



Ottawa to Brockville

CYCLIST HANDBOOK **2023**

Everything you need to make your MS Bike a memorable experience!



WELCOME TO MS BIKE

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YOUR IMPACT

A world free of MS is achievable but it will take more than one person. By participating in MS Bike, you join thousands of participants across the country, riding toward the same goal. No matter who you cycle for, your collective action and support for the MS community makes a difference. With your participation we can raise the funds needed to continue investing in fundamental MS research and supporting those living with the disease. We know our world looks different right now and things continue to change every day, but one thing that remains unchanged is our commitment to the MS community and to a world free of MS.



REQUIREMENTS TO PARTICIPATE

To participate a properly fitted helmet is mandatory when cycling. **The minimum fundraising goal for MS Bike is \$500.** MS can impact all Canadians and by fundraising for MS Bike, you will help support each of them through their MS journeys while funding research that could change their lives.



UNDERSTANDING THE CORRELATION BETWEEN EBV AND MS

A DEEPER DIVE INTO WHAT WE KNOW ABOUT EBV BEING A PRECURSOR TO MS

MS is thought to be caused by a combination of genetics, lifestyle, and environmental factors.

Researchers have long suspected the Epstein-Barr Virus (EBV) — a virus that causes infectious mononucleosis — to be a strong contributing risk factor for MS. A recent Harvard study suggests that EBV acts as an initial trigger required for MS onset. In this study, EBV infection increased the risk of MS by 32-fold. While EBV is likely necessary, it is not sufficient to trigger MS, and it is believed that other factors are needed. Fortunately, further research is being done to provide even more insight into the connection between EBV and MS.

In another recent study by Stanford University, researchers suggest ‘molecular mimicry’ as a potential mechanism of how EBV infection may trigger MS. Following EBV infection, people with MS

developed antibodies related to a specific part of the virus protein, EBNA1 protein. Through molecular mimicry, these antibodies could also target similar host’s proteins, specifically GlialCAM, a component of the myelin sheath — the protective covering of nerve fibers in the central nervous system. This would trigger an autoimmune response that could damage the myelin sheath in people with MS.

Currently, MS Canada is funding several research studies to understand the role of EBV in MS like that of Dr. Marc Horwitz. Dr. Horwitz and his team at the University of British Columbia are developing mouse models with human-like immune systems to examine how EBV infection affects immune cell populations and increases the susceptibility and progression of MS.



BARRY'S RIDE FOR A MILLION 32 YEARS OF HOPE AND DEDICATION

For over three decades, Barry has been pedaling for a purpose. It all started in 1991, when he embarked on his first MS Bike journey and raised \$750. Little did he know that this was just the beginning of a lifelong commitment to the cause.

As the years passed, Barry's dedication to MS Bike only grew stronger. Despite facing physical challenges like torn muscles, ligament tears, and even a knee replacement, he never let anything stand in the way of his mission to fight back against MS.

For Barry, the cause was deeply personal. He originally rode in honor of his sister Lynne, who lived with MS and passed away in 2018. Even after her passing, Barry refused to give up. As he puts it, "If I stop, MS wins." He knew that he had to keep riding for the 90,000 Canadians and their families who continue to face the daily struggles of life with MS.

Over the years, Barry's efforts have made an enormous impact. He has raised almost \$1 million in support of MS. Even when the going got tough, he pushed through, motivated by the knowledge that

every dollar raised could bring us one step closer to finding a cure.

Looking back on his journey, Barry acknowledges that it hasn't always been easy. His first year was particularly challenging, as he struggled with soreness and pain from the long ride, but he persevered and made it through the journey.

In 2003, Barry had a breakthrough. After discovering the benefits of bike shorts and training, he found that the ride became much more manageable. As he continued to ride year after year, he found renewed motivation in the knowledge that his efforts were making a real difference.

In 2022 Barry raised an impressive \$52,056, bringing him closer than ever to his goal of raising \$1 million for MS Canada through MS Bike. As he prepares for another year of riding, Barry is hopeful that with every pedal stroke, he is getting us one step closer to a world without MS. As he says, "Yes!! The more people helping and raising funds for research, the closer we come to finding relief and hopefully a cure for MS."

FUNDRAISING MADE EASY

WHAT'S NEXT? Joining MS Bike is the first step in the fight to end MS. Here are the other steps we suggest you take to make the most out of your MS Bike experience and help raise funds to improve the lives of those affected by MS.



MAKE A DONATION

Kick start your fundraising by showing your support by being the first to donate towards your fundraising goal.



UPDATE YOUR PERSONAL PAGE

Post a picture, include a story of why you joined MS Bike, and set a goal!



GO DIGITAL

Take advantage of the MS Bike app and use the tools to boost your fundraising and track your progress. Download the app today!



EMAIL YOUR DONORS

Reach out to your family and friends and ask them to help you reach your fundraising goal by making a donation.



ASK, ASK, ASK

Post on social media, send emails and ask your workplace about making a gift or matching your fundraising.



HOST A VIRTUAL EVENT

Get creative! Trivia night, Facebook fundraiser – it will be fun and help you raise money towards your goal.



GET READY FOR MS BIKE

Now it's time to ride! No matter how you are participating, we hope you have a great ride.



SAY THANK YOU!

Be sure to recognize everyone who donated or helped you by saying thank you after the event.

msbike.ca has a lot of advice and helpful resources but if you need support, reach out to the MS Bike team, they are very knowledgeable. (1-800-268-7582 ext 3038 | msbike@mscanada.ca)

REWARDS

Your hard work helps improve the lives of those affected by MS, and we want to recognize your accomplishments with these rewards*.



MS Bike Maska is for Team Captains.



Our MS Bike cycling kit has a new design every year and gives you well-deserved recognition for your amazing fundraising. New this year we have a new and improved style of shorts. Our MS Bike cycling kit is made of high-performance materials that will propel you forward as if you were lighter than air (results may vary).

[Click here for more information on our reward structure.](#)

**MS Canada reserves the right to substitute prizes of equal or greater value. Rewards are based on funds submitted approximately four weeks after the event.*

PRIMAL

THE BEST CUSTOM CYCLING APPAREL. PERIOD.

OFFICIAL APPAREL PARTNER OF MS BIKE

As part of our commitment to ending MS, Primal will donate 15% of a team's total custom team jersey order to their team's fundraising through the Primal Gives Back program.

primalwear.com/msbike

2022 TOP FUNDRAISING LEADERS

TOP 10 PARTICIPANTS – MS BIKE – OTTAWA TO BROCKVILLE

Cyclist	Fundraising Total
Mark Bazerman	\$16,152.92
Matthew Boswell	\$16,051.00
Jonathan Allenger	\$13,813.50
Christian Choquet	\$11,434.00
Marissa Greco	\$9,320.00
Sandra Zagon	\$8,759.12
Fern Landry	\$8,236.69
Paul Bernards	\$6,954.01
Rob Keslick	\$5,215.68
Hicham Mourad	\$5,000.00

TOP FUNDRAISER EXPERIENCE

“It’s an amazing experience to be on tour with other top MS Bike fundraisers from across the country. It’s amazing to be part of a group of cyclists who are so deeply involved and connected to the cause.”

— Doug Hansen, who rode in the Tour of Champions 12 times.



TOP 10 TEAMS – MS BIKE – OTTAWA TO BROCKVILLE

Team	Team Captain	Fundraising Total
Gears & Beers	Matthew Boswell	\$22,157.41
Gluteus To The Maximus	Fern Landry	\$18,297.35
Chain Gang	Sandra Zagon	\$17,175.78
Jon Jon Jovi	Jonathan Allenger	\$15,983.61
MyélinisAction	Christian Choquet	\$13,770.40
Celtic Tigers	Aileen Comerton	\$12,666.61
Wheelie Awesome Bikers	John Chafe	\$12,661.93
The Spin Cycle	Marcel Lafontaine	\$12,062.27
WRIGHT 2 BIKE 4 MS	Jody Pratt	\$11,397.05
No Such Thing as Can’t	Chris Wade	\$10,763.79

Wondering where to mail in your donations?
Cheques can be mailed to:

MS Canada
500-250 Dundas St. W.
Toronto, ON M5T 2Z5
Attn: MS Bike [Event Name]

Be sure to specify which MS Bike you are donating to on the front of the envelope (i.e. Attn: MS Bike Airdrie to Olds). In order to ensure our records are accurate. Please make sure participant and donor details are clearly identified and legible on the [Donation Tracking Form](#).

For cash donations, and tax receipts questions, please reach out to us at bike.finance@mscanada.ca

TOP 100 PARTICIPANTS ACROSS CANADA

Event	Cyclist	Fundraising Total	Event	Cyclist	Fundraising Total
Trois Rivières	Lynda Archambault	\$61,925.00	Airdrie to Olds	Lee Cooper	\$8,721.25
Grand Bend to London	Barry Travnicek	\$53,447.91	Leduc to Camrose	Lesley Ripley	\$8,608.78
Grand Bend to London	Doug Meloche	\$39,921.22	Leduc to Camrose	Steven Owens	\$8,545.50
Airdrie to Olds	Bryan Simister	\$30,266.21	Grand Bend to London	Jeff Acorn	\$8,242.23
Niagara	Scott Davis	\$27,140.63	Ottawa to Brockville	Fern Landry	\$8,236.69
Leduc to Camrose	Dawn Leder	\$26,156.50	Airdrie to Olds	David Varga	\$8,192.67
Leduc to Camrose	Tyler Gamblin	\$25,516.00	Grand Bend to London	Alan Acorn	\$8,091.00
Hinton	Juan Manrique	\$21,234.00	Waskesiu	Mike Staines	\$8,075.75
Grand Bend to London	David Palmer	\$20,692.00	Grand Bend to London	Wayne Lessard	\$7,932.65
Airdrie to Olds	Ken Cudmore	\$20,221.17	Grand Bend to London	Karla Szauter	\$7,761.97
Airdrie to Olds	Frank Symons	\$20,127.25	Hinton	Travis Hawryluk	\$7,739.54
Leduc to Camrose	Jordan Janke	\$19,685.25	Fraser Valley	Claudine P. Bourgaize	\$7,622.10
Grand Bend to London	John Bowman	\$18,489.75	Trois Rivières	Sandra Beaudoin	\$7,595.25
Grand Bend to London	Caroline Bowman	\$18,421.00	Waskesiu	Dennis Helmuth	\$7,518.64
Trois Rivières	Christiane Thouin	\$18,064.87	Leduc to Camrose	David Coleman	\$7,500.00
Toronto	Steve Dobronyi	\$16,922.00	Fraser Valley	Carol Prantner	\$7,494.70
Leduc to Camrose	Scott Duhamel	\$16,784.00	Annapolis Valley	Craig Thurston	\$7,464.20
Leduc to Camrose	Timothy Mahoney	\$16,406.25	South	Peter Peters	\$7,418.34
Leduc to Camrose	Paul Shufelt	\$16,381.47	Gimli	Alex Dyck	\$7,347.00
Ottawa to Brockville	Mark Bazerman	\$16,152.92	Grand Bend to London	Colin O'Neil	\$7,308.25
Ottawa to Brockville	Matthew Boswell	\$16,051.00	Airdrie to Olds	John Curle	\$7,186.63
Leduc to Camrose	Nigel Inch	\$16,000.77	Cowichan	Reese Shufelt	\$7,168.50
Leduc to Camrose	Pierre Groleau	\$15,530.25	Grand Bend to London	Steve Szauter	\$7,043.75
Leduc to Camrose	Brian Spence	\$14,935.71	Ottawa to Brockville	Paul Bernards	\$6,954.01
Trois Rivières	Daniel Lanteigne	\$14,419.55	Trois Rivières	Charles Boily	\$6,947.15
Airdrie to Olds	Kevin Thompson	\$13,992.65	Grand Bend to London	Marie O'Neil	\$6,795.95
Ottawa to Brockville	Jonathan Allenger	\$13,813.50	Leduc to Camrose	Ellen MacGregor	\$6,591.40
Leduc to Camrose	Alli Leithoff	\$13,145.44	Leduc to Camrose	Joe Mcvea	\$6,587.39
Grand Bend to London	Gus Kailis	\$13,100.00	Grand Bend to London	Kaileigh Krysztofiak	\$6,564.48
Waskesiu	Tracey Wahba	\$12,873.25	Grand Bend to London	David Turner	\$6,535.25
Trois Rivières	Etienne Dube	\$12,662.55	Trois Rivières	Martin Cossette	\$6,428.75
Leduc to Camrose	Roger Keglowsch	\$12,242.13	Toronto	Simon Chamberlain	\$6,414.73
Trois Rivières	Simon Britt	\$11,764.50	Waskesiu	Darlana Lee	\$6,384.50
Cowichan	Jacobus Zwaan	\$11,664.90	Grand Bend to London	Michael Geddes	\$6,290.28
Hinton	Patrick Li	\$11,611.50	Trois Rivières	John Sypnowich	\$6,281.34
Ottawa to Brockville	Christian Choquet	\$11,434.00	Fraser Valley	Denise Begg	\$6,103.96
Gimli	Ron Bailey	\$11,252.92	Trois Rivières	Simon Mercier	\$6,090.50
Cowichan	Ralph Lapp	\$10,953.00	Leduc to Camrose	Peter Fehler	\$6,031.50
Leduc to Camrose	Doug Hansen	\$10,618.60	Airdrie to Olds	Ralph Hindle	\$5,983.40
Niagara	Larry Peyton	\$10,560.54	Trois Rivières	Eric Laberge	\$5,958.50
Trois Rivières	Benoit Brodeur	\$10,465.00	Cowichan	Heather Armstrong	\$5,948.50
Leduc to Camrose	Bon Trathen	\$10,356.45	Leduc to Camrose	David Prince	\$5,927.70
Grand Bend to London	Jennie Wells	\$10,353.01	Grand Bend to London	Paul Fraser	\$5,817.25
Airdrie to Olds	Kevin Woodcock	\$10,121.30	Prince Edward County	Carole Carpentier	\$5,794.50
Leduc to Camrose	Mary MacGregor	\$9,850.34	Gimli	Tobie Berthon	\$5,771.75
Ottawa to Brockville	Marissa Greco	\$9,320.00	Fraser Valley	Allen Booth	\$5,768.50
Cowichan	Dave Macmurchie	\$9,319.92	Leduc to Camrose	Blair Trigg	\$5,619.50
Grand Bend to London	Michael Acorn	\$9,104.95	Niagara	Paul Wemple	\$5,619.25
Grand Bend to London	Damian Van dooren	\$8,952.40	Grand Bend to London	Elaine Rankine	\$5,614.61
Ottawa to Brockville	Sandra Zagon	\$8,759.12	Prince Edward County	Dorothy Van Grootheest	\$5,576.59

TOP 100 TEAMS ACROSS CANADA

Event	Team	Team Captain	Fundraising Total
Vélo SP Trois-Rivières	Les Pédaliers de l'Avenir	Lynda Archambault	\$160,488.00
Leduc to Camrose	Happy Fillmores	Paul Paridaen	\$135,713.62
Grand Bend to London	Team Cowbell	Anita Trusler	\$83,143.27
Grand Bend to London	Butt Ugly	Rachel Chandler	\$75,012.97
Airdrie to Olds	Kiss MS Goodbye	Lee Cooper	\$67,373.06
Grand Bend to London	Alpine	David Hartley	\$50,851.31
Vélo SP Trois-Rivières	Misterlegou	Martin Legault	\$50,748.00
Airdrie to Olds	No Names	David Varga	\$46,778.09
Leduc to Camrose	Mighty Spinners	Brian Spence	\$41,576.02
Leduc to Camrose	Team Rehab	Tyler Gamblin	\$41,349.94
Vélo SP Trois-Rivières	Croix Bleue Medavie	Daniel Lanteigne	\$41,339.00
Hinton	ITC Skyliners	Patrick Li	\$41,005.35
Leduc to Camrose	PCL Construction	Matthew Martinell	\$38,607.33
Grand Bend to London	The Bowcycle Team	Caroline Bowman	\$36,930.75
Leduc to Camrose	The Rolling Cause	Dawn Leder	\$36,756.50
Vélo SP Trois-Rivières	Bioscript X PS j'ai la SP	Sophie Berriault	\$36,653.00
Leduc to Camrose	Inch by Inch	Krysta Inch	\$36,455.46
Grand Bend to London	Canada Life Cycles	Marlene Travers-Smith	\$34,675.43
Grand Bend to London	Doug & Marion's MS Erasers	Sharen Robinson	\$34,577.31
Leduc to Camrose	Menstrual Cycles	Ellen Macgregor	\$33,016.24
Leduc to Camrose	Just Soar	Janice Owens	\$32,296.68
Airdrie to Olds	Pirate Ship	Luke Faubert	\$30,389.90
Leduc to Camrose	Team United	Jeff Strome	\$30,353.55
Airdrie to Olds	TC Energy Bars	Neven Aksic	\$30,298.28
Airdrie to Olds	Bunsen Honeydews	John Paul	\$29,203.17
Fraser Valley	Easy Riders	Patricia Wilson	\$28,399.65
Vélo SP Trois-Rivières	Roule avant que ça rouille	Soanie Labelle	\$27,921.00
Vélo SP Trois-Rivières	eSPrit Sportif	Christiane Thouin	\$27,758.00
Waskesiu	The Remyelinators	Tracey Wahba	\$27,495.55
Vélo SP Trois-Rivières	Vol-au-vent	Charles Boily	\$25,298.00
Leduc to Camrose	Shifting Rears	Devin Mahoney	\$24,441.34
Waskesiu	Bipa Riders	Dan Craig	\$23,601.75
Grand Bend to London	Anderson Craft Ales	Justin Riedstra	\$22,677.97
Grand Bend to London	Team Stein Club	Gus Kailis	\$22,493.73
Waskesiu	MyButts-Eh-King	Lucas Kessler	\$22,181.66
Ottawa to Brockville	Gears & Beers	Matthew Boswell	\$22,157.41
Leduc to Camrose	Team Pronto!	Mark Kube	\$21,189.37
Cowichan	Copper Pedalers 2022	Jacobus Zwaan	\$21,037.20
Fraser Valley	Miles for Smiles	Allen Booth	\$19,948.14
Ottawa to Brockville	Gluteus To The Maximus	Fern Landry	\$18,297.35
Leduc to Camrose	Optimize Physio	Matthew Lahey	\$17,732.25
Waskesiu	PCL Construction	Todd Thorn	\$17,420.80
Annapolis Valley	Wheelie Awesome Live Wires	Derek Fong	\$17,400.15
Fraser Valley	MS Goldfish	Nance Bass	\$17,360.96
Ottawa to Brockville	Chain Gang	Sandra Zagon	\$17,175.78
Gimli	Greatful Tread of Canada Life	Marc Mcdonald	\$16,854.86
Leduc to Camrose	Bumpers	Randy Boddez	\$16,139.65
Leduc to Camrose	Flahr's with Flair	Sacha Knorr	\$16,133.23
Grand Bend to London	Bike for Mike	Elaine Rankine	\$16,130.76
Ottawa to Brockville	Jon Jon Jovi	Jonathan Allenger	\$15,983.61

TOP 100 TEAMS ACROSS CANADA

Event	Team	Team Captain	Fundraising Total
Cowichan	Team Addison	Dave Macmurchie	\$15,752.17
Vélo SP Trois-Rivières	Port de Montréal	Alexandre Montpetit	\$15,106.00
Hinton	Rusty Nutz	Rodney Marcichiw	\$15,010.84
Fraser Valley	Out Spoke'n	Denise Begg	\$14,919.56
Gimli	StandardAero Turbinators	Ed Ferbers	\$14,913.06
Leduc to Camrose	No MS'in Around	Laura Ung	\$14,520.00
Niagara	Peyton's Pace	Larry Peyton	\$14,490.23
Grand Bend to London	Journey for Jani	Marie O'Neil	\$14,104.20
Airdrie to Olds	TransCanada Turbines	Casey Giovanetto	\$13,860.82
Leduc to Camrose	Battered Piles	Paul Carter	\$13,813.25
Ottawa to Brockville	MyélinisAction	Christian Choquet	\$13,770.40
Airdrie to Olds	Don't Quit You're Winning!	Mark Morrison	\$13,644.60
Fraser Valley	Team Sunshine Coast	Tina Kaizer	\$13,436.11
Leduc to Camrose	Barbie's Believers	Alli Leithoff	\$13,220.44
Leduc to Camrose	Team MSfits	Bev Famulak	\$13,197.71
Grand Bend to London	Linda's Life Savers	Ernie Raftis	\$12,959.60
Leduc to Camrose	Team ISL	Matthew Boily	\$12,847.05
Airdrie to Olds	MS Wheely Sucks	Jaclyn Krucik	\$12,754.40
Grand Bend to London	Dillon Highway Rollers	Jeff Matthews	\$12,672.50
Ottawa to Brockville	Celtic Tigers	Aileen Comerton	\$12,666.61
Ottawa to Brockville	Wheelie Awesome Bikers	John Chafe	\$12,661.93
Prince Edward County	MAC4	Julie MacLellan	\$12,500.00
Cowichan	Devils & Divas	Ralph Lapp	\$12,230.75
Niagara	Parker Peloton	Julia Williams	\$12,183.45
Cowichan	MS Derailleurs	Heather Armstrong	\$12,143.60
Ottawa to Brockville	The Spin Cycle	Marcel Lafontaine	\$12,062.27
Gimli	PCL Winnipeg	Wade Harms	\$11,859.66
Leduc to Camrose	Abaco's Drill Riders	Barry Sullivan	\$11,815.20
Gimli	Al's Angels	Kerri Gaminek	\$11,728.97
Vélo SP Trois-Rivières	La famille roulante	Jeanne Laverdière	\$11,698.00
Grand Bend to London	Triumph 2L Revolution	Leah Conley	\$11,592.23
Grand Bend to London	The Velociraptors	Kaileigh Krysztofciak	\$11,468.43
Ottawa to Brockville	WRIGHT 2 BIKE 4 MS	Jody Pratt	\$11,397.05
Grand Bend to London	Cycloners for MS	Steve Slater	\$11,091.52
Vélo SP Trois-Rivières	SuperSPotes	Samuel Vaillancourt	\$11,070.00
Ottawa to Brockville	No Such Thing as Can't	Chris Wade	\$10,763.79
Hinton	SG Front Forks	Travis Hawryluk	\$10,569.84
Leduc to Camrose	Chamco Spokes	Karla Bitzer	\$10,475.44
Vélo SP Trois-Rivières	Team ML	Benoit Brodeur	\$10,472.00
Ottawa to Brockville	MSadventures	Marissa Greco	\$10,420.00
Grand Bend to London	Rondeau Riders	Jennie Wells	\$10,393.01
Ottawa to Brockville	Team Speed Skating Oval	Michael Bernards	\$10,343.17
Gimli	S'Myelin Cyclists	Beth Tutiah	\$10,164.53
Vélo SP Trois-Rivières	Routards Rive Sud	Ghislain Blais	\$9,784.00
Airdrie to Olds	No Breaks	Kai Honby	\$9,647.82
Waskesiu	Team Refuge	Jocelyn Tucker	\$9,283.45
Airdrie to Olds	Carnot Cyclists	Glen MacInnis	\$9,139.54
Leduc to Camrose	Des's Team	Patrick Potvin	\$9,094.90
Grand Bend to London	Freedom Riders	Paul Lapierre	\$9,067.60
Leduc to Camrose	Carson's YEG Biking Bros	Mike Lang	\$8,998.62

OTTAWA TO BROCKVILLE SCHEDULE AT-A-GLANCE

SATURDAY AUGUST 19, 2023

Start Line: Kars Community Recreation Association
(1604 Old Wellington St, Kars, ON K0A 2E0)

6:30am	Grounds Open, Check-in, Additional pledge drop-off, Luggage drop-off, Rider kit pick-up, Coffee and breakfast, Team Photos
7:45am	Opening remarks begin
8:00-8:30am	Staggered Start (groups of 50). All cyclists must be on the route by 8:30am. MS Canada cannot be held responsible for participants who begin the route before the official start time of 8:00 a.m. Support along route may not be set-up if you leave early.
8:00am	Checkpoint #1 opens – Rideau River Provincial Park Checkpoint #2 opens – Oxford Mills
8:30am	Checkpoint #3 opens – Bishop mills Checkpoint #4 (BBQ lunch) opens – North Augusta
9:00am	Checkpoint #5 opens – Manhard United Church
9:30am	Endurance Loop Opens
10:30am	Cyclists begin to arrive in Brockville
12:30pm-4:00pm	Beer gardens open (BRING CASH) Pizza and snacks served
1:00-10:00pm	Shuttles running continuously from hotels on Kent Blvd., to St. Lawrence College
2:30pm	Endurance Loop CLOSES

4:00pm ROUTE CLOSED
MS Canada cannot be held responsible for participants still on route past 4:00pm.

4:30-6:00pm	Cocktail hour at St. Lawrence College. Bring cash and ID
6:00-7:00pm	Dinner service at St. Lawrence College
6:45-7:15pm	Evening Ceremonies/Speeches
7:15-9:00pm	Afterparty
7:15-8:45pm	Early registration for 2024 open!
9:00pm	Alcohol service ends

SUNDAY AUGUST 20, 2023

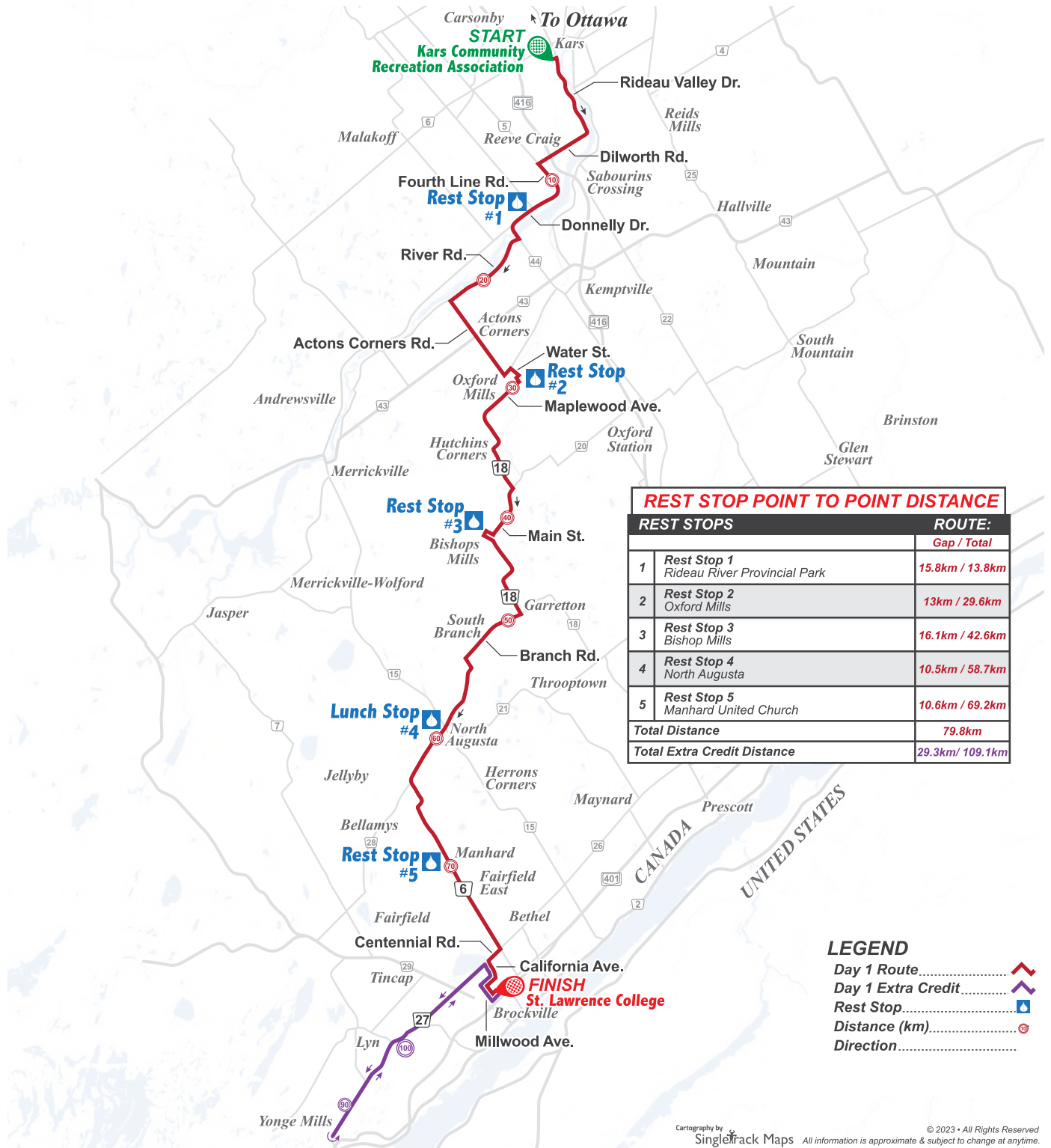
Start Line: St. Lawrence College, Brockville Campus
(2288 Parkedale Ave, Brockville, ON K6V 5X3)

6:00-8:00am	Shuttles running continuously from hotels on Kent Blvd., to St. Lawrence College
6:30-8:00am	Grounds open Breakfast – at St. Lawrence College or your hotel (rider's choice) Luggage drop-off
7:45am	Opening remarks begin
8:00-8:30am	Staggered Start (groups of 50). All cyclists must be on the route by 8:30am. MS Canada cannot be held responsible for participants who begin the route before the official start time of 8:00 a.m. Support along route may not be set-up if you leave early.
8:00am	Checkpoint #1 opens – Manhard United Church Checkpoint #2 opens – North Augusta
8:30am	Checkpoint #3 opens – Bishop Mills Checkpoint #4 opens – Oxford Mills
9:00am	Checkpoint #5 opens – Rideau River Provincial Park
10:30am	Cyclists begin to arrive in Kars
11:00am-4:00pm	BBQ lunch Early registration for 2024 open!

4:00pm ROUTE CLOSED
MS Canada cannot be held responsible for participants still on route past 4:00pm.

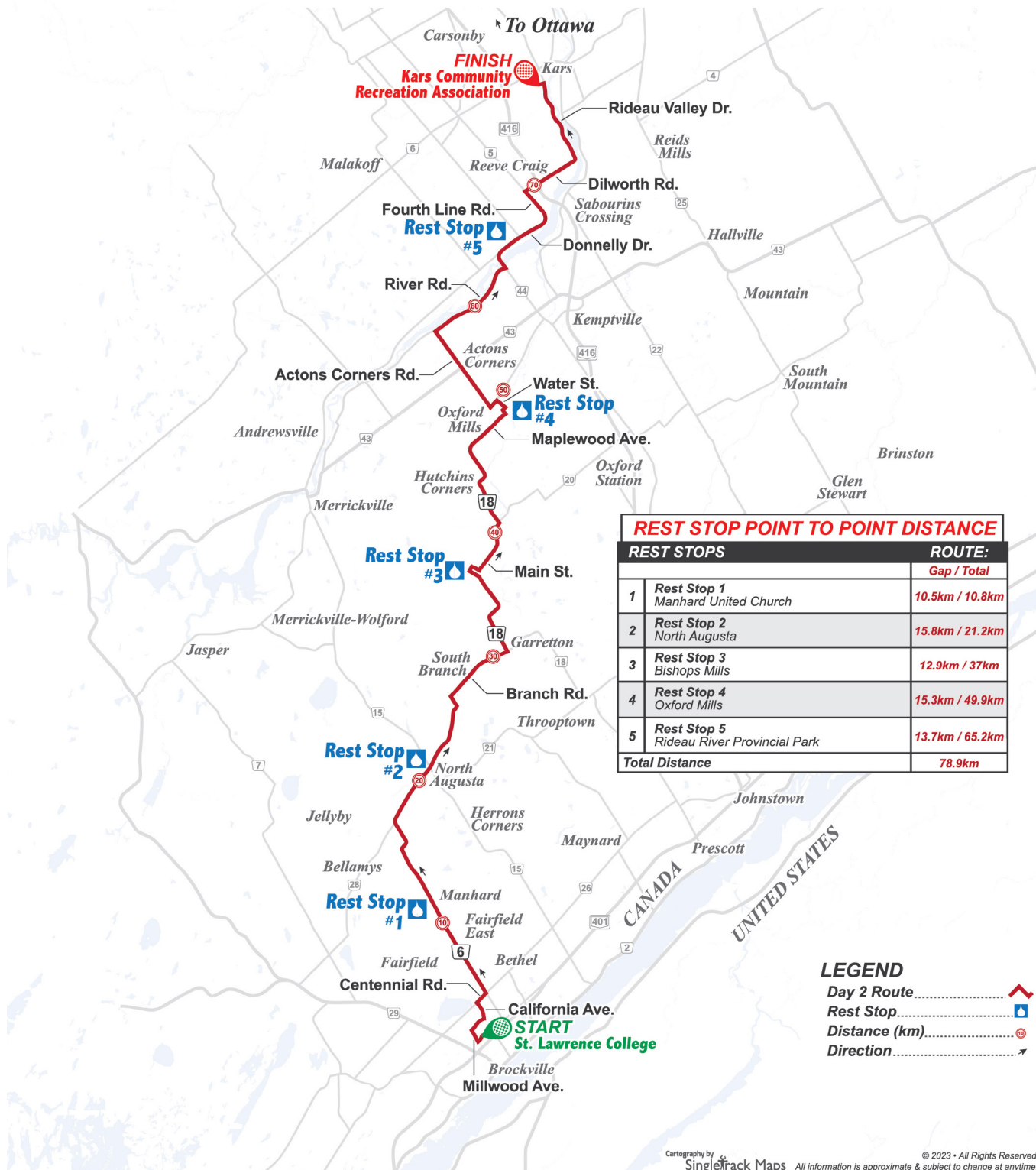
ROUTE MAP DAY 1

Saturday • August 19, 2023



ROUTE MAP DAY 2

Sunday • August 20, 2023



LEGEND

- Day 2 Route.....
- Rest Stop.....
- Distance (km).....
- Direction.....

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RULES FOR SAFE CYCLING

A properly fitted helmet is mandatory when cycling.

All cyclists, spectators and supports must **follow the Highway Traffic Act** since roads will remain open to motorists. You are required to obey all traffic signs and signals.

Cycle on the right side of the road and pass cyclists on their left. Make sure to say “on your left”.

Ride no more than two across; ideally cycle in single file.

Be respectful to fellow cyclists, drivers and the communities we ride through.



TRAINING TIPS

Here are a few tips to get ready for MS Bike.

- **Visit your local bike shop to have your bike inspected.** Bike mechanics can inform you if a tune-up or adjustment is necessary.
- **Join a cycling club.** Ask the staff at your local bike store or search for one online. You can also speak with MS Society staff about joining a MS Bike team.
- **Go ride.** Start your training rides with shorter distances like 15 to 20 kilometres and gradually increase it up to 60 kilometres. We will let participants know about their local training rides by email and on our social media channels.
- **Visit cyclingmagazine.ca** to learn more training tips to achieve your fitness goals.





EXCLUSIVE FINISHER LINE MEDAL



We are excited to introduce this year's exclusive finisher line medal! You can look forward to receiving one of your very own after you cross your MS Bike finish line. If you're riding virtually, don't fret! Log 90km in one week from June until September on our [Ride With GPS Challenges page](#) and we'll send you a finisher line medal to celebrate your accomplishment, from wherever you are!



This summer PCL Construction employees are once again filling their water bottles, clipping in and cycling Canadian roads to change the future of Multiple Sclerosis. With offices and job sites from Vancouver to Halifax, PCL will be fielding teams across the country and raising funds to help support groundbreaking work into MS treatments and, ultimately, a cure.

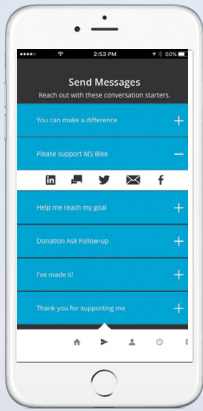
As a construction leader with a vision for the future of our industry and our country, PCL focuses on solving problems and finding solutions. As a community-focused company motivated by health and wellness, PCL employees are excited to get out, have fun and give back to the community while getting fit.

Thank you to PCL Construction for your continued support for those affected by MS. With your involvement in MS Bike, we will move that much closer to a world free of MS!

CYCLING WITH A TEAM IS THE BEST WAY TO...

- Have more fun! Create great memories and bond with your friends, family and co-workers.
- Strengthen your impact. Teams raise more funds and increase awareness because they work together, leading to a greater impact on the cause.
- Ride in style. Order custom team jerseys from Primal with your own logos and colours, and they'll make a donation to your team's fundraising.
- Increase your corporate visibility. Enhance your company's exposure while enjoying a team building experience.
- Stay motivated. Having a team beside you keeps you motivated and your fundraising on track.

**Go the Distance. Make a Difference—
From Anywhere!**



GET THE APP

Update your fundraising page, ask for donations, thank your donors and monitor your progress by using the MS Bike app from your phone.

Download the app on your Apple or Android device today!



ONLINE COMMUNITY

Make a connection

Continue to build your MS Bike connections by joining our brand new [Strava club](#) and private [Facebook group](#). In these groups you can share your fundraising ideas and cycling tips, find out more information on our organized indoor and outdoor training ride series, and connect with members of the MS Bike community from across Canada, coast to coast.

[Join Strava Club](#) | [Join Facebook Group](#) | [Ride with GPS](#)

Fundraise on the Go with Social and Mobile

Boost your fundraising and go social by sending messages via Facebook, Twitter, LinkedIn and more. Get started now!

Manage and share your MS Bike experience on the go with our newly-updated MS Bike mobile and tablet application. This FREE app lets you fundraise and connect with others through social media and email, update your web pages and check your fundraising progress all from the palm of your hand. [iPhone/iPad](#) | [Android](#)



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