buffet Breakfast 5:30am-7:30am
- **Rest Stops:** individually wrapped sweet & salty snacks, fruit, water and sports drink.
- **Lunch @ Hammonton** each day (75 & 100 Mile Routes)
- **Saturday Finish Line:** Light Bites in the festival area + Spaghetti Dinner 3-7pm + Ocean City Boardwalk!

Note: all rest stops, start lines, and the finish line will include outdoor eating areas. Masks are **REQUIRED** when not actively eating.



Cup Free Ride

HYDRATION TIP:
Drink before you are
thirsty

Don't just ride, Bike MS

Outstanding support, every mile of the way...

ON ROUTE

- Clearly Marked
- Heavily Supported
- **The route is heavily supported** by road marshals, medical support, bike shop support, police, route volunteers and Support and Gear (SAG) wagons.
- **Fun, Festive & Fully Stocked Rest Stop every 10-15 Miles**



Don't just ride, Bike MS

Outstanding support, every mile of the way...

TRANSPORTATION: It's Free!

Luggage

- Remember to adhere your luggage tag
- Once it is placed on the trailer it cannot be removed.

Hotel Shuttles: Jitney Service

- On 6th Street
- You (secure overnight bike parking available)
- Sat: 12:00-8:00 p.m. & Sun: 6:00-9:00 a.m.
- OC Finish > Campground & Hotels list on website

Return to Start: Saturday

- 6 & Atlantic
- You & Your Bike
- Saturday: All Start Locations
- Sunday PATCO Only
- Times Vary – Visit Website

[Ride Details Page](#)

Don't just ride, Bike MS

RIDE WEEKEND SAFETY



Don't just ride, Bike MS

PRECAUTIONS & BEST PRACTICES: COVID SAFETY

- **Face coverings will be required for all** riders, volunteers, and staff throughout the event regardless of vaccination status for COVID-19 throughout the event.
 - Riders may remove their masks when out on the road, eating, or drinking.
- **Pre-Event health screening** of all staff, participants, and volunteers.
- **Promotion of social distancing, reduced touchpoints and additional sanitation**
- **Anyone at increased risk or exhibiting symptoms of COVID-19 will be directed to stay home.**

Visit Website: [Bike Safety & COVID-19 page](#) + [City to Shore Ride Weekend Details](#)

Don't just ride, Bike MS

PERSONAL RESPONSIBILITY: COVID SAFETY

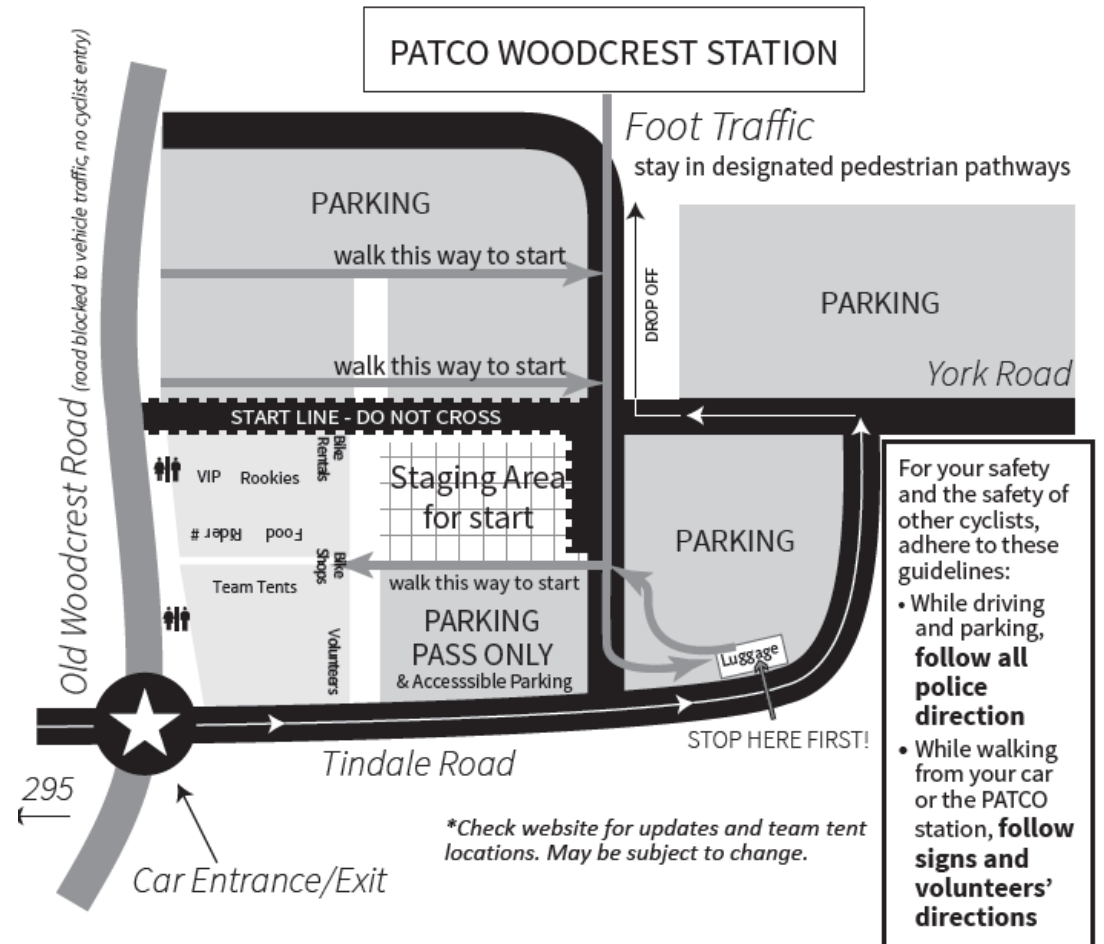
- Complete the Health Screening
- **Wear Your Mask (unless eating, drinking or riding)**
- Be courteous and responsible of personal space and practice social distancing
- **Come Prepared**
 - Reach \$300 before September 8
 - Bring your water bottle
 - Review the website for more details



Don't just ride, Bike MS

STARTING FROM PATCO

- Travel Tips
- Arriving at PATCO – Where to Go
- Luggage Drop Location & Procedure
- Food & Beverage
- Start Times
 - Site Opens: 5:30am
 - 8am: All Cyclist Must be on the Road
- Cyclist Release Protocols



Woodcrest Rd is Closed
to Vehicle Traffic

Don't just ride, Bike MS

STARTING FROM PATCO:

- **FOLLOW ALL INSTRUCTIONS** given by **POLICE**, Bike MS staff and volunteers, and be courteous to them
- Use **DESIGNATED WALK AREAS** only
- Only enter the start chute via the **STAGING AREA** – this is the **ONLY ENTRANCE** to the route
- **BE COURTEOUS** and **RESPECTFUL** of police, staff, volunteers and your fellow cyclists.
- **BE PATIENT, HAVE FUN** and **RELAX**. Remember, we are all here for **GOOD CAUSE!**
 - Police dictate the release
- **PRACTICE SOCIAL DISTANCING**
- Remember, it is for **YOUR SAFETY**

Don't just ride, Bike MS

SAFE CYCLING BASICS



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 AT A TIME

Ride no more than two abreast and do not impede traffic.

New Jersey Law states that every person riding a bicycle on a roadway is granted all the rights and subject to all of the duties of the motor vehicle driver. 39:4-14.1

***ROADS ARE NOT
CLOSED TO TRAFFIC***

Don't just ride, Bike MS

ABC QUICK CHECK

Air in the tires, and tire condition.

Brake function and adjustment.

Crank, chain, cassette

Quick Releases engaged & locked.

Check ride for function of shifting and brakes

A IS FOR AIR
Check tire pressure. Look for damage to sidewalls.



FINAL CHECKOUT RIDE
Take a short ride to check that brakes work and that the bicycle shifts properly and listen for rattles.

B IS FOR BRAKES
Check pad wear and adjustment, cable and housing, brake release and brake function.

C IS FOR CRANKS, CHAIN AND CASSETTE
Check cranks, chain and cassette.

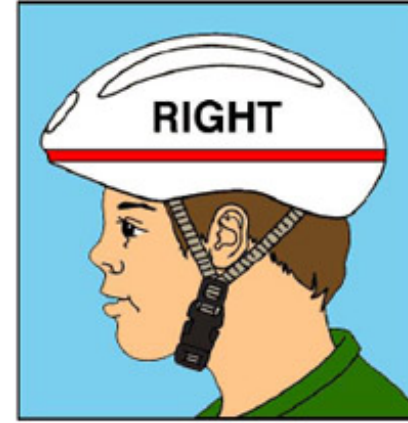
Q IS FOR QUICK RELEASE
Check quick release levers which hold the wheels to the bicycle.

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

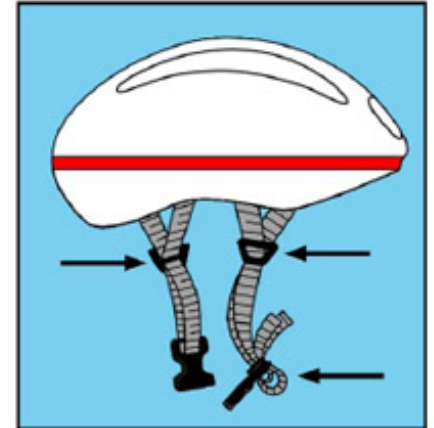
PROPER HELMET FIT



HELMETS ARE REQUIRED BY THE STATE OF NJ AND BIKE MS



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

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

SAFE CYCLING BASICS



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 AT A TIME

Ride no more than two abreast and do not impede traffic.

New Jersey Law states that every person riding a bicycle on a roadway is granted all the rights and subject to all of the duties of the motor vehicle driver. 39:4-14.1

Don't just ride, Bike MS

GROUP RIDING BASICS



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.

Don't pass at an intersection

Do NOT yell 'clear'

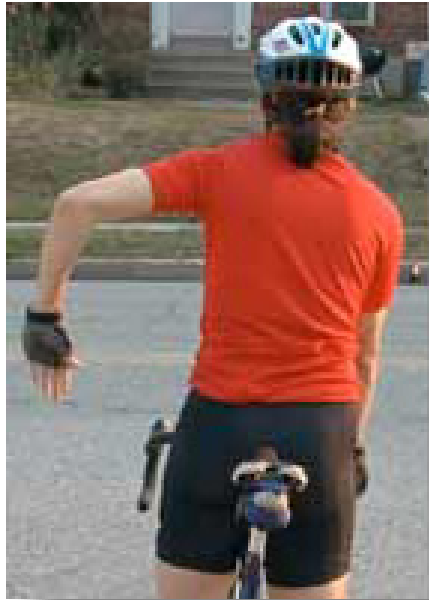
Do NOT swarm cars!

Be predictable

Look before you move

Don't just ride, Bike MS

SAFE CYCLING BASICS



Slowing/Stopping



Left Turn



Right Turn



Right Turn Alternative

Don't just ride, Bike MS

VIRTUAL SAFETY CLINIC:
Thursday, Sept. 2 @ 7pm

MS
TH!NK
SAFE

Don't just ride, Bike MS

RIDE WEEKEND EXPERIENCE



Don't just ride, Bike MS

ROOKIE RIDE WEEKEND EXPERIENCE: AT THE START



Rookie Rider Sticker:

Pick up your Rookie Rider Sticker & Wear your with pride!

We want to ensure that all cyclists can welcome and connect with you ride weekend.

Rider Number Pick Up & Questions

Starting from PATCO? Visit the Rookie Rider Tent if you have any questions or need to pick up your rider number packet.

Don't just ride, Bike MS

ROOKIE RIDE WEEKEND EXPERIENCE: ALONG THE ROUTE

Rookie Rest Stop Raffle

1. Check in with staff/volunteers at each rest stop to receive a mark on your rider number
2. Show your 'marks' at OC Rookie Tent and receive your raffle ticket.
3. Be entered to win a Bike MS suitcase, or one of two gift bags of bike swag from sponsoring bike shops



Don't just ride, Bike MS

ROOKIE RIDE WEEKEND EXPERIENCE: AT THE FINISH LINE

Rookie Rider Tent

Photo Finish

T-Shirt Pick Up

Share Why You Ride

Food, Fun & Festivities

Calling All Top Fundraisers!

Ocean City Experience



Don't just ride, Bike MS

QUESTIONS?



Don't just ride, Bike MS

RAFFLE

\$50 gift card, generously donated
by Keswick Cycle



Don't just ride, Bike MS

Thank you for joining us!

Please contact Dana Gold (Dana.Gold@nmss.org)
for any additional questions.