



CITY TO SHORE 2024 RIDER PACKET INSTRUCTIONS

**FOR YOUR SAFETY AND THE SAFETY OF OTHERS,
DO NOT PROVIDE YOUR ASSIGNED RIDER NUMBER BIB TO A FELLOW PARTICIPANT FOR USE RIDE WEEKEND.**

CYCLIST BIB



Pin this number to the back of your outer most layer of clothing with the provided safety pins. **Your number should be visible at all times.**



Fill out the emergency information on the reverse side.

THIS IDENTIFIES YOU AS A PARTICIPANT

EMERGENCY WRISTBAND

City to Shore cyclists must wear the enclosed wristband to access all ride weekend festivities.

Most importantly, **your wristband is imprinted with a rider assistance contact number.**

Use this number if you encounter an accident or need assistance during the weekend.



BIKE PLATE



Attach this self-adhesive number to a prominent place on your bike frame.

THIS IS THE BEST WAY TO IDENTIFY YOUR BIKE

“I RIDE FOR...” RIBBONS

Everyone has a reason for riding in Bike MS. The orange ribbon enclosed serves as a reminder of why we ride.

Proudly wear this ribbon Bike MS weekend. If you are riding for someone, have them sign your ribbon or write their name on it.



LUGGAGE TAG



Attach this tag to your luggage. Ensure you can leave it attached and open your bag.

Once your luggage is dropped at the start, you won't have access to it until you arrive at the finish line.

THIS IS THE BEST WAY TO IDENTIFY YOUR BAG

STICKERS

Team Captains, Top Fundraisers & Rookie Riders! Pick up your designated sticker at your start location and wear it with pride.

All cyclists help us ensure that our Rookie Riders feel welcome by connecting with them. Plus, thank Top Fundraisers and Team Captains for going above and beyond.



IMPACT CORNER

YOUR LIFE-CHANGING IMPACT AT A GLANCE

With your help, the Society has been the driving force for the progress the world has seen so far for MS and is the best investment you can make to get us closer to a world free of MS. Together, we can be the generation that ends the disease and changes life for millions of people affected by MS.

24,905 ANNUAL PROGRAM PARTICIPANTS
People who participate in Society programs live better lives — they are less isolated, better informed and happier



Paved the way for **ALL**
MS TREATMENT OPTIONS that exist today

100% OF PEOPLE AFFECTED BY MS
nationwide have access to a MS Navigator — a dedicated partner for overcoming challenges



“Anytime I meet someone affected by MS, I give out a Society card with a smile, knowing that the Society will be there for them, too.”
– Douglas, MS activist and carepartner

2024 FUNDRAISING INCENTIVES

We know you ride for a world free of MS, but who doesn't love some friendly competition and appreciation along the way?

Keep the fundraising going until **October 28** to qualify for some additional Bike MS gear.



\$500

- Counsel Mini Power Bank
- CamelBak Podium Chill



\$1,000 CLUB K

- Bike MS Long Sleeve Tee
- Traveler Shoulder Crossbody Bag
- 2024 Top Fundraiser Jersey & Perks



\$2,500 HIGH ROLLERS

- Under Armour Command Zip Up
- Dopp Kit



\$5,000 PASSPORT PROGRAM

- Horizon Fleece Jacket
- Roll-Top Water-Resistant Backpack
- 2024 Passport Jersey & Perks

Visit www.BikeMSCitytoShore.org for all ride weekend details and information.

Contact Us: FundraisingSupport@nmss.org | (855) 372-1331