

WHAT TO BRING

- **Helmet (REQUIRED)** – No exceptions.
- **Rider Numbers (REQUIRED)** – Your wristband, bib number, helmet tag and bike tag are important and required items to identify you as an official participant by our Bike MS staff and volunteers.
- **Photo Identification (ID) (REQUIRED)**
- **Tire patch kit, spare tubes and tire pump** – You should always be prepared with these items when you ride. The wait for assistance can be long, so be prepared to handle your own minor repairs on the route.
- **Nutrition Supplements** – Gels, energy bars, and sports drinks are always good to have on hand. If you have special dietary needs, please plan to carry food with you, as the Ride cannot provide special meals.
- **Water Bottles** – Make sure to have at least one water bottle on your bicycle at all times. Not all rest stops will have bottled water; some will have coolers and/or hoses only.
- **Cell Phone** – While you are not permitted to use your cell phone while riding, it is suggested you have it with you on the route in case of emergency.
- **Other** – Any necessary medication, sunscreen, personal needs.



HELMET TAG
Affix helmet tag on the front of your helmet.

BIB NUMBER
You must wear your bib number while on the route and at the start and finish lines. Please safety-pin it to the front of your outer most layer of clothing. This bib number identifies you as a Bike MS participant and grants you access to all food, beverages and Bike MS services.

WRISTBAND
You are required to wear your event wristband the entire ride. Please note the emergency number is valid only on the day of Bike MS NYC 2012.

BIKE TAG
Affix the bike tag with twist ties to your bicycle for quick identification when your bike is parked at the finish line bike parking.

I RIDE FOR BIB
Personalize this bib before you arrive on Sunday morning and share why you are riding! Please safety-pin it to the back of your outer most layer of clothing.

SAFETY TIPS

Bike MS NYC is an organized fundraising bicycle ride to benefit people living with MS. In a large field of riders from various cycling backgrounds and expertise, all participants must practice friendly, courteous and, above all, safe cycling etiquette from start to finish. Here are some helpful safety tips to ensure you have a high quality, safe and fun experience at Bike MS!

GROUP RIDING:

Be aware and be prepared. Safe group riding takes practice. The following tips are to ensure successful sharing of the open road:

- Be aware of others around you.
- Be predictable - ride in a straight line and avoid weaving back and forth.
- Head up - make sure that you are constantly observing your surroundings.
- Safety zone - adjust accordingly to fit the conditions of the road.
- Double check to ensure that no cyclists are immediately behind you when passing.
- Communicate - call out "passing on your left" and allow time for the cyclist to move to the right.
- Traffic laws - know and obey them.
- Be considerate - ride single file when possible and no more than two abreast when space and traffic conditions permit.
- Give some space - keep three feet of clearance when passing another cyclist, and even more at high downhill speeds.

Visit www.bikeMSnyc.org for additional bicycle maintenance and safety tips!

ABC QUICK CHECK

"A" IS FOR AIR
Check the tire pressure and look for damages to sidewalls.

"B" IS FOR BRAKES
Check pad wear and adjustment, cable and housing, brake release and brake function.



"C" IS FOR CRANKS, CHAIN and CASSETTE
Check for loose crank bolts and make sure the chains run smoothly through gears.

Learn more about the rules of cycling at BikeLeague.org.

BIKE MS NYC EVENT GUIDE

SUNDAY, OCTOBER 21



Take a moment to read the important event details inside to ensure you're prepared to have a wonderful ride.

If you still have questions after reading through the event guide, please don't hesitate to contact us at bikeMS@msnyc.org or 212-463-9791.

Thank you to our 2012 Bike MS Sponsors:



www.bikeMSnyc.org

[fb.com/bikeMSnycSNY](https://www.facebook.com/bikeMSnycSNY) twitter.com/bikeMSnyc

RIDE MORNING

All participants should arrive at the start line at 6:30 a.m. to have breakfast, take a team photo and enjoy the start line ceremony without being rushed.

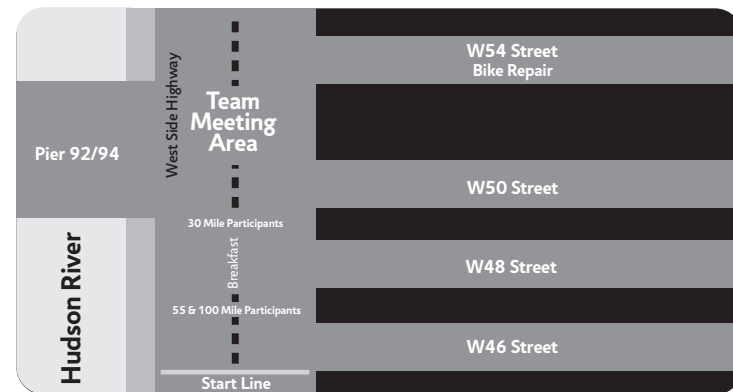
The 55 and 100 mile riders will begin PROMPTLY at 7:20 a.m. Riders should line up between 46th and 48th Streets along the West Side Highway by 7 a.m.

The 30 mile ride will start at 7:30 a.m. Riders should line up between 48th and 50th Streets along the West Side Highway by 7:10 a.m.

Start/Finish Line: Pier 92/94
12th Avenue & 54th St.
New York, NY 10019

Visit www.mapquest.com
for directions

Please note: participants riding the 55 and 100 miles will NOT ride the 30 mile route circling Manhattan traffic free. Instead, they will begin Bike MS by traveling immediately through the Holland Tunnel! It is very important that riders enter the correct rider chutes the morning of the ride.



Riders not on a team: Enter the Start Line area at 12th Avenue and 54th Street. Follow signs to the start line between 46th Street and 52nd streets and enter the proper chute by following signs for the 30 or 55 and 100 mile route line-up. Note that 55 and 100 mile riders will be lining up between 46th and 48th Streets, ahead of the 30 mile riders. Breakfast (bananas, Pure Protein bars, and bottled water) will be distributed from trucks inside the rider chutes.

Riders on a team: Enter the Start Line area at 12th Avenue and 54th Street and follow signs for the Team Meeting Area. Teams will be arranged by posted alphabetical signs (i.e. "A-C", "D-F", etc.). Here you can meet your fellow team members, grab your breakfast (banana, Pure Protein bar and bottled water) from the breakfast trucks and have your team photo taken. Head to the start line between 46th and 52nd streets and enter the proper chute by following signs for the 30 or 55 and 100 mile route line-up. Note that 55 and 100 mile riders will be lining up between 46th and 48th Streets, ahead of the 30 mile riders.

Elite 200 Club: Head directly to Pier 94 at 54th Street and 12th Avenue. ONLY Elite 200 Club and Elite Teams will be permitted inside Pier 94. Breakfast will be available inside Pier 94 for Elite 200 Club and Elite Team members. Please leave Pier 94 for the Start Line by 7 a.m. Elite 200 Club members have the option to lead out the ride with one guest. Meet at the check-in table inside the pier at 6:45 a.m. with your guest and a bike marshal will lead you to the Start Line.

Elite Team Members: Head directly to Pier 94 at 54th Street and 12th Avenue. ONLY Elite 200 Club and Elite Teams will be permitted inside Pier 94. Breakfast will be available inside Pier 94 for Elite 200 Club and Elite Team members. Please leave Pier 94 for the Start Line by 7 a.m. Head to the start line between 46th Street and 52nd Street and enter the proper chute by following signs for the 30, 55, or 100 mile route line-up.

Anyone needing to pick up their bike rental must go directly to Bike & Roll between 6 - 7 a.m. located at 43rd Street and 12th Avenue. **Still need to rent a bike?** Visit www.bikeMSnyc.org and click on the link "Bike Rentals" on the left hand navigation.

Bike repair will be available on 54th Street at the corner of 12th Avenue. Please, have your bike inspected BEFORE the day of the ride – only simple repairs can be given at Bike MS.

All riders must bring their own bike helmet.

BEFORE THE RIDE SCHEDULE OF EVENTS

6:30 a.m. Bike MS site opens
Breakfast distributed from trucks in chutes
Team Photos in Team Area
6:45 a.m. Warm Ups
7:10 a.m. Opening Ceremonies
7:20 a.m. 55 and 100 Mile Riders Start
7:30 a.m. 30 Mile Riders Start

ROUTE

Route Maps and Cue Sheets

Route maps and cue sheets will be distributed the morning of the ride to 55 and 100 mile participants only. All routes are marked with route arrows and volunteer route marshals will be placed along the route to ensure you are going the right way!

Rest Stops

Rest stops will be provided every 8-12 miles and will be supplied with water, Pure Protein bars, miscellaneous fruit and snacks. Volunteer bike mechanics will be on site to assist with minor repairs. Lunch will be provided along the route for the 100 mile riders.

Support Vehicles

Support vehicles will be along the route to assist riders with flat tires or if you simply can't go any further! All riders received an event wristband in their rider packet. You are required to wear your event wristband the entire ride. Please note the emergency number is valid only on the day of Bike MS NYC 2012.

BIKE MS FINISH LINE FESTIVAL

This year's Finish Line Festival will include a variety of food and beverage selections, live entertainment, a team jersey fashion show, massages, a sponsor expo, event merchandise for sale, and much more!

Bike Parking

Bike parking is mandatory in the finish line area. The bike parking area will be guarded so you can enjoy the festivities. When you arrive at the finish line, deposit your bike at bike parking in the area corresponding to your bib number. To claim your bike your bib number and bike number must match. Do not remove your bike number or bib number prior to claiming your bike at the end of the event.

Food and Beverage

Breakfast will consist of a banana, Pure Protein bar and water. After the ride all participants will receive a catered lunch provided by Creative Foods Catering and a variety of beverages and snacks. Snacks and beverages will be provided along the route as well.

Chapter Resources Booth

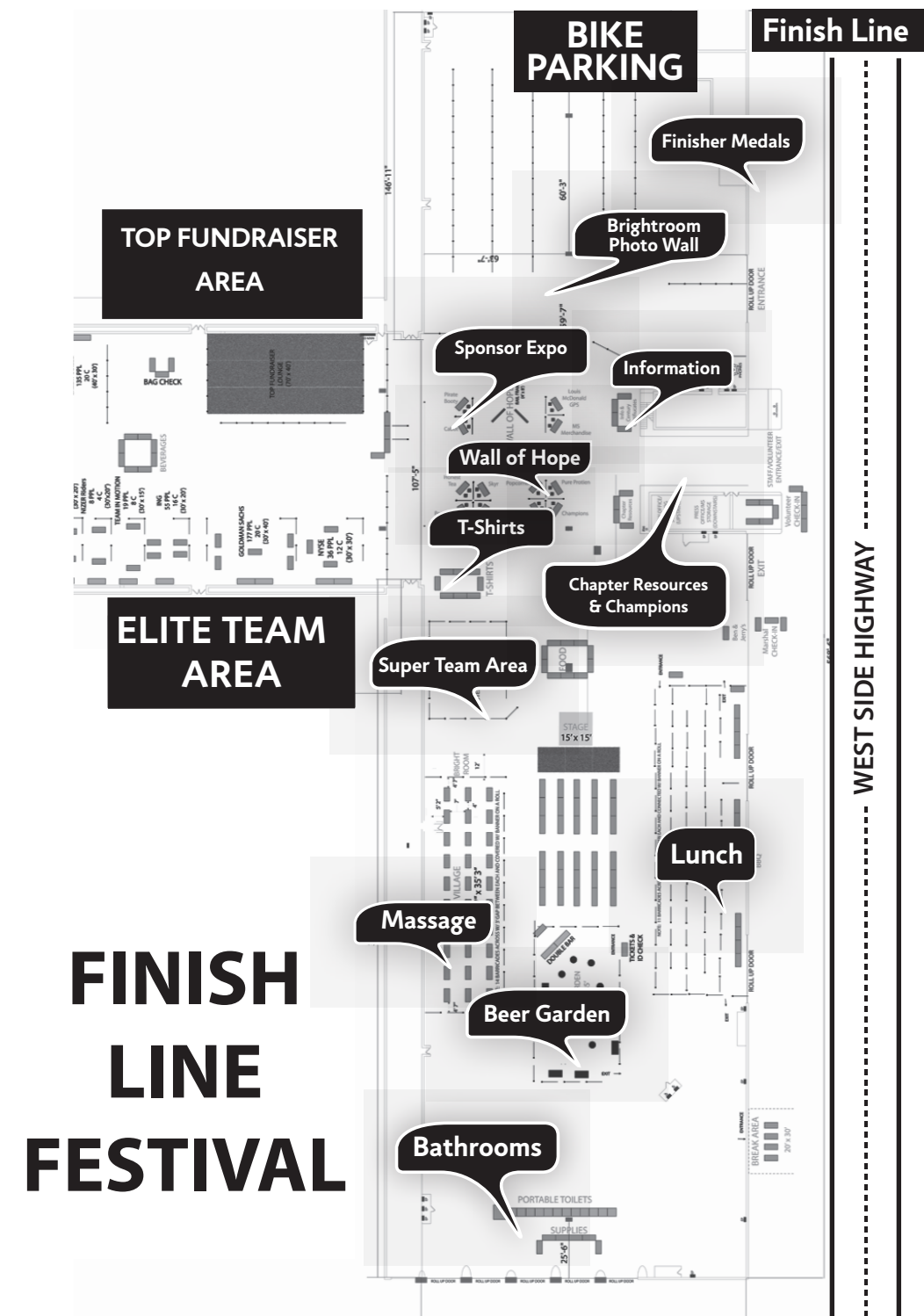
Take a moment to stop by and learn more about multiple sclerosis and our chapter! Visit our Advocacy Photo Booth to learn how you can take action and become an MS Activist.

Champions Booth

The Bike MS Champions program is one of the most important links between Bike MS participants and people living with multiple sclerosis. The relationship between Champion and participant fosters education, awareness, gratitude and, most importantly, hope. Champions will be onsite between 10 a.m. – 6 p.m.

You can still be a Bike MS Top Fundraiser

If you reach \$1,000 or more in fundraising by the day of the ride, you can exchange your Rider Bib for a Top Fundraiser Bib at any Packet Pick-up prior to the event or on event day at the Top Fundraiser Lounge after the ride. Contact Shera Salgado at ssalgado@msnyc.org or 212-453-3253 for more details.



FRIENDS & FAMILY

You deserve a standing ovation when you cross the finish line, and we are going to make sure you have one! Please invite your family and friends to meet you at the finish line! Meal tickets will be available for sale onsite; Adults \$12, Children \$10. Food is complimentary for all event participants.

HOTEL ACCOMODATIONS

Bike MS NYC has partnered with quikbook.com to provide excellent hotel rates for Bike MS participants. Quikbook.com individually negotiates discount rates at hand-picked hotels in America's larger cities. Also, most Quikbook.com hotels do not require you to pre-pay for your stay. You can book them today and pay the hotel directly when you check out.