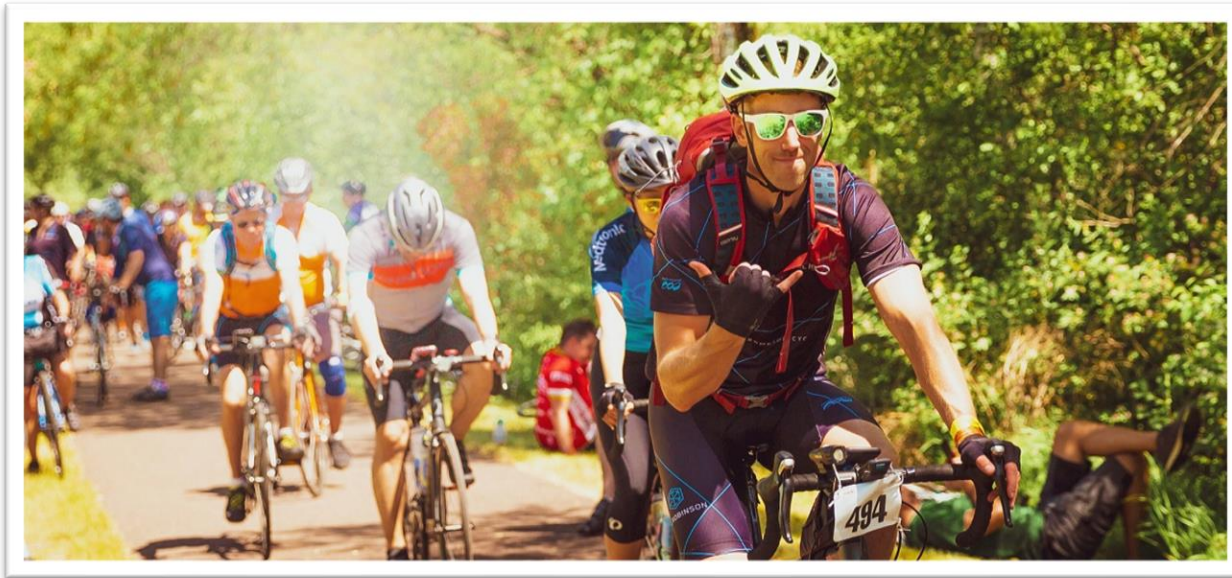


The National MS Society

Together, We're Stronger



Out of respect for all attendees, please remain muted during the presentation

Captain's Meeting Agenda

- MS Updates
- Ride Across Minnesota
 - Packet Pick-Up
 - Ride Details & Schedule
 - Training & Support
 - Prizes
 - Volunteering
- Questions & Answers



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The National Multiple Sclerosis Society's vision is a world free of MS.

What is multiple sclerosis?

- MS is an immune-mediated disease in which the body's immune system mistakenly attacks myelin in the central nervous system (brain, spinal cord and optic nerves)
- Myelin is the protective coating around nerve fibers

What causes MS?

- The cause of MS is not known, but it is believed to involve genetic susceptibility, abnormalities in the immune system and environmental factors that combine to trigger the disease



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Packet Pick Up

- What's in your Packet?

- Rider Bib
- Bike Tag
- Luggage Tags (x3)
- Rider Wristband
- Safety Pins
- *Bonus goodies if you've raised \$1,000+ already!*

- Packet Pick-Up

- Sunday, July 17
 - Proctor Fairgrounds – 800 N Boundary Ave Duluth, MN 55810
 - 4:30 – 6:30 p.m.
- Monday, July 18
 - Proctor Fairgrounds
 - 6:30 – 7:30 a.m.

Bike MS: Ride Across Minnesota

- July 18 - 22
- 5-day Loop Route
- Route maps coming soon!
- Partial Route Options Available
 - Can do all days or just a few, but must arrange your own transportation.
- Route Start Open 6:30-8 a.m. each day
- Route Closes at 4 p.m. each day
- Announcements at 7 p.m.
- Fully supported route and rest stops



Schedule

- **Sunday, July 17**

- Proctor, MN
- Event Check-In 4:30 – 6:30 p.m.
- Get your event packet, t-shirt, and prize jersey (if you raised \$1,000+)
- Meet up and hang out with other participants
- *Yes, Camping is permitted!*

- **Monday, July 18**

- Proctor to Chisholm
- Event Check-In 6:30 – 7:30 a.m.
- Longest route day – pace yourself and bring lots of water!
 - Lunch provided
 - Additional water stop
 - Extra SAG vehicles

Schedule

- **Tuesday, July 19**

- Loop route in Chisholm
- Shortest route day – relax, recover, and enjoy the beautiful location!

- **Wednesday, July 20**

- Chisholm to Biwabik
- New supported hotel in Biwabik –
 - Comfort Inn & Suites Mountain Iron and Virginia

- **Thursday, July 21**

- Biwabik to Two Harbors
- New supported hotel in Two Harbors –
 - Country Inn of Two Harbors

Schedule

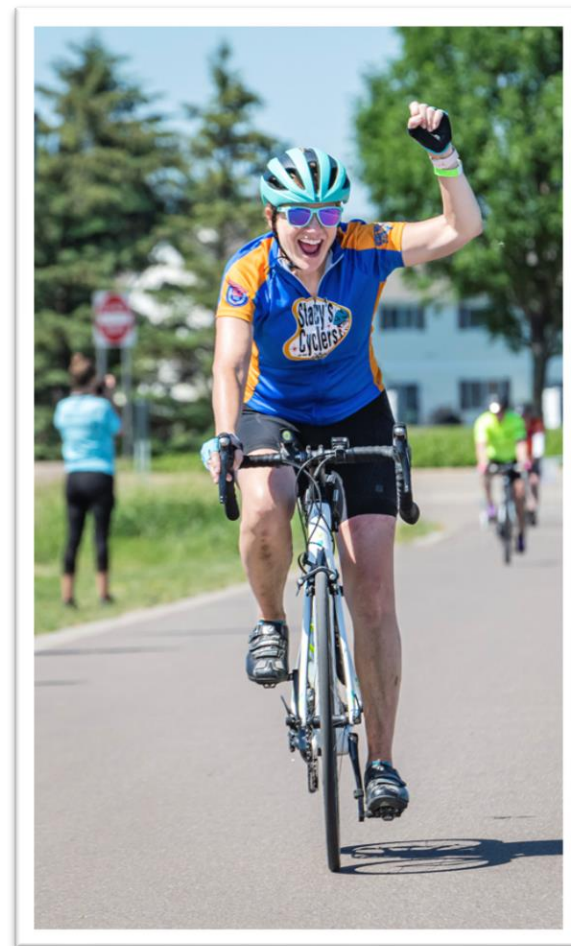
- Friday, July 22

- Two Harbors to Proctor
- You've made it!
- Complimentary meal for all participants and volunteers at the finish line
 - \$10 for Friends & Family



Training & Support

- **Bike Shop Partners**
 - Stop in at any partner shop for a free bicycle assessment and thank them for their support!
- **Route Support**
 - Rest stops every 10 – 15 miles
 - Support vehicles along route
 - Bike mechanics along route
 - Food provided at rest stops, start and finish line
- **Safety Reminder**
 - It's the personal responsibility of every rider to keep themselves as safe as possible on this event.
 - Safety & Logistics Call – Thursday, July 7 at 4 p.m.



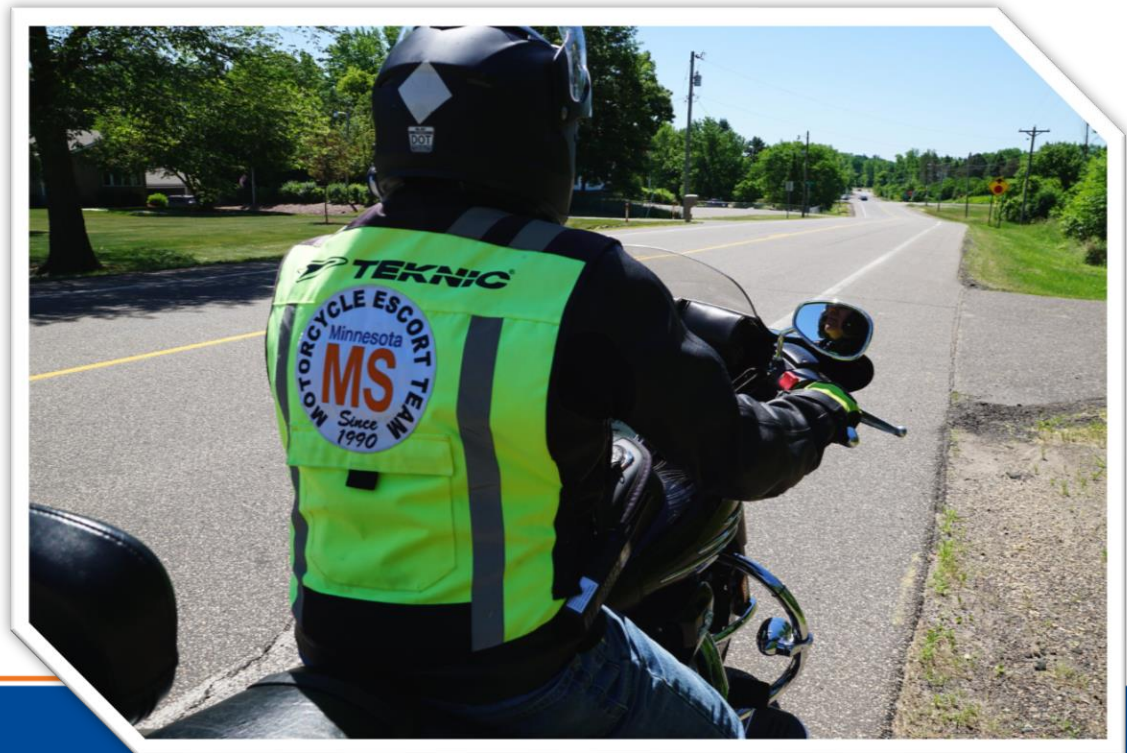
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Volunteer Route Support

- Rest stops
- Bike mechanics
- Radio communication (HAM)
- Medical
- SAG vehicles
- Ride Marshals
- Route maps & route markings

MS
THINK
SAFE



Prizes & Incentives

- 2022 Prizes
 - Now up on the website!
- Top 50 Club
 - Rankings close September 16, 2022
 - Free Registration for 2023
 - Exclusive Top 50 Club Backpack Cooler
 - Free registration – no fundraising required! - on Bike MS: Twin Cities Ride and Bike MS: MS 150
- T-Shirt
 - All riders who raise \$300+
- Jerseys
 - Available on-event for \$1k+ fundraisers



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SIDE PANELS



Right Side Panel

Left Side Panel



Please remain muted during the presentation

Join the Movement: Volunteer Opportunities for Friends, Families, & More

- **Volunteers Make Bike MS Possible!**
 - Help to create a world free of MS!
 - Families and groups can volunteer together
 - Teambuilding experience
 - Work towards community service goals
 - Corporate sponsorship & branding opportunities
 - Different Opportunities to choose from
 - Free T-shirt for all volunteers
 - Snacks and drinks provided

Sign up today:

[Opportunities | The National Multiple Sclerosis Society](#)

THANK YOU SPONSORS!

Thank you to our Premier National Sponsor:

PRIMAL

Thank you to our National Sponsor:



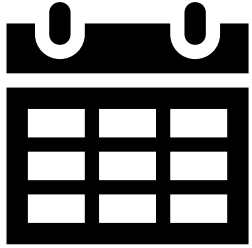
Thank you to our Gold Level Sponsors:



Thank you to our Bike Shop Partners:



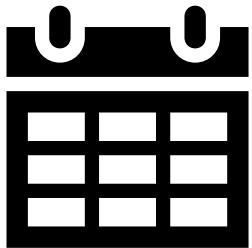
UPCOMING EVENTS



July 7

4-5 p.m.

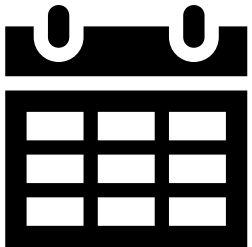
Safety & Logistics Call



July 17

4:30 – 6:30 p.m.

Pre-Event Packet Pick-up



July 18-22

Event Week!



Questions & Answers



Together, We're Stronger!

MS doesn't stop, and neither will we

MS Society Contacts

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- **Volunteer Engagement**
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 - 855-372-1331
- **MS Navigators**
 - ContactUsNMSS@nmss.org
 - 1-800-344-4867