Welcome to Sam's Club Round Up Ride

New Rider Orientation / Cycling 101

- When -
  - Monday March 20, 2017

- Where – National MS Society Office – 2105 Luna Road, Suite 390, Carrollton, Tx 75006
- Time - 6pm-7:30pm
- Why –
  - Get to know your fellow riders / team mates
  - Gain some pretty awesome knowledge of cycling and Bike MS: Sam's Club Round Up Ride
  - Enjoy some lite bites – Yep, we even feed you!

As a new cyclist:

- Learn basic mechanics from how to sit on your saddle, to changing a tire…and everything in between!
- General safety tips for yourself along the route – including hand and voice signals
- Information on gear you might need for a 'comfortable' ride weekend

As a new Bike MS rider:

- Enjoy the ride! Society commitment of support for every pedal stroke
- Overview of Bike MS and the impact each of you make in the cure for Multiple Sclerosis
- Fundraising tips to take with you

Questions and to RSVP contact– cathy.beatty@nmss.org or call Cathy Beatty – 469-619-4717