

New Team Captain Informational Meeting



What is Multiple Sclerosis?

- MS is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body.

What causes Multiple Sclerosis?

- In multiple sclerosis, damage to the myelin in the central nervous system (CNS) — and to the nerve fibers themselves — interferes with the transmission of nerve signals between the brain and spinal cord and other parts of the body.

Who is diagnosed

- There are more than 400,000 people with MS in the United States.
- Every hour of every day, someone is diagnosed with MS.
- The average age for diagnosis is between 20 and 50 with more than twice as many females diagnosed than males.
- In Texas, we serve 254 counties and over 56,000 people living with MS as well as their families.

Bike MS Champion!

- A great way to connect yourself to the mission.
- The Bike MS Champion program, underwritten by Noble Energy, connects a person living with MS with a cyclist. During the ride, each cyclist in the program carries an orange bandana in honor of his or her Champion with MS. This unique partnership fosters awareness, enthusiasm, and friendship.



BP MS 150 – April 28th-29th

The BP MS 150 is a two-day fundraising cycling ride organized by the National MS Society. This ride is the largest event of its kind in North America.

- 3,500 volunteers & 10,000+ cyclists
- **\$14.5 million** raised in 2017!
- 180 miles Houston to Austin, 2 days
- 400+ Teams



Goal for 2018 : **\$14.2 million**



Don't Do It Alone!

- Have a committee of volunteers to help you out
 - Co-Captains
 - Safety Coordinators
 - Logistics Coordinators
 - Fundraising Coordinators

Team Captain Timeline

Refer to handout

Team Budget – Not Required

- Jerseys
- Tent & Tent amenities (La Grange & Austin)
- Catering
- Luggage/supply trucks/cargo vans
- Snacks/Beverages
- Coolers/Ice chests
- Orange fencing, tie wraps, rope for a bike stand, posts for fencing, hammer, etc.
- Duct tape, long extension cords
- Fire extinguishers **REQUIRED**

Please check with your vendor for actual prices and BOOK EARLY



Participation Requirements

- \$110 Registration Fee
 - Use discount code: TeamUp for 15% off.
- Raise a minimum of \$400 before getting a rider number and packet
- Anyone under 17 must be accompanied by an adult during the ride.
- No riders under 12
- Helmet Required

Packet Pick Up – Starts in March

- Packet pick-up events provide the opportunity to pick-up your rider packet which contains: your rider numbers, official rider t-shirt, goodie bag and Bike MS Champion bandana.
- All registered riders must pick-up a packet prior to the ride
- Rider numbers are non-transferrable
- You **MUST** complete the Emergency information on the back of the bib prior to the ride
- Riders can turn in donations at any packet pick-up event
- Underage riders must submit a Underage Waiver and Release Form. The Release Form must be NOTARIZED



Packet Pick Up Schedule – Must have met minimum

Houston

- **April 18th from 11-7pm** Wortham Insurance Terrace
 - 105 Sabine St. Houston, TX. 77007
- **April 27th from 2-8pm** Expo @ Omni Westside Hotel
 - 13210 Katy Fwy. Houston, TX. 77079

Austin – TBD



Rider Packet – What’s Included



This is your Rider Packet.
It contains your rider numbers, wristband, luggage tags [2], Cycling Map with mileage, twist ties [5] and safety pins [4].



This is your Bib Number.
It affixes to the back of your cycling jersey using the enclosed safety pins [4].
You **MUST** complete the Emergency information on the back prior to the ride



This is your Handle Bar Number.
It goes on handle bars and stem.
Affix with the enclosed twist ties. [3]



This is your Top Tube Number.
Fold and wrap around the top tube of your bicycle frame.
Affix with the enclosed twist ties. [2]



This is your Helmet Number.
It adheres to the front of your helmet.
This number identifies you for the official ride photographer.



These are your Luggage Tags [2]. Each must weigh less than 25 lbs.
Each adheres to the handle on one piece of luggage.
You are allowed two pieces of luggage.



This is your Wristband. It adheres to your wrist.
It is used to claim your bike at all bike compounds and for meals.

- **15% Give Back program to the team's fundraising**

Start Artwork 12/11



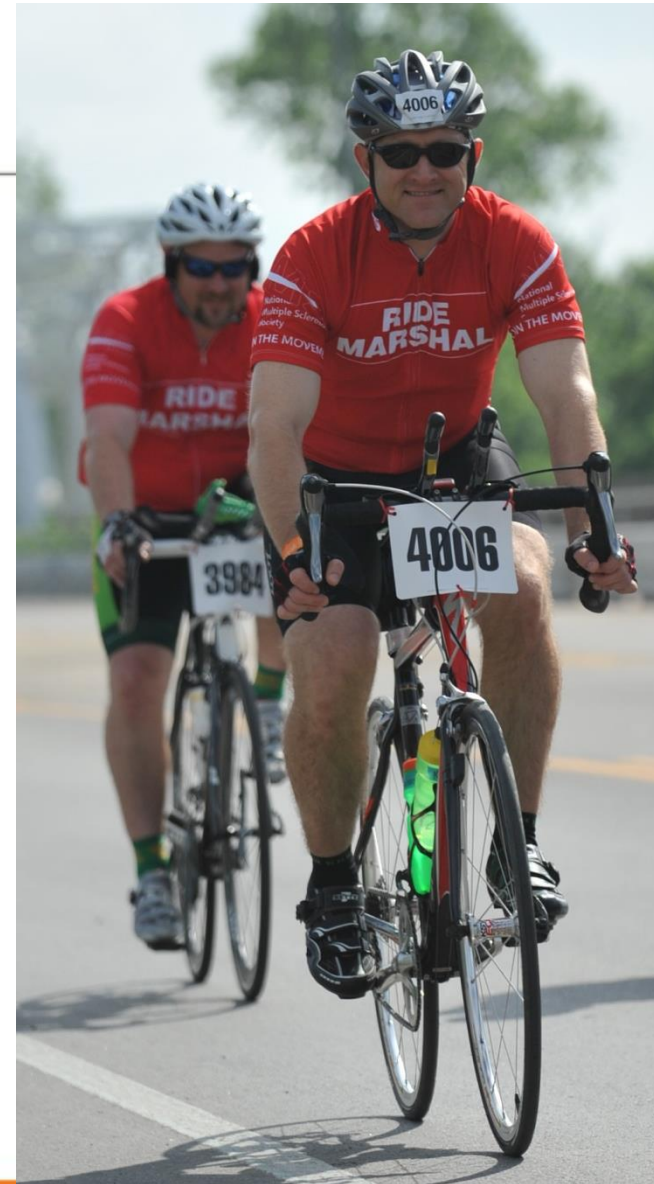
- Size Guide – If ordering men's sizes only, size down by 1 for women (ex. Women's Large becomes Men's Medium)
- Fit Kits; There's a \$100 Deposit which is applied to the order once returned. These can be kept up to 2 weeks, then returned with our included FedEx Label.



Contact Adele Arceneaux at Adele.A@primalwear.com or 800.275.6953

Culture of Safety

- Safe Cycling Challenge- Online Quiz
- Group Riding Skills (dates announced in Jan.)
- Recommended Rides
- Additional Training / Recruit opportunity
 - Ready2Roll Series/Energy Riders
- Official Bike Stores
 - Feb 15 – April 4, free inspection; April 5 goes to \$15
- Ride Marshals (1 for 50, 2 for 51-100)
- Team Safety Award(s)



Ride Weekend

Friday

- **Houston**
 - BP MS 150 Expo - Omni Westside Hotel
 - Official BP MS 150 Merchandise
 - Final Packet Pick-Up
 - Vendors
 - Bike Stores
 - VIP Reception
 - Meet your Champion with MS
- **Austin**
 - Weekend Parking
 - Charter Buses to Omni Houston Westside (\$35)
 - Bike Transport to Houston



Day 1

- **Tully Stadium:** 1050 Dairy Ashford
Houston Route - 100 miles to La Grange
Start time – 6:45 am
- **Rhodes Stadium:** 1733 Katy Fort Bend Rd
Katy Route – 83 miles to La Grange
Start time – 6:45 am
- **Waller Stadium:** 20735 Stokes Road
Waller Route - 76 miles to La Grange
Start time – 7am



Tips:

- ❖ Arrive Early!
- ❖ Secured parking
- ❖ Remember where you start
- ❖ Luggage trucks (team trucks vs. National MS Society trucks)
- ❖ Money, credit card
- ❖ Know where your team is located

Luggage and Bike Transport

- On Day 1 the National MS Society will provide complimentary transportation of luggage from Tully Stadium (Houston), Rhodes Stadium (Katy) and Waller Stadium (Waller) starts to the Overnight in La Grange. On Day 2 luggage will be transported to Austin for pick up near the Finish Line.
- To reserve transportation for your bike and/or charter bus transportation for yourself from Austin to an official start a \$35 fee is required. Transportation fees to be paid online at www.bpms150.net.



- ✓ Must use Official luggage tags
- ✓ Personalize your luggage!
- ✓ Pay bus transportation & bike transportation fee online in advance at www.bpms150.net

Route Support

Route Hours:

Saturday: 6:45am – 6:30pm

Sunday: 6:45am – 6:30pm

The BP MS 150 is a fully supported by 3,500 volunteers!
Ride Officials and event volunteers include;

- Ride Marshals
- Bike Police
- Bike Medics
- Motorcycle Marshals
- Medical Support Team
- Bike Store Support
- SAG (Special Assistance Group) *no personal SAG's
- HAM Radio Team – Communications
- Breakpoints



Breakpoints – Every 10-15 miles

Available Services for Riders

- Hydration Stations – Cytomax Energy Drink & Water
- Snacks – Salty and Sweet
- Fruit – Bananas and Oranges
- First Aid
- Official Bike Stores for Bike Repairs, Supplies & Accessories
- Restrooms & Portable Toilets
- SAG (Special Assistance Group)
- Recycle – Please Dispose of Trash and Recyclables Separately



Lunch

Day 1: Bellville – Bellville City Park

Day 2: Bastrop – Bastrop Intermediate School

Service Hours: 9 am - 3 pm - Lunch & Beverages

Available Services for Riders

- Vegetarian option available
- Official Bike Stores
- Restrooms and Portable Toilets
- SAG (Special Assistance Group)
- Recycle – Please Dispose of Trash and Recyclables

If you have special dietary needs, it is recommended that you pack your own lunch to meet your specific needs.





The Overnight - La Grange, Texas

Where will you stay:

- Hotel: Book now! List of hotels is on the website
- Air BnB or other local contacts like churches, VFW's, etc.
- Camp at the Fairgrounds / Team Tent
- RV / Motorhome -Free, but no hook-ups

The Overnight - La Grange, Texas

- Check bike into the bike compound
- Get luggage
- Team tent, RV, individual camping, hotel,
- Shower
- Massage
- Food & beverages
- Shuttles (showers, hotels, off-site parking)
- Entertainment
- Bike shop support and retail
- First Aid
- ATM machines
- Lights out 10pm and lights on 4:30am

Day 2

- **6:45am Start** - *Dependent on Weather*
- Fayette County Fairgrounds & Camp St.
- Rider Staging order: BP
- Riders Living with MS, Club 300
- Platinum Safety Award Winners
- General Start



Things to remember:

- Make your route decision early!
- Be patient

Two Routes:

Option 1: 60.5 miles

Option 2: 62.4 miles – Bechtel Challenge Route



Finish Line

- **Load your Bike or Use the Bike Compound**
- Pick-Up Luggage
- Shower Trucks
- Complimentary Meal & Beverages for Riders
- Meals & Concessions Available for Purchase for Friends & Family
- Charter Buses Back to Your Start Location (\$35 Fee Payable Online)
- Completion Pins and Certificates
- VIP Reception
- First Aid
- Official BP MS 150 Merchandise
- Team Tents
- Parking On--site for friends and family



VERY
IMPORTANT:
Load your Bike
First!

Bubble Bistro – *Presented By*

MOSTYN LAW FIRM
TEXAS TRIAL LAWYERS



- The Bubble Bistro offers cyclists the opportunity to meet the people they are riding for and offers those living with MS the chance to say thank you!
- Look for the Bubbles at the Finish Line!



MS

Fundraising Tips- Best Practices

A dream written down with a **DATE** becomes a goal. A goal broken down into **STEPS** becomes a plan. A plan backed by **ACTION** makes your dreams come true.

GREG S. REID

www.TheSilverPen.com

- Set a Fundraising Goal: Team and Individual
- Make sure you have a Champion who is living with MS to rally around
- Share team successes: who are your top fundraisers, what creative fundraising methods are your teammates doing
- Matching Gifts
- Include fundraising tips and information about the progress in MS to your donors to keep them engaged
- Always thank your donors

Update your team page!

Donate To Our Team

Join Our Team

Donate to Team Member



Add a picture

Tell your story

We've formed a team for the BP MS 150 because we want to experience a great ride and help the National MS Society fund research, advocate for change and help people with MS live their best lives. We believe in this cause. Can we count on your support?

BP MS 150 is a physical challenge for cyclists of every level, but it's so much more than just a ride. The camaraderie, passion, and memories that come from sharing this experience with our team will stay with us for a lifetime. The BP MS 150 is a weekend-long and LIFE-long opportunity to make a difference in your own life, and in the world. It's a group effort that transcends personal accomplishment and touches the lives of the thousands of people affected by MS in our community. Join us! It's more than a ride—it's the BP MS 150.

About MS

Multiple sclerosis is an unpredictable, often disabling, disease of the central nervous system that interrupts the flow of information within the brain, and between the brain and body. Millions of people are affected by MS and the challenges of living with its unpredictable symptoms, which range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS.

Join our team!

Your gift helps support cutting-edge research and programs and services for everyone impacted by MS. Ending MS means no one will receive an MS diagnosis again. Every dollar helps. Every connection matters.

Progress: 3%



Goal \$15,000.00
Achieved \$375.00

Set a goal

Fundraising Honor Roll

Anonymous
Anonvmous

Our Team

| | |
|--------------------|-------|
| Ramsey Hilton | \$0 |
| Annabelle Newton | \$0 |
| Roger Van Der Meer | \$0 |
| Mark Werner | \$100 |
| Team Gifts | \$25 |

Fundraising Clubs



Top 300 fundraisers who raised over \$4.2 million in 2017. They receive many special perks throughout the year.



Anyone who raises over \$1500 for the BP MS 150. Prize levels begin at \$1000.

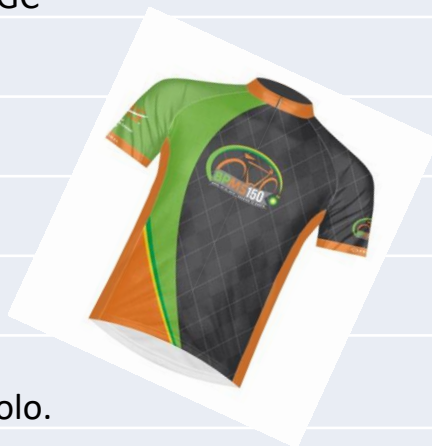


FUNDRAISING LEVEL

PRIZE CHOICE



| | |
|----------|-------------------------------------|
| \$1,000 | Polo or \$35 GC |
| \$1,500 | Watch or \$60 GC |
| \$2,000 | Deluxe Cooler Seat or \$85 GC |
| \$2,500 | Rolling 26" Duffle Bag or \$100 GC |
| \$3,500 | Top Fundraiser Jersey and \$125 GC |
| \$5,000 | \$150 GC and jersey |
| \$7,000 | \$200 GC and jersey |
| \$10,000 | \$300 GC and jersey |
| \$12,000 | TOC or \$500 GC, includes jersey |
| \$15,000 | TOC and \$100 or \$500 GC and polo. |
| \$20,000 | \$500 GC |
| \$24,000 | TOC for 2 |



Contact Us

- E-mail: SC_TeamsEmails@nmss.org
- Fundraising Support:
FundraisingSupport@nmss.org
- Facebook: search BP MS 150
– BP MS 150 Team Captains – Ask to join