



2023 Texas MS 150 New Rider Orientation

bike
MS

Who Are We?



What is Multiple Sclerosis?

Multiple Sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain & between the brain & body.

Common Symptoms include:

- Fatigue
- Numbness
- Weakness
- Dizziness & Vertigo
- Walking difficulty
- Cognitive (memory) problems
- Vision problems

Who is diagnosed with MS?

- Every hour of every day, someone is diagnosed with MS
- MS affects more than 2.3 million people worldwide
- The average age for diagnosis is between 20 & 50 years of age, with more than twice as many women diagnosed compared to men.

2023 Texas MS 150

April 29-April 30, 2023

The Texas MS 150 is a two-day fundraising cycling ride organized by the National MS Society. This ride is the largest event of its kind in North America for the MS Society.

- Over \$8.7 million was raised in 2022!
- 180 miles to an epic finish at Kyle Field
- 300+ Teams
- Nearly 4,700 cyclists have registered for 2023 ride!

Goal for 2023: \$10 Million!



TEXAS MS 150

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Registration Fee Increases

- Currently \$130
- \$140 on Monday, April 18, 2023

**Online registration closes on
April 28, 2023, at 5:00 pm CDT.**



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Participation Requirements

- Registration fee
 - Currently \$130
 - Use code **CLIPIN** for 25% off!
- Minimum fundraising of \$400 per rider
 - **MUST** meet minimum to receive rider number and packet
- Riders under 17 must be accompanied by an adult
 - No riders under 12
- Helmet required
 - *Headphones and Ear pods are NOT allowed*



Your Registration Includes:

- Fundraising tools and resources
 - BIKE MS App
 - Social media integration
- Staff and volunteer support
- Fully Supported ride Experience
 - Lunch and dinner both days
 - Breakfast on day 2
 - Luggage transportation
- Event T - shirt
- Goodie bag
 - Awards and Prizes!
 - And more...



Rookie Rider Challenge

COMPLETE THE
CHALLENGE FOR A
CHANCE TO WIN!

- Attend a New Rider Orientation
- Make a self donation of any amount
- Update your personal page
- Use social media to encourage friends & family to register
 - Ex: Link to Facebook, post on LinkedIn, add to your Instagram
- Snap a pic in training and share using #TexasMS150
- Get your bike inspected at an official bike shop
- Snap a pic at Bubble Bistro & share using #TexasMS150
- Get one donation post ride

SUBMISSION FORM

Submit by June 30, 2023

Questions: texasms150@nmss.org

Rookie Rider Challenge

Win a
prize!



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FUNDRAISING & IMPACT



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Fundraising Tips & Best Practices

- Set a Goal and Aim High! Ask, Ask, Ask
- Personalize your fundraising page and customize your URL
- Kickstart your fundraising by making a personal donation
- Start a Facebook Fundraiser
- Get Social – share your involvement with the Bike MS: Texas MS 150 with your social networks Facebook and Twitter
- Take advantage of matching gifts – check with your HR Department for details
- Personal fundraising letters via mail are never out of style

Visit the Fundraising section at

www.BikeMSTexas150.org

for more information, tips, and resources!

Fundraising Clubs & Prizes

CLUB K

\$1,000+

- Special packet pick up and rider number
- Discount registration for next year's ride
- Choice of a Lightweight Good Vibes Cabana Stripe Towel or a Lightweight Perforated Performance Hat.



\$2,500

- High Rollers receive discounted registration for next year's event
- Choice of a OGIO® Endurance Sonar Full-Zip Jacket or a Coleman® Comfortsmart™ Suspension Chair.



\$3,500

- Top Fundraisers will receive a FREE commemorative Bike MS: Texas MS 150 jersey.

Fundraising Clubs



\$5,000



\$10,000

 **tour of
champions**

\$12,000

- National Passport Program cyclist can ride in any additional Bike MS event with no registration fee & no obligation to meet the fundraising requirement.
- VIP Perks, exclusive Passport jersey, and your choice of a Rainier Jacket or JBL 4 Ultra-Portable Waterproof Speaker

- Premier Pedalers receive VIP Perks, passport cyclist status
- Your choice of Apple AirPods or a Therabody Theragun Elite-Black.

- Invitation to participate in a fully supported 2-day bike ride
- 3-night hotel stay
- Round-trip airfare & airport transportation
- Commemorative TOC memorabilia

Fundraising Clubs



Club 300

Top Fundraiser
Texas MS 150

Club 300 is comprised of the top 300 fundraisers for the Bike MS: Texas MS 150. In 2022, this amazing group of people raised more than \$3.5 million!

- Benefits include a personalized rider number
- Club 300 receptions event weekend
- Priority start
- Club 300 merchandise and swag
- Private Showers
- and much more



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Awards

- Rookie of the Year
 - Rookie Team of the Year
 - Rookie Team Captain
- And more!



John Beal & Karla Zielke

2022 HOUSTON AWARDS
PARTY



TEXAS MS 150

Don't just ride, Bike MS

Bike MS Mobile App

- Track your activity
- Earn badges
- Fundraise
- Enter Donations
 - Choose either “Credit Card” or “Check Deposit” for the type of donation you are entering

bike MS MOBILE APP ACTIVITY TRACKING

TRACK YOUR PHYSICAL ACTIVITY TO INCREASE YOUR FUNDRAISING!

The Bike MS®: Texas MS 150 App is a powerful tool to help you raise funds and awareness for a world free of MS. There are exciting new features — like physical challenges to mobile check deposit — to help you go the extra mile in your fundraising and connect with your Bike MS: Texas MS 150 community.

HOW TO GET STARTED

1 INSTALL THE APP

- Search “Bike MS Texas” on Google Play or Apple App Store.
- Log in with the same username and password as your online Fundraising Center.

2 TRACK YOUR PHYSICAL ACTIVITY

As you get ready for Bike MS: Texas MS 150 — and on event day — you can track your physical activity to build excitement and share progress.

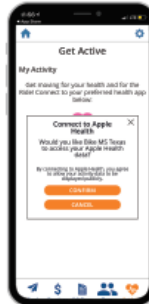
- Tap the “Get Active” button at the bottom of the app.
- You’ll see an icon to sync the app to either your Apple Health or Google Fit.

If you have an activity tracker:

- Provide authorization for the app to sync to your activity data. If you cannot sync all your activity data, go to your phone’s settings to allow full access.
- If your activity tracking device (like a FitBit or Garmin) is connected to your Apple Health or Google Fit, your activity data will automatically upload into the Bike MS: Texas MS 150 app.

If you do not have an activity tracker:

- You can manually record your activity by clicking the green “Start” button, then pressing the red “Stop” button to save your activity.
- You can also manually add an activity retrospectively by clicking the “plus (+)” button next to the text “Activities” in the top left.



The top navigation on the Get Active page lets you see you and your team’s activities and contact your entire team.

3 EARN BADGES

Complete challenges to earn badges for your accomplishments!

- Tap the “Get Active” button at the bottom of the app.
- In the top navigation bar, choose “My Challenges”
- View challenges available and set goals!
- Once you’ve completed a challenge, share your accomplishments on social media.

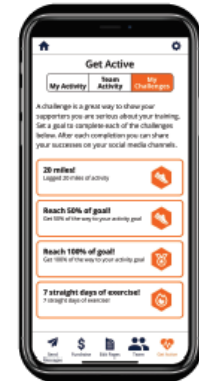
4 FUNDRAISE

Do everything you do in your dashboard plus deposit checks, text, post to social, and email from your phone’s address book. All from the palm of your hand.

5 ENTER DONATIONS

It’s easier than ever to enter donations.

- Click the “Fundraise” button at the bottom of the app.
- Choose “Enter Donations” on the top navigation bar.
- Choose either “Credit Card” or “Check Deposit” depending on the type of donation you are entering.



QUESTIONS?

Contact us at FundraisingSupport@nmss.org or 855-372-1331

Don't just ride, Bike MS

I Ride With MS

- I Ride with MS is a Bike MS program that recognizes cyclists who are living with multiple sclerosis
- Participants receive a complimentary “I Ride with MS” jersey
- I Ride with MS participants are not only committed to cycling to create a world free of MS, but to increasing awareness of the disease as well



Bike MS Champion Program:



- Orange bandana for all riders
- Signed by MS Champions
- Connects us to the mission
- Creates awareness, enthusiasm, friendship



TRAINING NUTRITION HYDRATION



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Training

Benefits of Training

- Helps to get you in physical condition for the ride
- Gradually build up distance and add hills
- Include focus on safety and courtesy
- Opportunity to test nutrition/hydration strategies
- Start with weekly rides of about 20-25 miles
 - ✓ Increase mileage 10-20% per week
 - ✓ Initially don't be concerned with speed; riding on terrain mostly flat
 - ✓ Start increasing speed and gradually add hills
 - ✓ Increase hill training. Learn to use gears.
 - ✓ Target minimum moving average speed of 12-14 mph
 - ✓ Longest ride should be 70-80% of day-one distance
 - ✓ Taper mileage by reducing distance the last two weeks
- Options - Spin bike, bike trainer, walking, running
 - ✓ Cross training activities (short 1-hour interval workouts)
 - ✓ Builds up cardiovascular system and increases speed



Don't just ride, Bike MS

Training

Velo Pro

Train smarter and get the most out of your training time – VeloPro is an adaptive, AI-driven platform that customizes a training plan just for you. VeloPro will use the data from every ride to chart your progress over time, predict future performance and help you understand the relationship between your heart rate, cadence, speed, power and elevation.

Zwift Training Rides

Train alongside hundreds of passionate cyclists across the world through Zwift, an online at-home training platform. Bike MS riders Chris Crush and Mike Bikes with MS host multiple training rides throughout the week. Through the power of the rubberband effect, cyclists of all abilities train together in a pack for the entire ride.

Join the **Bike MS Zwift Facebook group** to connect and learn more about training rides.



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Training Options – 2023 Recommended Rides

The Recommended Rides are hosted by Local Non-Profit Organizations; fees vary per ride.

The Recommended Rides are not organized or supported by the National MS Society.

Join one of the Recommended Rides to train for the Texas MS 150.

Find more information [here](#).

Date	Recommended Ride
Sunday, February 26, 2023	Tour de Houston
Saturday, March 5, 2023	Pedaling the Prairie (Waller)
Saturday, March 11, 2023	Gator Ride (Baytown)
Saturday, March 25, 2023	Just Ride for a Just Cause (Simonton)
Saturday, March 25, 2023	Riverside Ride (Victoria)
Saturday, April 1, 2023	Zuhnë Education Expedition (Fort Bend)
Sunday, April 15, 2023	Tour de Braz (Alvin)
Sunday, April 16, 2023	Grand Fondo Texas (Montgomery)
Saturday, April 22, 2023	Tour de RACHA (Waller)
Sunday, April 23, 2023	Bluebonnet Express (Waller)



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Nutrition

Nutrition for training

- Find what combination works best for you – energy gels, sport drink, energy bars and protein bars are an easy way to re-fuel during a ride
- Remember...**There is no one perfect system for everyone!**

Nutrition the night before the ride

- Don't go crazy carb loading; avoid high fat, greasy foods
- Avoid unfamiliar foods
- Avoid alcohol

Nutrition the morning of the ride

- Eat 2 hours or more before the start - 1 gram of carbs/lb of body weight
- Eat closer to start time 30 grams of carbs within 1 hour

Nutrition on the route

- Consume 60 grams of carbs/hour – energy gels, liquids (sports drink), energy bar, protein bar, snacks such as trail mix and fruit (oranges, bananas)

Nutrition Recovery

Three R's of recovery after each ride:

Rehydrate

- Water
- Sports drink

Replenish:

- Chocolate Milk
- Bagel with peanut butter
- Yogurt with chopped fruit & honey
- Yogurt/fruit/milk smoothie
- Fruit

Repair:

- Consume protein



Hydration



Hydration is a primary factor in controlling body temperature and key to long distance riding.

- How much you drink depends on the weather.
- Monitor fluid status
- Waiting till thirsty = too late!
- Drink at least one bottle (approx. 16 oz) of fluid per hour while riding
- Rotate water and sports drink
- For long distance rides - you need sodium
 - Sodium can be found in sports drinks, electrolyte tablets, and salty snacks such as pretzels.

BIKE SAFETY



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Ride Friendly



- Obey law enforcement personnel, ride officials and volunteers
- Don't litter
- Obey all state & local traffic laws
- Support the local communities
- Respect private property
- Use provided restroom facilities only
- Curb inappropriate language & profanity

Safety

- Safe Cycling Quiz (online)
- Group Riding Skills Classes
- Recommended Rides
- Additional Training – Ready2Roll Training Series
- Bike Store Sponsors
- Ride Marshals
 - Teams need to have 1 Ride Marshal per every 50 team members



Bike Safety Inspection

Bike safety inspections are not mandatory, but are strongly encouraged by the National MS Society to promote a safe Texas MS 150.

- **FREE: February 18th – April 20th**
 - \$15 fee: Starts April 21st
- Only performed by Bike MS: Texas MS 150 Bike Store Sponsors
 - Review list at the end of this presentation
 - Visit the Bike MS: Texas MS 150 website for a list of Bike Store Sponsors
- Pass the Bike Safety Inspection and receive a Bike MS: Texas MS 150 Safety Inspection Sticker to display on the stem of your bike
- With this sticker you are eligible for free labor if you need any mechanical repairs during the Bike MS: Texas MS 150 (parts and materials are extra)

Don't just ride, Bike MS

Packet Pickup

- Pick up rider packets
 - Rider number
 - Rider t-shirt
 - Bike MS Champions bandana
 - Goodie bag
- Riders **MUST** pick up packet prior to event day
- Riders **MUST** meet fundraising minimum prior to PPU
- Riders **MUST** complete the emergency info on the bib
- Rider numbers are non-transferrable
- Donations accepted at any PPU
- Underage riders **MUST** submit an Underage Waiver



Rider Packet

The packet contains your bib number, handlebar number, top tube number, helmet number, luggage tags (2), wristband, twist ties (6) and safety pins (4)



Rider Packet

This is your Rider Packet.

It contains your rider number, wristband, luggage tags (2), twist ties (6) and safety pins (4).



This is your Bib Number. It affixes to the back of your cycling jersey using the enclosed safety pins (4). See #2163 for details on the emergency information on the back of the bib.



This is your Helmet Number. It affixes to the front of the top tube of your helmet. See #2163 for details on the back of the bib.



This is your Handle Bar Number. It affixes to the front of your bike.



These are your Luggage Tags (2). Attach them to the handle or one piece of luggage. You will also need twist ties (6).

This is your Wristband. It will allow you to check in to claim your bike at all bike compounds and for meals during the event.

RIDER 4226

You must wear your Rider Numbers. They are used to identify you at all bike compounds.

Remember:

- Obey Law Enforcement Personnel, Ride Off-ends, Volunteers, Residents or Vehicle Drivers.
- Don't Drink.
- Obey All State and Local Traffic Laws.
- Support the Local Communities.
- Respect Private Property.
- Use Restroom Facilities Only.
- Carry Inappropriate Language or Profanity.



Marathon Photo is the official photo partner for the event. See their website for more information.

Bib Number

The bib number affixes to the back of your cycling jersey using the enclosed safety pins (4).

You MUST complete the Emergency Information on the back of the bib prior to ride.

4226

Helmet Number

The number identifies you for the official ride photographer.

Adhere the number to the front of your helmet

4226

Luggage Tags (2)

Attach each luggage tag to one piece of luggage. You are allowed two pieces of luggage. Each must weigh less than 25lbs.



Wristband

Adhere to your wrist.

The wristband is used to claim your bike at all bike compounds and for meals during the event

RIDE WEEKEND



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Houston Opening Ceremonies

Friday, April 28, 2023

2:30 – 7:30 pm

- Houston Opening Ceremonies
 - Rice University Waltrip Indoor Training Facility
 - Final Packet Pick Up
 - Turn in Donations
 - Bike Stores and sponsor partners at Expo
 - VIP Reception
 - Free parking



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Luggage Requirements

- Each rider is allowed 2 pieces of luggage
- Each luggage piece may not weigh more than 25 pounds
- Place the luggage tags from your rider packet on your luggage
- Include personal tags with name and cell phone number on each piece of luggage



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Luggage Transportation

- Complimentary luggage transportation from/back to all starts
 - ✓ MUST use official luggage tags
 - ✓ Personalize your luggage
 - ✓ Day 1: drop off at start, pick up at La Grange (Fairgrounds)
 - ✓ Day 2:
 - ✓ AM - drop off in La Grange
 - ✓ PM - pick up near Finish Line
- After your ride – load your bike in the proper 18-wheeler & pick up your luggage : LOT 48
- **Note:** Be sure to properly identify the independent TEAM luggage trucks and the SOCIETY luggage trucks



Day 1 Start Locations – Saturday, April 29th

Houston Routes to La Grange

- Energy Corridor/Addick's Park & Ride: START 6:45 am – *100 miles*
- Royal School Complex(Pattison): Start time 8:30 am– *75 miles*
- Austin County Fairgrounds (Bellville): Start time 9:30 am -*50 miles*

Austin Routes to La Grange

- The Capitol of Texas: (intersection of Congress & 11th Street): START 6:45 am SHARP!– *75 miles*
- Webberville Park: Start time 8:30 am– *55 miles*



Tips

- ✓ Arrive early and secure parking
- ✓ Remember where you start & where your team is located
- ✓ Luggage trucks (team trucks vs. National MS Society trucks)
- ✓ Carry ID, money, & credit card



APRIL 29–30, 2023

TEXAS MS 150

HOUSTON AND AUSTIN TO
COLLEGE STATION



ROUTE HIGHLIGHTS

ROUTE OPTIONS

Day 1 (Houston Area to La Grange)

- 50 miles** Bellville (*Short route, NEW in 2023!*)
- 75 miles** Brookshire (*NEW in 2023!*)
- 100 miles** Houston Energy Corridor, Century Route fueled by CITGO

Day 1 (Austin Area to La Grange)

- 55 miles** Webberville (*NEW in 2023!*)
- 75 miles** Austin, Texas State Capitol

Day 2 (La Grange to College Station)

- 55 miles** Burton (*Leap Ahead, NEW in 2023!*)
Transportation for riders and bikes provided.
- 80 miles** Via FM 2145 – Carmine
- 78 miles** Via Texas 237 – Round Top



START SITES

Choose your option from many cyclist levels—including a “leap ahead” option on day 2.



PICTURESQUE SCENERY

Take in the beauty of Central Texas as you ride past picturesque parks, like Bastrop and Buescher State Parks.



OVERNIGHT IN LA GRANGE

Woah, you’re halfway there... literally. Catch some z’s between Austin and Houston before the big finale.



FINISH LINE AT TEXAS A&M

Join us in **College Station** as we finish at **Texas A&M** with a party on the plaza! Enjoy convenient guest parking, and lodging just steps away.

Transportation – Ticket Purchases

Purchase bus transportation for event weekend early to reserve your seat (includes bike transportation).

- **\$40 fee:** Advance online transportation ticket purchase through March 31
- **\$60 fee:** Online transportation ticket purchase April 1 through April 26
(online ticket purchase closes at midnight-CST on April 26)
- **\$80 fee:** On-site ticket purchase on Sunday, April 30 in College Station
(payable by credit card)
- Tickets purchased day of event are subject to availability.
- Bus tickets are non-transferable.
- April 1 is the last day to cancel a bus ticket.

Transportation – Departure from Kyle Field

Sunday, April 30th - Kyle Field in College Station back to all Start Locations

- Bus departures on Sunday, April 30th from the finish line start approximately 1 pm (running continuously) to the 3 Official Houston Start locations (Energy Corridor, Royal School Complex (Pattison) and Austin County Fairgrounds (Bellville) and 2 Official Austin Starts (Downtown Austin & Webberville Park).
- Buses will depart from the bus depot once the bus is **full** of passengers.
- The last bus will depart approximately 45 minutes after the last rider finishes the ride.
- Bikes are transported separately on trucks to each of the Official Start locations
- Bike transportation does not depart from Texas A&M University in College Station at the same time as the buses.

***Please allow 3 to 4 hours from bike loading at the College Station finish to the truck arrival at the start location. Be sure to load your bike immediately at the end of the finish line chute on the truck traveling to the start location where you started on Saturday morning.**

ON THE ROUTE



Rest Stops

Rest Stops are for cyclist to refuel & hydrate as they travel the routes. Rest Stops occur approximately every 10-15 miles.

Be sure to bring your own water bottles.

Available services for riders:

- Hydration stations – sports drink & water
- Individually packaged snacks – salty & sweet
- Whole fruit only
- First Aid
- Bike stores for repairs, supplies, & accessories
- Portable toilets, hand washing stations, & hand sanitizer
- SAG (Special Assistance Group)



Route Support

- Route Hours 6:45 am – 6:00 pm both days
- Full support provided by:
 - 3,500 volunteers
 - Ride Marshals
 - Bike Police
 - Motorcycle Marshals
 - Medical Support Team
 - Bike Medics
 - Bike Store Mechanics
 - SAG (Special Assistance Group)
 - Green Initiative & Recycling
 - Rest Stops & Lunch Stops
 - HAM Radio Teams – Communications



SAG Support

To signal a SAG vehicle driver, follow these steps:

1. Move safely all the way off the road & well out of the path of vehicles and other riders
2. Dismount & stand near your bike
3. Remove your helmet & wave it at the SAG vehicle

At SAG pick up area at Rest stops and lunches, I Ride With MS participants can skip the line

Since it is difficult to distinguish a friendly wave from a call for assistance, use the SAG signal when you need a ride. Please have patience as SAG vehicles may be at capacity limit during peak hours. Look for a SAG tent or signage at any Rest Stop.



Bubble Bistro

ConocoPhillips

The Bubble Bistro offers cyclists the opportunity to **meet the people they are riding for** and offers those living with MS the chance to say thank you!

Look for the Bubbles along the route!



bike
MS

TEXAS MS 150

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Lunch

- Saturday, April 29th
 - Houston – Bellville
 - Hours 9 am – 2 pm
 - Austin – Calvary Baptist Church
 - Hours: 9 am – 1 pm
- Sunday, April 30th
 - Lake Sommersville
 - Hours: 9 am – 2 pm
- Available at all lunches
 - Lunch* & Beverages (vegetarian option available)
 - Bike Store Partners
 - Restrooms
 - SAG
 - Recycle

*If you have special dietary needs, we recommend you pack your own lunch.



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The Overnight

La Grange, Texas

- Most teams stay at Fairgrounds or Camp St. Marks
 - Camp – walk in camping (first come, first serve); personal tent counts as 1 piece of luggage (attach luggage tag from rider packet)
 - Camp Outfield
 - Team tent
- For Hotels
 - Book now!
 - List of hotels/motels in La Grange area on website (Ride Details/Lodging)
 - Air BnB, Churches, VFWs, etc. in proximity
- RV/Motorhomes
 - Spots available at Fairgrounds (Entry on Thursday & Friday only)
 - First come first served
 - Must be self-contained

Camp Outfield

Reserve a 2-person pop up tent for only \$80. Find this information posted on the website at BikeMSTexas150.org

Reservation services include:

- Saturday tent set-up
- Saturday luggage delivery to tent
- Private porta-a-lets for Camp Outfield area
- Hydration station for Camp Outfield area
- Sunday luggage pick up from tent with service to College Station
- Sunday tent take down



*The \$80 rate is non-refundable and cannot be applied to your \$400 minimum fundraising for the Texas MS 150.

The Overnight

- **What to Do**
 - ✓ Check bike into bike compound
 - ✓ Get your luggage
 - ✓ Head to your team tent, RV, hotel, etc.
 - ✓ Shower (on site)
 - ✓ Grab a beer provided by Karbach
 - ✓ Primal People's Choice Jersey Contest
 - ✓ Food and Beverages (provided free)
 - ✓ Lights out at 10 pm
- Shuttles available to hotels, and off-site parking
- Entertainment, Bike shop support, First Aid, ATM machine



Day 2 Start

Sunday, April 30th

- 6:45 am start (All riders must be on the road by 7:30am)
- Fayette County Fairgrounds & Camp St. Marks
- Rider staging
 - Riders living with MS, Club 300
 - Team Fundraising Prize
 - Safety Award Winners from 2022
 - General Start
- Three route options
 - 46, 82 and 83 miles
 - Merge after 20 miles
 - 46-mile leap ahead route begins in Burton after the merge
 - Riders are transported along with bikes to 46-mile leap ahead location in Burton



Big Finish – College Station!

What to Do

1. **LOAD YOUR BIKE! (after you get your picture taken)**
 2. Get your luggage
 3. Shower
 4. Food & Beverages (Beer provided by Karbach Brewing Co.)
 5. Charter bus back to your start location
- Official Finish Photo
 - Completion pins, certificates, and 12th Man Towels!
 - VIP Reception
 - First Aid
 - Team Tents
 - On-site parking for friends and family
 - Commemorative t-shirts sponsored by Aggieland Outfitters

Stay Updated

Visit the Event Updates Webpage for the latest event information.

Make sure you are opted in to receive our monthly Bike MS: Texas MS 150 eNewsletter

@TEXAS MS 150



Use **#TEXASMS150** when posting on social media.

Need help? Email: FundraisingSupport@nmss.org



TEXAS MS 150

Don't just ride, Bike MS

Q&A & Thank you!



TEXAS MS 150

Don't just ride, Bike MS

Packing List (items for the route)

- ✓ Helmet - **REQUIRED to participate**
- ✓ Rider numbers and wristband - **REQUIRED to participate**
- ✓ Padded cycling shorts, jersey, cycling gloves, shoes, sunglasses, lip balm and sunscreen
- ✓ Tire patch kit, spare tubes, CO2 dispenser/cartridges or frame pump (hand pump)
- ✓ Medical insurance card Identification & driver's license
- ✓ Emergency cash and credit card
- ✓ Water bottles (placed in bottle cages on bike or hydration pack)
- ✓ Jacket/rain poncho

Packing List (items in overnight bag/luggage)

- ✓ Personal size tent (1 to 2 person - optional) - counts as 1 of the 2-piece luggage requirement
- ✓ Sleeping bag and pillow
- ✓ Travel alarm clock
- ✓ Towel, soap, shampoo, toiletries, including medications
- ✓ Change of clothes for Saturday afternoon / evening
- ✓ Small bag to carry shower items to the shower line
- ✓ Plastic cover for bike seat on Saturday night
- ✓ Cycling Shorts, jersey, etc. for Sunday change of clothes for bus ride home
- ✓ Comfortable shoes for walking around on Saturday and Sunday after the ride

Official Bike Stores - Houston

Bay Area Cycling

2049 South Richey
Pasadena, TX 77502
713-472-6651

www.bayareacycling.com

Bay Area Cycling

603 East Main Street
League City, TX 77593
281-332-6433

www.bayareacycling.com

Gear Monkey

1910 Country Place Parkway
Suite 158
Pearland, TX 77584
832-432-7100

www.gearmonkey.bike

EaDo Bike Co - East Downtown

912 Saint Charles Ste. Bike, Houston,
TX, 77003 – 281-826-BIKE
www.eadobikeco.com

Handlebar Cyclery

24948 FM 1093
#220, Katy, TX 77494
832-437-7584

www.handlerbarcyclery.com

Houston Cycling Centres-Northwest

17458 Northwest Fwy.
Houston, TX 77040
713-466-1240

Houston Cycling Centres-Southwest

9760 Fondren
Houston, TX 77096
713-777-5333

Trek Houston

13425 University Blvd
Suite 100
Sugar Land, TX 77479
281-201-2091

www.societycycleworks.com

Sun & Ski Sports

6100 Westheimer Rd.
#126
Houston, TX 77057
713-783-8180

www.sunandski.com

Sun & Ski Sports

303 Memorial City #326
Houston, TX 77024
713-464-6363

www.sunandski.com

Sun & Ski Sports

1355 W. Bay Area Blvd.
Webster, TX 77598
281-823-5154

www.sunandski.com

Sun & Ski Sports

5000 Katy Mills Circle
#505
Katy, TX 77494
281-994-5291

www.sunandski.com



TEXAS MS 150

Don't just ride, Bike MS

Official Bike Stores – Houston (continued)

Sun & Ski Sports

25415 I-45 Southbound
Spring, TX 77380
832-610-3930
www.sunandski.com

TREK HOUSTON

629 S. Mason Rd.
Katy, TX 77450
281-492-7433
www.trekbikes.com

TREK HOUSTON

25807 Northwest Fwy.
Cypress, TX 77095
281-463-2200
www.trekbikes.com

TREK HOUSTON

2422 Bay Area Blvd.
Houston, TX 77058
281-480-9100
www.trekbikes.com

TREK HOUSTON

11105 Westheimer
Houston, TX 77077
281-558-2234
www.trekbikes.com

TREK HOUSTON

6935 Cypresswood Dr.
Houston, TX 77379
281-320-0399
www.trekbikes.com

TREK HOUSTON

5339 Wesleyan
Houston, TX 77005
713-529-9002
www.trekbikes.com

TREK HOUSTON

7506 FM 1960 East, Suite F
Humble, TX 77346
281-812-8423
www.trekbikes.com

TREK HOUSTON

1022 Wirt Rd. #326
Houston TX 77005
713-804-5158
www.trekbikes.com

Urban Bicycle Gallery

801 Durham Drive
Houston, TX 77007
713-863-0991
www.urbanbicyclegallery.com



TEXAS MS 150

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Official Bike Stores - Austin

Sun & Ski Sports

2438 West Anderson Lane,
#B1A

Austin, TX 78757
(512) 467-2782

www.sunandski.com

Trek Austin

517 South Lamar Blvd
Austin, TX 78704

(512) 477-3472

www.bicyclesportshop.com

Trek Bicycle Bee Cave

12005 Bee Caves Road
Austin, TX 78738
512-634-8844

www.trekbikes.com

Trek Austin

10947 Research Blvd
Austin, TX 78759

(512) 345-7460

www.bicyclesportshop.com

Trek Austin

9900 West Parmer Lane
Austin, TX 78717

(512) 637-6890

www.bicyclesportshop.com



TEXAS MS 150

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Official Bike Stores – Surrounding Areas

Aggieland Cycling

1705 Valley View
College Station, TX 77840
979-696-9490
www.aggielandcycling.net

TREK HOUSTON

2307 Texas Avenue
College Station, Tx 77840
979-383-2308
www.trekbikes.com

Bike Shop Promotional Partners

Bike Lane

17937 I-45 South #101
Shenandoah, TX 77385
936-321-0200

Blue Line Bicycle Laboratory

1504 Yale Street, Houston, TX 77008
713-802-1707

Pearland Bicycles

9330 Broadway Street
#422
Pearland, TX 77584
281-741-2115

Fletcher Bike Studio

2404 Taft Street, Houston, TX 77006
(832) 487-9650



TEXAS MS 150

Don't just ride, Bike MS