

# *Don't just ride, Bike MS*

BIKE MS: RIDE ACROSS MINNESOTA

» RIDE TOWARD A WORLD FREE OF MS



## **RIDER GUIDE**

» JULY 15–20, 2018

**bike**

**MS**<sup>®</sup>

**2018**

Ride Across Minnesota

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Maple Grove ■ [maplegrovecycling.com](http://maplegrovecycling.com)

### TONKA CYCLE & SKI

Minnetonka ■ [tonkacycleandski.com](http://tonkacycleandski.com)



Early and ongoing treatment with an FDA-approved therapy can make a difference for many people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at [nationalMSSociety.org](http://nationalMSSociety.org).

# WELCOME TO THE RIDE ACROSS MINNESOTA



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## CHECK-IN

### CHECK-IN OPTIONS

#### FIVE-DAY RIDE

**Check-in begins Sunday, July 15th** at  
Gorman Park, 511 S. 5th St., St. Peter, MN

**Ride begins on Monday, July 16th**

Camping is available on Sunday at Gorman Park, starting at 1 p.m.  
Check-in will run from 4-6 p.m. on Sunday, with announcements at 7 p.m.  
Additional check-in will begin Monday from 6:30-7:30 a.m.

#### THREE-DAY RIDE - OWATONNA, MN

Check-in on Tuesday evening from 5:30-6:30 p.m.  
and Wednesday morning from 6:30-7:30 a.m.  
Riders must be on the route by 8:00 a.m

### HERE'S WHAT WILL HAPPEN AT CHECK-IN

- Turn in any money or matching gift forms you've collected that haven't already been submitted. (See page 19 for information about turning in cash or check donations.) Be prepared with cash, check or credit card to pay your remaining balance at check-in.  
**You will not be able to participate without confirmed donations totaling your required minimum of \$300.**
- Collect your rider packet. The packet includes a wristband, which must be worn all week long, a bike frame number and three luggage tags.
- Receive your event T-shirt.
- Riders under age 18 must have a minor waiver signed by parent or guardian (notary no longer required).

### AFTER CHECK-IN

- If you raised \$1,000 or more, head to the Hoopla Tent for some special perks.
- Put on your wristband, bike frame number and luggage tags.
- Sunday is a hang-out day. You won't be riding immediately.

### UNDERAGE RIDER POLICY

All riders must be at least 12 years of age and accompanied by an adult at least 21 years of age or older. Youth riders must have a release form completed with a parent or legal guardian's signature. Visit the Ride Across Minnesota web page at [bikeMS.org](http://bikeMS.org). "Youth Riders" is under "About This Ride".

## LUGGAGE

Each rider is allowed three pieces of luggage for the duration of the event. When you check in, you'll be given three luggage tags with numbers that correspond to your wristband number. Luggage bags have a weight limit of 35 pounds. If you have trouble carrying it, lighten the load. Remember the volunteers are loading and unloading more than 2,000 bags every day.



Before you start riding each morning, pack your bags and drop them off at the designated areas. Volunteers load them on the trucks, drive them to the next host town and unload them. Your bags will be waiting for you when you arrive.

## MEALS

Participants are responsible for purchasing their own meals throughout the week. Each host town will provide several options for dinner, including vendors in the parks, shuttles to restaurants or a meal at a church or other local organization. The average rider will spend between \$20 and \$25 a day on food.

While on the route, the National MS Society will provide riders with fruit, water, granola bars and other snacks. Riders will also receive a finish line meal on Friday.

## SHOWERS

Shower trucks will be available in each host town free of charge. Some towns may offer alternative showers for a fee.

## TRAILERS

Bike trailers or carriers are NOT allowed on the route.

## WEATHER



Bike MS events go on rain or shine. We will announce the most up-to-date weather conditions each evening during our

announcements at 7:00 p.m. Official weather reports are provided by Schneider Electric. Please seek shelter immediately if you encounter severe weather while riding.

# RIDE DETAILS

## ROUTE AND REST STOP INFORMATION

Bike MS: Ride Across Minnesota is a three- or five-day bicycling adventure that covers approximately 180 miles (three-day option) or 300 miles (five-day option).

The route is signed and supported for the duration of the event. The National MS Society does its best to provide rest stops every 10–15 miles, where you can get fruit, water, Gatorade and snacks. First aid and bike mechanics are also available at every rest stop. All support along the route is provided by volunteers. Show them the appreciation and respect they deserve!

The ride officially begins at 6:30 a.m. each day. **Riders must be on the route by 8 a.m.** Based on daily mileage, the route closes at 4 p.m. or when the last rider is in, if earlier than 4 p.m. Participants riding outside the designated hours are not guaranteed full route support. Riders unable to finish the day's mileage by route close will be asked to take a support van to the end of the route.

## ROUTE MARKINGS AND SUPPORT

While you ride, you should only be concerned about two things: having fun and riding safely. While on the route, follow the orange arrows every pedal of the way. You'll see our route signs at each turn and even on straightaways.

Several volunteer groups will support you during your adventure. These groups help provide intersection safety, first aid, communications support and more. Other important people to keep a look-out for are listed on the next page!

Check out [bikems.org](http://bikems.org) or call 612-335-7900 if you or someone you know is interested in volunteering for a route support group.

To get additional route information, visit [riderhelpline.info](http://riderhelpline.info) on your smartphone's web browser.

## MOTORCYCLE ESCORTS

Motorcycle escort volunteers monitor and guide cyclist traffic but are not permitted to stop or direct car traffic. They ride motorcycles and wear safety vests, so you can't miss them.



## BIKE SHOP MECHANICS

Bike mechanics are available at the start of each day, at all rest stops during the day and in the host town at the end of each day. We encourage you to have your bike inspected before the ride so serious problems can be fixed before the event. See page 2 for a list of participating bike shops.



## SAG VAN DRIVERS

Just can't push another pedal? Look for support and gear (SAG) vans and give the thumbs down signal to be picked up. You and your bike will be transported. NOTE: The trip to the finish line is not always direct. Be patient as we pick up other cyclists. If you only want a ride to the next rest stop, let the driver know. You can also use [riderhelpline.info](http://riderhelpline.info) to request a SAG.

## PERSONAL SUPPORT VEHICLES

Personal support vehicles are not permitted on the route. Please understand the need to reduce vehicular traffic for your safety. We can provide off-route directions between rest stops and alternate parking locations, if needed.

## TEAM AWARDS AND PHOTOS

Best team T-shirt will be judged Tuesday; best team poem will be judged Wednesday; and best team song will be judged Thursday. Sign up at the information booth at host towns. Team competition schedule is subject to change.

## ROUTE PHOTOS

Remember the fun and challenge of Bike MS: Ride Across Minnesota! Photos from participants, volunteers, and staff will be shared in an album on our Flickr page – <https://www.flickr.com/photos/nationalmssociety>.

## LOST AND FOUND

Check the information booth in each town or call 855-372-1331 after the ride. Items not claimed by Aug. 31 will be discarded. A lost and found submission form will be available on the Event Updates page of the website.

## TIPS FOR ROOKIE RIDERS

Bike MS is not a race! This event is geared toward riders age 12 or older who are able to maintain an average speed of 10 miles per hour and understand and obey the rules of the road for safe biking.

It's never too early to start fundraising. Each rider is responsible for a minimum of \$300 in donations, which is due by your check-in day.

### HELPFUL TIPS FOR FIRST-TIME RIDERS

- The most important thing on your bike is a properly fitted saddle. Spend some time in it to make sure it's the one you want to be sitting on for 25 or more hours throughout the week.
- Most riders start on the route before 7:30 a.m. **Riders must be on the route by 8 a.m.**
- The speed of our riders averages from 10 to 18 mph. Don't feel like you need to go faster than you're comfortable with; there are riders of all speeds on this event.
- The longest lines for showers are usually between 1 and 3 p.m.
- Bring plastic bags for your wet gear (swimsuits, towels, etc.).
- You may want to bring a credit card and blank checks with you in case the worst happens and you need some major repair on your bike during the event.
- The bike mechanics come prepared with almost everything you could possibly need. If you forget a water bottle or one of your spokes breaks, see the bike mechanics!
- Your family and friends can join you for the lunch buffet at the finish line on Friday for \$10.
- On the trail, have sunscreen, bug spray, tissues and eye drops readily accessible.
- Each host town provides information about the town and evening opportunities. Keep a look-out for fliers, magazines, etc., when you arrive in each town at the information booth.
- Shuttle bus schedules will vary in each town.
- As always, Bike MS staff are available to answer any questions or concerns you might have at [FundraisingSupport@nmss.org](mailto:FundraisingSupport@nmss.org) or 855-372-1331.

# PACKING LIST

## CHECK-IN MATERIALS

- Additional donations
- Waiver (if not already completed)
- Matching gift forms (if applicable)

## CYCLING GEAR

- Helmet (required)
- Rearview mirror
- Two water bottles
- Spare tubes and patch kits
- Mini air pump
- Tool kit/repair kit
- Cycling shoes
- Padded cycling shorts
- Rain gear
- First aid kit

## PERSONAL ITEMS

- Toiletries
- Medications (pain reliever, prescriptions)
- Sunscreen and lip balm
- Insect repellent
- Sunglasses
- Flashlight
- Orange gear to wear on the route!
- Towel and washcloth
- Identification cards (driver's license, insurance cards)
- Spending money
- Camera
- Garbage bags** (use them to line your bag in case of rain)
- Phone charger

## CAMPING/SLEEPING GEAR (if desired)

- Waterproof tent
- Sleeping bag
- Sleeping pad or air mattress
- Small pillow
- Sleeping mask
- Ear plugs

## ANYTHING WE MISSED?

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# ROUTE AND OVERNIGHT

The ride officially begins at 6:30 a.m. each day. Riders must be on the route by 8 a.m.

## SUNDAY, JULY 15

### **St. Peter, MN - Park opens: 1 p.m.**

■ Check-in- 4-6 p.m.

■ Announcements: 7 p.m.

*Make sure to join us for exciting news about events and host town features throughout the week!*

### **St. Peter - Gorman Park**

Five-day riders will start and finish in St. Peter. The City of St. Peter was incorporated in 1873 and is located approximately 60 miles south of Minneapolis/St. Paul in the beautiful Minnesota River Valley. Our city has a population of over 11,400 and was originally intended to be the state capital. As the legislators were preparing to vote on the location of the capital, Joe Rolette stole the bill that would have named St. Peter as capital and he hid with it until after the legislature voted for St. Paul.

Even though St. Peter was not named the capital, visitors can see how our founding fathers planned for that designation by platting extra wide streets in town. In addition, the capital building would have been located in Minnesota Square Park.

For more information contact the St. Peter Chamber of Commerce at 507-934-3400 or [www.stpeterchamber.com](http://www.stpeterchamber.com).

## MONDAY, JULY 16

### **St. Peter to Northfield: 49 Miles**

■ Rest stops: Cleveland, Le Center, Montgomery, Millersburg

■ Route closes: 4 p.m.

### **Northfield - Bridgewater Elementary School**

Northfield is so excited to host Ride Across Minnesota! Our historic downtown and beautiful parks - as well as the Carleton College Cowling Arboretum - are among a few of the highlights you can explore and enjoy. During your stay we have also planned a special re-enactment of the James-Younger Gang Bank Raid! We can't wait to show you this 30 minute production with authentic 1876 costumes.

Please note that the James-Younger Gang does re-enact the raid with Horses and Pistols and the Towns People are also armed. They will be discharging blank rounds of ammunition during the raid re-enactments. Please take necessary precautions with children and pets.

For more information contact the Northfield Convention & Visitors Bureau at 800-658-2548 or [www.visitingnorthfield.com](http://www.visitingnorthfield.com)

**TUESDAY, JULY 17****Northfield to Owatonna: 56 miles**

- Rest stops: Nerstrand, Moland, Medford
- Route closes: 4 p.m.

**Owatonna – Steele County Fairgrounds**

First settled in 1853, Owatonna is a beautiful tree-filled city built on the shore of the Straight River. Explore the tasty food, unique architecture, historic downtown, and beautiful parks. Step back in time while you discover the National Farmers' Bank, designed by architect Louis Sullivan. Learn the story of the Minnesota State Public School for Dependent and Neglected Children, where the only known Orphanage Museum in the nation now stands. Discover what life was like for the settlers of Owatonna at the Village of Yesteryear. Enjoy 175 miles of trails and over 700 acres of parkland. No matter what you are interested in, Owatonna can accommodate!

For more information contact the Owatonna Area Chamber of Commerce & Tourism at 800-423-6466 or [www.visitowatonna.org](http://www.visitowatonna.org)

**WEDNESDAY, JULY 18****Owatonna to Waseca: 61 miles**

- Rest stops: Waterville, Elysain, Janesville
- Route closes: 4 p.m.

**Waseca – Clear Lake Park**

Incorporated as a village in 1868, Waseca serves as the county seat of Waseca County and a vital part of its heritage. “Waseca” is a Dakota Indian word meaning “rich in provisions.” Waseca’s main street is lined with storefronts that years ago provided patrons with hitching posts for horses. Historic homes peek from behind stately, century-old trees. Quiet streets wrap around city parks and ball fields while the 1897 Courthouse still stands proudly as a reminder of our city’s early beginnings.

As our community grows, so do our cultural opportunities. Our community is blessed with the abundant natural beauty of our lakes, a nature reserve, a vibrant main street, and stately historic homes. In this setting, the arts and humanities are flourishing.

For more information visit Discover Waseca Tourism at [www.discoverwaseca.com](http://www.discoverwaseca.com), or contact the Waseca Area Chamber of Commerce at 507-835-3260.

## THURSDAY, JULY 19

### Waseca to Mankato: 68 miles

- Rest stops: Wilton, Waldorf, Alma City, Beauford, Good Thunder
- Route closes: 4 p.m.

### Mankato - Land of Memories Park

Once called Mahkato, from the Dakota word meaning ‘greenish blue earth’, Mankato is renowned for great parks and trails. Rivers, lakes, ravines, bluffs, natural prairies and forested areas offer breathtaking landscapes and provide a scenic backdrop for an area steeped in historic significance.

The city blends activities for all ages and interest levels. Recreational opportunities abound in the Mankato area, while walking tours exist for public art, history, and more.

For more information contact Visit Greater Mankato at 507-385-6660 or [www.visitgreatermankato.com](http://www.visitgreatermankato.com)

## FRIDAY, JULY 20 — THE FINISH!

### Mankato to St. Peter: 48 miles

- Rest stops: Rapidan, Lake Crystal, Nicollet
- Route closes: 2 p.m.

Participants will complete their day with a finish line meal, photos, and more! Cyclists who rode the three-day route will board a bus to return to Owatonna.

## OVERNIGHT ACCOMMODATIONS

After a long ride, you’ll need someplace to freshen up and rest your weary head. Below are your lodging options for Bike MS: Ride Across Minnesota 2018.

### INDOOR/OUTDOOR CAMPING

We are fortunate to have ample camping space for all those who wish to spend the evening under the stars. Host towns provide an RV parking area without hook-ups. Remember, if you’re bringing your own camping gear, you can only have up to three pieces of luggage.

### HOTELS

Shuttle buses will be provided to and from the hotels listed on the website. If you choose to stay in a different hotel, you must arrange your own transportation. Hotel accommodations are the riders’ responsibility.

### SHUTTLE SERVICE

Shuttle service is provided to local restaurants and hot spots. Riders will be charged a small fee for shuttle passes which will be available at the information booth in each host town.

# CHANGING THE WORLD FOR PEOPLE WITH MS

Collectively, Bike MS and other fundraising efforts have helped accelerate research breakthroughs that change lives and will end MS forever.

- We are increasing investments in wellness research, including diet, exercise and complementary and alternative therapies.
- The National MS Society funds more research than any other MS organization in the world and is recognized as the catalyst for all major advancements in MS.
- MS activists work to ensure people with MS have access to treatments, information and support to make the best decisions for themselves and their families.
- There are more therapies specifically approved for treating and managing MS, and more potential MS therapies in development today than at any other time in history.
- MS is more quickly diagnosed, enabling early and sustained therapy to slow disease activity.
- Scientists are making breakthroughs in identifying risk factors that can increase a person's susceptibility to MS, which will help lead to ways to prevent the disease.
- Through Bike MS, you're helping to accelerate progress and connect people to the solutions they need to live their best lives — right here in the Upper Midwest and all across the nation.



## TEAM UP

### WHAT MAKES A TEAM?

A team is made up of four or more people who share a commitment to the MS movement or just a love of cycling, or both! Teams come in all shapes and sizes — anywhere from four to 400 people.

### WHY FORM A TEAM?

Riding Ride Across Minnesota is a pretty amazing experience, and doing it with friends, family or co-workers makes it 10 times better. With teammates at your side, you'll raise more money and have more fun — from the time you register to the moment you cross the finish line.

### FORMING A TEAM IS EASY

Designate a team captain, make up a fun team name, and when you register online for Bike MS: Ride Across Minnesota, choose the option “Create a new team.” If you want to register with a team that’s already been created, click “Join an existing team.”

If you’re already registered as an individual rider and would like to form a new team, call 855-372-1331. Or, if you don’t have anyone to ride with you, we can help match you with a team.

## VOLUNTEER

Each year, thousands of people help move us closer to a world free of MS by volunteering at National MS Society events. If your friends and family members aren’t participating in the event, invite them to lend a hand by volunteering. Volunteers receive the Friday finish-line meal, a volunteer T-shirt and are invited to stay at the overnight sites free of charge. There is a volunteer position for everyone. For more information or to sign up, visit [bikeMS.org](http://bikeMS.org), or call 612-335-7900.



### VOLUNTEER OPPORTUNITIES INCLUDE:

- |                       |                          |
|-----------------------|--------------------------|
| Intersection safety*  | Food service             |
| Loaders/unloaders*    | Ride marshals*           |
| Set-up/tear-down      | Massage therapists       |
| Check-in              | Truck drivers*           |
| Motorcycle escorts*   | Route markers*           |
| Photographers         | Support and gear drivers |
| Parking assistants*   | HAM radio operators*     |
| First aid*            |                          |
| Rest stop assistants* | *=greatest need          |



## FUNDRAISING PRIZES

### **EACH RIDER IS REQUIRED TO COLLECT AND SUBMIT A MINIMUM OF \$300 IN DONATIONS.**

Prize selections will be made following the event and are based on money turned in on or before Aug. 29, 2018. Prize levels begin at \$500.

The National MS Society offers prizes to reward you for your amazing fundraising efforts. Prize selections include bike shop gift certificates, a ride-exclusive Jersey, and other Bike MS gear. Riders who qualify for prizes will receive an e-mail with prize redemption information in the weeks following the fundraising deadline.

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### **CHOOSE “MISSION FIRST” FOR YOUR PRIZE**

The Mission First Club is for those who choose to waive their prize and direct those funds back to our mission. To join, simply choose Mission First on your prize selection form, and instead of receiving a prize, you'll receive the satisfaction of knowing those dollars are advancing the mission of the National MS Society. Riders who choose this option and raised over \$500 can purchase a 2018 Ride Jersey for \$45 by contacting Alissa Groff ([alissa.groff@nmss.org](mailto:alissa.groff@nmss.org)).

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### **RAISE \$5K, EARN THE BIKE MS PASSPORT**

Cyclists who have raised at least \$5,000 at Bike MS are eligible to become a member of the elite National Bike MS Passport Program, a special club for top fundraisers across the country. Passport Program members have the opportunity to ride in any other Bike MS ride without needing to meet the fundraising requirement.

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### **HOOPLA TENT**

Anyone who raises \$1,000 or more by event day gains access to the Hoopla Tent at check-in Sunday in St. Peter or Wednesday morning in Owatonna. Stop here after you check in for some extra-special perks. If you haven't received your Golden Gears jersey, we'll have it for you at the Hoopla Tent.

## FUNDRAISING CLUBS

It's a good feeling knowing every dollar you raise makes a difference in the lives of people with MS. Plus, you can join a prestigious Bike MS club. The more money you raise, the more perks you receive, so get moving — we'll help you get there!

### **GOLDEN GEARS CLUB, \$1,000**

Raise \$1,000 by event day and receive special perks on the ride. If you asked everyone you know for \$50 — only 20 people need to accept for you to reach your goal!

- Free registration for next year's ride
  - Access to the Hoopla Tent
  - Reserved port-o-potties
  - Rest stop perks at one designated rest stop per day
  - Special gold wristband to recognize you on the ride
  - Golden Gears Club jersey in your inaugural year
- 

### **VIP CLUB, \$3,000**

Raise \$3,000, and you receive all the perks of the Golden Gears Club along with other perks. Set your fundraising goal high!

- Recognition on route
  - VIP jersey in your inaugural year
  - Special VIP wristband to recognize you on the route
  - Ride any of the other three Upper Midwest Bike MS events for free; no registration fee or fundraising required
  - Dedicated Society staff to help you through the Bike MS season
- 

### **MISSION STARS CLUB, \$10,000**

This is the big ticket. You receive all the perks of the Golden Gears and VIP clubs in addition to recognition throughout the year for your tremendous fundraising efforts.

- Rest stop named in your honor
- Special Award and recognition at the Sylvies Awards Banquet in 2019



## 2017 TOP FUNDRAISING TEAM

**Krebs Cyclers, \$48,185**

**Team captain: Dudley Parsons**

## TOP FUNDRAISER

**Joann Johnson, \$19,775**



### MISSION STARS CLUB Participants who raised \$10,000 or more.

Joann Johnson	\$19,775	Diane Pittman	\$11,098
Jim Christopherson	\$14,681	Heather Tietje	\$11,045
Dudley Parsons	\$13,697	Josh Jacobson	\$10,663
Ralph Hansen	\$13,665		

### VIP CLUB Participants who raised \$3,000 or more.

John Schenk	\$8,400	Nikki Lohse	\$3,630
Dave Britz	\$7,655	Alice Miesbauer	\$3,599
Jacqueline Stafford	\$6,897	Sheila Ova	\$3,455
Karin Tellekson	\$5,240	Gregory Bistram	\$3,450
Roger Erickson	\$5,185	Annie Hutar	\$3,430
Rusel Jagim	\$5,128	Mary Enz	\$3,330
Susie Erickson	\$5,057	Cliff Tower	\$3,318
Craig Hanson	\$5,035	Howard Amidon	\$3,300
James McGree	\$4,527	Jonathan Crist	\$3,300
Lisa Hartke	\$4,520	Carol Risdal	\$3,220
Greg Anderson	\$4,366	Tom Shore	\$3,214
Susan Hooker	\$4,360	Rochelle Walberg	\$3,185
Henry Gerth	\$4,056	Donna Salisbury	\$3,100
Audrey Sumstad	\$3,955	James Mulholland	\$3,086
Daryl Arzdorf	\$3,828	James Kucera	\$3,003

# FUNDRAISING 101

## MAKE THE MOST OF ONLINE TOOLS

Invite friends and family to donate to you online and quickly reach your fundraising goals with minimal effort!

## FUNDRAISE WITH FACEBOOK!



If you haven't installed the Facebook application yet, just visit your Participant Center. Whenever you receive donations or recruit a team member, Facebook automatically sends a newsfeed update to your friends, increasing the visibility of your Bike MS fundraising efforts!

## YOUR PARTICIPANT CENTER

### How it works

Everyone who registers for Bike MS gets a Participant Center, the hub for managing online fundraising efforts. Using your Participant Center, you can edit your personal page, where friends and family can donate directly to you. You can also email donors, manage your campaign and, for team captains, follow your team's progress. To get to your Participant Center, visit [bikeMS.org](http://bikeMS.org) and log in at the top right corner.

### 1. Update your personal page.

Your personal page is the place to share your story — why you're riding and raising money. It's also the page where donors can directly donate money. It's easy to change content and upload pictures or a video. You can even keep a blog on your personal page.

### 2. Send emails to friends and family asking for their support.

Easily import contacts into your address book from other email applications such as Microsoft Outlook, Gmail or Yahoo!, or add them manually. In just a few clicks, select and send an appeal for support or a thank-you. Use a prewritten email or write your own.

### 3. Fundraise online. No cash, no checks, no hassles.

- Track your individual, ongoing fundraising progress.
- Update your fundraising goal.
- View reports on your team members' contributions.
- Send follow-up messages and thank-you emails to your supporters.

Have questions or need help with online tools? Contact us at 855-372-1331 or [FundraisingSupport@nmss.org](mailto:FundraisingSupport@nmss.org).

## FUNDRAISING TIPS AND IDEAS

- First and foremost, set a goal. Make it lofty but attainable. This motivates you, your teammates and your donors.
- Visit [bikeMS.org](http://bikeMS.org) for sample fundraising letters and more tips.
- Sell chocolate, calendars, Tupperware™, magazines or other items, with a portion of proceeds going toward your Bike MS campaign.
- On a team? Hold monthly challenges for your teammates. Prizes can be small items like socks, water bottles, special treatment on the ride, etc.
- Sell concessions at a sporting event.
- Host a barbecue or potluck lunch and ask for donations.
- Host a backyard tournament like ladder golf, bean bag toss, bocce ball or badminton.
- Contact a local grocery store and bag groceries for donations.
- Are you a computer whiz, awesome dancer or world-class chef? Offer lessons in your area of expertise in exchange for donations.
- Place a donation jar or event information at your work cubicle or desk. Make the display eye-catching and creative.
- Include a link to your personal page in your email signature.
- Use Twitter to ask for donations or recruit team members.
- If you're on a corporate team, get the entire office involved. Ask the company to donate days off or allow casual days for donations.
- Use your company's matching gifts program.
- Host a "lunch and learn" at your office, and invite National MS Society staff to present information.

## COLLECTING CASH OR CHECK DONATIONS

Please turn in cash or check donations as you receive them. Sending donations in before the event or encouraging your donors to contribute online helps save time and money.

Drop off or mail your donations to the National MS Society, 200 12th Ave. S., Minneapolis, MN 55415. Please include your name, address and event name. Do not send cash. Checks should be made out to the National MS Society. Be sure your full name and ID number (if you know it) is written on the check's memo line, which helps ensure the money is credited to the correct person.

*Thanks for signing up.  
We'll see you in July!*



*Don't just ride, Bike MS*

**RIDE TOWARD A WORLD FREE OF MS**