

BIKE MS: 2024 Pedal to the Point Information Session

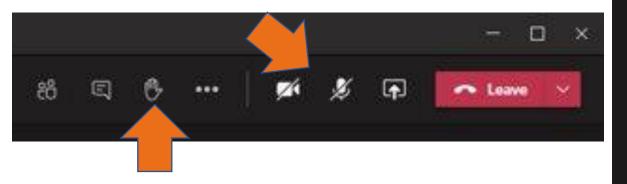


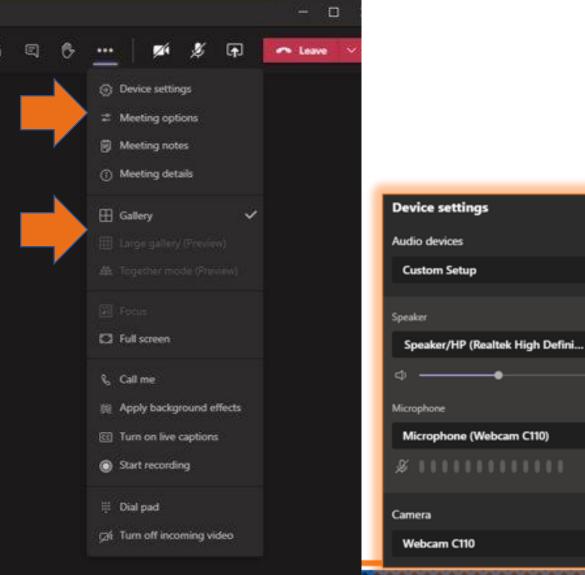
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Microsoft Teams Best Practices





MISSION STATEMENT

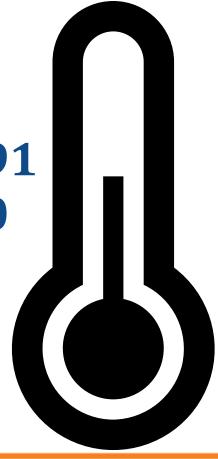
We will <u>CURE</u> MS while empowering people affected by MS to live their best lives.



Fundraising Update

2024 Goals:

Fundraising 596,000 / YTD 134,891 Sponsorship 20,000 / YTD 15,000 Participants 600 / YTD 472 (67 teams)





Top 10 Fundraisers & Top 10 Team Shoutout

Top Fundraisers Top Teams Kevin Smith Team Sunshine \$25,143 Team Left Hand Ohio Dina Jerinic The G-Team Nicole Yokie \$3,420 George Sadallah Killer Bees Steve Karklin Team Mellen 05 \$4,512 **Daniel Tompkins** The Blu Team Tom Dickey Bob's Bikers 07 Patti's Paladins Jim Nordmeyer **Team Giggity** Kevin Klein **Brian Krugle** Team Spud 10

2024 FUNDRAISING CLUBS AND INCENTIVES

\$500



\$1,000: Club K



\$2,500: High Rollers



\$5,000: Passport Program



\$10.000: Premier Pedalers







2024 Event T-Shirt

IRWMS Jersey

Top Fundraiser Jersey





Rider Packet Pick Up

National MS Society Office / same complex, different building:

NEW ADDRESS: 6133 Rockside Road, #208, Independence, OH 44131

Week of July 27 TBA Tuesday, 8/4/24 1pm – 6pm Wednesday, 8/5/24 5m – 7pm

Participants who have met their registration minimum of \$300 can pick up their packet

- ✓ Drop off donations
- ✓ Pick your rider packet before ride morning; morning of event packet pick up will be limited
- ✓ Get your Tshirt and/or Top Fundraising or IRWMSJersey
 - ✓ Meet fellow cyclists, ask questions, and more!
 - ✓ Get printed route maps

PACKET PICK-UP INFORMATION

Bike MS Rider Packet

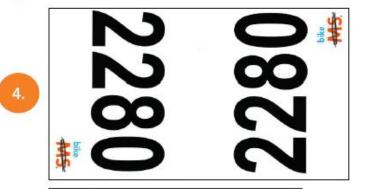




4 Safety
Pins for
Rider Bibb









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 other important health information and medications



Ride Updates

Sunday July 15th, 2024 - Join us at Lakewood Truck Park!

Come and enjoy a meetup with your fellow cyclists! Sunday July14th, 2024 11am - 3pm Bring your team - bring a person to register and they will get **FREE REGISTRATION!**

FREE LODGING will now be at BGSU Firelands Campus!

BGSU Offers indoor air conditioned lodging, a gym area, men's and women's locker rooms with showers, TV, pool table and vending machine area with microwave and such for your comfort.

Shuttles will be available to and from BG & Area hotels running hourly as needed.

Shower trucks will be available at Sawmill Creek Day 1 finish, and no showers are available at Baldwin Wallace Day 2 finish.

Shuttles back to Baldwin Wallace at the end of Day 1 will run 1pm, 4pm, 7pm.

STAY TUNED FOR WEATHER AND SAFETY UPDATES THAT WILL COME DIRECTLY FROM MYSELF OR AUSTIN!!!!!

SATURDAY AUGUST 10, 2024 - DAY 1

Start Line - Baldwin Wallace / 75 & 100 routes

5:30 a.m. Baldwin Wallace Durst Hall

6:00 a.m. Team Photos

6:30 a.m. Ride Begins

8:00 a.m. Start Closes

Start line - Sawmill Creek / 35 mile route only

7:30 a.m. Light refreshments

8:30 a.m. Ride Begins

Finish Line - Sawmill Creek Resort, Huron OH

Team Village Celebration

10:30 – 2:00pm *Boxed Lunch FOR 35 MILERS*

12–7 p.m. Left Hand Beer Tent Open

VIP Tent Open

Finish Line – Sawmill Creek Resort, Huron OH Cont.

1 p.m. 1st Shuttle back to Start

1st Shuttle to area hotels

BGSU Firelands Campus

4 p.m. 2nd Shuttle back to Start

4:30 p.m. Program Begins / Team Village

5 p.m. Route Closes

5:30 – 7:30 p.m. Dinner, Team Village

7 p.m. Last Shuttle to back to Start

Last Shuttles to Area hotels

Bike Lock-up Closed

8 p.m. Team Village Closes

SCHEDULE OF EVENTS Day 2:

SUNDAY AUGUST 11, 2024:

Start Line - Sawmill Creek Resort, Huron, OH

6–8 a.m. Shuttles from area hotels/ BGSU & Breakfast

6:30 a.m. Ride Begins

8:00 a.m. Shuttle back to Baldwin Wallace

Sawmill Closes

Finish Line - Baldwin Wallace, Berea, OH

10:30 a.m. – 2:30 p.m. Lunch

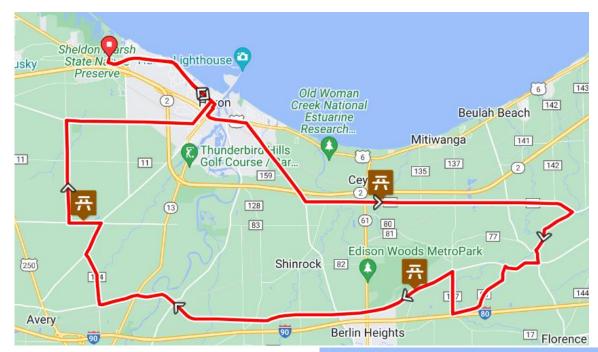
3 p.m. Route Closes

*** NO SHOWERS AVAILABLE AT FINISH

ROUTE OPTIONS

35 mile loop

100 miles





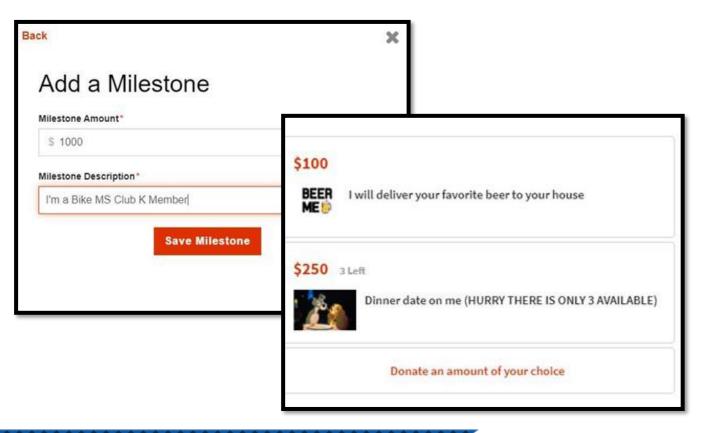
75 miles

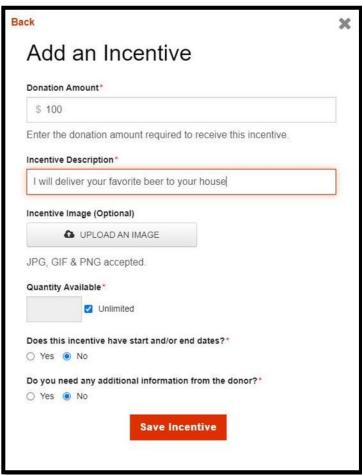






Milestones & Incentives







MOBILE APP ACTIVITY TRACKING

TRACK YOUR PHYSICAL ACTIVITY TO INCREASE YOUR FUNDRAISING!

The Bike MS* App is a powerful tool to help you raise funds and awareness for a world free of MS. There are exciting new features — like physical challenges to mobile check deposit — to help you go the extra mile in your fundraising and connect with your Bike MS community.

HOW TO GET STARTED

- **O** INSTALL THE APP
 - Search "Bike MS" on Google Play or Apple App Store.
 - Log in with the same username and password as your online Fundraising Center.

TRACK YOUR PHYSICAL ACTIVITY

As you get ready for Bike MS — and on event day — you can track your physical activity to build excitement and share progress.

- Tap the "Get Active" button at the bottom of the app.
- You'll see an icon to sync the app to either your Apple Health or Google Fit.

If you have an activity tracker:

- Provide authorization for the app to sync to your activity data. If you cannot sync all your activity data, go to your phone's settings to allow full access.
- If your activity tracking device (like a FitBit or Garmin) is connected to your Apple Health or Google Fit, your activity data will automatically upload into the Bike MS app.

If you do not have an activity tracker:

- You can manually record your activity by clicking the green "Start" button, then pressing the red "Stop" button to save your activity.
- You can also manually add an activity retrospectively by clicking the "plus (+)" button next to the text "Activities" in the top left.





The top navigation on the Get Active page lets you see you and your team's activities and contact your entire team.

EARN BADGES

Complete challenges to earn badges for your accomplishments!

- . Tap the "Get Active" button at the bottom of the app.
- In the top navigation bar, choose "My Challenges"
- View challenges available and set goals!
- Once you've completed a challenge, share your accomplishments on social media.

FUNDRAISE

Do everything you do in your dashboard plus deposit checks, text, post to social, and email from your phone's address book. All from the palm of your hand.

ENTER DONATIONS

It's easier than ever to enter donations.

- Click the "Fundraise" button at the bottom of the app.
- Choose "Enter Donations" on the top navigation bar.
- Choose either "Credit Card" or "Check Deposit" depending on the type of donation you are entering.



QUESTIONS?

Contact us at FundraisingSupport@nmss.org or 855-372-1331





Thank you to our generous local sponsors!!



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER









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PRIMAL NATIONAL SPONSOR





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