



BIKE MS - ONE DESTINATION. A WORLD FREE OF MS.

Bike MS is a series of 100 extraordinary cycling events across the country — rides that will take you further than you've ever gone before. It's not the miles that matter — it's the unforgettable journey. We are excited that you'll be joining us for an event that's more than a ride — it's anticipation, camaraderie, personal accomplishment, and the knowledge that you're changing lives... making every mile that much sweeter. As a great personal challenge and achievement that we are excited to have you experience, Bike MS is both a weekend-long and lifelong opportunity to make a difference in your own life, and in the world. It's more than a ride — it's Bike MS.

This year the Michigan Chapter looks forward to hosting more than 1,000 cyclists who want to do something about MS NOW! Our goal is to offer a series of four remarkable Bike MS Rides to raise \$800,000 in support of the more than 18,000 people living in Michigan with MS.

ABOUT MS

Multiple Sclerosis is a disease of the central nervous system that interrupts the flow of information between the brain and body, ultimately interfering with movement.

We help each person address the challenges of living with MS through our network of chapters across the nation. We fund more MS research, provide more services to people with MS, offer more professional education and further more advocacy efforts than any other MS organization in the world.

The Society is a driving force of MS research and treatment to STOP disease activity, RESTORE function that has been lost and END MS.

BIKE MS IMPACT

- The National MS Society is the largest private funder of MS research in the world, leading to discoveries that have transformed treatment and care.
- People affected by MS have access to around-the-clock information, support, and resources from the National MS Society to help them live their best lives.
- Advances in understanding the complex symptoms of MS have resulted in effective new ways to address them and ease the challenges of living with MS.

HOW THINGS WORK

Check-In Saturday & Sunday: You may check in between 6:30 - 7:30am. The route will open at 7:00am and we ask that you start no later than 8:00am. For safety reasons, any rider starting after 8:00am will be taken to the first rest stop on the route to catch up with all of the other cyclists.

Check-In: Proceed to the check-in table, (if you are turning in pledges, use the envelope provided at check-in) with your information completely filled out on the front, and any money you're turning in. All riders must check-in to receive their rider number. *Remember that the minimum pledge for this ride is \$250.

To make check-in quicker for you, please:

1. Make sure that your name and address are printed clearly on your envelope.
2. Record the amount of money you are enclosing in your envelope
3. Place any cash/checks you are turning in inside the envelope and seal it.
4. Give your envelope to the volunteer at the check-in table.

NOTE: Everyone needs to check in to get their rider number, but you will only need to turn in an envelope if there are donations in it. The 2018 T-shirts and prize jerseys will be available for pick up at the finish line in the Hospitality tent on Saturday and Sunday for eligible participants.

Medical Forms: You are **REQUIRED** to fill out the entire medical form on the back of your rider number. For your safety and in case of emergency, **YOUR RIDER NUMBER MUST BE PINNED ON YOUR OUTER CLOTHING**, not your bike, and must be visible at all times while riding.

Luggage: As everything will be located on the campus of MSU there will be no luggage transportation. There is a designated luggage drop off area outside of Emmons Hall. Please do If you need help with your luggage please see any staff member and we will be happy to help you.

Parking: Parking is available in parking structure, ramp 7, across from the Breslin Center on Harrison (approx. two blocks south of the Brody Complex) and will be free from Friday at 6pm – Sunday at 8pm. Please **DO NOT** park in other lots without a parking pass as your vehicle may be ticketed and towed at your expense.

MEALS AT MSU:

Meals: We will be handing out cards for meals this year, if you are staying on campus these will be provided to you when you pick up your room key, we will also have them outside the café for anyone staying off campus. If you have a guest who would like to eat a meal at the ride this can be paid at the door. All meals are provided to riders and volunteers free of charge.

Meal Times:	Breakfast Saturday:	July 21st 5:30 – 7:00am
	Dinner Saturday:	July 21st 5:00 – 7:00pm
	Breakfast on Sunday:	July 22nd 6:00 - 7:00am
	Dinner Sunday:	July 22nd 12:00 – 7:00pm

HOUSING INFORMATION

Friday, July 20th: We are able to offer rooms to riders and volunteers on Friday night for a fee. Rooms must be reserved for Friday night BEFORE the event and you will be assigned the same room for both Friday and Saturday nights. Please come to Brody Hall on the MSU Campus between 5 – 7pm to get your room key and pay your fee. If you arrive after 7pm, please go to the main entrance of your assigned hall (Bailey if you requested a room with air-conditioning and Emmons for all others) and show your picture ID to obtain your key, the fee may be paid Saturday after you finish riding.

If you only need a room on Saturday night just go to Housing check in after riding Saturday to pick up your key and pay any fees that may apply for a single or air-conditioned room.

If you need overnight accommodations and have not already requested a room, then you will need to be assigned one when you arrive at MSU after riding on Saturday. There are plenty of rooms for all riders so we will be able to accommodate anyone that forgot to make a request for Saturday night.

Housing fees are listed below:

SATURDAY NIGHT 7/21 ONLY:

- \$00 per person double occupancy dorm room Saturday night (included with registration)
- \$20 Single occupancy dorm room Saturday night
- \$20 per person double occupancy AIR-CONDITIONED dorm room Saturday night
- \$40 Single AIR-CONDITIONED dorm room Saturday night

FRIDAY 7/20 AND SATURDAY 7/21 NIGHT (includes Breakfast Saturday morning in the Brody Cafe)

- \$40 per person double occupancy dorm room Friday and Saturday night
- \$80 Single occupancy dorm room Friday and Saturday night
- \$80 per person double occupancy AIR-CONDITIONED dorm room Friday and Saturday night
- \$120 Single occupancy AIR-CONDITIONED dorm room Friday and Saturday night

Sunday, July 22nd: You will need to check out of your room before you start on the route Sunday morning (Route opens at 7am and we ask that you start no later than 8am). Please be sure to turn in your room key in the luggage area of Brody once you have all of your belongings out of the room. You may also store your luggage in this room for the day. For each key not turned in there will be a \$75 fee per room key and \$15.00 for the bathroom key. Invoice will be mailed to riders who do not turn in their keys after the event.

Luggage Saturday/Sunday Morning: For your convenience, you may store your luggage in the Luggage area of Check In, located on the first floor of the Brody building.

Linen Packets: These will be provided to you by MSU and include sheets, blanket, pillow and case, towel and wash cloth. If you plan to shower after the ride facilities will be available but you **MUST** bring your own towel.

Bike Storage: There will be a room that will be locked in the lower level of Brody Hall (same room as where you picked up your room key) where you may keep your bike overnight. This room will be locked at 5:30pm on Saturday evening and unlocked at 6am on Sunday. Please be aware that the National MS Society is not responsible for damaged or stolen property.

BIKE SHOPS:

We want to express our sincere appreciation to the bike shops that provide support along the route. Without their generous donation of time and talent we would not be able to provide the exceptional level of service the Bike MS Rides are known for. Shops will be available to assist with minor repairs along the route and the labor is free but you should be prepared to pay for the cost of any parts.

SPARTY PARTY:

We invite you to join us for the Sparty Party on Saturday night from 7:30-9:00pm behind the Kellogg Center on the patio for snacks, spirits and a brief program. The first drink is on us, so stop by for some Bike MS love and say hello to our Executive Director Tammy Willis, chapter staff and fellow riders.



THE ROUTES

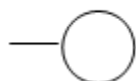
Maps: Maps will be provided at check-in and we encourage everyone to take one with them. One side provides an overview of the route and the other a detailed narrative with mileage. In addition, should you get off the route at any time there are phone numbers to call and we will help to get you back on course or send a SAG vehicle to you. **THERE ARE SOME DETOURS** due to construction so please be sure to carefully follow route markings and signs.

Route: The route opens on Saturday and Sunday at 7 am and we ask that you leave no later than 8am. All routes close at 5 pm both Saturday and Sunday. Riders unable to meet the 5 pm cutoff will be SAGed forward so they can join in the festivities!

Degen Memorial Century Riders: Kevin was a dear friend of the National MS Society who became an inspiration to riders each year as they pedaled alongside him. Kevin lived courageously with cerebral palsy and never missed a Bike MS event. It is with this spirit that we honor his memory by naming the century route in his honor. The entrance to the Century loop closes at 1:00 pm on Saturday and Sunday. No rider will be allowed on the Century loop after these cutoff times. Please note that this is for your safety and that of other riders.

Route Markings: It is especially important to watch for route markings along the course. There will be signs with arrows and the National MS Society logo at every turn along the way but you also want to be sure to watch for paint on the road that will indicate all turns. Everyone should begin the ride following the orange paint which will be used for the 75 mile route. If you plan to do a route distance other than 75 miles then you will begin to follow the paint color for your route only after the turnoff (100 miles – yellow, 50 miles – white, 30 miles – green). When you rejoin the 75 mile route the markings will return to orange. Below are the symbols that you will see as you approach a turn, at the intersection and then again just beyond the turn.

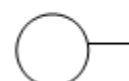
Left Turn



Straight



Right Turn



KEEPING YOU SAFE:

Helmets, Headphones and Cell Phones: Helmets are required at all times when riding the Bike MS Ride. NO HELMET MEANS NO RIDING. Headphones are not allowed on the ride. They impair your ability to hear critical road information and traffic sounds. Please reserve cell phone use for when you are at a rest stop – do not talk while riding!

Weather: Be prepared for any weather condition. In light and moderate rain, the ride will continue. In the event of severe weather - tornadoes or severe thunderstorms - MS staff, volunteers and medical personnel may stop the ride temporarily by holding you at rest stops until the storm passes or may call off the ride and provide transportation to the finish. MS officials will be in constant contact with the National Weather Service—your safety is our number one concern.

Private Support: Personal support vehicles are strongly discouraged. We ask that, for your safety and the safety of all riders, all private support vehicles use an alternate route to eliminate as much vehicular traffic as possible.

Minors, Child Carrier Seats, and Trailers: All riders must be at least 12 years of age to participate in the Michigan Chapter Bike MS Rides. All riders 12 – 17 must provide a signed notarized waiver to the Chapter. There will be a notary public available at registration to sign waivers. All riders 12 – 17 must be accompanied by a parent or responsible adult (at least 21 years of age) at all times. An accompanying adult may not be responsible for more than one youth rider, and must accompany the youth at all times (e.g. if the minor needs to leave the route, the adult must leave the route with them). No trailers, child carriers, tag-alongs or any equipment attached to a bike for transporting children or pets are allowed at any time.

Know the Lingo: “On Your Left”, this means that a rider is approaching on your left side. Please allow them room to pass. “Car Back”, means that a car is approaching from the rear. All riders must make an effort to get to the right side of the road in a single file line until the car passes.

Ride Single File: Although Michigan law allows for two-abreast riding, remember that Michigan law was not written with large groups of riders in mind. Please ride responsibly!

DIRECTIONS TO THE START/FINISH

Michigan State University, Brody Hall (across from Kellogg Center, 219 S Harrison, East Lansing, MI)

From: I-96: Take exit for 127 North. Continue on 127 North Toward East Lansing to exit 76 for Kalamazoo St. Turn right on Kalamazoo St to Harrison Rd. Parking structure is on right just before Shaw Lane. Turn left on Harrison Rd. Brody Hall will be on the left.

Remember: check-in will be open from 6:30 – 7:30am and the route opens at 7:00am both days.

LAST MINUTE QUESTIONS?

Call Tammy Willis at 517-281-1308 or email: Tammy.Willis@nmss.org