



MS BIKE

Cowichan

2024 CYCLIST **HANDBOOK**

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

WELCOME TO MS BIKE

CONTENTS

INTRODUCTION

| | |
|-----------------------------------|---|
| Your impact | 2 |
| Requirements to Participate | 2 |
| Fractalkine..... | 3 |
| Participant highlight..... | 4 |

FUNDRAISING

| | |
|-----------------------------|------|
| Fundraising made easy | 5 |
| Rewards | 6 |
| Top fundraisers | 7-10 |

SCHEDULE & MAPS

| | |
|---------------------------|----|
| Schedule at a glance..... | 11 |
| Route map | 12 |

TEAMS

| | |
|--------------------------------------|----|
| Safe cycling and Training tips | 13 |
| Event day support..... | 14 |
| Cycling with a team | 15 |
| Online community..... | 16 |

| | |
|-----------------------------|----|
| JOIN US ONLINE | 18 |
|-----------------------------|----|



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.



FRACTALKINE

AN IMPORTANT IMMUNE FACTOR
THAT COULD HELP PROMOTE
MYELIN REPAIR IN MS



In a recent study we funded, Dr. Anastassia Voronova and her team from the University of Alberta looked at whether fractalkine, an important immune system factor, could boost the production of myelin (the protective covering of nerves in the brain and spinal cord that gets damaged or lost in MS). The study treated mice with MS-like disease with fractalkine to determine its effect on myelin production (or remyelination).

The researchers found that fractalkine treatment resulted in an increase in the production of oligodendrocytes – the only cells in the brain capable of producing myelin. Fractalkine treatment also led to remyelination in the brains of mice with MS-like

disease. The researchers also observed a decrease in microglia cells, which are responsible for causing inflammation in the brain.

This study highlights an exciting new finding that will be valuable for the development of future MS therapies. This is promising news for the MS community, and we're looking forward to seeing how this finding could further advance MS research!

We're currently funding a number of research studies focused on the prevention of MS, stopping MS progression, and advancing treatment and care. Visit mncanada.ca to read about the latest in MS research.



JONATHAN ALLENGER'S EPIC CYCLING JOURNEY ACROSS CANADA

A sneak peek into some of the personal challenges and triumphs that come with a diagnosis of multiple sclerosis (MS).

Just a day after hearing his son's heartbeat for the first time, Jonathan received his MS diagnosis, and found himself more motivated than ever to make a positive impact in the world. Already an avid cyclist, in 2014 Jonathan joined his first MS Bike event in his hometown of Ottawa, where he met hundreds of participants and community members, many who also lived with MS. The unwavering support, encouragement and sense of belonging he felt from the MS community gave him a clearer perspective on what was important in life: his health. Cycling is his avenue of choice to living a healthy, active and purposeful life for himself and his family. Jonathan's dedication to MS awareness and fundraising are motivated by showing his son, Leonardo, that no obstacle should keep you from pursuing your goal.

MS Bike events have brought him immense joy and energy, all while generating awareness and fundraising to support the MS Community. Over the past 10 years, Jonathan has completed 21 bike events across Ontario and in several US States, raising over \$250,000 collectively.

MS is complex; it can be an unpredictable, episodic, and progressive disease. Everyone will have a different experience in their MS journey, which is even more reason to support each other and foster community growth. As Jonathan has navigated his

MS and ongoing battles with mental health, every kilometer he rides and every dollar he raises, all ladder up to a wider story of resilience, courage, teamwork and determination.

He could think of no better way to raise awareness than to take on the ultimate bike challenge, – cycling across Canada, coast-to-coast. The idea began as a journey between him and his cousin, and thanks to his incredible support network, it quickly grew in scope and scale. In May and June of 2023, he cycled his way province to province across more than 7,000kms of Canadian soil. He was fortunate to have an incredible community supporting him, including countless volunteers and an RV joining him on the road.

Jonathan is a pillar of the MS community and has shown time and time again that with determination and drive, we can achieve any challenge we set our sights on. He may have ridden as an individual on his cross-country journey, but with the strength and support of the MS community, he never rode alone. Recounting the most memorable moments of his trip of a lifetime at last year's evening ceremony in Brockville, Jonathan acknowledged: "the friends that joined along the way... these are the memories that will stick with me [forever]." Together at MS Bike, we will continue to ride towards a world free of 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 DonorDrive 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*.

\$500+

Tech T-Shirt

\$1000+

Club 1000 Jersey

\$2000+

Club 2000 Shorts

\$5000+

Club 5000 Vest

Team Captain Reward

Cycling Cap

\$15,000+

Tour of Champions Invitation



Any registered participant living with MS can receive this jersey

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

2023 TOP FUNDRAISING LEADERS

TOP 10 PARTICIPANTS – MS BIKE – COWICHAN

| Cyclist | Fundraising Total |
|-------------------|-------------------|
| Jacobus Zwaan | \$11,936.17 |
| Dave Macmurchie | \$5,948.64 |
| Heather Armstrong | \$5,311.95 |
| Liz Haid | \$4,433.06 |
| Sue I. Whittaker | \$3,862.80 |
| Meg Haggerty | \$3,677.50 |
| Annette Mario | \$2,587.50 |
| Charlene Turner | \$2,273.93 |
| Gary Bunz | \$2,260.00 |
| Kendra Acton | \$2,254.00 |

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 – COWICHAN

| Team | Team Captain | Fundraising Total |
|---------------------------|-------------------|-------------------|
| Copper Pedalers | Jacobus Zwaan | \$22,667.77 |
| Team Addison | Dave Macmurchie | \$11,040.77 |
| Batty Bikers | Kendra Acton | \$10,897.10 |
| MS Derailleurs | Heather Armstrong | \$10,561.55 |
| Riesling to the Challenge | Nicole Backe | \$7,811.68 |
| Sisters 4 Sisters | Meg Haggerty | \$5,219.29 |
| Woop de Woo | Sue Whittaker | \$5,089.05 |
| Team Heather | Denise Aucoin | \$4,210.70 |
| Comin in hot | Nicole Vaugeois | \$3,987.70 |
| Blood, Sweat, and Gears | Barb Gottfried | \$1,023.85 |

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 Cowichan). 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 |
|---------------------------|----------------------|-------------------|---------------------------|-----------------------|-------------------|
| Ottawa to Brockville | Jonathan Allenger | \$145,872.04 | Leduc to Camrose | Ken Kerr | \$8,736.00 |
| Mauricie | Lynda Archambault | \$100,000.00 | Hinton | Steven Reyes | \$8,700.00 |
| Grand Bend to London | Barry Travnicek | \$64,735.00 | Grand Bend to London | Stephen Jarvis | \$8,625.00 |
| Grand Bend to London | Doug Meloche | \$46,250.45 | Ottawa to Brockville | Sandra Zagon | \$8,578.00 |
| Leduc to Camrose | Dawn Leder | \$26,675.00 | Airdrie to Olds | David Varga | \$8,418.00 |
| Airdrie to Olds | Bryan Simister | \$26,065.17 | Grand Bend to London | Dirk Nielsen | \$8,412.53 |
| Grand Bend to London | Scott Davis | \$25,367.00 | Grand Bend to London | Steve Szauter | \$8,409.38 |
| Airdrie to Olds | Frank Symons | \$23,030.00 | Ottawa to Brockville | Robert Bailey | \$8,150.00 |
| Mauricie | Bianca Viau | \$21,050.00 | Fraser Valley | Fran Cameron | \$7,798.01 |
| Leduc to Camrose | Scott Duhamel | \$20,050.00 | Leduc to Camrose | Alli Leithoff | \$7,700.00 |
| Leduc to Camrose | Jordan Janke | \$20,000.00 | Gimli | Ronald Hickey | \$7,694.17 |
| Canada-Wide PanCanadian | Steve Dobronyi | \$19,969.19 | Grand Bend to London | Michael Geddes | \$7,602.21 |
| Hinton | Bryan Koren | \$19,725.00 | Leduc to Camrose | Lesley Ripley | \$7,545.00 |
| Hinton | Glyn Walters | \$19,725.00 | Fraser Valley | Claudine P. Bourgaize | \$7,520.00 |
| Airdrie to Olds | Ken Cudmore | \$19,564.00 | Leduc to Camrose | David Coleman | \$7,500.00 |
| Grand Bend to London | David Palmer | \$18,982.25 | Mauricie | Simon Mercier | \$7,500.00 |
| Hinton | Juan Manrique | \$18,076.00 | Mauricie | Christian Gagnon | \$7,450.00 |
| Gimli | Ron Bailey | \$17,122.11 | Grand Bend to London | Karla Szauter | \$7,429.39 |
| Mauricie | Christiane Thouin | \$16,810.00 | Waskesiu | Tracey Wahba | \$7,225.00 |
| Mauricie | Martin Cossette | \$16,800.99 | Mauricie | François Gravel | \$7,220.00 |
| Leduc to Camrose | Patrycia Rzechowka | \$16,324.00 | Airdrie to Olds | John Curle | \$7,179.13 |
| Leduc to Camrose | Paul Shufelt | \$16,322.00 | Mauricie | Sandra Beaudoin | \$7,175.00 |
| Ottawa to Brockville | Mark Bazerman | \$16,055.61 | Canada-Wide PanCanadian | Paul Wemple | \$7,055.00 |
| Leduc to Camrose | Andrew Wallace | \$16,000.00 | Mauricie | Charles Boily | \$6,820.01 |
| Leduc to Camrose | Pierre Groleau | \$15,800.00 | Leduc to Camrose | Mikael Nielsen | \$6,775.00 |
| Leduc to Camrose | Brian Spence | \$15,165.00 | Ottawa to Brockville | Reese Shufelt | \$6,760.00 |
| Leduc to Camrose | Mary MacGregor | \$15,006.51 | Airdrie to Olds | Lee Cooper | \$6,715.00 |
| Waskesiu | Mike Staines | \$14,800.00 | Waskesiu | Jordan Clouthier | \$6,700.00 |
| Mauricie | Daniel Lanteigne | \$13,820.00 | Leduc to Camrose | Joe Mcvea | \$6,700.00 |
| Waskesiu | Brennan Zurowski | \$13,635.35 | Grand Bend to London | Gus Kailis | \$6,689.47 |
| Ottawa to Brockville | Matthew Boswell | \$13,230.00 | Leduc to Camrose | Barry Sullivan | \$6,665.33 |
| Leduc to Camrose | Ellen Macgregor | \$12,819.68 | Windsor | Craig Thurston | \$6,600.00 |
| Grand Bend to London | Elaine Rankine | \$12,771.11 | Fraser Valley | Lloyd Dykstra | \$6,575.00 |
| Airdrie to Olds | Kevin Thompson | \$12,760.79 | Grand Bend to London | Paul Leveck | \$6,515.00 |
| Canada-Wide PanCanadian | Wanda Bouchard-barry | \$12,758.97 | Leduc to Camrose | Jeff Fillmore | \$6,500.00 |
| Waskesiu | Barbara Kessler | \$12,700.00 | Ottawa to Brockville | Hicham Mourad | \$6,400.15 |
| Grand Bend to London | jennie wells | \$12,613.86 | Windsor | Jessica Weidenfeld | \$6,380.00 |
| Leduc to Camrose | Timothy Mahoney | \$12,550.00 | Windsor | Grant Bristow | \$6,335.00 |
| Leduc to Camrose | Chris Fillmore | \$12,500.00 | Hinton | Roger Hawryluk | \$6,315.00 |
| Leduc to Camrose | Rick Nelson | \$12,500.00 | Gimli | John Wanke | \$6,230.00 |
| Mauricie | Etienne Dube | \$11,937.87 | Grand Bend to London | Colin O'Neil | \$6,174.99 |
| Leduc to Camrose | Nigel Inch | \$11,913.21 | Waskesiu | Peter Peters | \$6,133.50 |
| Cowichan | Jacobus Zwaan | \$11,718.84 | Leduc to Camrose | Lileth Goulding | \$6,126.44 |
| Ottawa to Brockville | Fern Landry | \$11,114.00 | Airdrie to Olds | Evan Anderson | \$6,075.00 |
| Grand Bend to London | Ron Davidson | \$9,761.50 | Fraser Valley | Kristin Mackenzie | \$6,050.00 |
| Grand Bend to London | Alan Acorn | \$9,630.00 | Gimli | Tobie Berthon | \$6,031.12 |
| Airdrie to Olds | Mike Tuohy | \$9,408.00 | Mauricie | Jean Cloutier | \$6,030.00 |
| Ottawa to Brockville | Christian Choquet | \$9,215.00 | Fraser Valley | Denise Begg | \$6,002.00 |
| Leduc to Camrose | Brooke ROSSMAN | \$9,116.55 | Mauricie | Andrée Patenaude | \$6,000.00 |
| Grand Bend to London | Damian Van dooren | \$9,075.00 | | | |
| Leduc to Camrose | Bon Trathen | \$9,058.99 | | | |

TOP 100 TEAMS ACROSS CANADA

| Team Name | Event | Team Captain | Fundraising Total |
|-------------------------------|--|----------------------|-------------------|
| Les Pédaliers de l'Avenir | 2023 Vélo - QC - Mauricie | Lynda Archambault | \$208,678 |
| Happy Fillmores | 2023 Bike - AB - Leduc to Camrose | Chris Fillmore | \$162,747 |
| Jon Jon Jovi | 2023 Bike - ONT - Ottawa to Brockville | Darryl Gordon | \$147,387 |
| Butt Ugly | 2023 Bike - ONT - Grand Bend to London | Rachel Chandler | \$136,626 |
| Team PCL | 2023 Bike - AB - Leduc to Camrose | Matthew Martinell | \$84,851 |
| Team Cowbell | 2023 Bike - ONT - Grand Bend to London | Anita Trusler | \$70,403 |
| Kiss MS Goodbye | 2023 Bike - AB - Airdrie to Olds | Lee Cooper | \$59,633 |
| Mobil 1 | 2023 Bike - AB - Airdrie to Olds | David Varga | \$59,471 |
| Menstrual Cycles | 2023 Bike - AB - Leduc to Camrose | Ellen MacGregor | \$56,602 |
| Misterlegou | 2023 Vélo - QC - Mauricie | Martin Legault | \$55,336 |
| Croix Bleue Medavie | 2023 Vélo - QC - Mauricie | Daniel Lanteigne | \$53,932 |
| Mighty Spinners | 2023 Bike - AB - Leduc to Camrose | Brian Spence | \$44,851 |
| Bunsen Honeydews | 2023 Bike - AB - Airdrie to Olds | Shane Fischer | \$44,560 |
| Cyclepaths | 2023 Bike - AB - Hinton | Glyn Walters | \$44,490 |
| Team United | 2023 Bike - AB - Leduc to Camrose | Jeff Strome | \$43,072 |
| PCL Construction | 2023 Bike - SK - Waskesiu | Todd Thorn | \$39,627 |
| Anderson Craft Ales | 2023 Bike - ONT - Grand Bend to London | Justin Riedstra | \$39,010 |
| Inch by Inch | 2023 Bike - AB - Leduc to Camrose | Krysta Inch | \$38,003 |
| eSPrit SPortif | 2023 Vélo - QC - Mauricie | Christiane Thouin | \$37,657 |
| Doug & Marion's MS Erasers | 2023 Bike - ONT - Grand Bend to London | Sharen Robinson | \$32,909 |
| ITC Skylines | 2023 Bike - AB - Hinton | Juan Manrique | \$32,740 |
| My Butts Eh-King | 2023 Bike - SK - Waskesiu | Lucas Kessler | \$32,695 |
| Roule avant que ça Rouille | 2023 Vélo - QC - Mauricie | Chantal Fortin | \$32,541 |
| The Rolling Cause | 2023 Bike - AB - Leduc to Camrose | Dawn Leder | \$32,487.25 |
| Port de Montréal | 2023 Vélo - QC - Mauricie | Alexandre Montpetit | \$32,231 |
| Pirate Ship | 2023 Bike - AB - Airdrie to Olds | Luke Faubert | \$31,623 |
| Bipa Riders | 2023 Bike - SK - Waskesiu | Dan Craig | \$31,258 |
| Optimize Physiotherapy | 2023 Bike - AB - Leduc to Camrose | Matthew Lahey | \$29,891 |
| Gears and Beers | 2023 Bike - ONT - Ottawa to Brockville | Matthew Boswell | \$29,806 |
| Vol-au-vent | 2023 Vélo - QC - Mauricie | Charles Boily | \$28,643 |
| Shifting Rears | 2023 Bike - AB - Leduc to Camrose | Devin Mahoney | \$27,340 |
| PCL Blazing Saddles | 2023 Bike - ONT - Ottawa to Brockville | Robert Bailey | \$26,634 |
| L'Écurie | 2023 Vélo - QC - Mauricie | Jean-simon Bourgoing | \$26,143 |
| TC Energy Bars | 2023 Bike - AB - Airdrie to Olds | Vincent Soong | \$25,704 |
| Team Pronto | 2023 Bike - AB - Leduc to Camrose | Mark Kube | \$25,051 |
| Bike for Mike | 2023 Bike - ONT - Grand Bend to London | ELAINE RANKINE | \$24,969 |
| Team ISL | 2023 Bike - AB - Leduc to Camrose | Matthew Boily | \$24,450 |
| Abaco Drilling Technologies | 2023 Bike - AB - Leduc to Camrose | Barry Sullivan | \$24,443 |
| PCL Toronto | 2023 Bike - ONT - Grand Bend to London | Mark Henderson | \$24,397 |
| Canada Life Cycles | 2023 Bike - ONT - Grand Bend to London | Stacey Griffin | \$24,012 |
| The Remyelinators | 2023 Bike - SK - Waskesiu | Tracey Wahba | \$23,877 |
| Bioscript X PS j'ai la SP | 2023 Vélo - QC - Mauricie | Sophie Berriault | \$23,577 |
| Renew Raging Rollers | 2023 Bike - AB - Leduc to Camrose | Rick Nelson | \$23,388 |
| Copper Pedalers | 2023 Bike - BCY - Cowichan | Jacobus Zwaan | \$22,668 |
| TransCanada Turbines | 2023 Bike - AB - Airdrie to Olds | Casey Giovanetto | \$22,200 |
| SuperSPotes | 2023 Vélo - QC - Mauricie | Vanessa Lachance | \$21,568 |
| Triumph 2L Revolution | 2023 Bike - ONT - Grand Bend to London | Leah Michelle Conley | \$21,448 |
| The MS Fits | 2023 Bike - NAT - Canada-Wide | Steve Dobronyi | \$21,219 |
| Greatful Tread of Canada Life | 2023 Bike - MB - Gimli | Marc Mcdonald | \$21,085 |
| Gluteus to the Maximus | 2023 Bike - ONT - Ottawa to Brockville | Fern Landry | \$20,819 |

TOP 100 TEAMS ACROSS CANADA

| Team Name | Event | Team Captain | Fundraising Total |
|----------------------------|--|----------------------|-------------------|
| MSfits | 2023 Bike - AB - Leduc to Camrose | Bev Famulak | \$20,519 |
| SG Front Forks | 2023 Bike - AB - Hinton | Travis Hawryluk | \$20,027 |
| Zena's Warriors | 2023 Bike - NAT - Canada-Wide | Wanda Bouchard-barry | \$19,550 |
| Cycleholics | 2023 Bike - ATL - Annapolis Valley | Nancy Comeau | \$18,645 |
| Barbie's Believers | 2023 Bike - AB - Leduc to Camrose | Alli Leithoff | \$18,470 |
| Team Stein Club | 2023 Bike - ONT - Grand Bend to London | Gus Kailis | \$17,649 |
| Bionic Spinners | 2023 Bike - AB - Leduc to Camrose | Karla Bitzer | \$17,086 |
| Easy Riders | 2023 Bike - BCY - Fraser Valley | Patricia Wilson | \$16,866 |
| MS Goldfish | 2023 Bike - BCY - Fraser Valley | Nance Bass | \$16,463 |
| C&C Realty MSeries | 2023 Bike - SK - Waskesiu | Brennan Zurowski | \$16,333 |
| The Spokespeople | 2023 Bike - AB - Leduc to Camrose | Milan Djumic | \$16,165 |
| Out Spoke'n | 2023 Bike - BCY - Fraser Valley | Denise Begg | \$15,601 |
| Journey for Jani | 2023 Bike - ONT - Grand Bend to London | Marie O'Neil | \$14,914 |
| La famille roulante | 2023 Vélo - QC - Mauricie | Jeanne Laverdière | \$14,366 |
| Alberto-sore-asses | 2023 Bike - AB - Leduc to Camrose | Sandy Hoye | \$14,227 |
| MyélinisAction | 2023 Bike - ONT - Ottawa to Brockville | Christian Choquet | \$13,489 |
| Re-MILEinators | 2023 Bike - AB - Leduc to Camrose | Lena-marie Voelker | \$13,466 |
| La Patrouille SP | 2023 Vélo - QC - Mauricie | Christian Gagnon | \$13,260 |
| Linda's Life Savers | 2023 Bike - ONT - Grand Bend to London | Ernie Raftis | \$12,919 |
| Al's Angels | 2023 Bike - MB - Gimli | Kerri Gaminek | \$12,829 |
| Carnot Cyclists | 2023 Bike - AB - Airdrie to Olds | Glen Macinnis | \$12,816 |
| The Parker Peloton | 2023 Bike - NAT - Canada-Wide | Julia Williams | \$12,760 |
| Frank's Army of Numbasses | 2023 Bike - AB - Leduc to Camrose | J Louis Baillargeon | \$12,729 |
| Chain Gang | 2023 Bike - ONT - Ottawa to Brockville | Sandra Zagon | \$12,645 |
| Battered Piles | 2023 Bike - AB - Leduc to Camrose | Paul Carter | \$12,509 |
| Wheelie Awesome Bikers | 2023 Bike - ONT - Ottawa to Brockville | John Chafe | \$12,468 |
| Chariots of Tire | 2023 Bike - AB - Leduc to Camrose | Elena Dreger | \$12,273 |
| No MS'in Around | 2023 Bike - AB - Leduc to Camrose | Laura Ung | \$12,211 |
| The Spin Cycle | 2023 Bike - ONT - Ottawa to Brockville | Marcel Lafontaine | \$11,959 |
| SKOBIKN | 2023 Bike - MB - Gimli | Brett Bourne | \$11,748 |
| Des's Team | 2023 Bike - AB - Leduc to Camrose | Patrick Potvin | \$11,552 |
| Get er done for Marty | 2023 Bike - ONT - Grand Bend to London | Donna Black | \$11,516 |
| We Got Nerve | 2023 Bike - SK - Waskesiu | Charlotte Dubkowski | \$11,458 |
| Nav Canada Chain Gang | 2023 Bike - AB - Leduc to Camrose | Gavin Van kuppeveld | \$11,341 |
| Co-heart | 2023 Vélo - QC - Mauricie | Diego Mena martinez | \$11,257 |
| Team Addison | 2023 Bike - BCY - Cowichan | Dave Macmurchie | \$11,041 |
| Batty Bikers | 2023 Bike - BCY - Cowichan | Kendra Acton | \$10,897 |
| Peters Pedalers Plus | 2023 Bike - SK - Waskesiu | Peter Peters | \$10,861 |
| Wheelie Awesome Live Wires | 2023 Bike - ATL - Annapolis Valley | Derek Fong | \$10,797 |
| Cycloners for MS | 2023 Bike - ONT - Grand Bend to London | Steve Slater | \$10,715 |
| MS Derailleurs | 2023 Bike - BCY - Cowichan | HEATHER Armstrong | \$10,562 |
| Celtic Tigers | 2023 Bike - ONT - Ottawa to Brockville | Aileen Comerton | \$10,485 |
| A Few Spokes Short | 2023 Bike - AB - Hinton | Meredith Yeo | \$10,470 |
| SHIFT Accessibility | 2023 Bike - AB - Airdrie to Olds | Josh Peill | \$10,428 |
| The Donna's | 2023 Bike - AB - Hinton | Amy Olson | \$10,333 |
| NoBreaks | 2023 Bike - AB - Airdrie to Olds | Kai Honby | \$10,312 |
| NACG Dirt Diggers | 2023 Bike - AB - Leduc to Camrose | Matthew Freund | \$10,275 |
| Miles for Smiles | 2023 Bike - BCY - Fraser Valley | Allen Booth | \$10,267 |
| Beers N Gears | 2023 Bike - ONT - Grand Bend to London | Kate Schieman | \$10,211 |
| Spokes People | 2023 Bike - AB - Airdrie to Olds | Dixie Le Vesconte | \$10,153 |

COWICHAN

SCHEDULE AT-A-GLANCE

SATURDAY JULY 13, 2024

Start Line & Finish Line – Queen Margaret’s School, 660 Brownsey Ave, Duncan, BC V9L 1C2

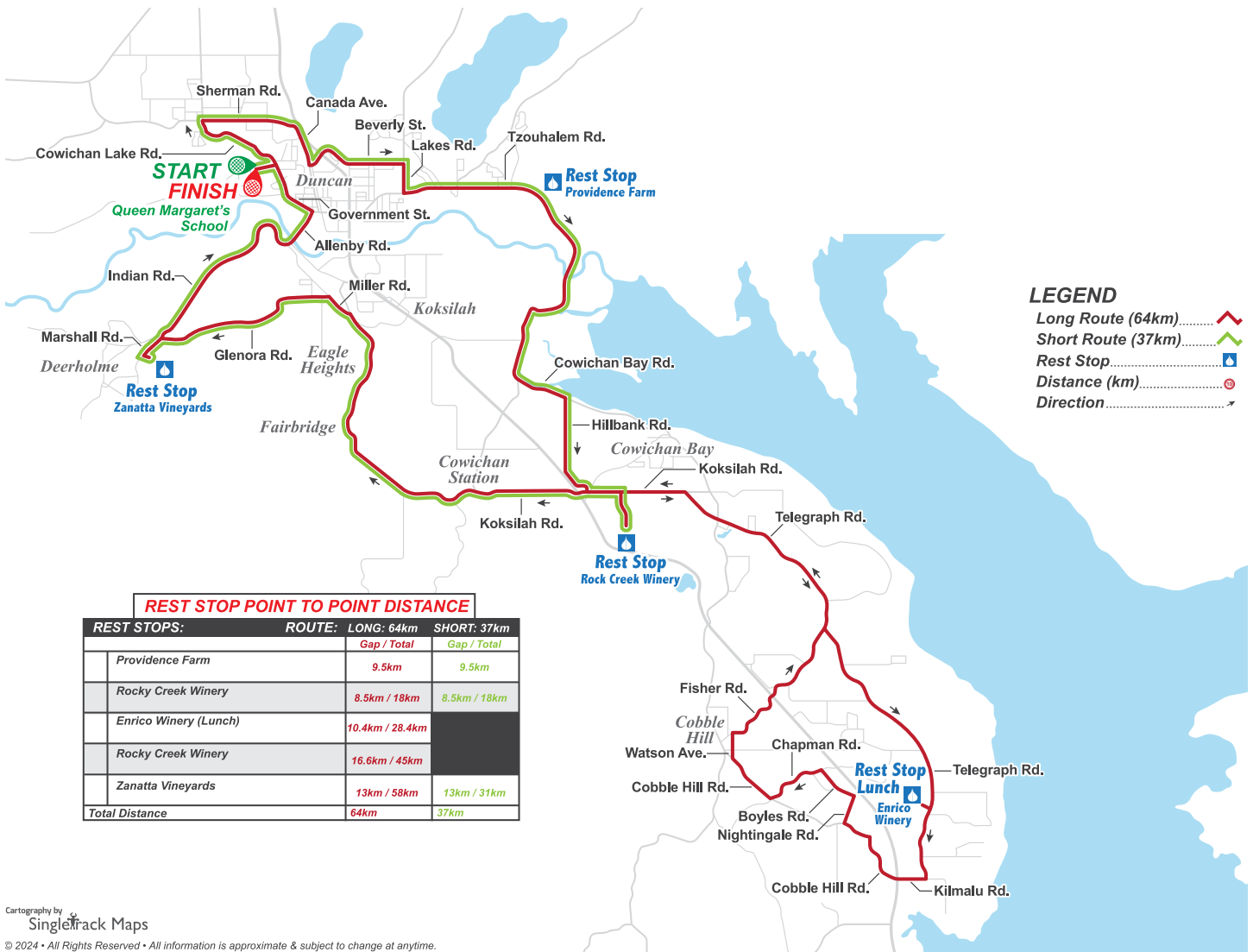
| | |
|-------------------|--|
| 8:00 am - 9:30 am | Start Line & Grounds Open |
| 8:30 am | Check-In, pledge drop-off, apparel pick-up & light breakfast |
| 9:30 am | Opening Ceremony Begins |
| 10:00 am | Tour Starts (LONG ROUTE) |
| 10:30 am | Tour Starts (SHORT ROUTE) |
| 12:00 Noon | Beer Gardens Open (Bring ID and Cash)** |
| 12:00 Noon | Yard games, team photos, and socializing |
| 1:00 am - 4:00 pm | BBQ for all Cyclists (extra tickets available for \$10 donation) |
| 4:00 pm | Beer Gardens Close |

**Last Call @ 3:00pm

Don't forget to receive your medal when you cross the finish line!

ROUTE MAP

Saturday • July 13, 2024



Cartography by Singletrack Maps
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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 Canada 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](https://www.cyclingmagazine.ca)** to learn more training tips to achieve your fitness goals.



EVENT DAY SUPPORT

When you participate in MS Bike, we've got you covered! The following services are provided on event day to registered cyclists wearing the event cyclist bibs:

REST STOPS

Optional rest stops are available every 10-30 kilometres so you can take a break when needed. Each rest stop has a bike mechanic, portable toilets, first aid, snacks and refreshments.

BIKE MARSHALS

Bike Marshals are MS Bike participants who have volunteered to help cyclists along the route. They can change a flat, provide basic first aid or contact a SAG vehicle. Bike Marshals are identified by their green bibs.

FIRST AID

Trained first aiders are available throughout the route to help all participants. If you need assistance, do not hesitate to ask. In case of an emergency, please call 911.

SAG VEHICLES

Support and gear (SAG) vehicles drive the route between rest stops to help cyclists with flat tires, basic first aid, or to drive them to the closest rest stop or finish line for more help.

To signal a SAG vehicle driver, follow these steps:

1. Move safely off the road and out of the path of other cyclists.
2. Dismount and stand near your bike.
3. Remove your helmet and wave it at the SAG vehicle.

BIKE MECHANICS

The start line and rest stops will have bike mechanics from Experience Cycling available for basic repairs. However, we recommend you visit Experience Cycling before the ride to ensure your bike is in top condition.





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 research into MS treatments and, ultimately, a cure.

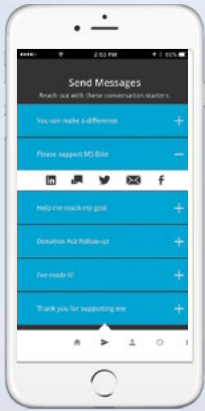
As a construction leader with a vision for the future of our industry and our country, PCL focuses on solving problems and finding solutions. As a community-focused company motivated by health and wellness, PCL employees are excited to get out, have fun and give back to the community while getting fit.

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 DonorDrive 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. [App Store](#) | [Google Play](#)



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Stay up to date on all things cycling with an **exclusive discounted subscription to Canadian Cycling Magazine**. Get a special MS Bike rate of \$12.95 for a year's subscription (6 issues) and read expert reviews of bikes, gear, apparel, and electronics, as well as features on training, nutrition, destinations and Canadian events like MS Bike.



GO THE DISTANCE. MAKE A DIFFERENCE— FROM ANYWHERE.

- Log into your Participant Centre to access fundraising resources and track your progress.
- Get fundraising tips and learn about rewards.
- Visit your MS Bike event page for up-to-date event information.

DO YOU RECEIVE OUR EMAILS?

News updates are sent out regularly to keep you informed. If you haven't received information, contact us at msbike@mscanada.ca.

To ensure you receive the most up-to-date information about MS Bike, log into your Participant Centre and update your email address.



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