

The background of the slide features a wide-angle photograph of the Statue of Liberty on the left, with the New York City skyline visible in the distance under a bright blue sky with scattered white clouds. The Statue of Liberty is shown from the waist up, holding the torch aloft. The skyline includes various skyscrapers and buildings.

BIKE MS: NEW YORK CITY 2023

LOGISTICS CALL – OCTOBER 4, 2023



STAFF & PRESENTERS



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Microsoft Teams – Best Practices

- Camera & Voice
- Chat Box
- Hand Raise



See who's here!

Raise your hand – one of our moderators will keep an eye on this...

Join the chat!

Click on the dots to reveal

A horizontal toolbar with four icons: a group of people, a speech bubble, a hand, and three dots. Orange lines connect the text labels to their respective icons.

Your webcam and mic are ON!

Very Important – pay attention to your status

Your webcam and mic are OFF

Two rows of icons. The top row shows a video camera and a microphone icon, both active. The bottom row shows a video camera and a microphone icon, both with a slash through them, indicating they are off.

When we begin the meeting, we'll mute all attendees. During comment and Q&A session, you turn on your webcam to be recognized, and UNMUTE to be heard

Click on the dots to reveal

The option to view "Large Gallery" is available with 10+ active cameras and "Together Mode" is available up to 49 cameras

Very cool feature
Generates captions only; cannot save as notes

A vertical menu with various options. Orange lines connect the text labels to specific items in the menu: "Click on the dots to reveal" points to the menu itself, "The option to view 'Large Gallery'..." points to "Large gallery (Preview)", "Very cool feature..." points to "Turn on live captions", and "Generates captions only..." points to "Start recording".

TONIGHT'S TOPICS

Before You Ride

- Campaign Update
- Important Dates
- Fundraising Incentives
- Packet Pick Up

Ride Experience

- Start Line Experience
- 30 & 50 Mile Routes
- Inwood Park & GWB Crossing
- Finish Line Festival

Know Before You Go

- Bike Rentals
- What To Bring/What Not to Bring
- Safety on the Ride





Before You Ride



BIKE MS: NEW YORK CITY

Campaign Update

Fundraising Goal: \$2.445 Million

45% of goal

Total Raised: \$1,090,952

Registrations

1,828

Teams

272

Use Code "JOINME" for 15% off Registration Fees!



BIKE MS: NEW YORK CITY

Upcoming Important Dates

- 10/6 – Final Mailing Deadline for Ride Packets
- 10/10 - Final Registration Fee Increase
- 10/20 & 10/21 - Rider Packet Pickup
(more on this in a bit)
- 10/21 @ 4:00 pm - Online Registration Closes
- 10/22 - **BIKE MS NEW YORK CITY**



BIKE MS: NEW YORK CITY

Fundraising Incentives



2023 Top Fundraiser Jersey

Raise \$1,000 before December 22, 2023

More Prizes by Fundraising Level

\$500, \$1,000, \$2,500, \$5,000 & \$10,000



BIKE MS: NEW YORK CITY - Rider Packet Pick Up

Courtyard by Marriott

New York/Manhattan Midtown West

461 W 34th Street, New York, New York 10001 (10th & 34th)

Friday, October 20

11:30 am – 7:00 pm

Saturday, October 21

11:00 am – 4:00 pm

Walking distance from Penn Station,
Port Authority, Hudson Yards & Subway

IMPORTANT REMINDER: There is **NO on-site registration or packet pick up** for Bike MS: New York City on Sunday, October 22nd.



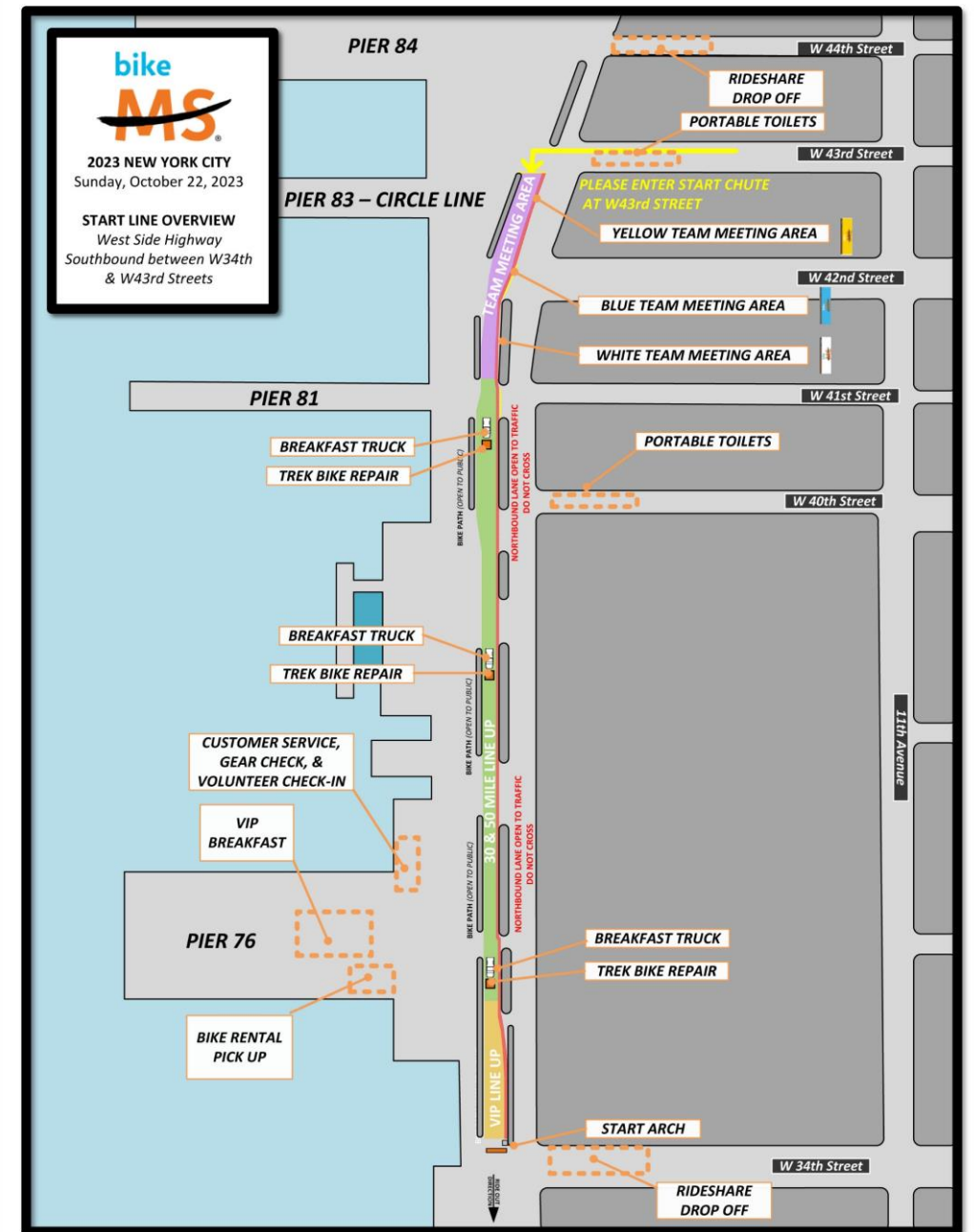


Event Experience

PIER 76

New Start Line Experience!

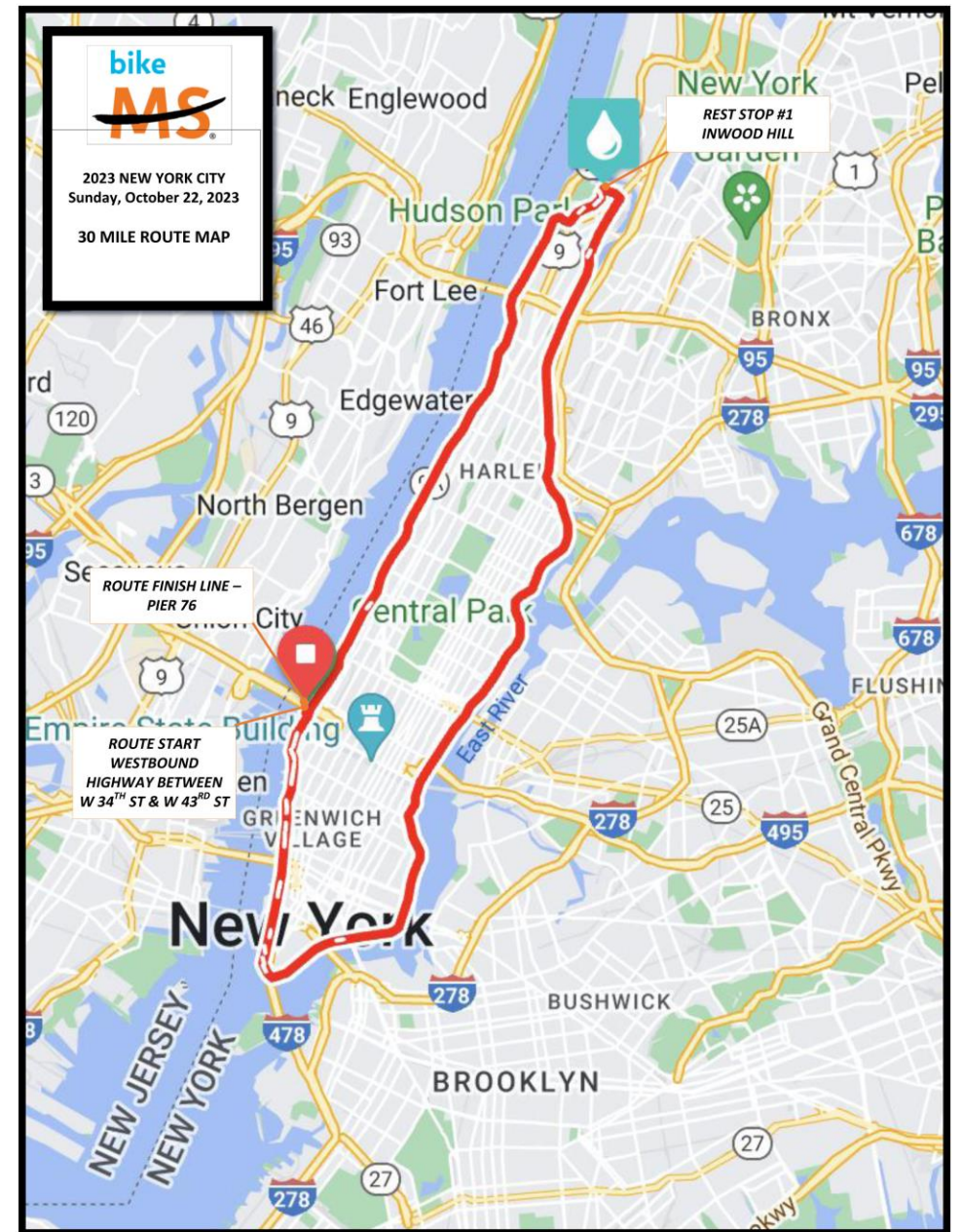
- **NO on-site parking or drop off**
 - Utilize local public lots and parking garages
 - Icon Parking/Spot Hero
 - Uber/Lyft drop off at 34th and 43rd Streets
- Customer Service at Pier 76
- Bike Repair/Food & Beverage
 - Every 2 Blocks, beginning at 41st Street
- Toilets located at Pier 76, 40th St, 43rd St
- Start Times
 - 6:00 am: Chute Opens
 - 6:00 am: VIP Breakfast & Bag Check
 - 7:00 am: Ride Start, NYPD lead



30 Mile Route

Traffic Free NYC

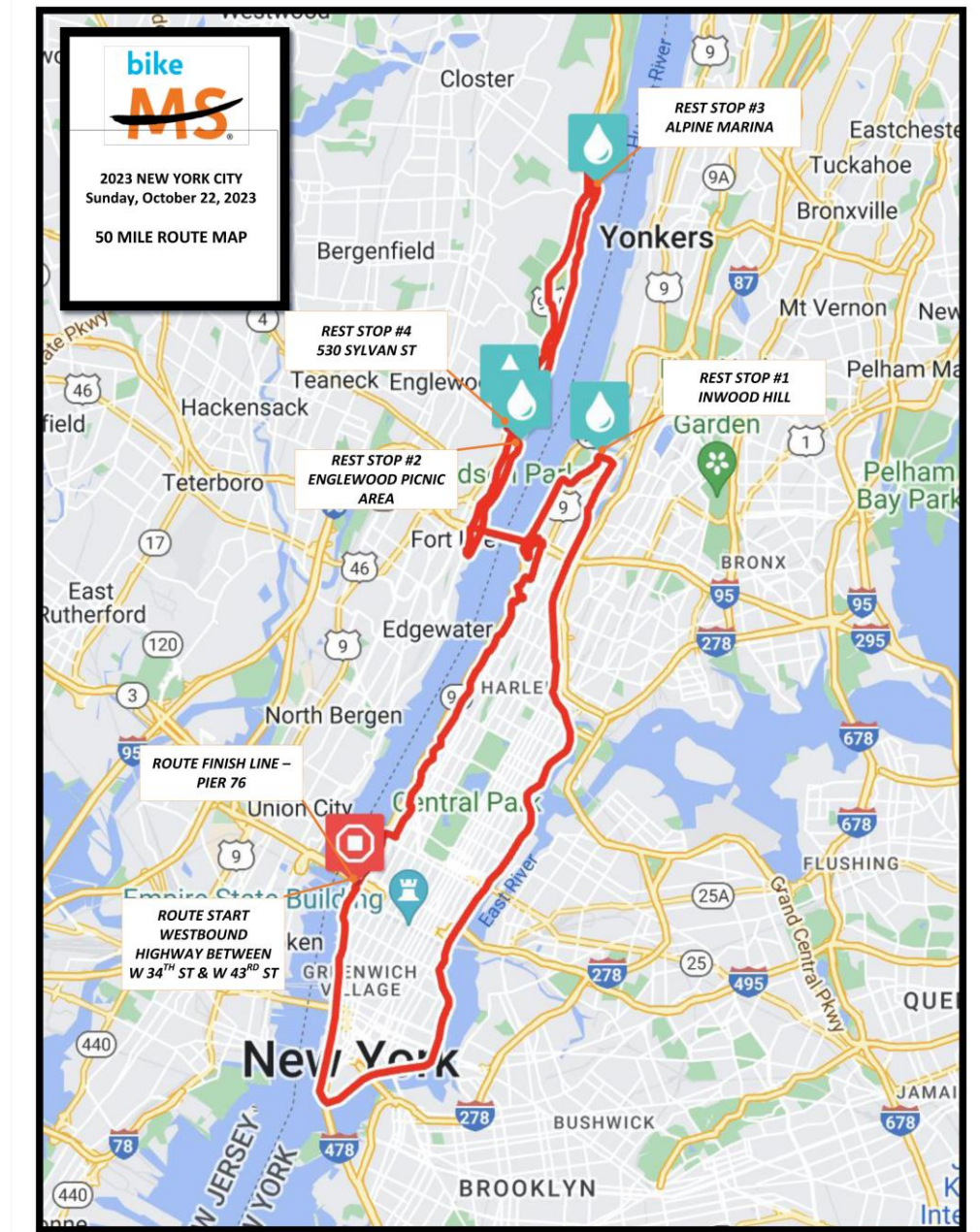
- Iconic 30-mile traffic free route
- One rest stop at Inwood Park
- Some of the sights from the route
 - World Trade Center
 - Battery Park Tunnel
 - Brooklyn, Manhattan, GWB Bridges
 - Yankees Stadium



50 Mile Route

GWB & New Jersey

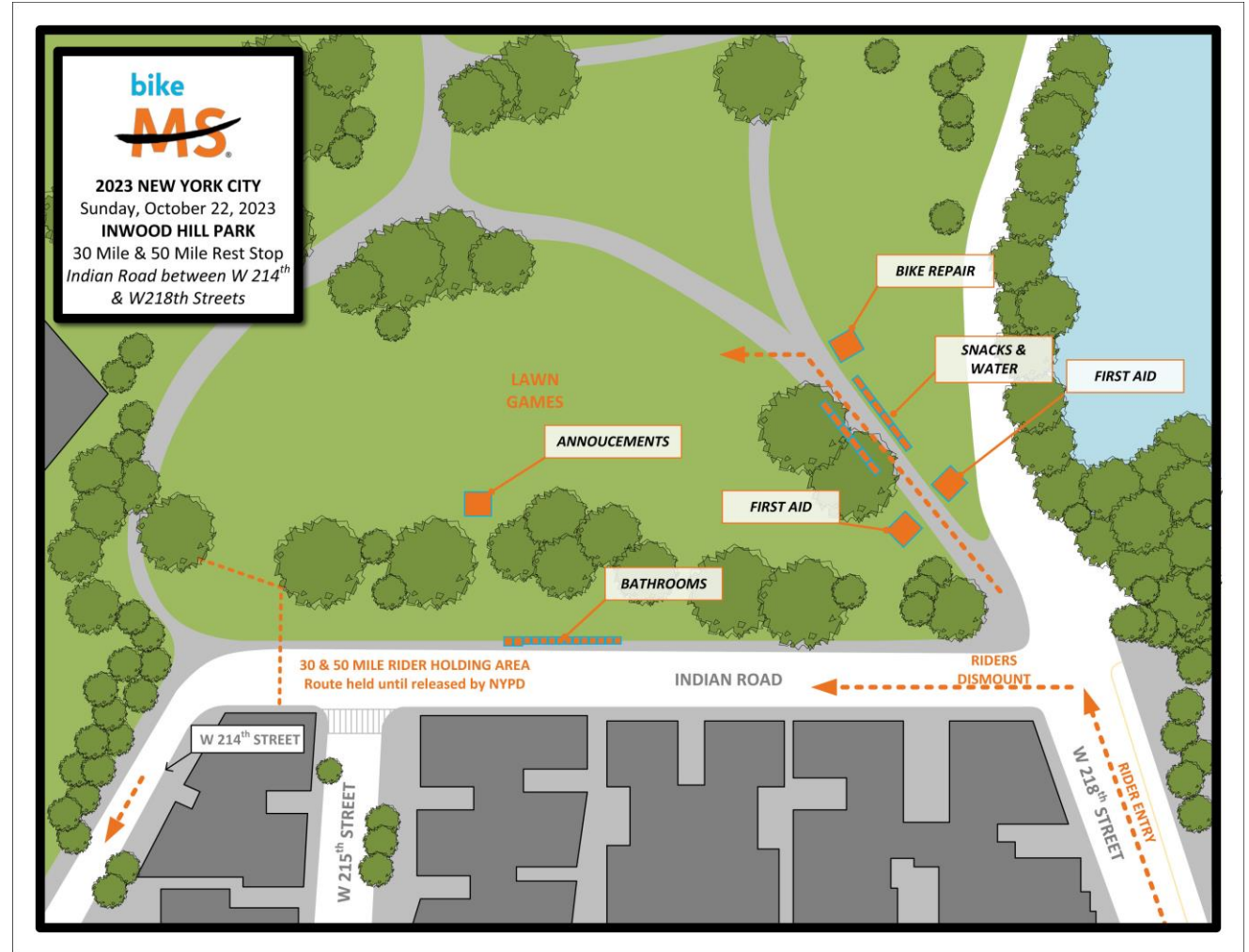
- First 19 miles - traffic free around Manhattan
- Route Split at Inwood Park Rest Stop
- Travel over the George Washington Bridge
- Rest Stops along New Jersey Palisades



Inwood Park

Rest Stop

- Only Rest Stop Along 30 Mile Route
- **ALL CYCLISTS** will stop and be held until released by NMSS Staff and NYPD
- 30/50 Mile Split



50 Mile Route – **GWB**

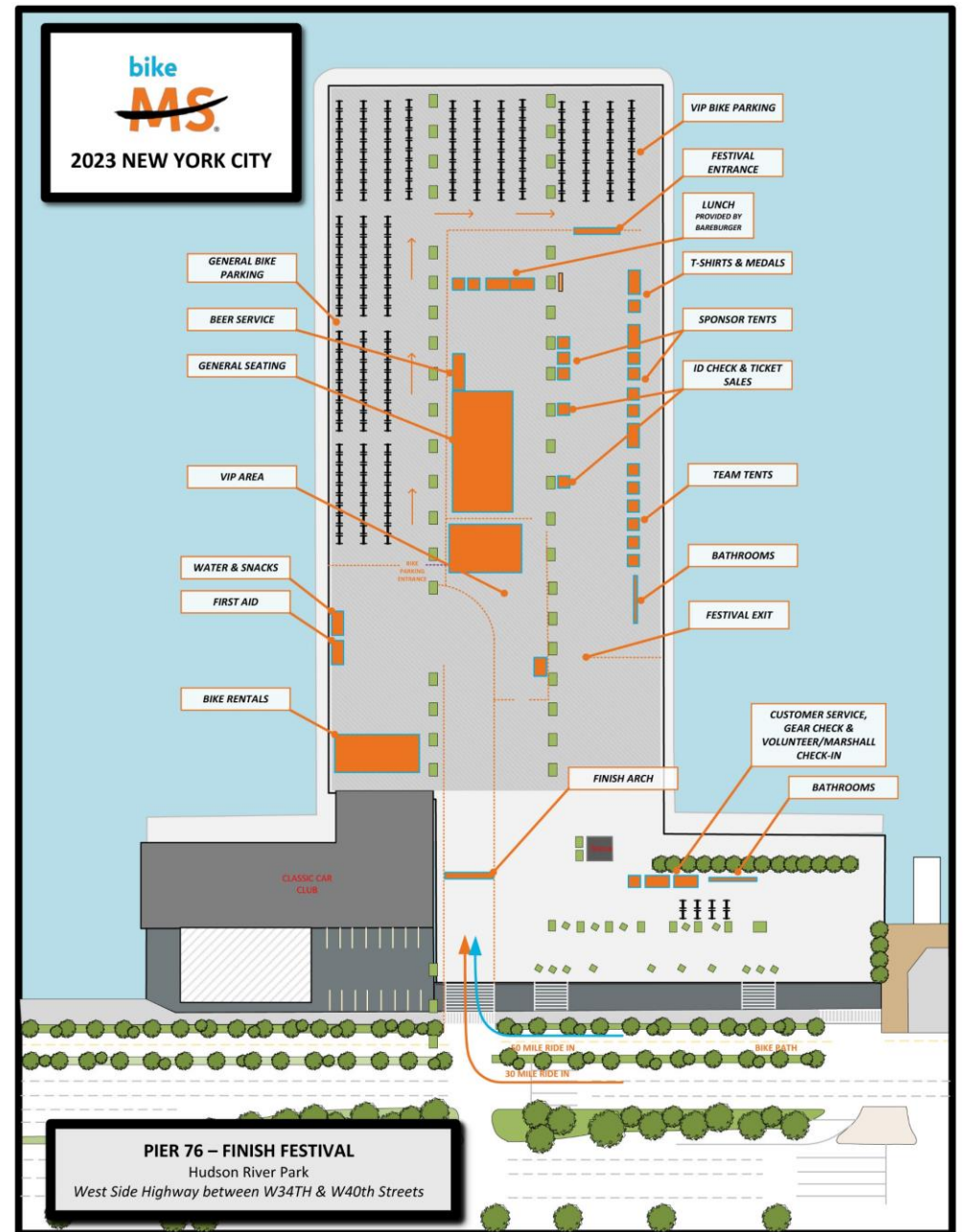
Crossing the George Washington Bridge

- Exit 14 on the West Side Highway
- Left Turn on to Riverside Dr
- Right Turn onto W 181th St.
- Right Turn onto Cabrini Blvd
- Enter onto the North Side Bike Path of the George Washington Bridge



Finish Line & Festival

- Finish Line Festival at a new location!
- Secure Bike Parking on Pier 76
- Lunch served by Bareburger
- Craft Beer Area Opens at 10:00 am
- Finish line festival closes at 5pm



On the Ride - Food & Beverage

Breakfast: Breakfast trucks in chute at 45th, 47th, & 48th streets

Elite Breakfast 6am: Elite 150 & Elite Team Members pre-packaged hot breakfast and coffee from Bareburger

Rest Stops: Individually wrapped sweet & salty snacks, fruit, water and sports drink.

Finish Line: Burgers (beef, chicken and veggie) and prepackaged sides from Bareburger. Prepackaged snacks.

Visit NYC Website:
Ride Details > Meals & Support

bike
MS

Know
Before You Go



Event Bike Rentals

- **No Bike – No Problem!**
- Rent a Bike from Unlimited Biking
- Pick Up and Drop Off on Pier 76 - near bike parking
- All bikes come with helmet and bike bag





What TO Bring



Mandatory

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

Recommended

- Spare tube/patch kit
- Pump/CO2
- Water Bottle(s)
- Sunscreen
- Health needs
 - Medication
 - Insurance Information
- Comfortable cycling gear
 - Shorts
 - Jerseys
 - Socks
 - Gloves
 - Sunglasses
 - Cycling shoes
 - Rain gear

What **NOT** to Bring



GUIDELINES AS DETERMINED BY NYPD

Large bags that fit into the following specifications will not be permitted:

- Bags with shoulder straps (including backpacks, hydration packs, drawstring bags, and messenger bags)
- Panniers or bags that hang on the side of your bike
- Covered baskets
- Any bag over 420 cubic inches (6.9 liters)

Approved bags include saddle bags, frame bags, handlebar bags, fanny packs and uncovered baskets.

NOT ALLOWED!	APPROVED!
<p>BAGS WITH SHOULDER STRAPS (INCLUDES BACKPACKS, DRAWSTRING BAGS, MESSENGER BAGS & HYDRATION BAGS.)</p> <p>PANNIERS (ANY BAGS THAT HANG ON THE SIDE OF YOUR BIKE.)</p> <p>ANY BAG OVER 420 CUBIC INCHES (6.9 LITERS)</p> <p>COVERED BASKETS</p>	<p>SADDLE BAGS</p> <p>FRAME BAGS</p> <p>HANDLEBAR BAGS</p> <p>FANNY PACKS</p> <p>UNCOVERED BASKETS</p>
A collection of images showing various bags and baskets that are not allowed. It includes a backpack, a drawstring bag, a messenger bag, a hydration pack, a pannaier hanging from a bike, and a covered basket on a bike.	A collection of images showing various bags and baskets that are approved. It includes a saddle bag, a frame bag, a handlebar bag, a fanny pack, and an uncovered basket on a bike.

PERSONAL RESPONSIBILITY: **SAFE CYCLING**

As responsible cyclists, we care about our image, so we try to be courteous to others with whom we are sharing the road, whether they are motorists or cyclists.

- LAB Student Manual, pg. 8



- **You play an important role** in providing a well-run, well-supported, safe and enjoyable Ride.
- Bike MS provides the necessary tools to educate all New York City cyclists but **it's up to YOU to be a responsible cyclists.**
- *The commitment is minimal, but the impact is tremendous*

SAFE CYCLING BASICS



BE VERBAL!

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



UNPLUG

Headphones or ear buds are **NOT permitted**. This is so you can hear traffic and safety warnings.



"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"

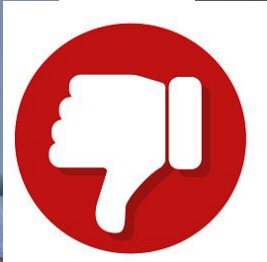
This means a car is approaching from the rear. All riders make an effort to move to the right of the road in a single file until the car passes.



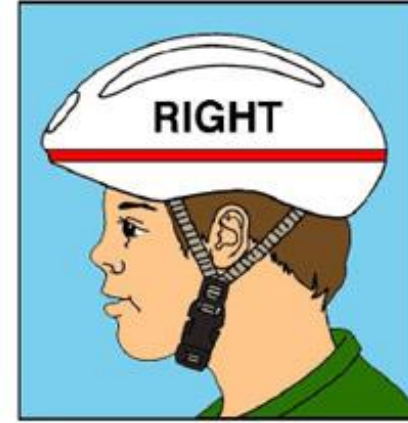
"GRAVEL / POTHOLE / SAND / TRACKS"

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.

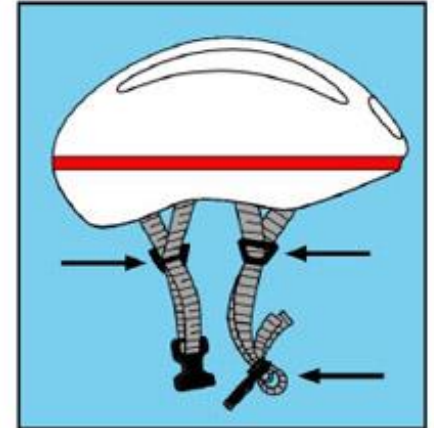
PROPER HELMET FIT



**HELMETS ARE REQUIRED AT ALL BIKE
MS EVENTS**



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

ABC QUICK CHECK

Air in the tires, and tire condition.

Brake function and adjustment.

Crank, chain, cassette

Quick Releases engaged & locked.

Check ride for function of shifting and brakes

A IS FOR AIR
Check tire pressure. Look for damage to sidewalls.



FINAL CHECKOUT RIDE
Take a short ride to check that brakes work and that the bicycle shifts properly and listen for rattles.

B IS FOR BRAKES
Check pad wear and adjustment, cable and housing, brake release and brake function.

C IS FOR CRANKS, CHAIN AND CASSETTE
Check cranks, chain and cassette.

Q IS FOR QUICK RELEASE
Check quick release levers which hold the wheels to the bicycle.

TREK
NEW YORK

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Q&A

THANK YOU

SEE YOU OCTOBER 22ND!