

BUCKEYE BREAKAWAY WEEKEND INFORMATION

WHAT TO BRING

Each rider is limited to two pieces of luggage including your tent [three for Elite VIP Club members]. Please help us conserve space by limiting your bags to no more than 25 lbs. each. Thank you!

ON THE RIDE

- Helmet (required)
- Water bottle
- Sunglasses
- Sunscreen
- Personal ID and medical insurance cards
- Money
- Tool-kit (not required)
- Ibuprofen
- Ziplock bags should it rain for phone, money, IDs, etc.

FOR OVERNIGHT

- Toiletries, towel and washcloth
- Bike lock (if desired/not required)
- Pillow and sleeping bag and/or tent for those camping on the Intramural Fields behind the Rec Center at Ashland University
- Fan (dorm rooms are not air conditioned)
- Linens - unless you selected the Ashland University linen package when reserving your dorm room

IMPORTANT INFORMATION

PLEASE TAKE NOTE

- We provide all riders with a variety of food options from fruit, pasta, sandwiches and snacks to Gatorade, water and much more. The Ashland University Dining Hall will have a large variety of options that typically accommodate any dietary restrictions. ***If you have special dietary needs or allergies please pack any additional food that you may need for the weekend as we cannot accommodate for dietary restrictions.**
- If you plan on dropping off a vehicle in advance at Ashland University, please park in Lot M.
- While a cold beer might be just the thing to top off a great day of riding, please understand that **alcohol is not permitted** on the route or outside of Team Village.
- Guest meal passes can be purchased for non-riders at Keystone Schools for lunch or Brunswick High School for Sunday's Picnic. These passes are \$5 per person. Dinner at Ashland University will be purchased directly from the Dining Hall attendant. Remember, cyclists **MUST WEAR BIKE MS WRISTBAND** to receive admission to Dining Hall/meals.

IMPORTANT ADDRESSES

START & FINISH ADDRESS

Brunswick High School
3581 Center Rd.
Brunswick, OH 44212

LUNCH ADDRESS

Keystone Schools
531 Opportunity Way
Lagrange, OH 44050

OVERNIGHT ADDRESS

Ashland University
401 College Ave.
Ashland, OH 44805

FOR ASSISTANCE ANYTIME DURING THE EVENT, CALL 1-888-MS150ER

ROUTE MARKING

Pavement will be marked with one arrow with "MS" under the arrow when a turn is coming up. After the turn, another single arrow will be painted on the road to reassure you are on the right path.

Route signs will be hung on telephone poles along the route and at every turn. Each day will have a different color – make sure you are following the correct color! If you go more than a couple of miles without seeing a road sign or marking, you may be off route. Call the Assistance Hotline 888-MS150ER for help in returning to the route.

SAG VEHICLES & MOTORCYCLES

Support and Gear (SAG) vehicles and motorcycle riders will be driving the route to check on the cyclists. These volunteers are in direct communication with medical volunteers and the rest stops. SAGs are available to transport riders and their bikes to the next rest stop should a rider need medical or mechanical assistance.

Because of the volume of riders, narrow rural roads, and limited parking available at Rest Stops, we ask that your friends/family vehicles do not follow the Bike MS route or stop at Rest Stops. Encourage them to follow the off-route directions to Keystone or the Finish Line.

Contact a SAG vehicle by calling 1-888-MS150ER.

OVERNIGHT ACTIVITIES

RECREATION

In addition to Team Village, there are many other activities available in Ashland University's Rec Center from 11am-10pm on Saturday. Activities include:

- Massages provided by MS Society volunteers
- Game Room (Ping Pong, Billiards, X-Box, Nintendo, etc.)
- Volleyball, Soccer, Cornhole, Racquetball and Wallyball
- Swimming Pool (open from 12pm-10pm)
- Climbing Wall, Golf Simulator, Track
- Outdoor Sand Volleyball

Remember to bring your ID for access to Rec Center.

TEAM VILLAGE

Celebrate your accomplishment at Team Village! Team Village is the center point of the Bike MS overnight and a gathering place for all riders and guests to come together. Celebrate the day's achievements with 3 Left Hand Brewing beers while relaxing under the shade tent in the middle – or your team's private tent – while listening to the band "No Control". Guests are welcome to join you in Team Village, wristbands for beer will be available for purchase at the ID booth for \$20.

Elite VIP, \$1000 Club, and "I Ride with MS" participants are also invited to stop by the "VIP" tent inside Team Village for additional treats and beverages!

Team Village is open from 12pm-9pm with beer being served from 2-8pm. Remember to bring your ID! Please note – alcohol cannot be brought into or removed from Team Village.

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BUCKEYE BREAKAWAY ITINERARY

SATURDAY, AUGUST 5

BRUNSWICK HIGH SCHOOL

5:30am-7:30am - Fuel up with bagels, fruit and coffee at the Express Breakfast tent near the Start line. Also gather your team near the starting arch or by the bleachers for a team photo!

6:15am - Ceremonial Start

6:30am - First cyclists depart from Brunswick High School

7:45am - Luggage must be loaded on UPS Freight trucks

8am - All cyclists must be on the route or will be transported to the first Rest Stop.

KEYSTONE SCHOOLS

8am - Lunch Stop opens.

11:15am and 1pm - Bus departs for Brunswick High School with 35 mile cyclists. Please check in at least 15 minutes prior to bus departure.

ASHLAND UNIVERSITY

10am - 6pm - Dorm Room keys available in lobby of Convocation Center. Luggage will also be located inside this building. Bike lock-up will be located inside Football Stadium near Finish Line.

11am - 10pm - Rec Center open for showers and activities including swimming, climbing wall, game room, & more!

12pm - 3pm - One Day Rider Cookout in Parking Lot A *If you choose the Cookout option, you will not be eligible for a second meal in the dining hall later.

12pm - Team Village opens with music by "No Control" starting at 4pm

2pm-8pm - Beer Garden sponsored by Left Hand Brewing beer will open

1pm-10pm - Shuttles to Ashland hotels on continuous loop departing from parking lot A

1pm, 4pm, & 7pm – One Day rider busses return to Brunswick High School. Busses will depart from Parking Lot A

3pm-7pm – Dining Hall is open for dinner

5pm – Route closes; SAG vehicles will transport remaining riders to Ashland University

9pm - Team Village closes. Final access to Bike Lock-up area before secured overnight.

10pm - Rec Center activities close (gym will remain open for sleeping)

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BUCKEYE BREAKAWAY ITINERARY

SUNDAY, AUGUST 6

ASHLAND UNIVERSITY

5am–7:30am – Shuttle to Ashland hotels will run continuous loop

5:30am–8:30am – Dorm keys returned to lobby of Convocation Center ** You will be responsible for \$10 per key charge if key is not returned * Linens can be left in dorm room

5:30am - Dining Hall opens for full breakfast, Express breakfast available at Start Line

5:45am – Bike Lock-up opens for bike retrieval

6:30am – Route opens (We strongly encourage you NOT to begin earlier than this time as Rest Stops, SAG vehicles, and medical support will not be available).

7:45am – Luggage must be loaded on the UPS Freight trucks

8am – All riders must be on route. Those riders who do not begin by 8am will be transported by SAG to the first Rest Stop.

KEYSTONE SCHOOLS

7:30am – Lunch stop opens at Keystone Schools

BRUNSWICK HIGH SCHOOL

12pm–6pm – Celebratory picnic at Brunswick High School

5pm - Route closes – SAG vehicles will transport remaining riders to Brunswick High School

PLEASE KEEP IN MIND...

*You must wear your rider number and wristband at all times. This allows you Rest Stop privileges, meals, and support along the route.

*Rest Stops are located every 10-15 miles and offer water, Gatorade, fruit and snacks.

*Helmets are required to be worn at all times on the route while riding - if you are seen riding without a helmet on, you will be asked for your rider bib and will not be permitted to continue on the route as a Bike MS participant.

*Please do not use headsets or headphones while riding.

*Please follow the directions of safety personnel on the route - they are there to keep everyone safe. Be sure to obey all traffic rules.

*The route closes at 5pm on both days. If you are not finished by that time, you will be moved forward by SAG vehicles.

*A self-serve First Aid kit is available at all Rest Stops for ibuprofen and minor issues. If you should need transportation from any EMS unit along the route, there may be an associated fee that will be the responsibility of the rider.

*Bike repair is offered by local bike stores at Rest Stops, Keystone Schools and Ashland University. If you have a mechanical breakdown on the route, please call 1-888-MS150ER for SAG Support. Any costs for parts will be the responsibility of the rider.

At Ashland University, please use the bridge to cross over Claremont Avenue to the Rec Center, dorms, and busses.

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