



BIKE MS: Twin Cities Ride 2024 Logistics Call

MS
THINK
SAFE



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*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/Clear Glasses
- 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 11th 2024:

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'
- Live Team/Participant name announcements at the start line
 - Fill out a card with name and who/why you ride to be announced as you begin the route

• 9:00 a.m. – 2:00 p.m.

- Photobooth with props and photo strips for participants to take home!

• 11 a.m. – 3:30 p.m.

- Food and drink available for purchase
 - Montebello Company
 - Borealis Bowls
 - Dual Citizen Brewing Company
- 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
- Unofficial after-party at Dual Citizen Brewing Company!

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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 11, 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 (2023 rankings), Club K Fundraisers (\$1,000+ fundraised by May 1, 2024) 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.



2024 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 2024 Prize Jersey, available on-site at the event!



Twin Cities Ride 2024 Prize Jersey

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2024 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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Guide to Bike MS: Twin Cities Ride

- What is the process for packet pick-up?
 - Packet pick-up is available from 8-10 a.m. at the start/finish site under the shed. We have binders where you can find your rider number by last name and then you'll give that number to the volunteer who will walk you through what is in your packet. Be sure to put on your rider wristband, rider number and bike tag – they are required!
- For someone new to the rides and biking, how long can we expect to ride for?
 - It depends on your pace, and how long you stop at each rest stop for. Remember this is a ride, not a race, and routes are designed to be accessible to riders at various speeds and skill levels. If you think you may need more time, be sure to leave on the early end of the rolling start time! Remember for the Twin Cities Ride, you can choose your route length on the day – so depending how you are feeling you can ride 15, 33, or 45 miles!
- Is food provided on the ride?
 - We will have breakfast items available at the start line (including coffee!), as well as snacks to keep you going on the rest stops! While we don't provide lunch on-route, we will have food trucks and beverages (both alcoholic and non-alcoholic) available for purchase on-site at the finish!
- What is there to do after the ride?
 - We will have a free photobooth, food vendors, an amazing band, yard games, as well as our beverage partner Dual Citizen Brewing Company for a fun celebration afterwards, so be sure to stick around! You might even see some of your favorite Star Wars characters hanging around for pictures! Join others at DCBC route close for an un-official after party.

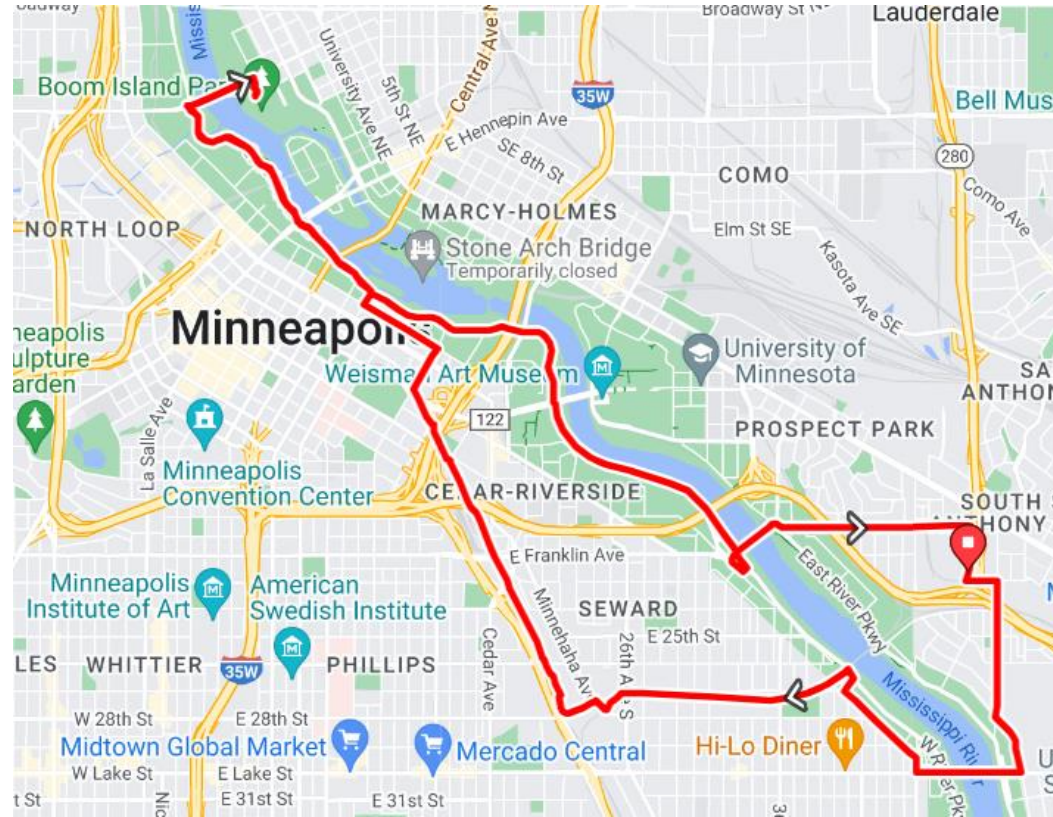
FAQs and Tips and Tricks for Riding

- Padded bike shorts are essential
- Sunglasses (& clear safety glasses in case it rains)
- Anti-chafing cream & padded bike gloves are appreciated after a long day of riding – Amazon is your friend for any last-minute gear orders!
- Bring cash – some food vendors may not accept cards
- Don't forget to do a few training rides once the weather allows! Our rides are accessible for riders of all levels but it definitely doesn't hurt!
- Get your bike tuned up and ready before the event, we will have bike mechanics on hand but not for any major issues.



Route Options

14 miles (2024)



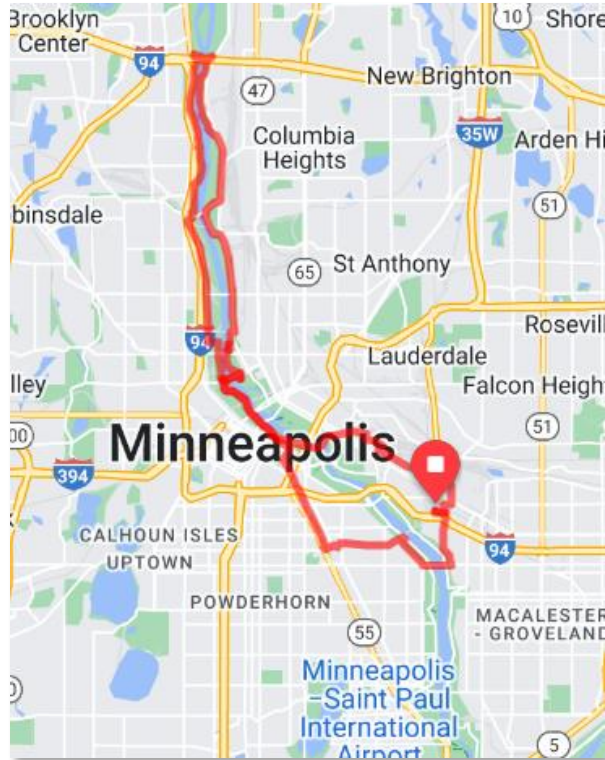
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Route Options

33 miles (2024)

27 miles (2023)

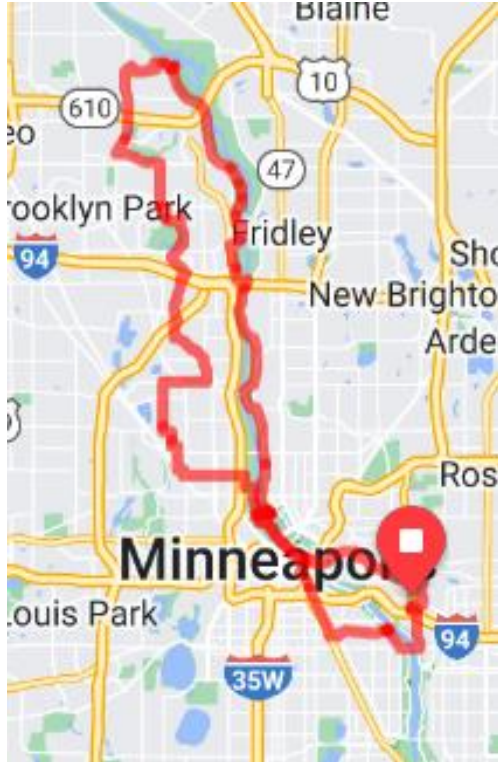


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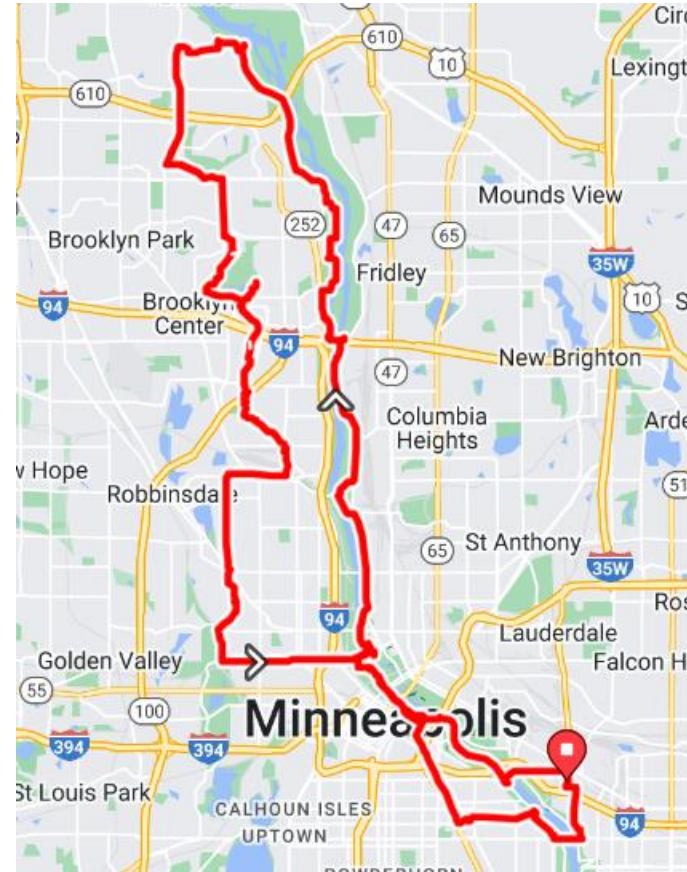


Route Options

45 miles (2023)



45 miles (2024)



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Your Highlights and Accomplishments (so far)!

- \$115,000+ raised so far toward our \$230,000 goal
- \$16,000+ raised during our second fundraising week!
- 375 participants and 65 teams signed up
- 97 Rookies
- 21 New Teams
- Congratulations to Gary Lawrence on winning the Toro Lawnmower
- Congratulations to Medtronic – Terri's Troopers, and Real Estate Riders for being our team winners
- Congratulations to Scott Gordon and David Abrams for being our individual fundraising winners



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THANK YOU SPONSORS!

Thank you to our Local Presenting Sponsor:



**THE TORO
COMPANY**

Thank you to our Gold Level Sponsor:

Luther | Westside
Volkswagen

Thank you to our Silver Level Sponsors:



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Bike Shop Partners



BICYCLE CHAIN

— independent since 1991 —



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Together, We're Stronger!

MS doesn't stop, and neither will we

MS Society Contacts

- **Bike MS Staff**

- Darren Josephson
 - Darren.Josephson@nmss.org
- Jennifer Anderson
 - Jennifer.Anderson@nmss.org
- Alissa Groff
 - Alissa.Groff@nmss.org
- Gabby Mirabito
 - Gabrielle.Mirabito@nmss.org

- **Volunteer Engagement**

- Brook Lorensen
 - Brook.Lorensen@nmss.org

- **Fundraising Support**

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

- **MS Navigators**

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

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Questions & Answers



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