

bike

**MS**

2023 HISTORIC NEW BERN RIDE

**CYCLE CHATTER**





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## THANK YOU FOR REGISTERING FOR BIKE MS®!

Enclosed you'll find everything you need to know for an unforgettable Bike MS weekend!

### REQUIREMENTS TO RIDE:

- The minimum age to ride is 12 years old. See the Youth Riders section below for additional requirements for cyclists under the age of 18.
- The fundraising minimum is \$300.
- Sign a Bike MS Release and Waiver. This was included in the online registration process. The only need for a paper waiver is if a staff member registered you or if you registered via a paper form.
- Walk-up registrations are gladly accepted. However, we recommend registering early so you can fundraise and make an even greater impact.
- Helmets are required at all times. No exceptions.
- Pets are not allowed at the ride. However, service animals are welcome.

### REQUIREMENTS FOR YOUTH RIDERS:

- The age minimum is 12 years old. Age minimums must be reached on or before event day – NO EXCEPTIONS.



- All youth riders (ages 12-17) must review the [Safety in Group Cycling brochure](#) with a parent or guardian before setting out.
- Youth riders must be always accompanied by a parent or responsible adult (at least 21 years of age).
- One parent/adult may be responsible for no more than three youth riders.
- All the above requirements apply for children on a tandem bicycle.
- No trailers, tagalongs or child carriers are allowed on the route.

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## *Fundraising Resources:*

Your fundraising fuels cutting-edge research and delivers critical services to help the MS community live their best lives. We're calling on our entire Bike MS community to raise \$60 million this year to get us across the finish line for people affected by MS!

- **Dive into your Fundraising Center**
  - Set a goal and aim high!
  - Make a self-donation to kickstart your fundraising and show others that you're leading the way.
  - Personalize your page by sharing your story of why you participate. You can even create a custom URL!
  - Add Fundraising Milestones which allow you to create mini goals to inspire your donors to give a little bit extra to reach your next milestone.
- **Use the power of social media**
  - Share your story, videos and photos. Launch a Linked Facebook Fundraiser from your Fundraising Center.
  - [Learn how to use Facebook](#) to power your fundraising.
- **Matching Gifts:** Many companies offer matching gifts, which double or even triple donations with no extra effort on your end.
- For more ideas, visit our online [Fundraising Toolkit](#) page.

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## *Bike Shops + Safety Inspections:*

We could not have a successful Bike MS: Historic New Bern Ride without the help of local bike shops. They help promote Bike MS year-round, provide safety checks before the ride and are the mechanical geniuses the weekend of the ride. Please thank them for their support of Bike MS when you're visiting these shops!



### BIKE SHOP SAFETY INSPECTIONS:

Properly maintained equipment is key to a safe, fun and trouble-free weekend. A professional mechanic should inspect your bike prior to Bike MS weekend. Please take your bike to a bike shop of your choice before the ride to allow time to correct any problems.

If you go to a bike shop that is an official sponsor of Bike MS, the inspection and advice are free, but you are responsible for the cost of any repair or adjustment procedure. You will receive an inspection sticker for your bike upon completion either by the

shop or let staff know at packet pick up and we'll have them available. For more information visit the [bike shop page](#) on the Bike MS website.



## Hotels, Camping, RV Parking + Bike Lock Up

### HOTELS:

#### **Courtyard by Marriott New Bern - SOLD OUT**

218 E Front St  
New Bern, NC 28560  
(252) 636-0022

#### **Bridge Pointe Hotel & Marina**

101 Howell Rd.  
New Bern, NC 28562  
(252)636-3637

#### **Candlewood Suites, New Bern**

3465 Dr. Martin Luther King Jr. Boulevard  
New Bern, NC 28562  
252-638-8166

#### **Comfort Suites, New Bern**

1006 Old Cherry Point Road  
New Bern, NC 28560  
252-649-3579

#### **Hampton Inn New Bern**

200 Hotel Dr. New Bern NC 28562  
(252) 637-2111

#### **SpringHill Suites New Bern**

300 Hotel Dr. New Bern NC 28562  
(252) 637-0017

#### **DoubleTree by Hilton - SOLD OUT**

100 Middle St.  
New Bern, NC 28560  
(252) 658-9000



### **CAMPING:**

Grab your sleeping bag and tent to camp out under the stars at Union Point Park. The park has indoor restrooms and a shower truck will be provided for all your washing needs. Camping at Union Point Park is free but available on a first come, first served basis. Camping reservations open at 3 PM on Friday, September 8<sup>th</sup>. When you arrive visit a volunteer at the Mission & Volunteer Tent at Union Point Park. Campers will be assigned a number on a small flag. Place this flag outside of your tent. This reserves your spot and also allows us to know how to find you in case of emergency.

### **SHOWERS & ELECTRICITY:**

**Showers:** A shower truck will be on site from Friday evening until Sunday afternoon for anyone wishing to rinse off. Please remember to bring your own toiletries and towels.

**Electricity:** There are electrical outlets throughout the park to use to charge devices.

*Camping is also available at New Bern KOA Holiday (1565 B Street New Bern, NC 28560).*

### **RV PARKING – MUST RESERVE IN ADVANCE**

Spots are available within Union Point Park and nearby for recreational vehicles. However, RVs must be self-contained. There is no water or electricity hook up. Please reach out to [Bike MS staff](#) to reserve your parking space ahead of event weekend.

### **BIKE LOCK UP**

A bike lock-up is provided from Friday afternoon until Sunday morning for cyclists riding the Bike MS: Historic New Bern Ride. This is located on the second floor of the New Bern Riverfront Convention Center. When dropping off your bike, your bike must have the required frame tag to verify with your bib number. This bike lock-up will be staffed with volunteers and a security guard throughout the day and locked securely overnight. You do not need to bring your own lock to lock up your bike within the bike lock-up.







## *Packet Pick Up:*

Before you arrive: Please split any team donations among team members ahead of packet pick up. The [Fundraising Support Center](#) can assist in moving money to make sure each team member has \$300 in donations. We are unable to accommodate this request at packet pick up.

At the early packet pick up locations you can:

- Turn in or verbally acknowledge the Bike MS Release and Waiver (if applicable), turn in the donations you have collected to date and pick up your Bike MS rider packet and t-shirt.
- If you turn in at least \$1,000 in donations, you may pick up your 2023 Club K jersey.
- If you were part of the 2022 Top 100 Club, you may pick up your 2022 Top 100 Club hydration backpack.

**If your packet is to be picked up by another cyclist, YOU MUST** have met the minimum fundraising amount of \$300 and submit a completed Bike MS Release and Waiver for the packet to be released to them.

If you take advantage of the early packet pick-ups, you will NOT have to visit packet pick up at the Riverfront Convention Center to pick up your materials the weekend of the event—just show up and get ready to ride!

### EARLY PACKET PICK UP LOCATION & TIME



**Wednesday, August 30<sup>th</sup>**

3 PM – 7 PM

Raleigh Brewing Company  
2036 Renaissance Park Place  
Cary, NC 27513

### EVENT WEEKEND PICK UP

**Friday, September 8<sup>th</sup>**

3 PM – 8 PM

New Bern Riverfront Convention Center – Ballroom A  
203 S Front Street  
New Bern, NC 28560

**Saturday, September 9<sup>th</sup>**

6:30 AM – 8 AM

New Bern Riverfront Convention Center – Ballroom A  
203 S Front Street  
New Bern, NC 28560



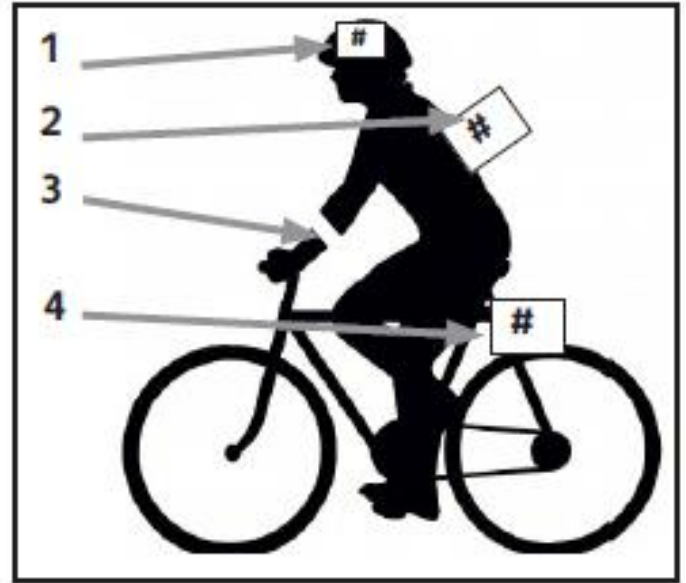
## WHAT'S IN YOUR PACKET:

**1. HELMET NUMBER** Please place your helmet number on the front of your helmet.

**2. BIB NUMBER** You must wear your bib number while on the route and at the start and finish lines. Please use safety pins to pin it to the back of your outer-most layer of clothing. Please completely fill out the medical information and emergency contact sections on the back.

**3. WRISTBAND** Wear your wristband at all times! It provides you access to all meals and the beer. The wristband will include the Bike MS safety line in case you come across an emergency.

**4. FRAME NUMBER** Attach to your bike (underneath your seat). Your frame number will be verified with your bib number when picking up your bike from the bike lock up.



- ✓ Rider packet with bib, wristband, frame number, and helmet number
- ✓ T-shirt with \$300 minimum met
- ✓ Club K jersey with \$1,000+ raised
- ✓ Route maps/cue sheets

## Packing List:

### FOR THE RIDE:

- Helmet - no helmet, no ride, no discussions!!!
- 2 filled water bottles
- Rain and cold weather gear. We ride rain or shine.
- \$\$ for incidentals (massages, bike parts)
- Personal ID and medical insurance cards
- Sunscreen and bug repellent
- Petroleum jelly and/or pain reliever
- Basic bike tools -odd sized tires or tubes
- Cue sheet(s) provided at packet pick up/registration or downloadable on the [Bike MS website](#)







#### AFTER THE RIDE:

- Casual clothes for Saturday celebrations
- Towels, toiletries, personal hygiene items (especially if you plan to use the shower truck!)
- Medications you may need over the weekend
- Pain reliever (Medics will NOT provide)
- Cold packs and ace bandages

### *Support Along the Route + Rider Assistance Line:*



**REST STOPS** will be located every 10-15 miles along the route. Rest stops will have plenty of salty snacks, fruit, sports drinks and water.

**SUPPORT AND GEAR (SAG)** vehicles. These vehicles will pick up tired cyclists and have an air pump just in case. Personal SAG vehicles are strictly prohibited!

**MEDICS** will be accessible the entire weekend, both along the route and at the start and finish lines. Medics cannot dispense pain relievers, so if you think you might need it, bring it with you.

**BIKE SHOP MECHANICS** volunteer their time the weekend of Bike MS. There are bike mechanics at the start and finish lines and at various rest stops and roving the routes. If you need assistance a SAG vehicle will take you to the next rest stop for bike repairs. Please bring extra money to pay for patch kits and spare tubes. It is recommended that you carry a spare tube for your bike, especially if it's odd-sized.

**RIDE MARSHALS** are good will ambassadors for Bike MS: Historic New Bern and have knowledge of safe riding practices and techniques, especially when riding in groups. These volunteers help cyclists along the route with directions, bike maintenance and safe riding practices.

**IF YOU NEED ASSISTANCE OF ANY KIND, PLEASE NOTIFY THESE KEY INDIVIDUALS AND THEY WILL GET IN TOUCH WITH MECHANICAL, MEDICAL, OR SAG SUPPORT.** *Please note, these key individuals have the authority to enforce ride rules.*

**RIDER ASSISTANCE LINE: 252-349-0301**

The wristband included in your packet will include the Bike MS emergency number. If you come across an emergency (fallen and injured cyclist/accident) and EMT or Bike MS Medics are not on scene, please call 911 first, if appropriate then the Bike MS emergency number.



## Safety + Riding Tips:

The safety of our cyclists is the number one priority at Bike MS which is why we made Think Safe our motto. Bike MS is for everyone which means there is a great mix of riders with different experience and skill levels on the road together at every Bike MS event.

# MS THINK SAFE

To do your part to ensure everyone arrives safely at the finish line, please review [this safety](#) information about personal safety, group riding skills, cycling etiquette and bike maintenance.

[Safety in Group Cycling brochure](#) - All youth riders (ages 12-17) must review with a parent or guardian before setting out.



### "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.



### 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.



### BE VERBAL!

Communicate during the ride to let others know about hazards or your movements.



## *Weekend Schedule:*

### FRIDAY, SEPTEMBER 8<sup>TH</sup>

#### **3 PM – 8 PM New Bern Riverfront Convention Center**

- Packet Pick Up, Registration & Vendor Expo – Ballroom A
- Volunteer Check In – Admin Center
- Bike Lock Up – Upstairs
- Bike Mechanics – Parking Lot

#### **3 PM – 8 PM Union Point Park**

- Team Tent Unloading & Set Up
- Camping Reservations Open & Set Up
- RV Parking Available (reservations required, overflow in empty lot down Front St.)

#### **5 PM – 7:30 PM Mattocks Hall, North Carolina History Center**

- VIP & Club K Welcome Reception - Bike MS is honored to invite esteemed 2022 Top 100 Club members, 2022 and 2023 Club K members, I Ride with MS cyclists, Passport cyclists, sponsors, bike shops and key volunteers to the VIP & Club K Welcome Reception. Appetizers, Raleigh Brewing Company beer, and wine will be provided.
  - 2022 Top 100 Club members and Passport cyclists will receive two wristbands and four drink tickets in their rider packet (invited to bring one guest)
  - Club K members and I Ride with MS cyclists will receive one wristband and two drink tickets in their rider packet
  - Sponsors, bike shops and key volunteers can check in at the door, stop by packet pick up or see a staff member for wristband and drink tickets

### SATURDAY, SEPTEMBER 9<sup>TH</sup>

#### **Start Line Festivities:**

#### **New Bern Riverfront Convention Center**

- 6 AM – 6 PM: Bike Lock-Up – Upstairs
- 6:30 AM – 8 AM: Packet Pick Up, Registration & Vendor Expo - Ballroom A
- 7 AM – 8:15 AM: Bike Mechanics - Parking Lot

#### **Union Point Park**

- 6:30 AM – 9 AM: Breakfast - Refueling Station
- 6:30 AM – 9 AM: VIP Breakfast - VIP Tent *\*must be wearing VIP lanyard*
- 7 AM – 8 AM: Team Photos – Gazebo
- 7:45 AM: Welcome, Safety Reminders & National Anthem - Start/Finish Line
- 8 AM: BIKE MS DAY 1 START - Start/Finish Line
  - 8:00 AM - TeamCBC - #1 2022 Top Fundraising Team
  - 8:02 AM – Missing Spokes - #2 2022 Top Fundraising Team





- 8:03 AM – Flythe’s Bike Shop - #3 2022 Top Fundraising Team
- 8:05 AM – Selma Cyclepaths – Lifetime fundraising of \$2 million
- 8:07 AM – 100 milers followed by 75 milers, then 50 and 30 milers
- 9 AM: All Cyclists Must Be on Route – NO EXCEPTIONS

10 AM – 12:30 PM: Lunch on Route, Rest Stop 4 at River Dunes Marina – 75 and 100 milers ONLY

### Finish Line Festivities:

#### Union Point Park

- 11 AM – 6 PM: Team Village Festivities
- 11 AM – 3 PM: Lunch for 30 and 50 milers - Refueling Station
- 6 PM: Bike MS Route Closes, All Cyclists Must be Off the Route
- 9 PM: Lights Out for Bike MS Day 1

#### New Bern Riverfront Convention Center

- 10 AM – 6 PM: Massages Available - Hallway Alcove
- 4 PM – 9 PM: Happy Hour Sponsored by Raleigh Brewing Company - Veranda
- 5 PM – 8 PM: Buffet Dinner - Hallway
- 5 PM – 9 PM: Live Music by Trainwreck - Veranda
- 5 PM – 9 PM: VIP Reception – Veranda *\*must be wearing VIP lanyard*
- 6:45 PM – 7:15 PM: Bike MS Celebration and Program – Veranda
- 7:15 – 7:30 PM: Live Jersey Competition – Veranda
- 9 PM: Lights Out for Bike MS Day 1

### SUNDAY, SEPTEMBER 10<sup>TH</sup>

#### Start Line Festivities:

#### New Bern Riverfront Convention Center

- 6 AM – 6 PM: Bike Lock-Up – Upstairs
- 6:30 AM – 8 AM: Packet Pick Up, Registration & Vendor Expo - Ballroom A
- 7 AM – 8:15 AM: Bike Mechanics - Parking Lot

#### Union Point Park

- 6:30 AM – 9 AM: Breakfast - Refueling Station
- 6:30 AM – 9 AM: VIP Breakfast - VIP Tent *\*must be wearing VIP lanyard*
- 7 AM – 8 AM: Team Photos – Gazebo
  - 7:30 AM: I Ride with MS Photo
  - 7:35 AM: Passport Cyclist Photo
  - 7:40 AM: Rookie Rider Photo
- 7:45 AM: Welcome, Safety Reminders & National Anthem - Start/Finish Line
- 7:50 AM: 9/11 Moment of Silence



- 8 AM: BIKE MS DAY 2 START - Start/Finish Line
  - 8:00 AM – I Ride with MS
  - 8:01 AM – 100 milers followed by 75 milers, then 50 and 30 milers
- 9 AM: All cyclists must be on route – NO EXCEPTIONS

10:30 AM – 12:30 PM: Lunch on Route, Rest Stop 4 at Ernul Post Office– 50, 75 and, 100 milers ONLY

### Sunday Finish Line Festivities:

#### New Bern Riverfront Convention Center

- 10 AM – 3 PM: Massages- Hallway Alcove

#### Union Point Park

- 11 AM – 3 PM: Team Village Festivities
- 11 AM –3 PM: Lunch for 30 milers - Refueling Station
- 5 PM: Bike MS Route Closes, All Cyclists Must be Off the Route
- 5:30 PM: BIKE MS: HISTORIC NEW BERN RIDE IS A GREAT SUCCESS! Get home safe!

## Friday Night Festivities

### VIP & CLUB K WELCOME RECEPTION

5 PM – 7:30 PM

North Carolina History Center, Mattocks Hall  
529 South Front Street New Bern, NC 28562

Bike MS is honored to invite esteemed 2022 Top 100 Club members, 2022 and 2023 Club K members, I Ride with MS cyclists, Passport cyclists, sponsors, bike shops and key volunteers to the VIP & Club K Welcome Reception.



**Menu:** Annabelle’s crab dip, spinach and artichoke dip, meatballs and fresh pineapple, mini caprese, dessert, fresh fruit, fresh veggies, cheese and crackers, BBQ pork sliders, tea, coffee and strawberry kiwi lemonade. Beer provided by Raleigh Brewing Company & wine provided by Strange & Sons.

- 2022 Top 100 Club members, I Ride with MS and Passport cyclists will receive two wristbands and four drink tickets in their rider packet (invited to bring one guest)
- Club K members will receive one wristband and two drink tickets in their rider packet
- Sponsors, bike shops and key volunteers can check in at the door, stop by packet pick up or see a staff member for a wristband and drink tickets



## Saturday Start Line

Union Point Park

210 E FRONT STREET, NEW BERN, NC 28560

**PACKET PICK UP:** Visit Ballroom A inside the New Bern Riverfront Convention Center to pick up your packet.

**WALK ON REGISTRATIONS:** Cyclists who have not already registered with Bike MS may “walk-on.” They are still required to turn in at least \$300 in donations, as well as the \$70 registration fee (overnight accommodations are their responsibility). Visit packet pick up inside the New Bern Riverfront Convention Center on Saturday morning to sign-up.

**BREAKFAST:** bananas, oranges, Nutrigrain bars, muffins, hardboiled eggs, apple and orange juice, and coffee

**VIP BREAKFAST:** If you are a 2022 Top 100 Club Member, I Ride with MS cyclist, Passport Rider, sponsor, key volunteer or bike shop, please enjoy a special hot breakfast of grits, eggs, cheese, bacon, sausage, hash browns, biscuits, fruit, Danishes, orange juice, tea & coffee in the VIP tent. *\*must be wearing VIP lanyard*

**TEAM PHOTOS:** [Sign up here](#) for a time on Saturday or Sunday to take a team photo in front of the iconic Union Point Park Gazebo! Please arrive 10 minutes prior to reservation time to organize the team.



Don't just ride, Bike MS





**START TIME:** Cyclists may start the ride at 8 AM, after the welcome and announcements. If you leave before 8 AM, rest stops and road support will NOT be available. Please wait those few extra minutes until 8 AM so that you are supported.

All cyclists MUST be on the route by 9 AM. This will ensure that there is not too much of a spread on the road between riders. Please allow yourself enough time to park, prepare for the ride, and get on the road by 9 AM at the latest. We reserve the right to SAG any late starters to the first rest stop.

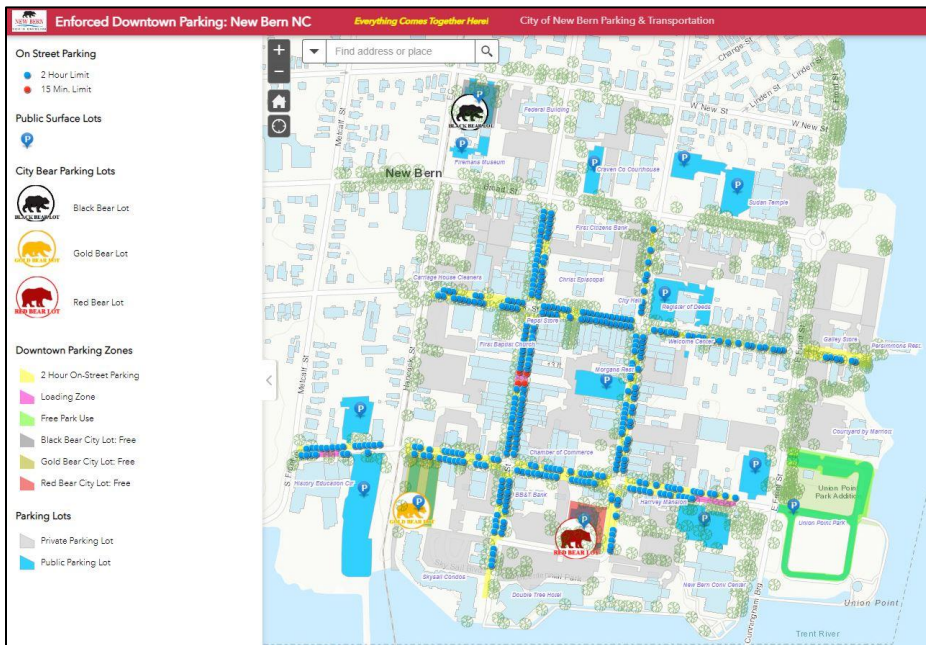
**STAGGERED START:** Our top fundraising team from 2022, TeamCBC, will be the first group released at the 8 AM start on Saturday. IRWMS participants will be the first group released at the 8 AM start on Sunday. Cyclists will be lined up according to mileage and average speed and released in groups of 100 riders every couple of minutes.

Saturday:

- 8:00 AM - TeamCBC - #1 2022 Top Fundraising Team
- 8:02 AM – Missing Spokes - #2 2022 Top Fundraising Team
- 8:03 AM – Flythe’s Bike Shop - #3 2022 Top Fundraising Team
- 8:05 AM – Selma Cyclepaths – Lifetime fundraising of \$2 million
- 8:07 AM – 100 milers followed by 75 milers, then 50 and 30 milers

Sunday:

- 8:00 AM – I Ride with MS cyclists
- 8:01 AM – 100 milers followed by 75 milers, then 50 and 30 milers



**PARKING:** Allow extra time for parking as all participants will need to utilize on-street and other public parking option in the downtown area. New Bern has various public parking lots around the city. [Visit this website](#) for an interactive parking map. Street parking is limited to 2 hours on Friday until 5 PM. On Saturday and Sunday there is no time limit or monitoring.



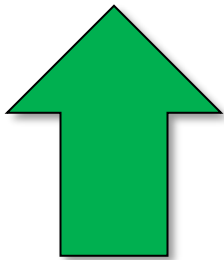
## *Bike MS Routes*

We have route options for every level of cyclist, ranging from 30 to 100 miles each day. This fully supported two-day ride includes rest stops, SAG vehicles, bike mechanics, police and medical support.

All routes can be found on the Bike MS event page here: [Bike MS: Historic New Bern Ride 2023 Route options](#)

**ROUTE MARKINGS:** The routes are marked with spray paint on the asphalt and arrow signs posted along the route. The markings will be positioned along straightaways, at every turn, and intersection. Signs marking possible road hazards will be placed where necessary. However, cyclists should be aware of their surroundings at all times.

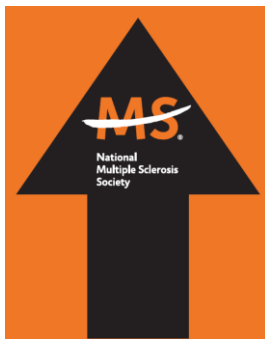
Cue sheets will be available at packet pick up inside the convention center. It is a source of information concerning mileage, rest stops, and other areas of interest. The GPS files are also available on our website via Ride with GPS.



**30-mile route:**  
Green arrows both days



**50-mile route:**  
Blue arrows both days



**75-mile route:**  
Orange arrows both days



**100-mile route:**  
Yellow arrows both days

**ROUTE CLOSING:** 6 PM Saturday, 5 PM Sunday

The Bike MS route will close at 6 PM on Saturday and 5 PM on Sunday. We will make every effort to work with you to complete the ride. All cyclists on the road after 6 PM on Saturday and 5 PM on Sunday must take a SAG to the finish line.



**REST STOP FOOD:** Water, LMNT sports mix, Gatorade, bananas, oranges, chips, chocolate chip cookies, oatmeal cookies, Fig Newtons, Peanut Butter crackers, mustard, pickle juice, Chewy Bars, Rice Crispy Treats, Nature Valley bars, Uncrustables/Peanut Butter & Jelly sandwiches.

**LUNCH ON THE ROUTE – Rest Stop 4:**

**On Saturday** at River Dunes Marina, cyclists riding 75 or 100 miles will receive a Taco Bar with gluten free and vegetarian options. **On Sunday** at Ernul Post Office, cyclists riding 50, 75 or 100 miles will receive pasta bar with gluten free and vegetarian options.

***Saturday Finish Line Festivities:***

**TEAM TENT VILLAGE: 11 AM – 9 PM**

We know it takes many people to pull this ride together. From the volunteers that assist you, to the donors who write the checks, to the family members who support your training and fundraising, to those with MS who motivate and inspire... so many individuals working together toward a world free of MS. And what better way to celebrate your team's accomplishment than to gather these individuals under one tent at the ride to toast your team's victory! This is what the Team Village is all about. Union Point Park, the home of Team Village, is the center point of the Bike MS activities and a gathering place for teams and team members. Teams can check into team village starting Friday afternoon. Each team that participates can reserve their own space to eat, drink, prep for the ride, and relax with friends on the beautiful waterfront of New Bern.



**TEAM TENT SET UP TIMES**

Friday, September 8<sup>th</sup>  
3 PM – 8 PM

If your team reserved a spot, check in with the Mission & Volunteer Tent then look for your reserved site marked with a sign on a wooden stake. If you did not reserve a spot, please check in with the Mission & Volunteer Tent to see if there are extra spots for pop up tents available. **All tents brought by teams are required to have weights to safely secure the tent to the ground.**





**BEST TEAM TENT:** Team Village Volunteers and Chapter Staff will cast votes for the competition. The winner will be announced at the Saturday evening celebration at 6:45 PM.

**ALCOHOL POLICY:** There's no alcohol allowed in Union Point Park. Beer/wine are provided inside the convention center. Please bring your ID for proof of age.

### **UNION POINT PARK FINISH LINE:**

**11 AM – 6 PM on Saturday, 11 AM – 5 PM on Sunday for finish line festivities**

After you cross the finish line to sounds of your teammate's cheers, grab a chilled towel from one of the kiddie pools, a Pepsi, chocolate milk and ice cream sandwich from the Pepsi truck and relax in the shade of your team tent! If you're only riding on Saturday, be sure to grab a finisher medal at the Rider Tent!

**Century Patches:** Century and Double Century patches will be available for those who accomplished 100 miles over the weekend. Please pick these up at the Rider Tent, the Medals Tent or the last rest stop on the Century Route.



**BIKE LOCK UP:** On the second floor of the New Bern Riverfront Convention Center, a locked bike room will be available. We strongly encourage those staying offsite or camping to utilize this option. Upon pick-up, frame number and bib number will be verified.

**FOOD:** On Saturday and Sunday, food will be available in the Refueling Station Tent at Union Point Park. On Saturday, 30 mile and 50-mile cyclists, along with any on-site volunteers, will receive lunch at the Park. On Sunday, cyclists riding the 30-mile route will have lunch at Union Point Park.

**Saturday Union Point Park Lunch (30 & 50 milers):** BBQ sandwiches and veggie wraps (gluten free options available)

**SHOWERS:** A shower truck will be on site from Friday evening until Sunday afternoon for anyone wishing to rinse off. Please remember to bring your own toiletries and towels.

**ELECTRICITY:** There are electrical outlets throughout the park to use to charge devices.

**BEER:** Starting at 4 PM, every rider over 21 years of age will receive two free drinks. Beer is courtesy of the official Beer Sponsor of Bike MS, Raleigh Brewing Company. Wine will also be available. Please bring your ID. Beer and wine will NOT be available for purchase after the 2-drink maximum has been hit.

**MASSAGES** (10 AM – 6 PM on Saturday, 10 AM – 3 PM on Sunday) Massage therapists will be set-up inside the Riverfront Convention Center in the hallway alcove. Massages are available for \$30 for 20 minutes.



### VIP RECEPTION (5 PM – 9 PM)

Join us on the Veranda outside the back of the New Bern Riverfront Convention Center if you are a 2022 Top 100 Club member, a passport cyclist, key volunteer, sponsor, bike shop or opt in to the I Ride with MS program! *\*must be wearing VIP lanyard*

**Menu:** Homemade chocolate trifle cake with chocolate fudge, caramel, heath bar crumbles, whipped topping & dark chocolate shavings, flaming apple butter shot crisp dessert, chocolate martinis along with assorted passed appetizers.

### DINNER BUFFET & LIVE MUSIC (5 PM – 9 PM)

Join us at 5 PM for a dinner buffet at the New Bern Riverfront Convention Center. Dinner includes strawberry pecan salad with raspberry vinaigrette dressing, herb roasted chicken, roast beef in au jus gravy sauce, premium long cut green beans, mashed potatoes, roasted corn, vegetarian dish, rolls with butter, tea, coffee, and lemonade and brownies for dessert.

### BIKE MS CELEBRATION & LIVE JERSEY COMPETITION (6:45 PM – 7:30 PM)

The Bike MS Celebration will begin at 6:45 PM outside on the Veranda. During the celebration, there will be an awards ceremony and mission moments reminding us why we ride.

At 7:15 PM, show your team pride at our annual jersey contest on Saturday night during the awards celebration. All teams are invited to showcase their jersey design for a chance to win the Best Jersey Award. To enter, simply send a team representative in your team jersey to the stage to walk the runway. Rally your teammates and don't miss out!

### Awards given at Saturday Night Celebration:

- Rookie Team of the Year - Rookie team who excels in fundraising and recruitment
- Rookie Individual of the Year - Rookie individual who excels in fundraising and supports our mission
- Best Team Tent – Voted by volunteers and NMSS Staff
- Best Team Jersey – Voted by crowd noise
- Big Wheel Award – team with the most members by 8/30/22
- Spirit of the Ride – Team that most embodies the mission of the National MS Society
- Tess Teasley Rockstar Award – Outstanding example of a community organizer who serves as a role model for compassion and strives to make the world a better place





## *Sunday Morning Start Line*

**6:30 AM SITE OPENS – mechanics, photos, breakfast & bike lock up**

**8:00 AM START TIME**

**BREAKFAST:** Breakfast begins at 6:30 AM and runs until 9 AM. You must wear your wristband to receive breakfast of bananas, oranges, Nutrigrain bars, muffins, hardboiled eggs, apple and orange juice, and coffee.

**VIP BREAKFAST:** If you are a 2022 Top 100 Club Member, I Ride with MS cyclist, Passport Rider, sponsor, key volunteer or bike shop, please enjoy a special breakfast of grits, eggs, cheese, bacon, fruit, Danishes, cinnamon buns, scones with jelly, orange juice, tea & coffee in the VIP tent. *\*must be wearing VIP lanyard*

**TEAM PHOTOS:** [Sign up here](#) for a time on Saturday or Sunday to take a team photo in front of the iconic Union Point Park Gazebo! Please arrive 10 minutes prior to reservation time to organize the team.

All cyclists must be on the road by 9 AM or you will be SAGged to the first rest stop.







## Sunday Finish Line

### Union Point Park:

We will be cheering you on as you cross the finish line on Day 2 at Union Point Park.

**MEDALS:** Don't forget to grab yours after you cross the finish line!



**Century Patches:** Century and Double Century patches will be available for those who accomplished 100 miles over the weekend. Please pick these up at the Rider Tent, the Medals Tent or the last rest stop on the Century Route.

**FOOD:** On Saturday and Sunday, food will be available in the Refueling Station Tent at Union Point Park. On Sunday, cyclists riding the 30-mile route along with any on-site volunteers will receive hot dogs and hamburgers with traditional fixings as well as pasta salad, chicken stir fry, vegetarian dish, tea & lemonade & cookies for dessert.

**SHOWERS:** A shower truck will be on site until Sunday afternoon for anyone wishing to rinse off. Please remember to bring your own toiletries and towels.





## Fundraising Deadlines + Prizes

**DEADLINE FOR PRIZES: OCTOBER 9, 2023**

**DEADLINE FOR TOP FUNDRAISER CLUBS: NOVEMBER 9, 2023**

Bike MS offers great prizes to reward our top fundraisers for their efforts. Set your sights high and earn great prizes, such as commemorative clothing, bike gear, and electronics!

### HOW DO I INDICATE MY PRIZE CHOICE?

After October 9th, you will receive an email from HALO with directions on how to select your prize via our online prize redemption site. You may choose a bike shop certificate or a prize. You will also have the opportunity to donate your prize back to the Society and become part of the Mission First Club.

**TOUR OF CHAMPIONS (\$10,000+):** The annual Tour of Champions (TOC) is one of the most highly anticipated celebrations for the National MS Society top fundraisers. Each year, the weekend honors those riders who have made a significant contribution to create a world free of multiple sclerosis. The Society covers costs for travel, lodging, organized activities, a welcome reception on Thursday, Saturday morning coffee and pastries and the 3-course Saturday evening banquet. **\$15,000+ fundraisers are invited to bring a guest at no cost.**



**PASSPORT PROGRAM (\$5,000+):** Passport Program members have the opportunity to ride in any other Bike MS ride without needing to meet the fundraising requirement. Select from many available Bike MS events and attend as many as you would like within one year from the date of the ride for which you raised \$5,000. You also get a super cool Passport jersey!

**2023 Top 100 Club (TOP 100 FUNDRAISERS)** announced after November 9, 2023:

**2023 perks-** jersey and online prize

**2024 perks:** free registration, Bike MS branded item, orange rider bib with rank, fast pass for packet pick up, Friday evening Welcome Reception, VIP breakfast on Saturday & Sunday of ride weekend, Saturday evening reception, and first chance to book hotels.



**CLUB K (\$1,000+ raised by November 9, 2023):** National club recognition, VIP & Club K Welcome Reception Friday before ride weekend, bike shop gift certificate/prize, 2024 discount registration, and second opportunity to reserve rooms at the 2024 overnight.



*Thank You Sponsors:*

Premier National Level Sponsor:



National Sponsor:



Gold Level Sponsors:



VIP Tent Sponsor:



bike



*Don't just ride, Bike MS*