



BIKE MS: Twin Cities Ride 2023 Logistics Ride

MS
THINK
SAFE



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Don't just ride, Bike MS

WELCOME



Meet the Bike MS Relationship Staff

Don't just ride, Bike MS

Agenda

- About MS
 - The National MS Society
- On the Ride
 - What to Bring
 - Route Support
 - Schedule of Events
 - Packet Pick-Up
 - Parking
 - Prizes and Incentives
 - Bike Maintenance
 - Rules of the Road
 - Route Options
 - Sponsors and Bike Shop Partners
- Questions & Answers



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We Are People Who Want to Do Something About MS NOW

What began with one woman's vision and commitment is today a 50-state network leading a global charge to create a world free of MS. MS was neglected and poorly understood when Sylvia Lawry started the Society in 1946. **But together, as a movement, we've reshaped life with MS.**

The National Multiple Sclerosis Society exists because there are people with MS. Everything we do is focused so that people affected by MS can live their best lives as we **stop MS in its tracks, restore what has been lost and end MS forever.**



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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 important health information and medications

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ROUTE SUPPORT

- **Rest stops** are approximately every 10 to 15 miles.
- **Bike mechanics** are stationed 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.
- **Radio communication & medics** are available at all rest stops and will be roaming the route.
- **SAG Vehicles** give a lift to riders in need and can be identified by signs that state 'MS Support Vehicle'.
 - *To signal a SAG vehicle: 1) move off the road and out of the path of other riders; 2) dismount and stand near your bike; 3) remove your helmet and give a "thumbs down" to the SAG vehicle.*
 - *At peak hours, SAG vehicles may be full, so please be patient until the next SAG vehicle arrives.*
- **Ride Marshals** will be traveling among riders to ensure that all rules of the road are being obeyed and that cyclists are riding in a safe manner.
- **Route maps** are available on the website and the RideWithGPS app. To avoid getting off course, follow all route signs.

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SCHEDULE OF EVENTS

Saturday, May 13th 2023:

8:00 a.m. – 10:00 a.m.

- Check-in for pre-registered ride participants
- Walk-up registration
- Breakfast items & coffee available
- Start is open for riders to leave
- Route options
 - 15 miles
 - 30 miles
 - 45 miles – Must be on route by 9:00 a.m.; leave Rest Stop 2 by 11:30 a.m.
- 8:00 a.m. – 3:30 p.m.
 - Route officially open
 - Finish line DJ by Crystal Entertainment

• 8:15 a.m. – 8:30 a.m.

- Mission Moment (Opening Remarks) at stage and/or start line

• 11 a.m. – 3:30 p.m.

- Food and drink available for purchase
- Yard games

• 11:30 a.m. – 3:30 p.m.

- Live band at finish line festival area - American Bootleg

• 3:30 p.m.

- Route closes

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Packet Pick Up

What's in your Packet?

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

Pick Up Details

- Must hit \$100 fundraising minimum to pick up your packet
- At event on Saturday, May 13, at 767 N Eustis St, St Paul, MN 55114 (Under Shed)
 - 8-10 a.m.
 - Must be on route by 9:00 am for 45-mile route

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Parking

Free parking will be available for all participants, volunteers, and spectators.

- Accessible Parking
- General Parking
- **VIP Parking:** Top 25 Club Members (2022 rankings), Club K Fundraisers (\$1,000+ fundraised by May 1, 2023) and I Ride with MS participants will receive special parking passes via e-mail for exclusive close-up parking spots.

There will be signage, staff and volunteers on-site to direct parking on event day.



2023 TWIN CITIES RIDE START/FINISH
THE CASE BUILDING - PARKING
767 N Eustis St, St Paul, MN 55114

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Club K Jerseys

All riders who raise \$1,000 or more will receive an exclusive 2023 Prize Jersey, available on-site at the event!



Twin Cities Ride 2023 Prize Jersey

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2023 FUNDRAISING CLUBS AND INCENTIVES

\$100



\$500



\$1,000: Club K



\$2,500: High Rollers



\$5000: Passport Program



\$10,000 Premier Pedalers

BASIC BIKE MAINTENANCE



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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 safety.

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 two 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"

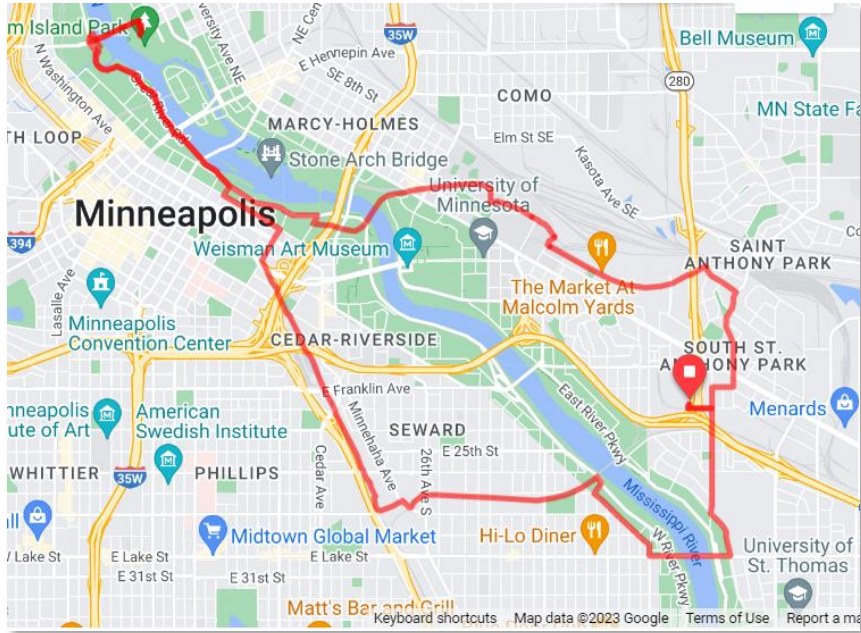
Each of these messages is to alert the rider behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.

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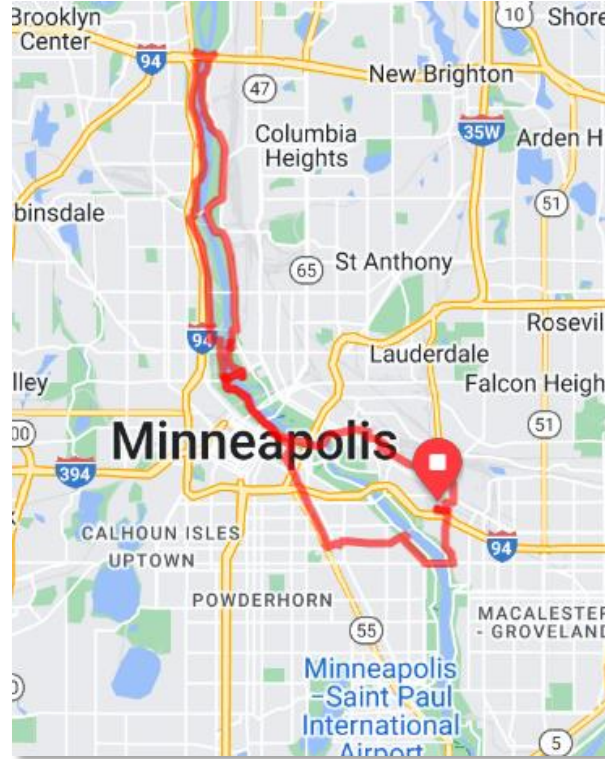


Route Options

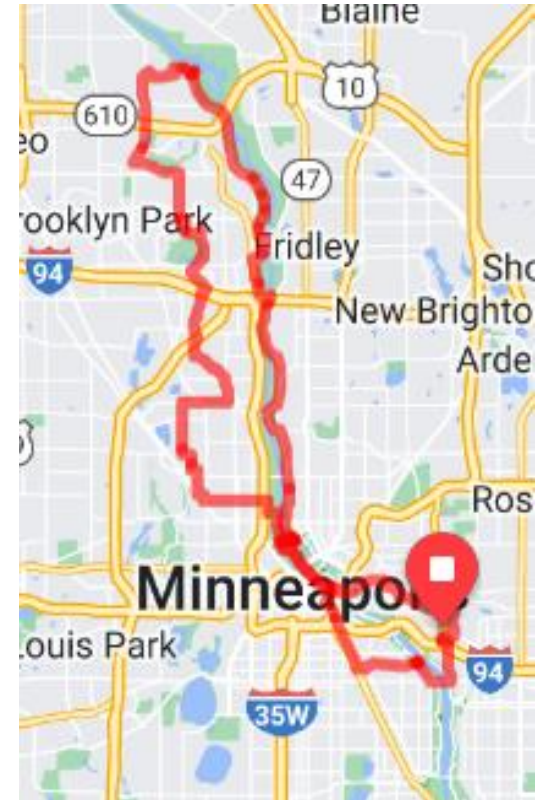
14 miles



27 miles



45 miles



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THANK YOU SPONSORS!

Thank you to our Local Presenting Sponsor:



Thank you to our Gold Level Sponsor:

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Volkswagen

Thank you to our Silver Level Sponsors:



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DUAL*CITIZEN
BREWING CO.



Thank you to our Bronze Level Sponsor:



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Bike Shop Partners



BICYCLE CHAIN

— independent since 1991 —



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Questions & Answers



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Together, We're Stronger!

MS doesn't stop, and neither will we

MS Society Contacts

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- Gabby Mirabito
 - Gabrielle.Mirabito@nmss.org

- **Volunteer Engagement**

- Kayle Latterell
 - Kayle.Latterell@nmss.org

- **Fundraising Support**

- fundraisingsupport@nmss.org
- 855-372-1331

- **MS Navigators**

- ContactUsNMSS@nmss.org
- 1-800-344-4867

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