

bike



Ride to the River

Presented by H-E-B

New Rider Orientation

New Rider Orientation Sponsor



Join the Conversation!

- Read your E-Newsletter
- Bike MS: Valero Ride to the River Website
www.bikeMStexas.org

- Text Message Service



- Bike MS: Valero Alamo Ride to the River
- #BikeMS



Program

- Introductions
- What is MS?
- Registration
- Fundraising
- Bike MS Champions Program
- I Ride with MS Program
- Packet Pick Up
- What to Expect at the Ride
- Finish Line
- Training/Hydration/Nutrition
- Safety
- Bike Maintenance and Care
- Calendar of Event
- Awards: Compete for Bragging Rights
- Q&A



What is Multiple Sclerosis?

Multiple sclerosis is a chronic, often disabling disease of the central nervous system. MS causes the destruction of myelin, resulting in the interruption of the flow of information within the brain, as well as between the brain and body. It is an unpredictable disease with no known cause.

Symptoms

- Difficulty walking
- Dizziness and vertigo
- Poor balance and coordination
- Weakness and fatigue
- Visual impairment
- Cognitive (memory) problems

Who is diagnosed?

- Every hour of every day, someone is diagnosed with MS.
- MS affects more than 2.3 million people worldwide.
- The average age for diagnosis is between 20 and 50 years of age, with more than twice as many women diagnosed compared to men.
- In Texas, we serve 254 counties and over 56,000 people living with MS as well as their families.

Registration & Fundraising

Register at www.bikeMStexas.org

Registration Fees:

- \$35 - through June 30
- \$50 - July 1- October 2

Minimum Fundraising

- \$300 due by packet pick-up
- Average raised per rider in 2014 - \$827

Fundraising Tip:

“If you don’t ask, the answer is always no.”

Download Bike MS App



Fundraising Tips

- Set up and personalize your Participant Center page!
- Set a goal, reach it, and set a new goal!
- Email & Letters – Customize your email and letters with a personal story-why you are raising money, why it's important to you and where the money goes.
- Use Social Media – Update friends on your fundraising and provide a direct link to your fundraising page



**Visit the Fundraising page at
bikemstexas.org
for more information, tips and
fundraising tools!**

Fundraising Prizes/Clubs



Prize levels begin at \$500
Average raised per rider in 2014 - \$827

- Club 100 - Top 100 Fundraiser from the 2014 ride receive special perks for the 2015 ride. Including a Top Fundraiser jersey, recognition, dinner, socials, VIP Ride, personalized rider numbers.
- Superstar Fundraisers - Raise \$1,000 + or more – Special perks include special rider number, socials and VIP Ride.
- Passport Program - Raise \$5,000 + for one event and qualify to participate in any Bike MS event around the nation that same calendar year. No registration fee or fundraising required.
- Tour of Champions - Raise \$12,000+ for one event and qualify for the annual Tour of Champions ride getaway.



Club 100

Top Fundraiser

Bike MS: Valero Ride to the River,
presented by H-E-B

Bike MS Champion Program!

Every connection counts. Connect with a Bike MS Champion and ride for someone living with MS. This program connects cyclists with individuals living with MS. These individuals embody why we ride. They are doing something about MS now! Leading up to ride week end, riders, fund raisers and friends will have the chance to learn more about each featured Bike MS Champion by visiting this website.



I Ride with MS Program



- I Ride with MS is a special Society program that celebrates Bike MS cyclists who are also living with multiple sclerosis.
- Enjoy special day-of-event benefits and receive a complimentary “I Ride with MS” jersey. [Genzyme and MS One to One](#), and [Primal Wear](#) are proud supporters of the I Ride with MS program, available through all 100 Bike MS events nationwide.



Packet Pick-Up

- Packet pick-up events provide the opportunity to pick-up your rider packet which contains your rider numbers, official rider t-shirt 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 (12-17) must submit a Minor Waiver and Release Form. The Release Form must be NOTARIZED.

Ride Weekend

San Antonio: Friday

- Bike MS: Valero Ride to the River Packet Pick-Up
- Location: Holiday Inn San Antonio Airport
- Official Merchandise
- Final Packet Pick-Up
- Vendors
- Bike Stores



Ride Weekend

San Antonio: Saturday

- Start at Wheatley Heights Sports Complex
- Shuttle service from Holiday Inn Airport to Wheatley Heights Sports Complex
- Bike Transport to Wheatley
- Wheels down 8 AM
- Weekend Parking at Wheatley Heights Sports Complex
- 100-mile and 71-mile route options

Seguin: Saturday

- Lunch, Vogel Elementary School



Ride Weekend

New Braunfels: Sunday

- Start and end at Comal County Fairgrounds
- Shuttle service from Comal County Fairgrounds to Wheatley Heights Sports Complex
- Bike Transport to Wheatley Heights Sports Complex
- Wheels down 7:30 AM
- 38-mile and 61-mile route options
- Non-denominational and Catholic service



Luggage and Bike Transport

On Day 1 the National MS Society will provide complimentary transportation of luggage from Wheatley (San Antonio) start to the Overnight in New Braunfels. On Day 2 luggage and bikes will be transported to Wheatley Heights Sports Complex for pick up.



- ✓ Must use Official luggage tags
- ✓ Personalize your luggage!
- ✓ Bike number must match your bib number and bracelet to retrieve your property



Day 1

Start: Wheatley Heights Sports Complex

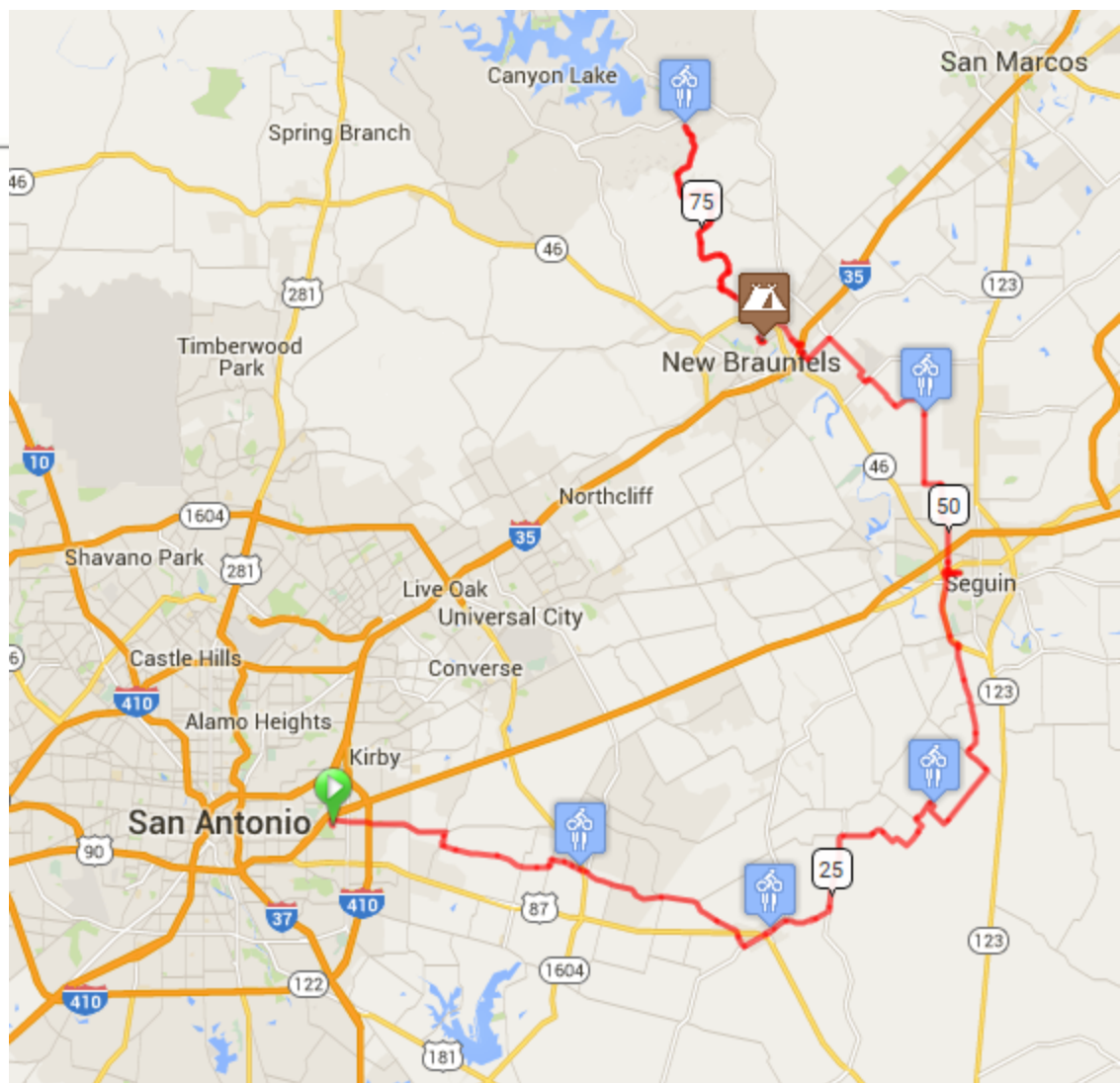
200 Noblewood Drive,
San Antonio, TX 78220
Start time -8:00am

Day 1:

100 - Miles
71 - Miles

Overnight: Comal County Fairgrounds

701 Common St.,
New Braunfels, TX
Start time – 7:30am



Route Support

Route Hours:

Saturday: 8:00am – 6:00pm

Sunday: 7:30am – 4:00pm

The Bike MS: Valero Ride to the River is fully supported by 1,000 volunteers! Ride officials and event volunteers include:

- Ride Marshals
- Bike Police
- Bike Medics
- Motorcycle Marshals
- Medical Support Team
- Bike Store Support
- SAG (Support and Gear)
- HAM Radio Team – Communications
- Rest Stops



Ride Friendly

- Obey Law Enforcement personnel, ride officials, and volunteers.
- Don't Litter!
- Obey all State & Local Traffic Laws
- Support the Local Communities
- Respect Private Property
- Use Provided Restroom Facilities ONLY
- Curb Inappropriate Language & Profanity



Rest Stops

Rest Stops are breakpoints for cyclists as they travel the routes. Rest Stops occur approximately every 8 - 15 miles.

Available Services for Riders:

- Hydration Stations-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 (Support and Gear)



Rest Stop Snacks and
Water sponsored by:

H-E-B
Helping Here.®



Lunch

Day 1: Seguin – Vogel Elementary

Available Services for Riders

- Hydration Station
- First Aid
- Lunch (vegetarian option available)
- Official Bike Stores
- Portable Toilets
- SAG (Support and Gear)

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

Lunch Sponsored by:



Finish Day 1

- Secure Bike Storage Compound
- Luggage Storage
- Shower Trucks
- Massage Therapy
- Food & Beverages (*vegetarian option*)
- Entertainment
- Courtesy Shuttles to Official Hotels
- Team tents: Comal County Fair Grounds
- Lights Out 10pm Saturday and Lights On 4:30 am Sunday
- On-site parking for friends & family
- Fairgrounds vehicle traffic is closed to the public

DAY 1 - ONE START - ONE FINISH!

Bronc Buster: - - - - -100 miles

Ranch Wrangle: - - - - 71 miles

**ALL Options Finish:
Comal County Fairgrounds, New Braunfels, TX.**

Shuttles Sponsored by:

New RideInNewBraunfels.com
Braunfels

Day 2

7:30am Start

Comal County Fairgrounds

Rider Staging order:

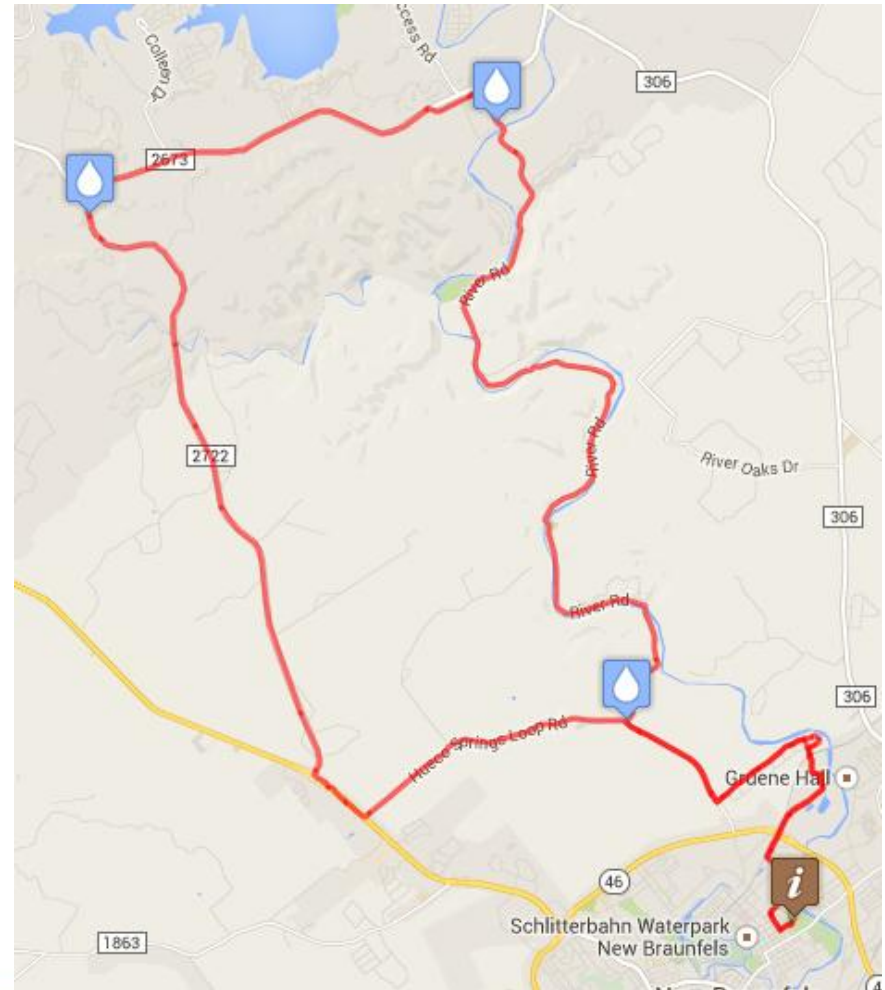
- Club 100 and Riders with MS
- General Start

DAY 2 Route Options –

Bear Creek Climb: --- 38 miles

Arrowhead Ascent: -- 61 miles

County Fairgrounds, New Braunfels, TX



Overnight/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
- Completion Certificates
- First Aid
- Official Merchandise
- Team Tents
- Parking On-site for friends and family
- Beer garden for registered riders



VERY IMPORTANT:
Load your Bike First!
**Check bus schedules for
departure to Wheatley
Heights Sports Complex.**

Preparing for the ride

Training and Conditioning

- Weekly Training
- Start with Low Mileage
- Gradually Increase Mileage
- Introduce Hill Training (midway)
- Gym/Cross-Training
- Spin Classes and Group Rides
- Team Training Rides – Ask your Team Captain!
- Official Bike Store Rides
- Bike MS: Valero Ride to the River Recommended Rides – visit www.bikemstexas.org for a listing of rides



Preparing for the ride

Nutrition and Hydration

- Hot days require more water and less concentrated electrolyte drinks
- A bottle every 30-45 minutes (before thirsty)
- Sodium is required to absorb water properly (hyponatremia)
- 500 calories per hour burned (learn to manage as you train)
- Don't over eat on shorter training rides (2-3 hours)
- Don't under eat on long rides (3-6 hours)
- Practice your on bike nutrition (drinks, gels, bars, foods)

Medical Issues

- Bonking – Keep your carbohydrate levels high before and during the rides
- Do not ride in wrist extension (bent back) – Hand numbness
- Nerve Irritation from poor bike seat fit
- Low back pain, neck pain, knee pain – see bike store for fit

Safety is Key!

Safe Cycling Challenge

- Online Safety Quiz is intended for educational purposes to increase a rider's knowledge and awareness of cycling safety.

Safety Zone

- A safety resource on www.bikemstexas.org designed to provide participants with information to ensure a safe, enjoyable cycling experience.

Bike MS Safety Brochure

- Educational brochure designed with a variety of topics to assist our riders with their preparation and training with a special section dedicated to guidelines for underage riders and their guardians.

Bicycle Maintenance and Care

ABC Quick Check

- A = Air
- B = Brakes
- C = Chain, Crank & Cassettes
- Quick = Quick Releases
- Check = Everything Else



Additional Items & Knowledge

- Tires and Flat Repair
- Tools and Equipment

Calendar of Events

June

Wednesday, June 24: Kick-off Alamo Beer Company, 202 Lamar Street, San Antonio, TX 78202 6:30-8:00 PM

Thursday, June 25: New Rider Orientation - Ride-Away Bicycle Shop, 5519 N W Loop 1604, Suite 108, San Antonio, TX 78253, 6 – 8 pm

July

Wednesday, July 1: Team Captain Call with Fred Gibbons 12:00-12:30 pm, 888-279-3775, code 33224#

Thursday, July 16: Team Captain Happy Hour - Hofbrau (The Rim) – 6 – 7:30 pm

Saturday, July 18: VIP Ride & Lunch - Club 100+ Super Stars +TCs - Location Somerset- 7:30 am **(Invitation Only)**

Thursday, July 30: Hall of Fame Dinner - 6 – 8 pm **(Invitation Only)**

August

Saturday, August 1: Spike MS - Sideliners Grill, 15630 Henderson Pass, San Antonio, TX 78232 5 – 10 pm

Wednesday, August 5: Team Captain Call with Fred Gibbons 12:00-12:30 pm, 888-279-3775, code 33224#

September

September: Team Captain Packet Pick-Up(s) - TBA

Wednesday, September 16: Valero Energy Corporation, Bldg. D, 4 – 7 pm

October

Friday, October 2: Expo, [Holiday Inn San Antonio- Int'l Airport](#), 77 N.E. Loop 410, San Antonio, TX 5 – 8 pm

Saturday – Sunday, October 3-4: Bike MS: Valero Ride to the River

January 2016

Bike MS: Valero Ride to the River, presented by H-E-B Awards Celebration



Award Categories: Compete for Bragging Rights!



Visit www.bikeMStexas.org
for a full list of awards!

Pre-Event

Best Team Webpage - The team with the most personalization on their personal team page.

Rookie Team - This team gets it from day one: Fun, organization, volunteering and fundraising. They fuel the movement for a world free of MS; vision, desire, blood sweat and tears matter.

Veteran Team - This team has it all! This team demonstrates loyalty through their years of participation and fundraising. They set an example for other teams by placing safety as a priority and providing Ride Marshals to help keep everyone in line.

Champion Cup - Traveling trophy given to a team for its dedication to the goals of the National MS Society and its mission.

Start Line - Day 1

Best Dressed Team - This team has to look good, whether its jerseys, shorts, socks, costumes or volunteer T-shirts. All-in-all, this team has the whole package.

Most Spirited Team - This team demonstrates excitement, dedication and fundraising during training series, at pre-events and on the weekend of the ride.

Award Categories: Compete for Bragging Rights! (Cont'd)

Team Tent Village - Judges

Best Team Tent - The team with the best decorations and fun atmosphere at the Comal County Fairgrounds Team Tent Village Area.

Best Team Jersey - This award is given to the team who participates in the Team Jersey Contest at Comal County Fairgrounds Team Tent Village Area.

Best Jersey Promoting the Mission - This jersey makes it clear: This team is dedicated to helping persons with MS.

Team Awards - Fundraising

Top Three Fundraising Team over \$70,000

Top Three Fundraising Team Under \$70,000

Team VIP Award - This team has the most Club 100 (and/or Silver Star fundraisers on their team.

Most Improved Fundraising Team more than 30 riders/Less than 30 riders

Highest Average Per Rider more than 30 riders/Less than 30 riders



Contact us



- [Cynthia Rodriguez](mailto:Cynthia.Rodriguez@nmss.org) - Cynthia.Rodriguez@nmss.org
Director, Development - Corporate Partners, Top Fundraisers, & Ride
- [Belinda Benavidez](mailto:Belinda.Benavidez@nmss.org) - Belinda.Benavidez@nmss.org
Specialist, Development - Teams and Super Star Fundraisers
- [Lloyd Hensley](mailto:Lloyd.Hensley@nmss.org) - Lloyd.Hensley@nmss.org
Coordinator, Development - Teams, Logistics & Safety