



# BIKE MS: Cycle the Silver Valley 2022 SAFETY CLINIC



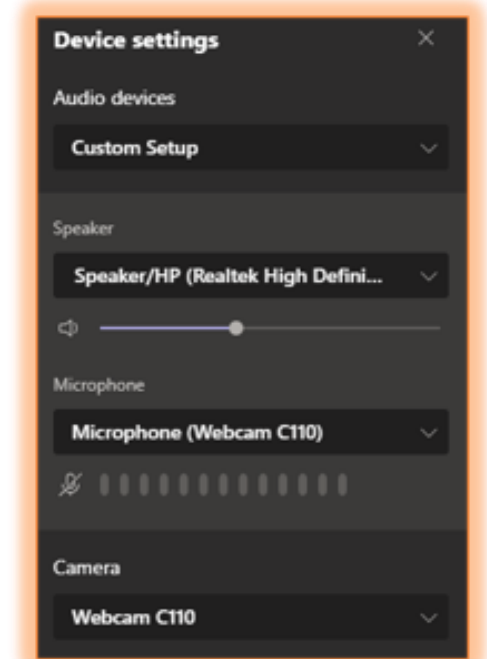
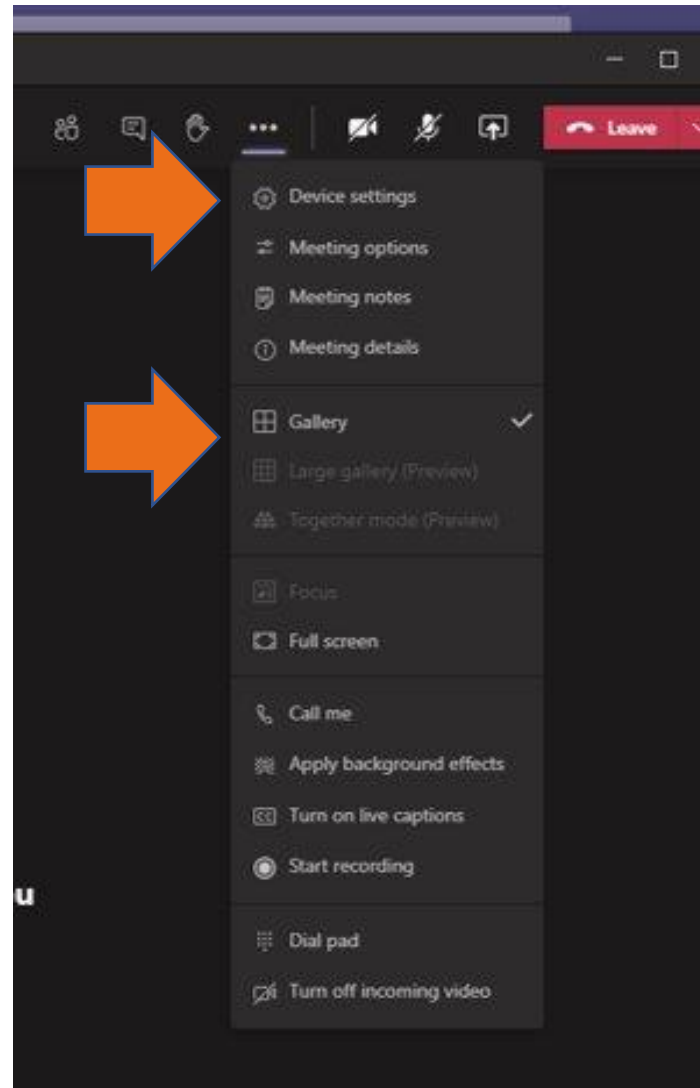
**MS**  
**THINK**  
**SAFE**



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



# Microsoft Teams Best Practices



*Don't just ride, Bike MS*





THANK YOU  
TO OUR  
SPONSORS

PREMIER NATIONAL SPONSOR

PRIMAL

NATIONAL SPONSOR



*Don't just ride, Bike MS*



## Presenting Sponsor:



# THANK YOU TO OUR SPONSORS

## Silver Sponsor:



## Bronze Sponsors:



*Don't just ride, Bike MS*

# COVID-19: What to Expect

- While vaccinations are not required, we strongly encourage everyone get vaccinated to help prevent the spread of COVID-19.
- Society events are planned to allow for physical distance between staff, volunteers and participants whenever possible.
- Stay home if you experience any COVID-19 symptoms within 24 hours prior to the ride or are exposed to anyone who is positive for COVID-19 within 14 days prior to the ride.

*Don't just ride, Bike MS*



# STAYING SAFE AT BIKE MS



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

# BIKE SHOPS

Visit your local Bike shop before the ride for a bike inspection and if needed, a repair and or a tune up.

Free mechanic services will be provided along the route, but cyclists should be prepared to pay for parts needed.

**Bike MS Official Bike Shop Partners:**



# ROUTE SUPPORT

- **Rest stops** are approximately every 10 to 16 miles.
- **Bike mechanics** are roaming throughout the event at rest stops and start/finish. Repairs are free of charge. Riders are responsible for the cost of any parts. Be prepared to handle your own minor repairs. Stationary mechanic located at start each day and at lunch day 1.
- **Radio communication & medics** are available at most rest stops.
- **If you need assistance, proceed to a Rest Stop and utilize the communication at those stops.**
- **Route maps** are available on the website. Cue sheets will be available at the start line each morning. Last minute route revisions may be necessary and not listed on maps and que sheets.

*Don't just ride, Bike MS*



# ROUTE SUPPORT



Watch out for Pylons throughout the route!

*Don't just ride, Bike MS*

# WHAT TO BRING



## Mandatory:

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

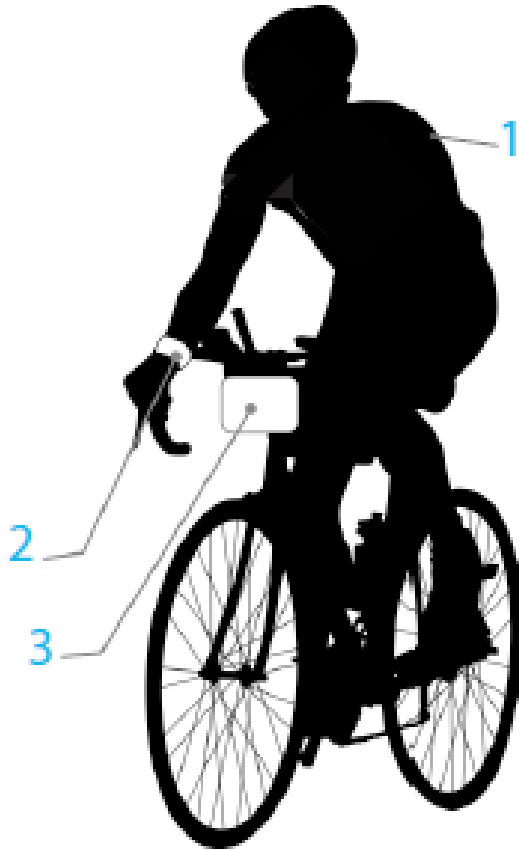
## Highly Recommended:

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

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

# MANDATORY SAFETY ITEMS

## Bike MS Rider Packet



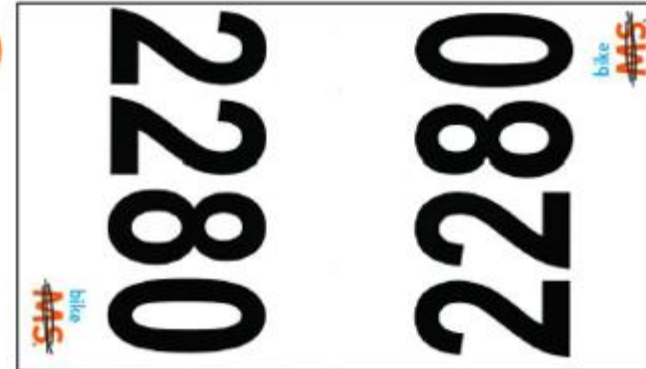
1.



2.



3.





# PACKET PICK-UP INFORMATION

Your Bike MS packet contains important items including your rider bib, event details and sponsor giveaways. In order to pick up your packet, you must meet the **\$250** fundraising minimum. You may pick up your packet at the following times.

## FRIDAY SEPTEMBER 23rd

**5PM-7PM**

Courtyard of Silver Mountain Resort

## SATURDAY SEPTEMBER 24th

**7:30AM-8:45AM**

Courtyard of Silver Mountain Resort

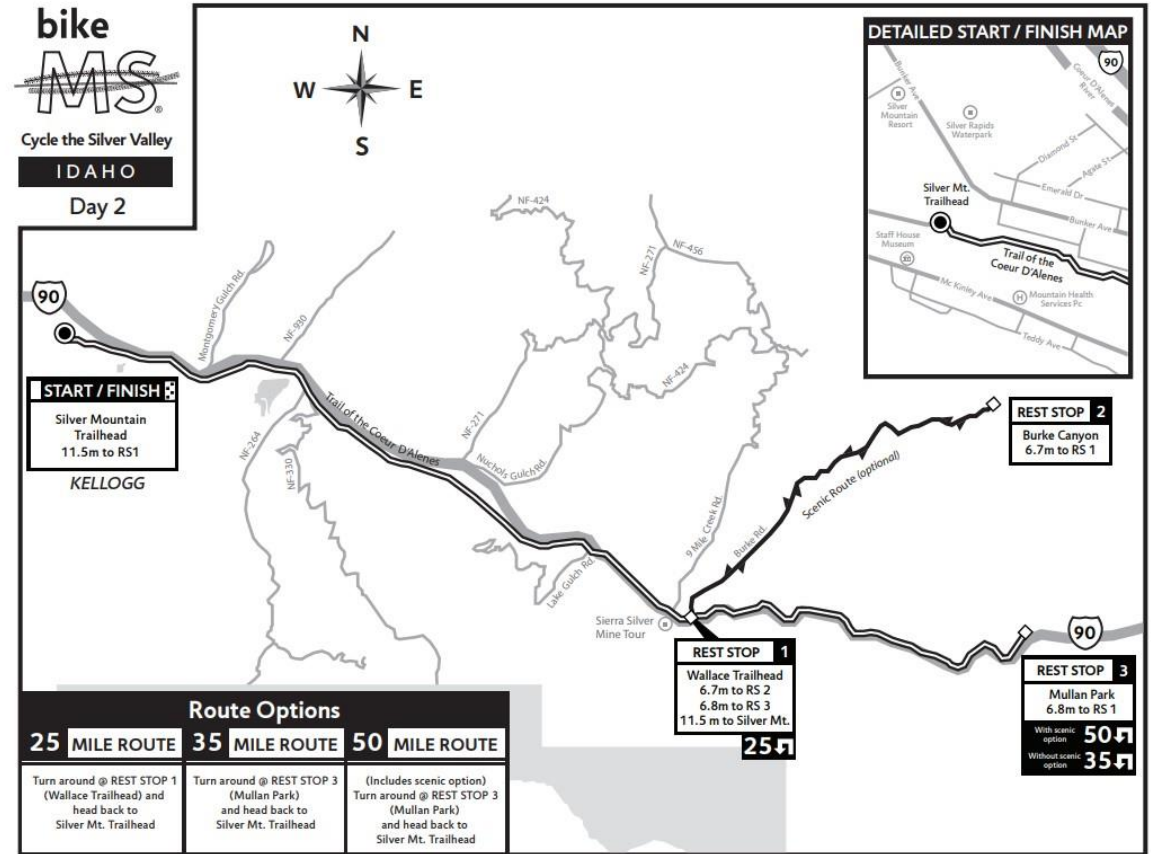
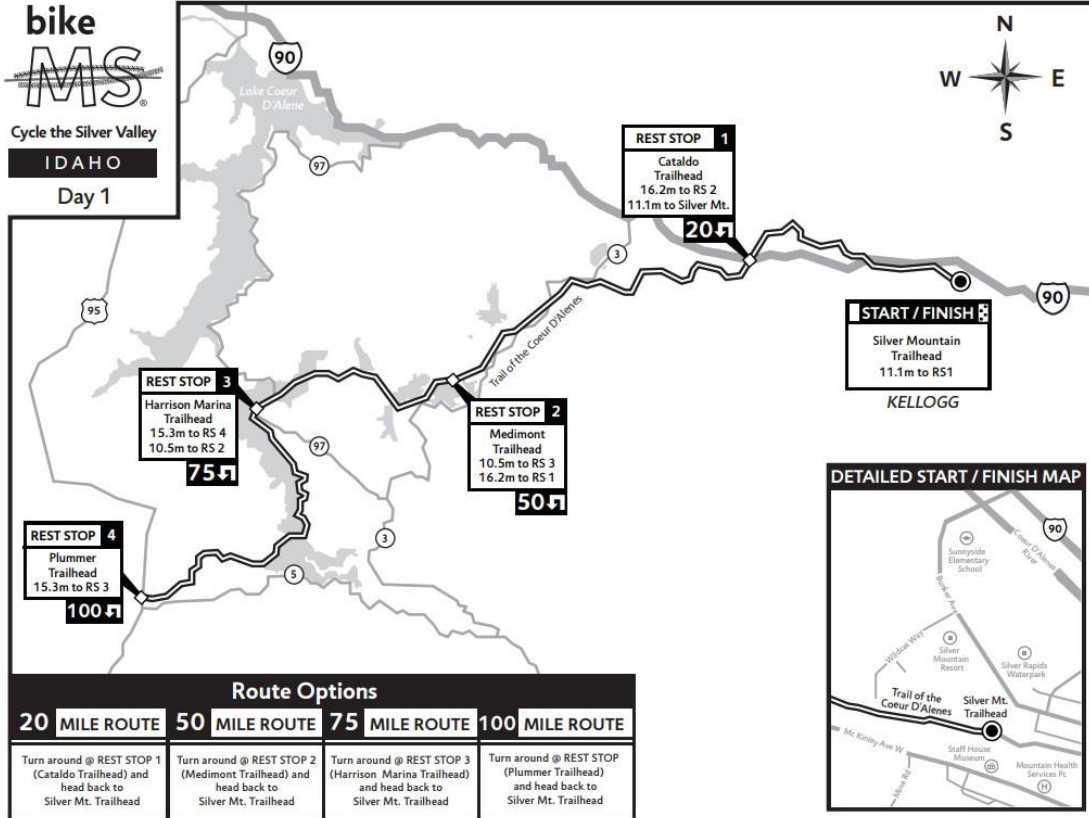
## SUNDAY SEPTEMBER 25th

**7:45AM-8:45PM Sunday riders only**

Courtyard of Silver Mountain Resort



# Bike MS: Cycle the Silver Valley



# RULES OF THE ROAD



**BE SAFE & HAVE A GREAT RIDE**  
KNOW THE RULES OF THE ROAD

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 safe

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



## 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 abreast and do not impede traffic.



## 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 just ride, Bike MS*





# QUESTIONS?

*Katie Gambill, Director, Bike MS*

[Katherine.Gambill@nmss.org](mailto:Katherine.Gambill@nmss.org)

*Lily King, Manager, Bike MS*

[Lily.King@nmss.org](mailto:Lily.King@nmss.org)



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