

THE TOUR IS HERE!! Autumn Trails Classic 2009

The National MS Society is thrilled that the Bike MS: Autumn Trails Classic is almost here! Just a few short days and we will be rolling through the Kansas countryside. PLEASE READ THIS NEWSLETTER CAREFULLY FOR VERY IMPORTANT RIDE INFORMATION!

To date, we have 18 teams and 140 total riders planning to participate! Our goal is to raise over \$135,000 to create a world free of MS. There is still plenty of time to gather your pledges and fundraising—pledge deadline is not until October 15th. The more we raise, the closer we are to finding a cure for MS!

Thank you for joining the movement and for all your training, fundraising, and dedication to our mission! You truly make this a great event and we hope to have the best ride yet!! Please contact me if you have any questions or need anything!!

Sincerely, *Erin Keller* erin.keller@nmss.org 316-264-7043

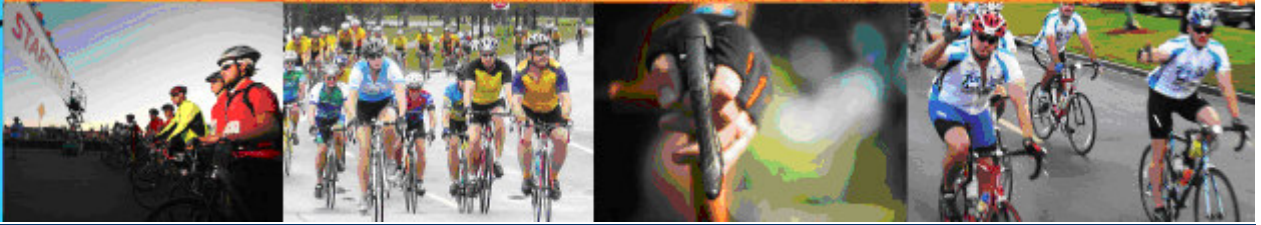
EARLY PACKET PARTY!!

Don't want to wait in lines on Saturday before the Ride? Then drop by the NMSS office for the Early Packet Turn-in Party on **THURSDAY, SEPT. 10th from 3:30-7:00pm**. You can turn in pledge envelopes and pick up your goody bags, luggage tags, t-shirts, route maps, etc. Anyone who comes to Early Packet will be entered into a separate drawing for a **COMPLETE COLEMAN CAMPING SET**. We will have drinks, snacks, and be available to answer any questions you may have about our upcoming adventure! Come get ready to ride and get entered to win. Countryside Office Park near the corner of Harry & Webb Rd. Suite 706 in the back.

REGISTRATION INFO:

- Bring all pledges collected thus far! (Pledge envelopes will be available if needed.)
- Registration/Check-in starts at 7:00am in the Derby Recreation Center Lobby. Please use the far east entrance. There is another event at the DRC on Sat. morning.
- Complete all the information on the front of the pledge envelope—contact info, team info, and amounts collected.
- You will be asked to fill out the Rider Bib information and sign the waiver.
- All riders under 18, must have their waiver **notarized**. Notary will be available on Sat.
- We will provide your goody bag, Bike MS T-Shirt, and route maps.
- Water and sports drinks will be available before the ride, but not breakfast on Saturday.

Please Read Inside!!



WHAT TO PACK??

Here are a few suggestions on what to bring for the Bike Ride:

Clothes:

Rain gear, comfortable shorts/cycling shorts, t-shirt/jersey, socks, extra shoes, cycling gloves, change of clothes for after the ride on Saturday and Sunday.

Overnight Toiletries:

Towel, washcloth, soap, shampoo, sunscreen, toothbrush, toothpaste, comb/brush, insect repellent, lip balm, and deodorant. Overnight sleeping gear like a sleeping bag, air mattress, pillow, tent, etc. We will transport the luggage to Winfield and back to Derby on Sunday.

Day Gear:

Water bottle, tool kit, tubes, seat or handlebar bag, jacket/wind-breaker, lock and HELMET.

Medications:

Two-day supply of any medications you are currently taking. First aid kits and supplies are available at rest stops, and there will be ambulances with medical crews available only at certain areas for serious bumps and bruises.



SAFETY TIPS!!

We know that you know the "Rules of the Road" and that you are a safe cyclist, but let's go over a few very important safety rules:

- ⇒ Helmets are required at all times on the route.
- ⇒ Stay close to the shoulder of the road.
- ⇒ Please ride single file on busy roads or when cars are approaching.
- ⇒ Follow all the Rules of the Road, as if you were driving. DO NOT run yellow or red lights. Stop at intersections, just as you do in your car.
- ⇒ A parent/guardian MUST accompany every rider under 18 years old along the entire route.
- ⇒ Ride Marshals will be present on the ride in yellow jerseys to act as Safety Ambassadors and first responders if needed.
- ⇒ All bicycles must be in safe operating condition. A mechanic will be on the tour to provide emergency repair—not tune ups for pre-existing problems.
- ⇒ Visit our local bike shops for inspections before the ride to find out if you need repairs or adjustments.
- ⇒ Bicycle passenger carriers/trailers or seats for children and infants are NOT permitted.
- ⇒ If you need help of any kind along the route: tap on your helmet, give a thumbs down, or pull over to the side of the road. This will alert the SAG vehicle, Gold Wings or staff to stop and assist you.
- ⇒ Cell Phones are only permitted if you are stopped and on the side of the road.
- ⇒ Headphones are not allowed on the route due to distractions and impaired ability to react.



2009 EVENT AGENDA:

SATURDAY AT DERBY RECREATION CENTER

- 7:00-7:45am:** Check-in & Registration in the Derby Rec Center LOBBY
Drop luggage by the Weigand Moving Truck
Parking is in the middle school parking lot by the football field
- 7:00am:** Team Pictures start
- 7:40 am:** Opening Announcements & Singing of the National Anthem
- 8:00 am:** Official Start of the 23rd Bike MS: Autumn Trails Classic

SATURDAY LUNCH IN WINFIELD

- 10:45am-2:00pm:** Cookout Lunch in Baden Square—hamburgers, hotdogs, chips, etc!

SATURDAY FINISH AT BADEN SQUARE—WINFIELD

- Visit Rider Check-in table when you finish route
- Grab a snack and refreshments to hold you over until dinner—sub sandwiches!
- Pick up luggage at the Winfield Rec Center, clean up, and relax
- 1:30 pm-5:30pm:** Therapeutic Massages in dance studio of Rec Center
- 3:00 pm-5:30pm:** Shuttling from the Winfield Trolley will provide service to the hotels
- 5:00pm:** Route will be closed and NMSS Volunteers/Staff will sweep the route

SATURDAY BANQUET—WINFIELD

- 5:45pm:** Last Shuttle back to Baden for Bike MS Banquet
- 6:00 pm:** Italian Dinner at the Winfield Community Center (Baden Square)
- 6:30 pm:** Start Door Prize Drawings
- 7:00 pm:** Awards Program and featured speaker Vernon Hurd
- 8:00 pm:** Banquet ends. Shuttle service to hotels resumes.

SUNDAY AT BADEN SQUARE—WINFIELD

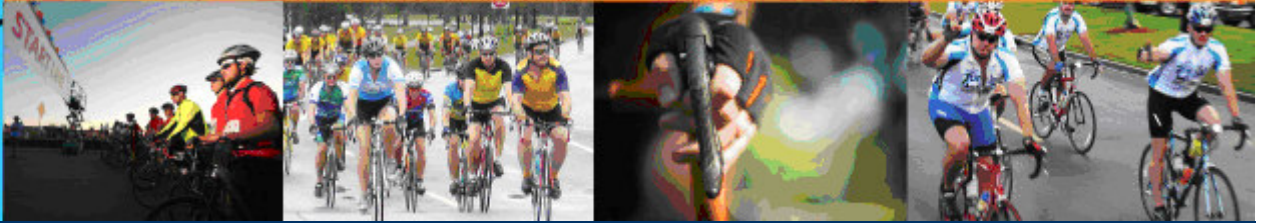
- 5:30 am:** Shuttling back to Baden Square starts
- 5:45-7:00 am:** Breakfast at Winfield Community Center (same location as banquet)
Check-in at Rec Center Registration Table
- 7:15 am:** Announcements and Line Up Winfield Rec Center
- 7:30am:** Start Day 2 Bike MS: Autumn Trails Classic

SUNDAY LUNCH—DERBY RECREATION CENTER

- 10:45am-3:00pm:** Hog Wild BBQ sandwiches, baked beans, potatoe salad and drinks!

SUNDAY FINISH AT DERBY RECREATION CENTER

- Cheered across finish line and adorned with medals! Showers available, grab some food, and relax!
- Luggage will be unloaded and waiting for your arrival outside of the Rec Center
- 10:30am-3:30pm:** Therapeutic Massages inside the Derby Rec Center
- 3:30 pm:** Say your good-byes and get ready for next year!



ROUTE DETAILS

DAY 1:

Short: From Derby to Winfield approximately 52 miles. Total of 5 rest stops before lunch.

Long: From Derby to Winfield for Lunch, then loop around Winfield and finish in Baden Square, approx 85 miles. Total of 8 rest stops.

Century: Follow the long route, but add the leg out to Dexter and back, approx 105 miles. Total of 9 rest stops. CENTURY ROUTE OPTION WILL CLOSE AT 2:30pm.

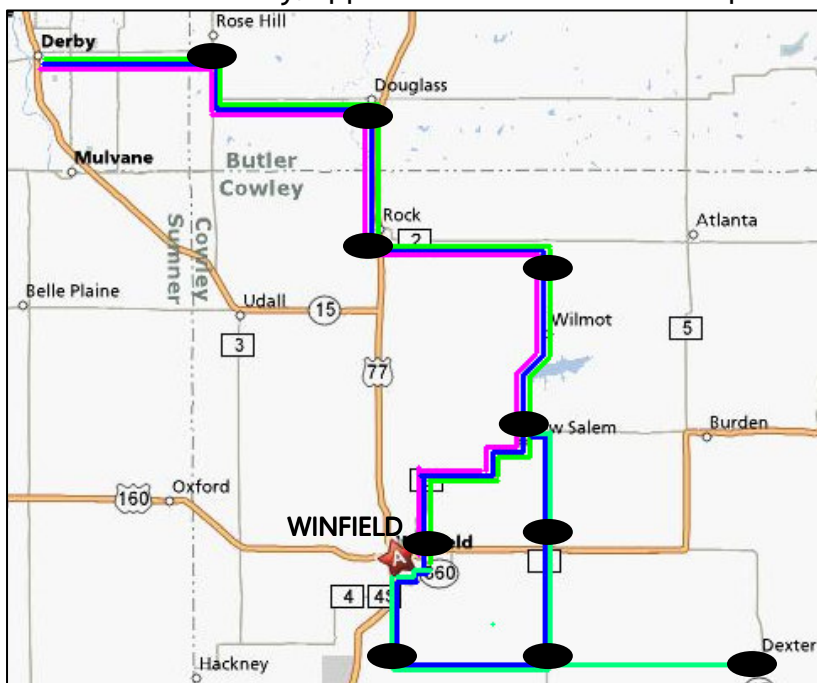
SPECIAL NOTE: Between Douglass and Rock, riders will be on US Hwy 77 for about 6 miles. Most of this stretch has a big shoulder, but the last 2 miles does NOT. **ALL RIDERS NEED TO BE SINGLE FILE** into Rock, KS and be very cautious. Gold Wings & SAG Vehicles will be monitoring and assisting.

SPOTS OF INTEREST: The Rock Café near rest stop #3 will be open on both Saturday and Sunday from 7:30am-2:00pm if your interested. Henry's Candy Store in Dexter is open until 5:00pm if your looking for a sweet treat!

DAY 2:

Short: From Winfield to Derby, reverse Saturday's route 52 miles. Total of 5 rest stops.

Long: Follow the Short Route to Derby, but add the Long Route loop between Rose Hill & Derby, approx 80 miles. Total of 6 stops—long route use Rose Hill rest stop twice.



MAP KEY:

Short Route = Pink 52 miles

Long Route = Blue 85 miles

Century = Green 105 miles

Rest Stops = ●

**Route is subject to change by NMSS staff & Route Directors at anytime.*

Official route maps with more detail will be distributed in your rider packets before the event.



IMPORTANT RIDE DETAILS

ROUTE SWEEP:Saturday, Sept 12th:

For your safety, we will begin sweeping the route on Saturday at 4:00pm. Riders who cannot complete the route by 5:00pm will be picked up. **At 5:00pm we will close the route and transport all cyclists into the finish line.**

Sunday, Sept 13th:

We will sweep the route on Sunday at 2:30 pm. Riders who cannot complete the route by 3:00 pm will be picked up. **At 3:00pm we will close the route and transport all cyclists into the finish line.**

CENTURY RIDERS:

For those of you choosing the extra challenge of the century loop to Dexter, **please sign-in at the rest stop at the Liberty Township Building.** (Rest stop #7) **The Century Route Option will close at 2:30pm.** You must be on the way to Dexter by then!

ROAD CONDITIONS:

Our route this year is very scenic with rolling hills, but most of the roads are in good condition. Please be cautious of the many railroad crossings. **US Hwy 77** between Douglass & Rock will have highspeed traffic—stay on shoulder and single file!! Follow the rules of the road at all times.

REST STOPS:

Rest stops will be placed every 8-10 miles. Each stop is stocked with water, sports drinks, fruit & snacks. Our stops also have bug spray, sun block, tums, ibuprofen, hand sanitizer, and first aid kits. Just ask the volunteers and they can assist!

RIDER BIBS:

For your safety, all riders **MUST** wear bib numbers both Saturday and Sunday. Rider numbers should be worn on your back and visible to everyone. You will also be asked to fill out emergency contact information on your waivers at registration.

TEXT MESSAGING: In case of emergency or inclement weather, the NMSS will utilize text messaging and Facebook to communicate to riders. Email Erin your cell phone number!

NEED HELP?

Tap your helmet or give thumbs down if you need assistance along the route. SAGs/Gold Wings will then know to stop. If you stop along the route, please pull off the road but remain visible to support volunteers.

MASSAGE THERAPY:

On Saturday and Sunday, massage therapists from Body & Soul Massage Therapy will be available. **Massages will be FREE to VIP RIDERS, or available to everyone for \$1.00 per minute!**

2009 Bike MS Awards



**bike to
create a world
free of MS**

Keep your eyes open along the Bike Route! You will get to vote at the Bike MS Banquet for the following awards:

- BEST REST STOP**
- BEST DRESSED TEAM**
- BEST BANDANA**
- BEST ROAD RASH**
- BEST BEHIND TO BE BEHIND**

We will also be recognizing:

- VIP MEMBERS**
- VETERAN RIDERS**
- LARGEST TEAM**
- TOP FUNDRAISING TEAM**
- TOP INDIVIDUAL FUNDRAISER**
- SPIRIT OF THE MISSION TEAM**

Please Read!! Important Info Inside!



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