



It's more than a ride



BIKE MS: CAPE COD GETAWAY

JUNE 30-July 1, 2018

BIKEMSGNE.ORG

Don't just ride, Bike MS



Cape Cod Getaway
Ride 2018



Bike MS Ride Guide

Cape Cod Getaway

Saturday-Sunday, June 30-July 1, 2018

Welcome to the 2018 Bike MS Cape Cod Getaway, hosted by the National Multiple Sclerosis Society, Greater New England Chapter. The Greater New England Chapter serves nearly 21,000 individuals and their families who are affected by multiple sclerosis in five New England states: Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont. CCG is one of the chapter's largest fundraising events.

The 2017 Bike MS Cape Cod Getaway was a great success. The dedication all of you have to find a cure for MS has inspired us at the National MS Society to keep pushing and to aim high. Your fundraising truly helps the MS community by providing funding for programs, home modifications, personal care attendants, research, and more. You also help to give hope to those living with MS and their families.

We are excited to have your support this year, and we are looking forward to another fantastic Bike MS ride! Last year's Getaway raised \$2.767 million. In 2018, we are aiming higher again, with the goal of \$2.80 million and 2,000 riders. With your help, we will make it happen! For every dollar of fundraising and sponsorship raised during the Cape Cod Getaway, 84 cents goes directly to MS education, support, advocacy, services, and research.

Bike MS: Cape Cod Getaway is an opportunity to take stock of what we've accomplished together in the movement to create a world free of MS. While there is still no cure, there have been great advances in diagnosis and treatment, and in our understanding of the disease in terms of gender, genetics, immunology, nervous system repair and protection, and even pediatric MS.

As you embark on your two-day challenge in June, remember those who face the daily, lifelong challenges of multiple sclerosis. Your participation and fund-raising accomplishments are essential to enabling people with MS to continue moving forward. On behalf of the National Multiple Sclerosis Society, Greater New England Chapter, and the thousands living with MS, thank you.

Here's to a great 2018!

A handwritten signature in black ink, appearing to read "Jared Wayne".

Jared Wayne
Bike MS: CCG Ride Manager

For cyclists and all those seeking a personal challenge and a world free of MS, Bike MS is the premier fundraising cycling series in the nation. With a choice of over 75 extraordinary rides, the Bike MS experience is the ride of your life.

bike
~~MS~~ *Table of Contents*

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FRIDAY NIGHT HOTEL

Book your room now at the Boston Marriott Quincy, 1000 Marriott Dr., Quincy, MA 617-472-1000. **To receive the discounted rate, you must book online using the link on the Lodging Page of the CCG website.** You must book by June 8, 2018 to receive the \$149 rate.

Directions to Boston Marriott Quincy

From North

Take I-93 S to Exit #7 (Rt. 3). Immediately take Exit 18/19 (Braintree/Quincy). Bear left off ramp Exit 19 ('T' Station/Quincy). Follow to traffic light and turn left onto Center St. Take immediate left into Crown Colony Park. Hotel is 1/4 mile on left.

**From Mass Turnpike (Rt 90): Rt 95 S to 93 N to Exit 7, then follow above directions.

From South

Take I-93 North. Take Exit 7, Rt. 3 South (Braintree/Cape Cod). Take first Exit 18, turn left off ramp. Stay left until traffic light. Take left at light, and left into Crown Colony Park. Left onto Marriott Drive. IF COMING FROM ROUTE 3 SOUTH (PLYMOUTH/CAPE COD): Take Exit 19. Stay left until traffic light. Take left at light, and left into Crown Colony Park. Left onto Marriott Drive.

From West

Take the Massachusetts Turnpike (Route 90 East) to exit 14 (Interstate 95). Follow I-95 South to I-93 North and take Exit 7, Rt. 3 South (Braintree/Cape Cod). Take first Exit 18, turn left off ramp. Stay left until traffic light. Take left at light, and left into Crown Colony Park. Left onto Marriott Drive.

Public Transportation

The Quincy Marriott hotel is less than a mile away from the Quincy Adams stop on the Red Line. The hotel provides complimentary shuttle service from the Quincy Adams stop to the hotel.

EARLY PACKET PICK-UP

This year's Early Packet Pick-up (EPP) is on **Friday, June 29, from 4-8 p.m.** at the **Boston Marriott Quincy**. At the EPP, you can drop-off all your last minute donations, pick-up your bib number, and get everything out of the way so that on Saturday morning all you need to do is line-up and ride.

We are also hosting two Early Packet Pickup nights: **Tuesday June 19th 4-8 PM at the Jack's Abby Brewery in Framingham, MA,** and **Monday June 25th 3-7 PM at the NMSS Waltham, MA Office.**

Please note that all riders must raise the minimum fundraising requirement of \$500 by the day of the ride!

PREP: BIKE TUNE/CHECK

We recommend that you have your bike tuned at one of the Bike MS supporting bike shops (see page 13) before the ride. All cyclists should carry an extra tube, a pump, and a patch kit. You may not know how to repair a puncture, but another cyclist may be able to help you.

TRAINING

Bike MS rides can be challenging, but a little training and preparation make the ride easier and more enjoyable. Here are some simple steps to bicycling success: fitness training and sports nutrition.

Bike MS rides are fun and achievable for nearly every skill level. As a starting point, less experienced riders should consider the steps listed below to help prepare.

Check with your bike shop

The best source for bicycling information is your local bike shop. Make sure your bike is properly fitted! Official bike shop partners are a good source for any cycling question. (see page 13)

Participate in team or bike shop training rides

You'll have a much safer and more enjoyable experience after you've spent time in the saddle during organized rides, learning the ins and outs of group cycling. Contact one of our bike shops for more information on local rides or visit the training section at www.bikeMSgne.org for a listing of training rides.

Keep track of your mileage

A key part of training is assessing how you've improved. Adding a bicycle computer to your bike is a good step. Basic bicycle computers can monitor your distance, ride time, and speed.

Start with short rides

Keep your first few rides of the year short and easy. 30-60 minutes of riding get you used to sitting on the saddle without over-tiring. Don't worry about speed or distance on these rides. The purpose is to become comfortable on the bike and to gain basic cardiovascular fitness.

Add in occasional longer rides

After becoming comfortable with riding for an hour or so, attempt an endurance day of two or more hours once a week. Try to maintain the same pace established during the shorter rides, but slow down if it is necessary to ride a longer time. Taking rest stops every hour can help rejuvenate you on longer rides. Be sure to eat and drink enough to avoid depleting your energy reserves (known as bonking). The purpose at this stage is to gain confidence in your ability to do long rides and to improve your cardiovascular fitness.

For more advanced training, add hill intervals

After mastering the basics, challenge yourself with more advanced training. After warming up for at least 20 minutes, find a hill you can climb in 10-20 minutes without totally exhausting yourself. After the hill, recover on the way down, and then go up

again. As your fitness improves, add more repeats. The power and stamina developed with hill work helps you to tackle the larger hills on the route.

SPORTS NUTRITION

Eating and drinking right is just as key an element of training for and riding in Bike MS rides as is the number of miles a rider spends on a bike. The best way to take charge of your body is to use common sense. However, always consult your physician before starting any training program. It is important to be well hydrated before, during, and after a ride. If you do not drink enough fluids, dehydration results, causing nausea, muscle cramps, chills, and lack of motivation. Dehydration could lead to heat stroke, a serious medical condition.

To prevent dehydration, we recommend you use the following general guidelines: on all rides, you should drink 4 to 8 ounces of water or carbohydrate drinks every 15 to 30 minutes. Drink more if it's hot or humid, or if you're riding particularly hard. On rides more than two hours in duration, carbohydrate replacement drinks empty more slowly from the stomach, so the total amount you drink should be increased to 5 to 10 ounces every 15 to 30 minutes. These energy drinks help increase your performance, reduce cramps, and lessen the possibility of heat stroke. In addition, energy bars help you avoid the infamous "BONK" that many cyclists experience on longer rides. You should eat on long rides. Good food choices include energy bars and fruit.

RIDER ETIQUETTE/SAFETY CYCLING ETIQUETTE

- Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt, check www.massbike.org/bikelaw
- Communicate with your fellow riders using proper cycling terms, such as "On your left," "Car back," etc. (see page 6)
- Ride single file, please! Stay to the right, except to pass. Pass on the left side only. Do not pass on the right.

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- Do not cross center line in roadway, regardless of passing zone.
- Use proper signals when turning. Make left turns from the center of the road or left turn lane.
- Cross railroad tracks perpendicular to the tracks. Ride in control of your bike at all times. You should be able to stop within a reasonable distance.
- Ride defensively and predictably, with consideration for your fellow riders. If you must stop, move off the road to the right.
- Don't use aero bars when in a group.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, bigger sticks or stones, parked cars, etc.
- Do not overlap wheels of cyclist ahead of you. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
- Pedal down hill when you are at the front of the bunch. Cyclists dislike having to ride under brakes.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can catch a rider who is following too closely, potentially resulting in a fall from a wheel touch.
- Follow the instructions of **MS Ride Leaders**. Ride Leaders are registered riders who assist with safety and communication along the route. They are distinguished by their arm bands.
- Check League of American Bicyclists website, bikeleague.org for more information.

SUPPORT VEHICLES (SAG)

To signal Support And Gear vehicles, follow these three steps:

1. **Off Road.** Move off the path.
2. **Off Bike.** Stand or sit nearby.
3. **Signal to SAG.**
 - Use thumbs down for help needed.
 - If resting, give thumbs up sign.

BIKE MS TIPS - VOCAL WARNINGS

- **Slowing** - When someone yells out "Slowing," this means that there is something that is causing the pack to slow down. This can be anything from a traffic light, a slower pack of bikes, or a car up ahead. In any event, prepare to slow down. Tap your brakes and repeat the yell "Slowing." This is to indicate to others that you've heard them and you are also slowing. This also alert those behind you that you are slowing down.
- **Stopping** - When someone yells out "Stopping," this means that there is something that is causing the pack to stop. This can be anything from a traffic light, a slower pack of bikes, a stop sign, or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell "Stopping." It's VERY IMPORTANT not to slam on your brakes, especially if there are others behind you!!
- **Hold your line** - When someone yells, "Hold your line," this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, you could cause the other rider trouble.
- **On your Left** - When someone yells, "On your Left," this means that they are passing you on your left. No need to take this personally. Let

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them pass as they have the right of way. You should never hear "On your Right." That is, a cyclist should never pass on the right. However, there are many cyclists with varying experience. Be on the look out for those who pass on your right. If someone does this, *kindly* remind him or her that they should pass on the left. Also, it is common courtesy to say "Thank You" to the person yelling "on your left." This indicates that you've heard them.

- **Car Up** - When someone yells, "Car Up," this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you know about the car.
- **Car Back** - When someone yells, "Car Back," this means that there is a car behind you. It is intended to be a verbal caution indicating that a car may be passing from behind. It is also common courtesy to repeat this so that others in front of you know about the car.

WHAT TO BRING FOR RIDE

- Helmet – **REQUIRED**
- Tuned-up bicycle with pump (visit the bike shops on page 12 for discounts)
- Seat bag with tire patch kit, 2 spare tubes
- Two water bottles and/or hydration pack – **REQUIRED**
- Rider numbers and wristband – **REQUIRED**
- Padded bike shorts, jersey, gloves and shoes
- Jacket, rain gear, arm warmers, leg/knee warmers or tights as needed for weather
- Sunglasses, lip balm and sunscreen
- Identification (driver's license)

- Emergency cash and credit card
- Cellular telephone
- Cue sheet
- Medications
- **NO HEADPHONES, IPODS or RADIOS** permitted while riding.

BIKE RENTAL AND SHIPPING

Need to rent a bike?

Urban Adventours provides hybrid, road and performance bike rentals at a 15% discount to all Cape Cod Getaway participants.

Want to ride your bike?

If you would rather ride your own bike, you can ship it to Urban Adventours 103 Atlantic Ave, Boston, MA 02110, and receive 15% off bike assembly and disassembly (participants are responsible for the cost of shipping).

OVERNIGHT BAG

Each cyclist is allowed **ONE piece of luggage weighing no more than 20 pounds**, plus a sleeping bag and/or tent. Please do not hang anything from or attach anything to your luggage, these could easily be misplaced. All luggage is transported for you each day.

Volunteers graciously give their time and energy to support the riders during the CCG, please respect them by following the luggage guidelines.

- Sleeping bag (or sheet) and pillow
- Towel(s) for shower – recommend quick-drying "pack" towels
- Toiletries including soap and shampoo
- Change of clothes for Saturday evening
- Plastic cover for bike seat on Saturday night

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bike ~~MS~~ *Pre-Ride*

- Riding clothes for Sunday
- Rain gear
- Change of clothes for Sunday boat or bus ride home
- Comfortable shoes
- Plastic bag to protect dry clothing and to pack wet clothing
- Tent (In addition to your one piece of luggage.)
- Leave room in your bag for your event T-shirt and fundraising prizes



Team photos

Team pictures are taken Saturday morning at the start. Team pictures are great to use in thank you letters and next year's donation requests. Get your team together and strike a pose!

Bike MS Champion

Bike MS Champions connects Bike MS cyclists to people living with MS. Many cyclists who ride in one of the Bike MS Rides, don't personally know anyone who has MS. Creating relationships between cyclists and people with MS helps motivate, inspire, raise awareness, and communicate the importance of finding a cure. Cyclists who choose to participate are connected with their Champion through a bright blue bandana, signed by the Champion. Cyclists keep this bandana with them throughout the ride. For many

cyclists, MS Champions creates that extra motivation to reach the finish line. Many MS Champions like to write inspirational messages or words of thanks to their cyclists. Others prefer to share their personal experiences living with multiple sclerosis in a note to their rider, through email messages, over the telephone or in person. To join the Bike MS Champions program, please contact Robin Maxcy at 781-693-5104 or robin.maxcy@nmss.org.

Start Saturday, June 30

Blue Cross/Blue Shield of Massachusetts

1 Enterprise Drive, Quincy, MA 02171

Time Line

- 5:30 a.m. Registration opens
- 6:00 a.m. Team photos start
- 7:00 a.m. Line-up in corrals
- 7:30 a.m. Cape Cod Getaway starts!

Directions

From the North (Interstate 93 South):

- ➔ Exit 12 for Rt. 3A-South/Neponset/Quincy
- ➔ Merge onto Rt. 203/Gallivan Blvd.
- ➔ Turn Right onto Rt. 3A/Neponset Ave.
- ➔ Bear Right onto Newport Ave. Extension
- ➔ Bear Right and follow signs onto Enterprise Dr.
- ➔ Staff and Volunteers will direct you to parking
Start area is straight ahead

From the West:

- ➔ Take the Massachusetts Turnpike (Interstate 90)
East to Interstate 93 South.
- ➔ Follow directions **From the North**

From the South (Interstate 93 North):

- ➔ Exit 11 for Granite Ave.
- ➔ Turn Right Rt. 203/Gallivan Blvd.
- ➔ Turn Right onto Rt. 3A/Neponset Ave.
- ➔ Bear Right onto Newport Ave. Extension
- ➔ Bear Right and follow signs onto Enterprise Dr.
- ➔ Staff and Volunteers will direct you to parking
Start area is straight ahead

Parking

Parking is free and there is space for everyone. Parking lot attendants direct you when you arrive. You may leave your car here for the duration of the ride.

Junior Waivers

All participants under the age of 18 must have a signed waiver, and must be accompanied by a parent or guardian unless they have a signed a Authorization of Responsibility waiver. Both forms can be found in the Document Downloads section at bikeMSgne.org. Cyclists must be at least 12 years old to participate.

REGISTRATION AND LUGGAGE DROP

For those who did not attend an early packet pickup, begin at the registration tent. Drop off fundraising and pick up your Rider Packet. Included are your event credentials (see below), luggage tags and other information.

Using your event credentials

Wristbands: Bike MS wristbands are color-coded to match route markers and allow you access to rest stops, food areas and transportation. Printed on each wristband is the Bike MS emergency contact telephone number (Net Control).

Bib Numbers: Pin to lower back of jersey, so that it is visible from behind. Safety pins included for fastening to jersey.

Helmet Number: Place adhesive number on front of helmet. This is the key identification for photographers, allowing them to sort photographs by rider number and put photos of you on a web page for your browsing.

Bike Number Plate: Fold in half and use twist ties to attach to top tube of bike.

Luggage Tags: You will receive a luggage tag in your registration packet. Place the tag around luggage handles.

Additional Wristbands: Also included in your bib packet are an OVER 21 wristband (for those over 21) which are needed for the Beer Garden, and a FERRY wristband if you are on the Sunday ferry. You will need your Ferry wristband to board the ferry!

ON THE ROAD

Saturday: all routes close at 4 p.m.

Sunday: Route closes at 2:30 p.m.

Rest Stops

To help you along the route, we have rest stops approximately every 12 miles. The stops are manned by volunteers, bike mechanics and medical help and stocked with water, Gatorade, fruit, energy bars and other healthy snacks. Lunch stops also have sandwiches. Use your time at the rest stops to fill your bottles or hydration pack, but don't stay too long. After about 15 minutes your body and muscles cool down and it takes more energy to get back to your regular riding pace.

SAG

Support And Gear vehicles drive between rest stops. SAG vehicles are identified by orange flags on the passenger side windows. SAG vehicles stop if you are on the side of the road. If you do not need assistance give the SAG vehicle a "thumbs up."

SAG vehicles are equipped with bike racks, basic bike repair kits, medical kits, water and snacks. If you cannot continue to ride, a SAG vehicle will give you a ride to the next rest stop.

If you do not see a SAG vehicle within a few minutes and need assistance, call the net control number on your wristband.

ROUTE

The route is marked with blue and orange arrows. The colors of the arrows correspond with your wristband color. The 2018 route cue sheets and GPS maps are available on the CCG home page if you would like to review the route.

bike ~~MS~~ *End of the Ride*

SATURDAY FINISH

Mass Maritime Academy,
101 Academy Drive, Buzzards Bay, Mass.

Time Line

Noon Lunch opens
Massage opens
2 p.m. Beer Garden opens
3 p.m. First bus leaves for BCBS-Quincy
5 p.m. Lunch Service closes
Dinner Service begins
6 p.m. Beer Garden Closes
7 p.m. Last bus leaves for BCBS-Quincy
Massage Closes
7:30 p.m. Dinner Closes
9 p.m. Quiet hours begin

Bike Drop

Place your bike in the bike racks by the finish line or take it to our mechanics to have it looked at. Mechanics are available until 6:00 p.m. The bikes are guarded overnight by a security officer.

Housing

If you are staying on-site, you will find your room assignment at the Housing/Information/Check-In Tent. Your name is on the door of your room. Staff is present to answer any housing questions

Hotel Shuttles

The hotel shuttles leave Mass Maritime beginning at 1:00 p.m. and continue to run until 9:00 p.m. In the morning, they run from 4:30 a.m. until 6:00 a.m.

Food/Beverage

When you arrive at the finish there is an ongoing BBQ lunch. So help yourself to some great food and a cold beer from Jack's Abby Brewing. From 5-7:30p.m. enjoy a complimentary BBQ dinner. Your wristband is your meal ticket.

Bus to Boston

The buses from Mass Maritime Academy to Boston leave at 3 p.m. and 7 p.m. and are available for all one-day cyclists.

SUNDAY AM

Time Line

4:00 a.m. Wake up call
4:15 a.m. Breakfast opens
4:30 a.m. Hotel shuttle starts
5:00 a.m. Route opens
6:00 a.m. Hotel shuttle ends
6:30 a.m. Last cyclist leaves
7:00 a.m. Bridge closes

Luggage

Drop-off your luggage at the luggage trucks so that we can transport your bags to the Provincetown finish.

Bridge closing

One lane of the Bourne Bridge is open exclusively for the Cape Cod Getaway from 5:00 a.m. until 7:00 a.m. **All cyclists must leave Mass Maritime by 6:30 a.m.**

SUNDAY FINISH

3 Jerome Smith Rd., Provincetown, Mass.

Time Line

12:30 p.m. First bus leaves
4:00 p.m. Ferry departs for Boston
4:30 p.m. Last bus leaves

Bike drop

Drop your bikes at the bike trucks. We transport them to the start location for you. Be sure to remove any fragile, loose or valuable items from your bike before loading it. Remember the truck number carrying your bike, as bikes are racked by truck number in Boston.

Luggage

Pick up your luggage from the trucks if you wish to shower or change before heading home. Then return your luggage to the luggage trucks if you are taking the Ferry. Your luggage is transported to the return site in Quincy for you. If you are taking the bus, you must have your luggage with you. Luggage is arranged by bib number and bikes are lined up by truck number, and ready for pick-up.

Showers

Shower trucks are available at the finish line.

Food/Beverage/Ice Cream

Available at the finish.

Transportation

Bus

Buses are scheduled on a first come first served basis and depart at the times listed below. When you arrive at Provincetown, be sure to reserve your spot on the bus by visiting the transportation tent. All buses are air-conditioned.

Scheduled times of departure (all p.m.):

12:30, 1:30, 2:00, 2:30, 3:00, 3:30, and 4:30.

Ferry

The ferry departs at 4 p.m. from MacMillan Pier and arrives in Boston at 7 p.m.

For those who did not get a spot on the ferry at registration: you may request the ferry ride and wristband at the transportation tent in Provincetown. Wristbands will be given on a first come, first served basis.

For those who do not receive a ferry wristband, you can sign up at the transportation tent for one of the buses.

WEATHER

We ride rain or shine and there is no rain date. In the event of severe weather, the Ride Director may suspend or cancel the ride. Should the weather take a turn for the worse during the ride, SAG vehicles will transport you to designated shelter areas along the route. If the weather looks questionable, call 781-693-5188 for a recorded message on the event status.

VOLUNTEERS

Volunteers make it happen!

Do you know anyone who can lend a helping hand? If so, please contact Christine Heady, at 781-693-5113, or e-mail christine.HEADY@nmss.org. Volunteer assignments range from preparing ride materials to loading trucks or managing a rest stop.

LODGING

We provide shuttle service to the following local hotels/motels. This list is subject to change based on offerings and availability, so please check back to make sure service is still offered to a specific hotel/motel.

All-Seasons Inn & Suites	114 Trowbridge Rd.	Bourne
Atlantic Motel	7 Depot St.	E. Wareham
Comfort Inn	155 Somoset St.	Plymouth
Eastern Inn	6 Bridge Approach St.	Buzzards Bay
Fairfield Inn	4 Chalet Rd.	Middleboro
Hilton Garden Inn	508-830-0200	Plymouth
Holiday Inn Express Hotel & Suites	508-946-3398	Middleboro
Marriott Townplace Suites	50 Rosebrook Pl.	Wareham
Quality Inn Bourne	508-759-0800	Bourne
Sandwich Lodge & Resort	508-888-2275	Sandwich

TAXIS

Bourne Taxi Co.	508-759-4004
Wareham Taxi	508-295-5459
Sea Breeze Transportation	508-888-0774
Mayflower Taxi	508-746-8294

BIKE SHOPS

Partnering with Bike Shops is crucial to the success of Bike MS rides. The following are Bike Shops who support Cape Cod Getaway:

Southbridge Bicycles	southbridgebicycles.com	Southbridge, MA
Velofix	velofix.com	Boston and Southcoast, MA
Landry's Bicycles	landrys.com	Boston, Natick, Newton, Norwood, Westborough and Braintree, MA
Quad Cycles	quadcycles.com	Arlington, MA
Urban Adventours	urbanadventours.com	Boston, MA
Wheelworks	wheelworks.com	Belmont and Somerville, MA

CONTACT INFO

Chapter Address

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 101A First Ave.
 2nd Floor
 Waltham, MA 02451-1115

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Website: bikeMSgne.org

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 Director, Bike MS
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Volunteers

Christine Heady
 Specialist, Volunteer Engagement
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Thank you to our sponsors!

hosted by:



MASSACHUSETTS



Cape Cod Bagel

Tulley Automotive Group

