



**MS BIKE**

Waskesiu

# 2024 CYCLIST **HANDBOOK**

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.



# 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 [mscanada.ca](https://mscanada.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](mailto: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](http://primalwear.com/msbike)

# 2023 TOP FUNDRAISING LEADERS

## TOP 10 PARTICIPANTS – MS BIKE – WASKESIU

Cyclist	Fundraising Total
Mike Staines	\$15,040.00
Brennan Zurowski	\$13,671.35
Barbara Kessler	\$12,911.95
Tracey Wahba	\$7,304.50
Jordan Clouthier	\$6,745.00
Peter Peters	\$6,209.70
Darlana Lee	\$5,699.51
Les Ferguson	\$5,484.35
John Dunlop	\$3,583.95
Charlotte Ward	\$3,345.65

### 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 – WASKESIU

Team	Team Captain	Fundraising Total
PCL Construction	Todd Thorn	\$39,627.03
My Butts Eh-King	Lucas Kessler	\$32,695.43
Bipa Riders	Dan Craig	\$31,257.71
The Remyelinators	Tracey Wahba	\$23,876.60
C&C Realty MSeries	Brennan Zurowski	\$16,332.55
We Got Nerve	Charlotte Dubkowski	\$11,457.50
Peters Pedalers Plus	Peter Peters	\$10,860.60
Bike Buds	Max Kindrachuk	\$8,500.80
Team Air Ambulance	Renee Tetu	\$6,741.23
Horndoggers	Doug Horn	\$6,367.95

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 Waskesiu). 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](mailto: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

# WASKESIU

## SCHEDULE AT-A-GLANCE

**FRIDAY, SEPTEMBER 13, 2024**

### **Waskesiu Community Hall**

5:30pm – 8:30pm      Advanced Cyclist Check-In

**SATURDAY, SEPTEMBER 14, 2024**

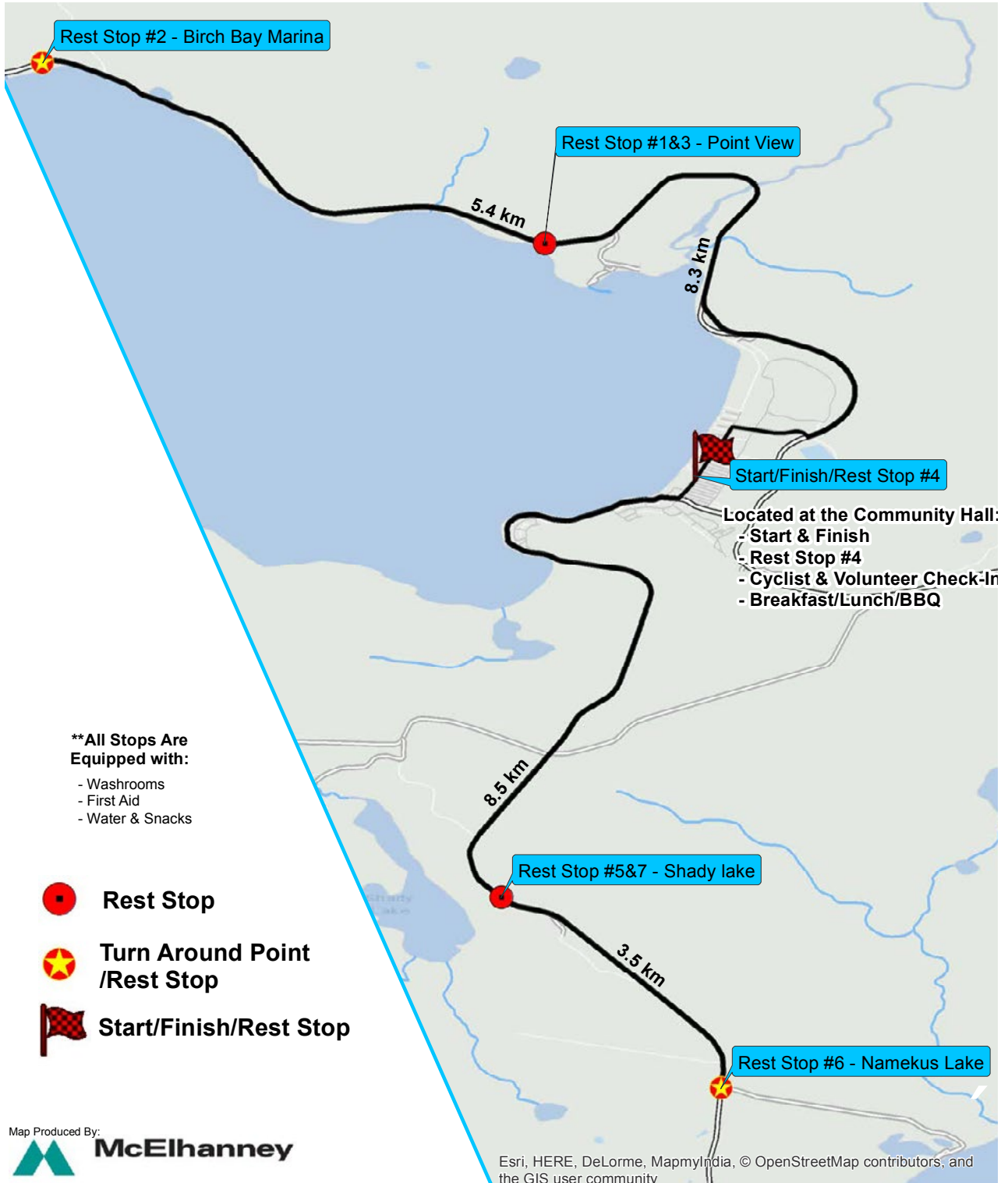
8:30am	MS Bike Kickoff Check-in Light Continental Breakfast
8:45am	Team Photo Club 1000 Photo
10:00am	Opening Ceremony and Kickoff MS Bike Begins
11:00am – 1:30pm	Lunch (plan your stops and pace accordingly)
2:30pm	Challenge option closes. All cyclists doing the challenge route must be on route
1:30pm – 4:30pm	Rider Village Activities Finish Line Celebrations Beer Gardens Team Tents Music, Games & Snacks
4:15pm	Route closes
4:30pm	Dinner begins
5:00pm	Closing ceremonies
5:30pm	Last call for alcohol
6:00pm	Bar and Hall close

### **Waskesiu Community Hall**

Waskesiu Drive  
Waskesiu Lake, SK S0J 2Y0

# ROUTE MAP

Saturday • September 14<sup>th</sup>, 2024



# 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.

## 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.

## BIKE MECHANICS

The start line and rest stops will have bike mechanics from Bike Doctor available for basic repairs. However, we recommend you visit your local bike shop before the event to ensure your bike is in top condition.

## SAG VEHICLES

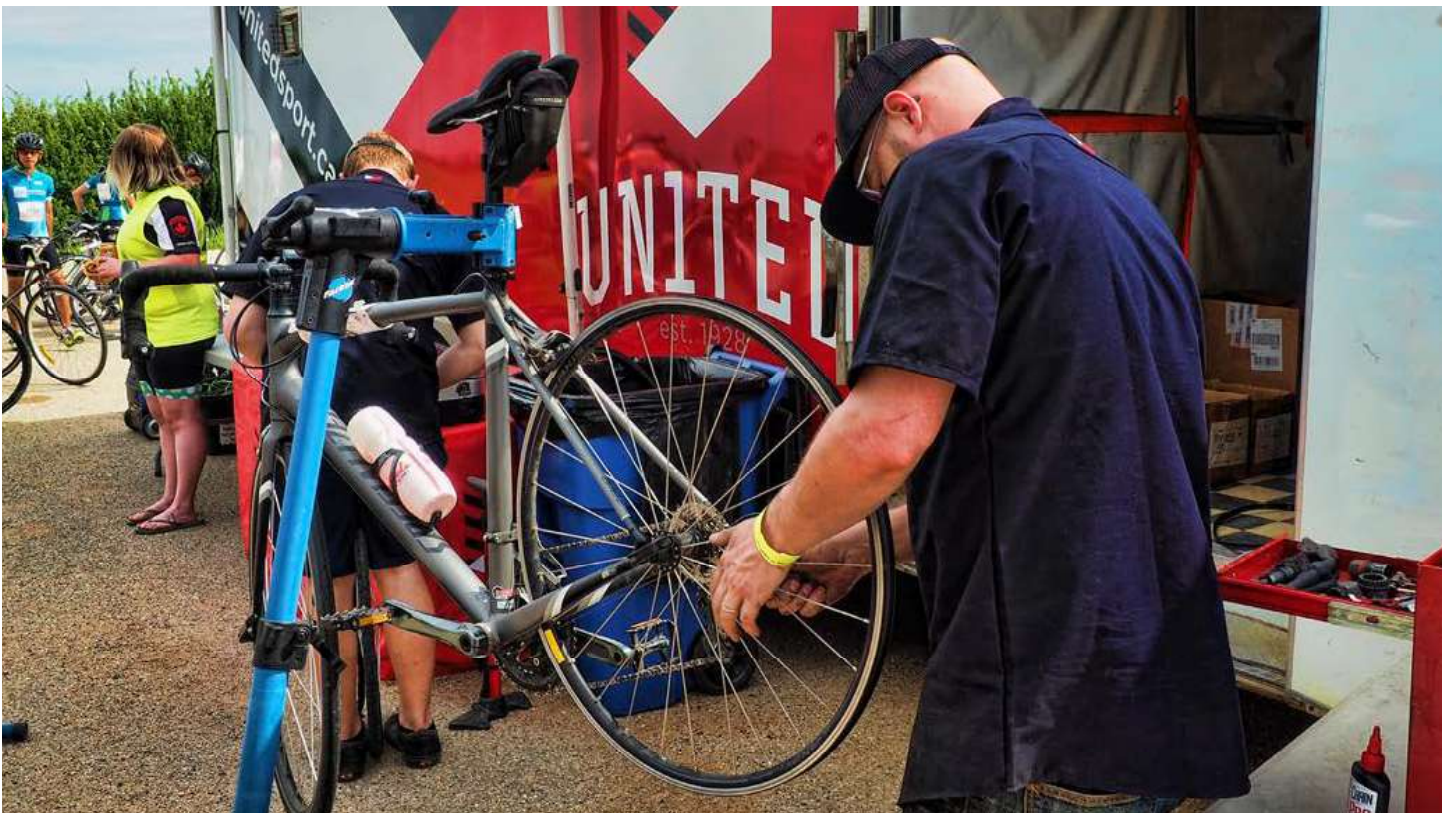
Support and gear (SAG) vehicles drive the route between rest stops to help cyclists with flat tires, basic first aid, or to drive them to the closest rest stop or finish line for more help.

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.

## RIDER INFORMATION LINE

This automated line will be active on September 14 and is your key to access all essential tour information, including requests for first aid and SAG vehicle support. Keep it handy during the tour weekend for quick and convenient answers to all your MS Bike questions! **(306) 840-8300**.





## 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.

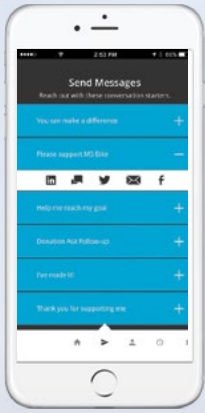
As a construction leader with a vision for the future of our industry and our country, PCL focuses on solving problems and finding solutions. As a community-focused company motivated by health and wellness, PCL employees are excited to get out, have fun and give back to the community while getting fit.

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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LET US  
ANSWER  
ALL YOUR  
CYCLING AND  
TRAINING  
QUESTIONS

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(and save over 38%)!

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](mailto: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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