



Celebrating 31 Years!

HISTORIC NEW BERN

SEPTEMBER 7-8, 2019

RIDE GUIDE



STOP
Make sure that you
read all the changes
happening in 2019

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THANK YOU FOR REGISTERING FOR BIKE MS®!

Enclosed you'll find everything you need to know for an unforgettable Bike MS weekend!

Please pay close attention to the changes in venue locations for the 2019 event. For many years, the community of New Bern has been steadfast in its commitment to hosting our Bike MS: Historic New Bern Ride. In the aftermath of Hurricane Florence, we at the National MS Society remain as committed as ever to putting on a fun, successful event in 2019 for our cyclists, volunteers and supporters, and for those in New Bern who have helped to make this ride possible year after year. We appreciate your patience as we continue to work closely with our vendors who were negatively affected by the storm and are still in the process of rebuilding. We look forward to seeing you in the beautiful city of New Bern in September! #NewBernStrong

FUNDRAISING MINIMUM

All cyclists must meet the \$300 fundraising minimum before receiving their rider packet.

Donate online or bring your donations to Packet Pick Up at the North Carolina History Center (529 S Front St, New Bern, NC 28562) on September 7 and 8. **DO NOT mail donations after August 23 if you need them to meet the fundraising minimum.**

PACKET PICK-UP

EARLY PACKET PICK-UP

National MS Society Office

3101 Industrial Drive, Suite 210, Raleigh, NC 27609

- Wednesday, August 28, 8 a.m.–5 p.m.
- Thursday, August 29, 8 a.m.–5 p.m.
- Friday, August 30, 9 a.m.–12 p.m.

RIDE WEEKEND PACKET PICK-UP

North Carolina History Center

529 S Front St, New Bern, NC 28562

- Friday, September 6, 3–9 p.m.
- Saturday, September 7, 6:30–8 a.m.

IMPORTANT:

ITEMS IN YOUR RIDER PACKET

Rider Bib: Rider Bib must be worn at all times on route. All cyclists must add their emergency contact and medical information to the back of their rider bib; include name, phone number, allergies, medical conditions, etc.

Wristband: Wristband must be worn at all times during event weekend. This is your entry to all event weekend activities at no cost.

Helmet Sticker: Please place the small square sticker with your rider number on your helmet. In case of emergency, this will help us ensure your belongings get back to you.

Bike Sticker: Please place the long rectangle sticker with your rider number on your bike. In case of emergency, this will help us ensure your belongings get back to you.

START/FINISH LINE & TEAM VILLAGE

Union Point Park (adjacent to the New Bern Convention Center) is our start/finish line and team village location throughout the weekend. Allow extra time for parking as all participants will need to utilize on-street and other public parking option in the downtown area. Visit bikeMSnewbern.org (Lodging and Transportation) for more details on where to park.

PARKING NEAR START/FINISH LINE & TEAM VILLAGE

Union Point Park (210 E Front Street, New Bern, NC 28560) is our Start/Finish Line and Team Village location throughout ride weekend. Please allow extra time for parking as all participants planning to drive to the start area will need to utilize on-street and other public parking options in the downtown area. Please check our website for more information about where to park during event weekend.

OUTDOOR CAMPING

Grab your sleeping bag and tent to camp out under the stars at Union Point Park. The park has indoor restrooms and a shower truck will be provided for all your washing

needs. Camping is free, so get there early, space is limited (first come, first serve). Ensure that you check in at the campground coordinator tent upon arrival.

INDOOR CAMPING

Join your fellow cyclists for indoor camping at the Twin Rivers YMCA located at 100 YMCA Lane, New Bern, NC 28560. For just \$25 per night enjoy air conditioning, showers, and restrooms. Call 252-638-8799 to reserve.

BIKE LOCK-UP TENT

Cyclists are allowed to lock their bike and helmet tent in front of the Double Tree Hotel, next to the Convention Center (100 Middle St, New Bern, NC 28560). You must place your rider number sticker on your bike and helmet in a visible location, and check in and out with our bike storage monitors.

IN THE EVENT OF RAIN

Bike MS rolls out rain or shine, hot or cold, so prepare for any type of weather. In the event of severe weather, we have a thorough action plan in place and will implement it as conditions warrant. Should conditions become unsafe, Bike MS reserves the right to close all routes.

WEEKEND PACKING CHECK LIST

Necessities to bring with you on your bike:

Mandatory:

- Helmet
- Rider bib
- Bike number
- Wristband
- ID

Highly Recommended:

- Comfortable cycling gear
- Shorts
- Jerseys
- Socks
- Gloves
- Shoes
- Sunglasses
- Rain gear
- Sparetube/patch kit
- Pump/C02
- Water bottles
- Sunscreen
- Health insurance card along with any other important health information and medications

PERSONAL & TEAM SAGS

No personal or team SAGs are allowed on the route or at rest stop areas.

In the interest of safety for all of our participants, we must limit the number of motorists on the route and at rest stops. Personal vehicles compromise rider safety and threaten our ability to use these venues in the future. **Official Bike MS SAG vehicles are available throughout the course** to transport cyclists. Please meet friends and family at the finish line each day.

ROUTE SUPPORT

- **Rest stops** are located every 10-15 miles.
- **Bike mechanics** are stationed throughout the event at rest stops and start/finish. Labor is free of charge with a Bike MS Inspection Sticker. Riders are responsible for the cost of any parts.
- **Radio communication** is available at all rest stops. Medics are available at all rest stops and bike medics will be roaming the route.
- **SAG vehicles** give a lift to riders in need and can be identified by car magnets the state “MS Support Vehicle”. The lunch rest stop will have a support vehicle dedicated to bringing cyclists back to the start/finish line if needed.
- **To signal a SAG vehicle:** (1) move off the road and out of the path of other riders/cars (2) dismount and stand near your bike (3) give a ‘thumbs down’ to the SAG vehicle. At peak hours, SAG vehicles may be full, so please be patient until the next SAG vehicle arrives. SAG phone number can also be found on your cue sheet and wristband.
- **Emergency support personnel:** Emergency personnel will be stationed along the route for your safety. This includes police, medical support, HAM radio operators, and National MS Society staff. A special thanks to the members of these organizations who take their time to provide services for us this weekend.
- **Ride Marshals** will be cycling among event participants to ensure that all rules of the road are being obeyed and that cyclists are riding in a safe manner.
- To avoid getting lost on the course, follow all route signage.
 - 30 miles – Green
 - 50 miles – Blue
 - 75 miles – Orange
 - 100 miles – Yellow

RIDE SCHEDULE

FRIDAY, SEPTEMBER 6

- 3–9 p.m.** Rider/Volunteer Check-In, North Carolina History Center (529 S Front St, New Bern, NC 28562)
 - 3–9 p.m.** Campground Open, Union Point Park (check-in at campground tent – first come, first serve)
 - 3–9 p.m.** Bike Lock-Up Tent Open, tent in front of DoubleTree by Hilton Hotel Parking Lot, next to the New Bern Convention Center (100 Middle St, New Bern, NC 28560)
 - 3–9 p.m.** Bike Mechanics Available, parking lot of North Carolina History Center (529 S Front St, New Bern, NC 28562)
 - 3–9 p.m.** Shuttle Service to Hotels, Info Kiosk in front of New Bern Convention Center
 - 3–9 p.m.** Bike MS Vendor Expo, North Carolina History Center
 - 5–8 p.m.** Rider Safety Orientation, North Carolina History Center, Cullman Performance Hall, starting at the top of every hour
 - 6–9 p.m.** *Club K & Top 100 Reception, Shuttle at Info Kiosk in front of Convention Center
- *Invitation Only – Shuttle service starting at 6 p.m.

SATURDAY, SEPTEMBER 7

- 6–9 a.m.** Shuttle service to Hotels and return to Info Kiosk in front of New Bern Convention Center
- 6 a.m.–6 p.m.** Bike Lock-Up Tent Open, tent in front of DoubleTree by Hilton Hotel Parking Lot, next to the New Bern Convention Center (100 Middle St, New Bern, NC 28560)
- 6–9 a.m.** Rider/Volunteer Check-In, North Carolina History Center
- 6:30–9 a.m.** Breakfast, Union Point Park (Refueling Station)
- 6:30–9 a.m.** *VIP Breakfast, Union Point Park (VIP Tent)
- 7–8 a.m.** Team Picture Opportunity, Union Point Park (Gazebo – reserve time in advance)
- 7–8:15 a.m.** Bike Mechanics Available, Parking lot across from Union Point Park
- 7:45 a.m.** Bike MS Welcome, Union Point Park
- 8 a.m.** Official Start: Staggered, Union Point Park (50,75, 100 milers)
- 8:30 a.m.** Official Start: 30 milers (approximate time)
- 9 a.m.** All cyclists must be on course. No exceptions.
- 10 a.m.–6 p.m.** Volunteer Check-In, Info Kiosk in front of Convention Center
- 10 a.m.–12:30 p.m.** Lunch on Route Rest Stop 4 (75, 100 mile routes)
- 11 a.m.–3 p.m.** Lunch, Union Point Park (30 and 50 mile routes)

- 12–4 p.m.** Football Viewing Tent Open, Union Point Park (Tent adjacent to Pepsi Trailer)
- 12–6 p.m.** Massage Therapists, Union Point Park (Massage Tent)
- 3–9:30 p.m.** Shuttle Service to Hotels, Info Kiosk in front of New Bern Convention Center
- 4–9 p.m.** Happy Hour Sponsored by Carolina Brewing Company (South Lawn of the Tryon Palace)
- 5–8 p.m.** Buffet Dinner, South Lawn of the Tryon Palace – guest tickets available for purchase for \$10 at volunteer check-in the History Center on Friday evening and the entrance of the South Lawn of the Tryon Palace
- 6 p.m.** All Bike routes closed.
- 4–9 p.m.** VIP Reception, South Lawn of the Tryon Palace, private tent
- 7–8 p.m.** Bike MS Celebration and Program, Tryon Palace South Lawn
- 7:45 p.m.** Live Jersey Competition (reference page 9 for details)

SUNDAY, SEPTEMBER 8

- 6–9 a.m.** Shuttle Service Pick up at Hotels and return to Info Kiosk, New Bern Convention Center
- 6a.m.–5 p.m.** Bike Lock-Up Tent Open, tent in front of DoubleTree by Hilton Hotel Parking Lot, next to the New Bern Convention Center (100 Middle St, New Bern, NC 28560)
- 6–9 a.m.** Rider/Volunteer Check-In, Info Kiosk, in front of Convention Center
- 6:30–9 a.m.** Breakfast, Union Point Park (Refueling Station)
- 6:30–9 a.m.** *VIP Breakfast, Union Point Park (VIP Tent)
- 7–8 a.m.** Team Picture Opportunity, Union Point Park (Gazebo)
- 7–8:15 a.m.** Bike Mechanics Available, Parking lot across from Union Point Park
- 7:30 a.m.** I Ride with MS Photo Time, Union Point Park (Gazebo)
- 7:45 a.m.** Bike MS Welcome, Union Point Park
- 8 a.m.** Official Start—Staggered, Union Point Park (50, 75, and 100 milers)
- 8:30 a.m.** Official Start—30 miles (approximate time)
- 9 a.m.** All cyclists must be on course. No exceptions.
- 10 a.m.–12:30 p.m.** Lunch on Route Rest Stop 4 (50, 75, and 100 Mile Routes)
- 11 a.m.–5 p.m.** Buffet Lunch, Union Point Park
- 12–5 p.m.** Shuttle Service to Hotels, Info Kiosk in front of New Bern Convention Center
- 5 p.m.** All routes closed. Lunch service over.



VIEW & DOWNLOAD ROUTE MAPS

Visit bikeMSnewbern.org.

Click on **Routes & Maps** under **About This Ride** on our website.

BE SAFE AND HAVE A GREAT RIDE!

CYCLING SAFETY

Our focus is to provide a high quality, safe and fun bicycling experience. While we do an enormous amount of planning to provide for your safety, we ask that you do your part prior to the ride by visiting our bicycle safety page at bikemsnewbern.org where you will find cycling manuals, safety videos, safe cycling tips, and links to more information.

Cue sheets will be provided at packet pick up on Friday evening and will be online at bikemsnewbern.org under Event Updates. Please study these closely and make sure to bring it to the ride! RIDE SAFE. RIDE SMART.

BIKE MS® SAFETY POLICY

Should a cyclist choose to behave, act, or ride in a manner that is endangering themselves or others, route

safety support have been instructed to remove their bib and wristband and prohibit them from continuing the ride. Please remember this is a ride, not a race.

BE AWARE OF YOUR SURROUNDINGS

Make sure you are always aware of your surroundings. Know what is behind you and watch out for what is in front of you. Be on the lookout for road hazards; sand and gravel, glass, railroad tracks, parked cars, snow and slush can wreak havoc on you and your bike. Sewer grates and cracks in the road can catch your wheel and cause you to be thrown from the bike. Watch for parked cars where people may be opening doors on the driver side of the vehicle without looking. Always wait until you have ample time to make your move, whether you are changing a lane or turning a corner. Do not expect to be granted the right of way in any instance.

KNOW THE RULES OF THE ROAD

The safety of our cyclists is the number one priority at Bike MS. Help us by knowing the rules of the road and following safe riding practices.



KNOW AND OBEY ALL TRAFFIC LAWS

The golden rule of bicycling in a group is be predictable!



OBEY ALL TRAFFIC SIGNS & SIGNALS

Avoid "following the leader" through traffic signs and signals.



STAY RIGHT!

Ride in the right portion of the rightmost lane in the direction you are traveling. Leave at least 4 feet between your handlebars and parked cars, other hazards or riders.



LOOK & SIGNAL

Avoid "following the leader" through traffic signs and signals.



UNPLUG

Headphones or ear buds are **NOT permitted**. This is so you can hear traffic and safety warnings.

2 AT A TIME



Ride no more than two abreast and do not impede traffic.



BE VERBAL!

Communicate during the ride to let others know about hazards or your movements.



"ON YOUR LEFT"

Call this out before you pass someone. If you hear it, a rider is approaching your left side. Allow them room to pass.



"SLOWING"

The cyclist in front of you is slowing down. Use caution and prepare to stop. Use the palm of your hand toward riders behind you to indicate slowing and stopping.



"STOPPING"

This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals.



"CAR BACK"

This means a car is approaching from the rear. All riders make an effort to move to the right of the road in a single file until the car passes.



"GRAVEL / POT HOLE / SAND / TRACKS"

Each of these messages is to alert the rider behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.

RIDER IDENTIFICATION

RIDER NUMBERS

Rider bib numbers change year to year and are used for identification of your bicycle and yourself at the ride. Top fundraisers are awarded with a special bib, recognizing their achievements from 2018. Please show your appreciation for this amazing group of top fundraisers.

- Top 100 – orange
- Club K – yellow
- IRWMS – blue
- Passport Rider – green
- All other riders - white

STAGGERED START

Our top fundraising team from 2019, TeamCBC, will be the first group released at the 8 a.m. start on Saturday. IRWMS participants will be the first group released at the 8 a.m. start on Sunday. Cyclists will be lined up according to average speed and released in groups of 100 riders every 5 minutes.

LOST AND FOUND

Turn in or retrieve any missing items/personal belongings at the Information Kiosk in front of the New Bern Convention Center.

CUE SHEETS

WHERE TO FIND THEM:

- Union Point Park Info/MS Lounge
- Downloadable at bikemsnewbern.org
- North Carolina History Center (Friday evening)
- Information Kiosk in front of the New Bern Convention Center
- Union Point Park Info Tent (Saturday and Sunday only)

Please note that all cue sheets list an emergency number that you can call anytime during the ride to seek assistance. (Saturday and Sunday only) ***Last minute route changes are sometimes necessary***

FAMILY & FRIENDS

Family and friends are welcome! Invite them to cheer you on at the finish line and enjoy the weekend with you. Meal tickets are available for purchase for \$10 North Carolina History Center on Friday, or the front gate to the South Lawn of the Tryon Palace Saturday evening. We also welcome spectators to the finish line at Union Point Park.

252 ESPN RADIO FOOTBALL VIEWING TENT

We are excited to continue our partnership with 252 ESPN New Bern Radio and Aaron's Furniture for the 3rd year in a row! On Saturday, September 7, visit the football viewing tent from 12 - 4 p.m. to watch your favorite college team on live tv. The Football Viewing Tent is in Union Point Park (adjacent to the Pepsi trailer).

PREVALENCE OF MS MORE THAN DOUBLES ESTIMATE

A new study funded by the National MS Society has confirmed that nearly one million people are living with MS in the United States, more than twice the original estimate from a previous study. This breakthrough is a pivotal moment in the MS movement as a scientifically sound measure of prevalence helps us better understand the disease and its impact. With twice as many people living with MS, solutions for MS are now twice as important.

FUNDRAISING

The Bike MS campaign funds promising MS research and provides vital services for people living with MS nationwide, including 20,000 in the Carolinas. You and your fundraising dollars are the reason we can invest in life-changing research and have support opportunities available for those affected by MS.

PRIZES AND INCENTIVES

We offer great fundraising prizes and clubs with amazing benefits. Raise \$800 or more and qualify for a prize! Visit your bikeMSnewbern.org participant center to access our fundraising toolkit, available prizes and information on our Club K and Top 100 benefits.

BIKE MS TALK



TEAM VILLAGE

Union Point Park, the home of Team Village, is the center point of the Bike MS activities and a gathering place for teams and team members. Teams can check into team village starting Friday afternoon. Each team that participates can reserve their own space to eat, drink, prep for the ride, and relax with friends on the beautiful waterfront of New Bern. If you'd like to reserve a spot in Team Village, please email kathryn.eddings@nmss.org.

ARRIVING AT TEAM VILLAGE

Teams can check into team village Friday afternoon from 3–9 p.m. Please arrive with enough time to unload your vehicle and move your car by 9 p.m. If you'd like to reserve a spot in Team Village, please email kathryn.eddings@nmss.org.

TEAM PHOTO SCHEDULE

To make sure your team has a scheduled photo time, contact Cole Eddings at kathryn.eddings@nmss.org or by calling 919-792-1003. Team photo schedule will be released to team captains and posted in front of the Gazebo.

To view Bike MS images after the event, visit www.flickr.com/photos/nationalmssociety/albums

NEED ITEMS FOR TEAM VILLAGE?

The closest convenience store is Galley Stores & Marina/BP (300 E Front St, New Bern, NC 28560) and supply store is Mitchell Hardware located at 215 Craven St., New Bern, NC 28560.

TEAM VILLAGE TENT CONTEST

Team Village Volunteers and Chapter Staff will cast votes for the competition. Winner will be announced at the Saturday evening celebration at 7 p.m.

TEAM VILLAGE EVENT SITE MAPS

Maps will be available online at bikemsnewbern.org and available at the following locations:

- Friday: Campground Coordinator Tent
- Saturday: Volunteer Check-In

SHUTTLE SERVICE SCHEDULE

We are thrilled to introduce our 2019 shuttle service schedule. Shuttles will be running on a continuous loop on two different route options from Friday to Sunday. Please note that bikes are not allowed on the shuttle due to space limitations.

North Carolina History Center – Union Point Park – Bridgepointe

- Friday: 3-9 p.m.
- Saturday: 6-9 a.m., 4-9 p.m.
- Sunday: 6-9 a.m.

All Hotel Shuttles

(Candlewood Suites, Comfort Suites, Hampton Inn New Bern, Holiday Inn Express New Bern, Springhill Suites by Marriot New Bern, Hampton Inn Havelock, & Holiday Inn Express Havelock)

- Friday: 3-9 p.m.
- Saturday: 6-9 a.m., 3-9:30 p.m.
- Sunday: 6-9 a.m., Noon-5 p.m.

Club K & Top 100 Reception Shuttle Service, leaving and returning from Info Kiosk in front of Convention Center. (Must have ticket for entry)

- Friday: 5:30-9:30 p.m.



SATURDAY EVENING CELEBRATION

Come party with us as we celebrate 31 years of Bike MS on Saturday, September 7 at 4 p.m. on the south lawn of the Tryon Palace (529 S Front St, New Bern, NC 28562)! Live music from the band Trainwreck will be available starting at 5:30 p.m. and following the program.

ROUTE CLOSINGS

Saturday – Route closes at 6 p.m.
Sunday – Route closes at 5 p.m.

Remaining cyclists will be transported in SAG vehicles to the finish. To help ensure the safety of all cyclists, all rest stops will have posted open and closing hours. If you are completing a century, you must maintain an average pace of 13mph.

BIKE MS AWARDS

LIVE JERSEY COMPETITION

Show your team pride at our annual jersey contest on Saturday night during the awards celebration (which begins at 7pm). All teams are invited to showcase their jersey design for a chance to win the Best Jersey Award. To enter, simply send a team representative in your team jersey to the stage to walk the runway. Rally your teammates and don't miss out!

Awards given at Saturday Night Celebration:

- Rookie Team of the Year - Rookie team who excels in fundraising and recruitment
- Rookie Individual of the Year - Rookie individual who excels in fundraising and supports our mission
- Best Team Tent – Voted by team captains, volunteers, NMSS Staff
- Best Team Jersey – Voted by Bike MS Planning Committee (wear or bring your jersey)
- Big Wheel Award – team with the most members by 8/30/19
- Spirit of the Ride – Team that most embodies the mission of the National MS Society

Awards given at Post-Event Celebration

- Top 10 Overall Fundraising Teams
- Top 10 Overall Fundraising Individuals
- #1 Fundraising Team by Division
- Team with Highest Percentage of Club K members
- Team with Highest Fundraising Average per Cyclist
- Team Captain of the Year
- Team Recognition Levels:
 - Bronze: \$10K-\$24,999
 - Silver: \$25K-\$49,999
 - Gold: 50K-\$99,999
 - Platinum: \$100K

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I Ride with MS

I Ride with MS is a National MS Society program that recognizes Bike MS® cyclists living with MS. Members of the **I Ride with MS** program enjoy special benefits at all of our Bike MS® events nationwide and receive a complimentary **I Ride with MS** jersey provided by Primal Wear.

I Ride with MS participants are committed to cycling to create a world free of MS, and inspire all who are part of the MS movement.

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OUR LOCAL **I RIDE**
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JOIN TODAY AT BIKEMS.ORG

Don't just ride, Bike MS



We Need Volunteers!

Bike MS® needs more than 600 volunteers to ensure a superior experience and safe ride for everyone!

We have volunteer openings for both ride days. If you or someone you know would like to help, let us know!

CONTACT GABRIELLE TUGGLE :
919-792-1024 | GABRIELLE.TUGGLE@NMSS.ORG

3101 Industrial Drive, Suite 210
 Raleigh, NC 27609

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RIDE GUIDE

PACKET PICK-UP / ROUTE INFO
 EVENT WEEKEND SCHEDULE /
 FUNDRAISING



NATIONALMSSOCIETY



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