



WELCOME ROOKIE RIDERS

Thank you for registering and training for your first Bike MS. While the excitement is building and you may be feeling some nervous energy, we hope the below information will guide you through the event weekend experience. This event is to celebrate your fundraising success and pedaling us one day closer to a cure. We look forward to cheering you on, and we will see you at the finish line.

~ Ian, Paul and Sarah : Rookie Rider Committee

EVENT EXPERIENCE

- ◆ Start line -(Day 1/ Day 2) Ride rolls out at 7am, get there early to allow time to pump up your tires, fill up water bottles, and drop your bags at the luggage truck. Bike mechanics are also available for last minute adjustments. Attach your bib number to your jersey, your bike and your helmet (all are in your rider packet)
- ◆ Route support—SAG (support & gear) vehicles are available to transport you and bike if needed anytime along the route and at all rest stops.
- ◆ Lunch provided on route both Saturday (full lunch) and Sunday (PB&J uncrustables)—Rest stop locations TBD.
- ◆ Full service rest stops along route every 10-12 miles providing hydration, nutrition, medical, support, and portalets .
- ◆ Finish line—food service, shower trucks to freshen up, professional photographer to capture your extraordinary first Bike MS finish, and your finisher medal await you at the finish line.
- ◆ Bike Compound—Secure bike compound to store your bike after your ride. Be sure you have your rider number on your bike and corresponding wristband on your person to retrieve bike.

ROOKIE PERKS



- ◆ Attach Rookie RIDER sticker to your bib /helmet or jersey event weekend for:
 - added 'shout outs' event weekend
 - VIP treatment at Rookie Rider Rest Stop along route