



Welcome to New Rider Orientation





Program

- Introductions
- What is MS
- Participation Requirements
- Fundraising
- Cyclists living with MS
- Bike MS: Champions Bandana Program
- Training
- Nutrition and Hydration
- Safety
- Bicycle Safety Inspection
- Packet Pick Up
- What to Expect Weekend of the Ride
- Finish Line
- Q&A

What is multiple sclerosis?

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.

Common Symptoms include:

- Fatigue
- Numbness
- Weakness
- Dizziness and Vertigo
- Walking difficulty
- Cognitive (memory) problems
- Vision problems

Who is diagnosed with MS?

- 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.



Participation Requirements

- The required \$400 minimum fundraising must be raised prior to picking up your rider number.
- Registration Fee is non-transferable and does not apply toward the minimum pledge.
- Rider number is non-transferable.
- The minimum age for a rider is 12 years of age as of April 27, 2018.
- All riders must practice appropriate cycling and safety etiquette at all times during the event.

Visit bpms150.net for more information



Fundraising Tips

In 2017, the BP MS 150 raised \$14.2 million for Multiple Sclerosis research and services.

Participants raised an average of \$1,500



Fundraising tools include:

- Personalize your fundraising page and customize your URL
- Set a Goal and Aim High!
- Kickstart your fundraising by making a Personal Donation.
- Connect Fundraiser to Facebook
- Add contacts to your address book to send emails
- Send Emails – fundraising and thank you
- Get Social – share your involvement with the BP MS 150 with your social networks Facebook and Twitter
- Take advantage of matching gifts – check with your HR Department for details
- Personal fundraising letters via mail are never out of style

Visit the Rider Resources/Tips & Tool section at www.bpms150.net
for more information





Fundraising Levels

Prize levels begin at \$1,000



Superstar Fundraisers raise \$1,500 or more

- Benefits include a special packet pick up, special rider number, special rider t-shirt, and special “happy hour” events



Top Fundraisers raise \$3,500 or more

- In addition to Superstar benefits you will receive a Top Fundraiser jersey.



Fundraising Levels



National Passport Program - \$5000

- In addition to Top Fundraiser benefits, riders have the opportunity to participate in any other Bike MS ride without needing to meet the fundraising requirements.

Tour of Champions - \$12,000

- In addition to National Passport Program benefits
- Three-night hotel stay
- Round-trip airfare
- Airport transportation
- Two group dinners
- Daily breakfast
- Fully supported bike rider
- Commemorative TOC memorabilia





Fundraising Levels

MS

Club 300

Top Fundraiser
BP MS 150

Club 300 is comprised of the top 300 fundraisers for BP MS 150
In 2017, this amazing group of people raised more than \$4.2 million

- Benefits include a personalized rider number
- VIP receptions event weekend
- Priority start on Day 2
- Club 300 merchandise and swag
- and much more



Cyclists living with MS

I Ride with MS

- I Ride with MS is a Bike MS program that recognizes cyclists who are living with multiple sclerosis
- Participants receive a complimentary “I Ride with MS” jersey
- I Ride with MS participants are not only committed to cycling to create a world free of MS, but to increasing awareness of the disease as well



program sponsored by:





Bike MS Champion Program



- 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.

program sponsored by:





Training Overview

- Start with weekly rides of about 20-25 miles
- Increase 10-20% per week
- Initially don't be concerned with speed
- Keep terrain mostly flat
- Start increasing speed and gradually add hills
- Include short 1 hour interval workouts and/or other cross training
- Increase hill training. Learn to use gears.
- Target minimum moving average speed of 12-14 mph
- Longest ride should be 70-80% of day one distance (55-80 training miles)
- Taper – Reduce distance the last two weeks





Training Rides



- Help get you in physical condition
- Gradually build up distance & add hills
 - ✓ Include cross training activities during the week
- Help you learn to ride in a group on the roads
 - ✓ Focus on safety and courtesy
- Opportunity to test nutrition/hydration strategies
- Opportunity to make a lot of new friends
 - ✓ Carpool to rides
 - ✓ Enjoy meals at local establishments, support the community
- Opportunity to see Texas like you've never seen it before!



Training Rides: Options

- BP MS 150 Recommended Rides ([website - Training Resources section](#))
 - ✓ Every weekend from January 8th to April 23rd (**except Easter**)
 - ✓ Registration fee varies; charity rides
 - ✓ Well planned & supported
 - ✓ 250 – 1,200 riders
- Official Bike Store Rides ([check store web site](#))
 - ✓ Less structured, usually include “No rider left behind”
- Team Rides ([check with your team captain](#))
- Ride with a group of your friends
 - ✓ Check recommended ride calendar to avoid conflicts
 - ✓ Check out local ride maps ([online, stores, books](#))
 - ✓ Inspect route for road conditions, rest stops, etc.





Training Rides: Intervals

- Can be done on Spin Bike, Exercise Bike, Bike Trainer or on the Road
- Builds up Cardio Vascular system and increases speed
- Start with 2 minute intervals
 - ✓ Go as hard / fast as possible for 2 full minutes
 - ✓ Follow with rest period of 2 minutes
 - ✓ Rest periods are slow, coasting, almost no pedaling
- Repeat 2 min Hard/2 min rest cycle 10 times
- Increase to 3 min hard/rest cycle repeated 10 times
- Find a route that you can complete without stopping
(no stoplights, stop signs, traffic issues, etc.)





Nutrition

Training

- Find what combination works best for you – energy gels, sport drink, energy bars and protein bars are an easy way to re-fuel during a ride
- Remember... **There is no one perfect system for everyone!**

Night Before the BP MS 150

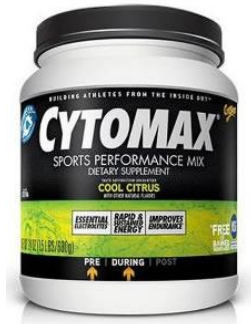
- Don't go crazy carb loading; avoid high fat, greasy foods
- Avoid unfamiliar foods

Morning of the BP MS 150

- Eating 2 hours or more before the start - 1 gram of carbs/lb of body weight
- Eating closer to start time 30 grams carb within 1 hour

On the route

- Consume 60 gram carbs/hour – energy gels, liquids (sports drink), energy bar, protein bar, snacks such as trail mix and fruit (oranges, bananas)





Nutrition Recovery

Three R's of Recovery:

- **Rehydrate:** With fluid and electrolytes
 - ✓ Consume 20-24oz for every lb. lost
- **Replenish:** Glycogen (carb storage) with easily digestible carbohydrates
 - ✓ Chocolate Milk
 - ✓ Bagel with peanut butter
 - ✓ Yogurt with chopped fruit & honey
 - ✓ Yogurt/fruit/milk smoothie
 - ✓ Fruit
- **Repair:** Consume protein



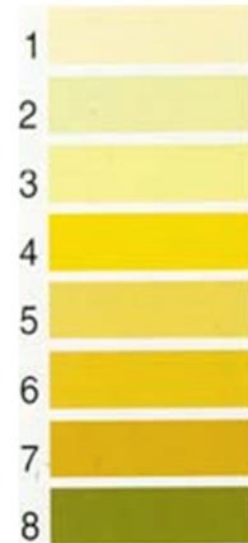


Hydration

Hydration is a primary factor in controlling body temperature and key to long distance riding.

- How much you drink depends on the weather.
- Monitor fluid status/urine color
- Waiting till thirsty = too late!
- Drink at least one bottle per hour of fluid
- Rotate water and sports drink
- For long distance rides - you need sodium

Sodium can be found in sports drinks, electrolyte tablets, and salty snacks such as pretzels.





Safety Resources

The Three E's of Cycling Safety

Education

- ✓ Group riding takes practice
- ✓ Create your own safety zone

Experience

- ✓ Build physical strength and endurance
- ✓ Builds confidence that you can complete the ride
- ✓ Feel good at the end of each day's ride
- ✓ Understand your body's hydration and nutritional needs
- ✓ Improve safety and bicycle-handling skills

Equipment

- ✓ Keep your cycling equipment in good working order
- ✓ Visit a local Official BP MS 150 Bike Store





Safety Resources

Safety Resources on BP MS 150 website
(Section: About this Ride/Safety)

Group Riding Skills Courses

- A hands-on course designed by the League of American Bicyclists to provide you with the principles of group riding so you can safely enjoy riding the BP MS 150 and other group rides – **Course Schedule Coming Soon!**

Safe Cycling Challenge

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

Safety Brochure



2017 BP MS 150 Safe Cycling Challenge

A FUN RIDE IS A SAFE RIDE!



This online Safe Cycling Challenge is intended for educational purposes only. It is not a pass/fail test so feel free to take it as many times as you'd like. The questions have been designed to increase your knowledge and awareness of a broad range of cycling safety practices that you are likely to experience during training rides and the BPMS 150 event itself.

Answers and other related information are available under the Safety tab at www.bpms150.net

This tool has been prepared by the BPMS 150 Safety Committee whose aspiration is to complete this annual event with zero harm to its riders, volunteers, organizers, and the wonderful communities who open up their hearts and doors to us.

Please send any feedback to the BPMS 150 Safety Committee at bpms150safetycommittee@bpms150.net.

Next





Smart and Safe Cycling Tips

- **It's a RIDE, NOT A RACE!**
- Expect crowded conditions at the Start, Route Merge Points, Breakpoints, Lunch Stops, & Finish.
- Vehicle Traffic – The roads we use are not closed! Keep as much distance between you and the vehicle traffic as possible. Use courtesy and etiquette when interacting with vehicles.
- Keep to the right unless passing. **Pass on the left.** Call out "Passing on Left." **DO NOT PASS ON THE RIGHT!**
- Communicate with riders around you (slowing, stopping, obstacles, etc.)
- **DO NOT CROSS** the yellow center line of the road
- Ride with no more than two (2) abreast
- **Be Courteous, Be Patient and Ride Friendly**





Ride Friendly

- Obey Law Enforcement personnel, ride officials, volunteers, residents & vehicle drivers
- 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





Bike Safety Inspection

Bike Safety inspections for participants are not mandatory, but are strongly encouraged by the National MS Society to promote a safe BP MS 150

- Performed by Official Bike Stores only
- Pass the Bike Safety Inspection and receive a BP MS 150 Safety Inspection Sticker to display on the stem of your bike
- With this sticker you are eligible for **FREE** labor (parts and materials are extra) if you need any mechanical repairs during the BP MS 150
- February 19, 2018 through April 20, 2018 at **NO COST**
April 21, 2018 through April 27, 2018 **inspection fee is \$15**
- Visit the BP MS 150 website for a list of **Official Bike Stores**





Packet Pick Up

Each rider must raise the required \$400 minimum fundraising prior to picking-up a Rider Packet.

- Turn in any donations to meet the \$400 fundraising minimum requirement and/or any additional donations you may have received
- Collect your Rider Packet, containing your bib number, bike frame numbers, helmet number, luggage tag, and a wristband for meals.
- Receive an event t-shirt, goodie bag, and Bike MS Champions bandana
- For riders aged 17 and under, you must submit a Release and Waiver of Liability completed, signed by a parent/guardian.

Packet Pick Up schedule coming soon!





Ride Weekend

Friday Events in Houston



BP MS 150 Expo

Omni Houston Hotel at Westside
13210 Katy Freeway
Houston, TX 77979

- Final Packet Pick-Up
- Vendors
- Bike Stores
- VIP Reception
- Pasta Dinner
- Meet your Bike MS Champion



Ride Weekend

Austin Riders



- Free Weekend Parking at Circuit of the Americas
- Charter Buses to:
 - Omni Houston Hotel at Westside & Katy Mills Mall
 - Friday, April 27, 2018
 - \$35 advance online purchase, \$50 on Friday, April 27th
- Bike Transport to Houston
 - Omni Hotel Westside, Rhodes Stadium & Waller Stadium



Luggage and Bike Transport

- Day 1 complimentary transportation of luggage from Omni Hotel Westside, Rhodes Stadium, and Waller Stadium starts to the Overnight at the Fayette County Fairgrounds in La Grange.
- Day 2 complimentary transportation of luggage to Austin for pick up near the Finish Line.
- Charter bus transportation for yourself from Austin to an official start location on Sunday. Advance online purchase \$35. Transportation fee \$50 day of event

- **Must use Official Luggage tags from your rider packet**
- **Personalize your luggage**
- **Pay bus transportation & bike transportation fee online in advance at www.bpms150.net**





Day One Start Locations

Tips:

- ❖ Arrive Early!
- ❖ Secured parking provided
- ❖ Remember your start location
- ❖ Luggage trucks (team trucks vs. National MS Society trucks)
- ❖ Carry ID, Money, credit card
- ❖ Know where your team is located at the start site



Houston Start:

Start location coming soon!

Houston Route - 100 miles to La Grange

Start time – 6:45am

Rhodes Stadium:

733 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 – 8am-10am: Rolling Start

START

BIKE TO CREATE A WORLD FREE OF MS





Route Support

The BP MS 150 is a fully supported ride. Event volunteers include the following:

- Ride Marshals
- Bike Police
- Bike Medics
- Motorcycle Marshals
- Medical Support Team
- Bike Store Support
- SAG (Special Assistance Group)
- HAM Radio Team – Communications
- Green Initiative & Recycling
- Breakpoints







Breakpoints

Breakpoints are rest stops for cyclists as they travel the routes

Breakpoints occur approximately 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

- Hydration Station
- First Aid
- Lunch (vegetarian option available)
- Official Bike Stores
- Restrooms and Portable Toilets
- SAG (Special Assistance Group)
- Shuttle School Buses to Fayette County Fairgrounds in La Grange
- Recycle – Please Dispose of trash and recyclables separately

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







Finish Day 1



Available Services for Riders

- Secure Bike Storage Compound
- Luggage Storage
- Shower Trucks
- Massage Therapy - Sign up Early!
- Food & Beverages (*vegetarian option*)
- Concessions
- Entertainment
- Courtesy Shuttles to Showers, Hotels & Off-site Parking
- Bike Store Support and Retail
- Team tents: Fayette County Fairgrounds or Camp St. Mark's, RV, individual camping, Academy Tent village, Hotels
- First Aid
- VIP Reception
- Lights out 10pm Saturday and Lights on 4:30 am Sunday
- Off-site parking for friends & family with courtesy shuttles
- **Fairgrounds are closed to the public; no parking**







Day 2



- **6:45am Start** – *Weather Permitting*
- Fayette County Fairgrounds & Camp St. Mark's
- Rider Staging order:
 - Riders Living with MS, Club 300
 - Top Safety Award Winners
 - General Start



Two Route Options:

- Bechtel Challenge Route – 77 Miles through Buescher and Bastrop State Parks (more hills)
- Lunch Express Route - 66 miles along Hwy 71

Things to remember:

- **Make your route decision early!**
- **Be patient!**





New Finish Line



Available Services for Riders

- Secure Bike Storage Compound
- Luggage Pick-up area
- 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 or \$50 day of)
- Completion Pins & Certificates
- VIP Reception
- First Aid
- Official BP MS 150 Merchandise
- Team Tents
- Parking off-site for friends and family



VERY IMPORTANT:
Load your Bike First!
Visit Bubble Bistro!
Know Your Team Tent
Location!





Bubble Bistro



- The Bubble Bistro located at the finish line in Austin
- 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!

presented by:





Stay Updated!

Make sure you are opted in to receive our monthly
BP MS 150 eNewsletter

@ BPMS150



Use **#BPMS150** when posting on social media!


Need help? Email: FundraisingSupport@nmss.org





Questions & Answers

Contact us with questions
Fundraisingsupport@nmss.org
855-372-1331



**WORLD
FREE OF MS
AHEAD**

**Thank you
for
attending
New Rider
Orientation**