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Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional and contact the National MS Society's Ohio Buckeye Chapter at www.MSohiobuckeye.org or 1-800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

Bike MS
Buckeye Breakaway

2016
RIDER HANDBOOK



bike
MS

Buckeye
Breakaway
Ride 2016

SNAIL MAIL

The National MS Society
Ohio Buckeye Chapter - Independence Office
6155 Rockside Road, Ste. 202
Independence, OH 44131

ONLINE

- » MSohiobike.org
- » [Facebook.com/MSohiobike](https://www.facebook.com/MSohiobike)
- » [Twitter.com/NMSSohiobuckeye](https://twitter.com/NMSSohiobuckeye)
- » [Instagram/NMSSohiobuckeye](https://www.instagram.com/NMSSohiobuckeye)

EMAIL

- » ohabikems@nmss.org
- » karen.moore@nmss.org

GIVE US A CALL

- » Need help with fundraising? 855-372-1331 or FundraisingSupport@nmss.org.
- » Route, bussing or logistical questions? Contact **Karen Moore** at 419-482-1586.
- » Volunteer questions? Contact **Yvette Hanzel** at 216-503-4158.

BIKE MS WEEKEND ADDRESSES

START/FINISH

Brunswick High School
3581 Center Rd.
Brunswick, OH 44212

LUNCH

Keystone Schools
531 Opportunity Way
LaGrange, OH 44050

OVERNIGHT

Ashland University
401 College Avenue
Ashland, OH 44805



THANK YOU FOR REGISTERING FOR BIKE MS BUCKEYE BREAKAWAY!

This event helps raise funds that go a long way in the battle against multiple sclerosis, as well as comprehensive programs and services for 20,000 Ohioans living with MS and their families. As a rider, you are making a significant and positive impact on the lives of men, women and children living with MS. Thank you for accepting the challenge.

CHANGE IS GOOD - IMPROVEMENTS ARE BETTER!

When you move the overnight of something as big as Buckeye Breakaway, there is bound to be room for improvement! We want you to know that we listened to you and have made the ride even better this year! Team Village is back and we've added a large tent in the center with tables and chairs for a shaded relaxation/entertainment area! We have moved things like the finish line, bike lock up, and check in closer to the Team Village, the cafeteria and your dorms so you don't have to travel across campus! And finally, one of the largest improvements is adhering to our commitment of decreasing the amount of time you are spending on busy roads.

NEW LUNCH LOCATION

Lunch will be enjoyed this year at Keystone Elementary/Middle Schools in LaGrange, Ohio! Guest parking will be located at the Stadium and High School.



No matter where you ride, we are one chapter with one mission: to create a world free of MS. Show your support by purchasing our limited edition jersey! *Quantities are limited and jerseys can be picked up at Packet Pick-Up. To purchase, please visit <http://bit.do/OHAjersey> or MSohiobuckeye.org.

Route Options

*ALL MILEAGE OPTIONS ARE REQUIRED TO RAISE \$300 MINIMUM

TWO DAYS, SATURDAY AND SUNDAY

- 150 Miles » From Brunswick High School to Ashland University and back.
- 175 Miles » From Brunswick High School to Ashland University and back with the addition of the Kent Clapp Extra Lap on Saturday.

ONE DAY, SATURDAY ONLY

- 30 Miles » From Brunswick High School to the Lunch Stop in LaGrange.
- 75 Miles » From Brunswick High School to Ashland University.
- 100 Miles » From Brunswick High School to Ashland University with the addition of the Kent Clapp Extra Lap.

*All one day only riders will have the option to board a bus back to Brunswick High School.

Riders who cycle 30 miles will ride with the rest of the cyclists until the Lunch Stop in LaGrange.

Riders who cycle 75 or 100 miles on Saturday will travel to Ashland with the two-day riders. In Ashland, riders can stay for dinner and the After Ride Party/Team Village before boarding a bus to return to Brunswick High School.

*All riders needing a ride back to Brunswick High School on Saturday must make a reservation by Wednesday, July 13 for one of the time slots listed below. We will have a limited number of seats on the busses so reservations are required. If you are unsure of the time you reserved, you may call Karen Moore at 419-482-1586 to confirm.

Busses will be available at 1:00 p.m., 3:00 p.m., 5:00 p.m., and 7:00 p.m. Bikes will be individually packed with moving blankets and will also be transported back to Brunswick High School. There is no fee for cyclists being transported back to Brunswick High School by the National MS Society.

KENT CLAPP EXTRA LAP

Riders are given the option of riding an additional loop of 25 miles on Saturday. The Kent Clapp Extra Lap splits off after Rest Stop 1 and rejoins the route at the Lunch Stop. No pre-registration for the Kent Clapp Extra Lap is required. All riders completing the lap will receive a patch.

Our Mission

WE MOBILIZE PEOPLE AND RESOURCES TO DRIVE RESEARCH FOR A CURE AND TO ADDRESS THE CHALLENGES OF EVERYONE AFFECTED BY MS.

MS is thought to be an autoimmune disease. The body's own defense system attacks myelin, the protective insulation surrounding the nerve fibers of the brain and spinal cord (central nervous system). Myelin is destroyed and replaced by hardened patchy scar tissue (sclerosis). This destruction is comparable to the loss of insulation around an electrical wire, which interferes with the transmission of signals.

MS is the most common neurological disease leading to disability in young adults and is generally diagnosed between the ages of 20 and 50, though an estimated 8,000 - 10,000 children under the age of 18 are living with MS. There is still no known cause or cure.

For more information on MS, visit us online at MSohiobuckeye.org or call 800-344-4867.



Registration Information

Online registration for Bike MS closes on Sunday, July 31 at midnight. If someone has not registered by this date they can register in person at Packet Pick-Up on Friday, August 5 at Brunswick High School. This will be the last opportunity to register for Bike MS. Registrations will not be accepted on Saturday, August 6, the day of the event.

If one chooses to register at Packet Pick-Up on Friday, August 5, they will be required to pay the full registration fee of \$100. In addition, if they have not met the \$300 fundraising minimum, they will be required to sign a Promise to Pay Form.

To switch your registration from an individual to a team, or vice versa, please contact us at 855-372-1331.



Promise to Pay Guidelines

All cyclists must fundraise a minimum of \$300 prior to the event to be eligible to participate. If you have not turned in the minimum prior to picking up your rider number, you will be asked to sign a Promise to Pay Form giving us a credit card number to secure the remainder of the amount owed. You will have until September 30, 2016 to continue fundraising and meet that goal. If your \$300 is not met by September 30, your card will be charged for the remaining balance.

Please note: We do not store any personal credit card information. Our database does not record or store your credit card information if it was used during online registration and we shred all Promise to Pay Forms after the \$300 fundraising minimum has been met. Therefore, when filling out your Promise to Pay Form for the 2016 Ride you must provide all of your credit card information.

Please remember that Bike MS is a fundraising event for the Ohio Buckeye Chapter. Without the funds raised through this event, we cannot continue to provide the programs and services to the people who need it most—those living with MS, their families and caregivers. People living with MS depend on us. This is why we depend on you.



Packet Pick-Up

There will be NO Saturday Check-In. Every rider must pick up their packet during the following scheduled times. Absolutely no exceptions will be made. *If you cannot pick up your packet during the scheduled times, you may have it mailed to you for a \$10 fee. Visit <http://bit.do/BBpacket> to take advantage of that option. The deadline to purchase this option is Friday, July 22.

A completed Bike Inspection Form is NOT mandatory but we encourage you to have a bike inspection done by a participating bike shop. (See list of shops on page 25)

Saturday, July 23 - from 10:00 a.m. - 2:00 p.m.

at Oak Clinic for Multiple Sclerosis » 3838 Massillon Road, #360, Uniontown, OH 44685

July 25-29 - from 8:30 a.m. - 7:00 p.m.

at the National MS Society Office » 6155 Rockside Rd., Suite 202, Independence, OH 44131

Friday, August 5 - from 12:00 p.m. - 7:00 p.m.

at Brunswick High School » 3581 Center Rd., Brunswick, OH 44212



Packet Pick-Up Continued

ATTN: ALL RIDERS

Whether you are picking up your packet/t-shirt or those of several people, two things are necessary:

1. Your personal fundraising total has reached the minimum of \$300 or a Promise to Pay Form has been filled out with credit card information. You have until September 30, 2016 to continue raising funds. If by that date you have not met the minimum of \$300, your card will be charged for the difference.

2. A filled out/signed Waiver Form must be turned in - **ONLY IF REGISTRATION WAS NOT DONE ONLINE**.

EVENT SHIRTS

When you pick up your packet you will receive the shirt size you selected upon registration. If you would like to find a rider to exchange sizes with, there will be a t-shirt exchange table at Brunswick High School on Saturday and Sunday. However, no size changes will be made at Packet Pick-Up.



Parking Information

There is no assigned parking at Brunswick High School and you will not receive a parking pass unless you are a 2015 Elite VIP Club member. We ask that you please carpool if possible.

Please follow the parking directions given by the National MS Society staff and parking attendants on Saturday morning and be respectful of their directions. Parking along the street or in the grass is not permitted and we are not responsible for any parking fines acquired by doing so. Once you park, please proceed to the luggage trucks if necessary and the Start Line.

PARKING FOR 2015 ELITE VIP CLUB MEMBERS

Elite VIP Club members from 2015 will receive priority parking and will be directed to the Elite VIP Club Lot. Only Elite VIP Club members will receive a parking pass in their packet at Packet Pick-Up.

DROP-OFF LOCATION

If you are being dropped off please alert the parking attendant and they will direct you to the drop-off location.

To stay up-to-date on all parking information, please regularly check MSohiobike.org and [Facebook.com/MSohiobike](https://www.facebook.com/MSohiobike).



Luggage & Bike Lock Up Information

LUGGAGE DROP-OFF, SATURDAY AT BRUNSWICK HIGH SCHOOL

Luggage will be in three UPS trucks which will be numbered according to rider numbers. You will receive your numbered luggage tags at Packet Pick-Up.

Truck 1 » Rider #1 - #599

Truck 2 » Rider #600 - #1099

Truck 3 » Rider #1,100 and above

No luggage will be accepted after 8:00 a.m. the morning of the ride. Please plan accordingly and arrive to the event with enough time to drop off your luggage.

LUGGAGE PICK-UP/DROP-OFF, SATURDAY/SUNDAY AT ASHLAND UNIVERSITY

Luggage will be stored inside the Convocation Center at Ashland University for you to pick up when you arrive. On Sunday, please drop your luggage at the UPS trucks, which will be numbered as above.

LUGGAGE PICK-UP, SUNDAY AT BRUNSWICK HIGH SCHOOL

Luggage can be picked up outside at Brunswick High School. If we anticipate rain, we will store luggage inside the high school.

BIKE LOCK-UP, SATURDAY

Upon arrival at Ashland University, riders will be directed to the Football Field to lock-up their bikes. Bikes will be stored overnight there and will be monitored by security personnel.

BIKE RETRIEVAL, SUNDAY MORNING

Bike retrieval at Ashland University on Sunday morning will begin at 6:00 a.m. No riders will be permitted access to their bike prior to 6:00 a.m.

Important Information

PLEASE TAKE NOTE

We strive to make Buckeye Breakaway an extraordinary ride that you'll never forget—a memory that lasts a lifetime. You participate in Bike MS to raise awareness and the critical funds needed for those affected by multiple sclerosis. We ask you to please take note of this very important information so we can work together to keep the wonderful memories of the weekend in the forefront.

- We provide all riders with a variety of food options from fruit, pasta, energy bars, sandwiches and snacks to Gatorade, water and much more. ***There will be vegetarian, vegan and gluten free options available at Ashland University. However, if you have special dietary needs or allergies please pack any additional food that you may need for the weekend as we cannot guarantee accomodation for all dietary restrictions.**
- You may encounter areas of the route that are more challenging than others. We aim to provide you with the safest route possible by avoiding as many busy roads and intersections as possible. This may mean a steeper hill or tougher route.
- While a cold beer might be just the thing to top off a great day of riding, please understand that **alcohol is only permitted** inside the Team Village and Beer Garden sponsored by Left Hand Brewing Co. Alcohol is **not permitted** in the sleeping quarters in the gym, the camping area, parking lots or dorm rooms.

What to Bring

Each rider is limited to two pieces of luggage including your tent [three for Elite VIP Club members]. Please help us conserve space by limiting your bags to no more than 25 lbs. each. Thank you!

ON THE RIDE

- Helmet (required)
- Water bottle
- Sunglasses
- Sunscreen
- Personal ID and medical insurance cards
- Money
- Tool-kit (not required)
- Ibuprofen
- Ziplock bags should it rain for phone, money, IDs, etc.

FOR OVERNIGHT IF STAYING IN ASHLAND

- Bike lock (if desired/not required)
- Toiletries
- Towel and washcloth (if you didn't purchase the linen package or you are camping)
- Pillow and sleeping bag and/or tent for those camping at Ashland University
- Fan (dorm rooms are not air conditioned)
- Linens - unless you selected the Ashland University Linen Package when reserving dorm room.



Team Village

We know it takes many people to pull this ride together. From the volunteers that assist you, to the donors who write the checks, to the family members who support your training and fundraising, to those with MS who motivate and inspire... so many individuals working together toward a world free of MS. And what better way to celebrate your team's accomplishment than to gather these individuals under one tent at the ride to toast your team's victory! This is what the Team Village is all about.

WHAT IS THE TEAM VILLAGE?

The Team Village is the centerpoint of the Bike MS overnight and a gathering place for teams and team members. Each team that chooses to participate will have their own tent in the Village for their team members, family members, co-workers and friends to enjoy.

HOW IT WORKS:

Teams rent tents, tables and chairs through the National MS Society, which are set up for the teams in the Team Village. The rest is up to the individual team. Teams can get donations of food, solicit massage therapists, have volunteers set up decorations and much more. Read below to find out more about the advantages of the Team Village!

MORE DETAILS AND RESERVATION INFORMATION:

Riders and guests will have access to come together and celebrate from 12 Noon to 9:00 p.m. Left Hand Brewery will be on hand serving beer from 2:00 p.m. until 8:00 p.m. Riders will receive a wristband good for 3 beers compliments of Left Hand Brewery. Guests will be able to purchase wristbands at the entrance of the Team Village. If you have a volunteer coming to set up and decorate your tent, they will receive a wristband as well.

Team Village will be open to everyone. We will have a large tent with tables/chairs for more shade while listening to the bands for those riders that don't have a team tent in the Team Village.

Reserve your Team Village tent online at <http://bit.do/TeamTent> or contact us for a Tent Reservation Form. Deadline for tent reservations is June 30, 2016.

Team Village

TEAM VILLAGE GUIDELINES:

- » Tents must be rented from the official tent company, through the official rental form. Tables and chairs can either be ordered through the tent company or the team may provide their own. No individual tents will be allowed in the Team Village.
- » Concessions and products cannot be sold from under a team tent unless authorized by the National MS Society as an official event sponsor. *Teams **are not** permitted to bring or sell their own alcohol in the Team Village, but can bring their own food.
- » Vehicles are only permitted in the Team Village for set-up on Saturday, August 6 prior to 10:00 a.m. For the safety of all participants, vehicles will not be allowed back into the Team Village until Sunday at 7:00 a.m.
- » No open fires are allowed.
- » No roping off space around your tent.
- » Please keep trash and other items out of the main walkways and thoroughfares.
- » Unless your tent has a specific enclosed space for bicycles, please make sure that all team members drop off their bikes at Bike Lock-Up.



SATURDAY, AUGUST 6

Riders who choose not to overnight at Ashland University can stay at an area hotel at an added expense. **Because of the summer peak season availability may be limited and restrictions may apply. This list of hotels is only a suggestion. The National MS Society does not have any control over room rates or availability.*

We will be providing a shuttle that will run on a continuous loop from 1:00 p.m. - 10:00 p.m. The shuttle service will run to and from the following hotels:

Holiday Inn Express » 419-281-2900

1932 Enterprise Parkway, Ashland, OH 44805

Quality Inn » 419-281-8090

741 US 250, Ashland, OH 44805

Super 8 » 419-281-0567

736 US 250, Ashland, OH 44805

Surrey Inn » 419-289-7700

1065 Claremont Avenue, Ashland, OH 44805

ON CAMPUS OPTIONS

Dorm rooms are available for riders on campus. Riders can reserve a single room for \$35, a double room for \$45 or a triple room for \$50.

Riders must provide their own pillow(s). Riders can also bring their own sheets and towels or purchase a sheet/towel package for \$15. If you are interested in reserving a dorm room please visit <http://bit.do/BBdorms> to reserve online or contact Karen Moore at 419-482-1586. **Riders have until July 13 to make or cancel a dorm room reservation.*

Riders who choose not to reserve a dorm room or stay in a hotel can tent camp outside on the field south of the Recreation & Sports Center or sleeping bags/cots/mats can be placed on the gym floor inside the air conditioned Rec Center. Showers and bathrooms are located in the Rec Center for riders choosing these options.

RECREATION

In addition to the Team Village, we will be offering recreational activities in the Recreation & Sports Center from 11:00 a.m. - 10:00 p.m. on Saturday, August 6.

These activities will include the following:

» Game Room (Ping Pong, Billiards, Xbox, Nintendo, etc.)

» Volleyball, Soccer, Cornhole, Racquetball and Wallyball

» Swimming Pool (will be open from 12:00 p.m. - 10:00 p.m.)

» Climbing Wall, Golf Simulator, Track

» Outdoor Sand Volleyball

**For a complete list of rules and regulations, please refer to the Ashland University Official Recreation & Sports Center Policies sheet that came with your handbook.*

INCLUDED MEALS

The following meals are included for participants during Bike MS Buckeye Breakaway:

Saturday

- Express Breakfast at Brunswick High School
- Lunch at Keystone Schools in LaGrange
- Snacks, fruit, water and Gatorade at all Rest Stops
- Several options for dinner at Ashland University Cafeteria

Sunday

- Breakfast at Ashland University Cafeteria
- Lunch at Keystone Schools in LaGrange
- Snacks, fruit, water and Gatorade at all Rest Stops
- BBQ chicken dinner at Brunswick High School

**Guest meals at Ashland will be \$14 and payment will be required at the door. Guest meal passes can also be purchased at lunch each day for \$5.*

*** Snacks/drinks are available for purchase at the Eagle's Nest in Ashland Saturday from 11:00 a.m. - 3:00 p.m.*

Weekend Ride Schedule

SATURDAY, AUGUST 6

5:30 a.m.	Express breakfast - Team Photos
5:45 a.m.	Top Fundraiser Photo
6:00 - 6:30 a.m.	Start Line Ceremony
6:30 a.m.	Route officially opens - Top Fundraisers off first
NO RIDERS WILL BE PERMITTED ON THE ROUTE PRIOR TO 6:30 A.M. RIDERS WHO START EARLY WILL NOT BE SUPPORTED BY SAG VEHICLES, MEDICAL STAFF OR REST STOPS.	
7:30 a.m.	Lunch Stop opens
8:00 a.m.	All riders who are not on the route will be transported to the first Rest Stop
11:00 a.m. - 3:00 p.m.	Eagle's Nest open to purchase snacks/drinks
12:00 p.m.	Team Village opens at Ashland University
1:00 p.m.	Kent Clapp Extra Lap Closes
2:00 p.m.	Beer Garden opens at Ashland University
3:00 - 7:00 p.m.	Dinner at Ashland University
5:00 p.m.	Route closes - SAG vehicles will transport remaining riders to Ashland University
PLEASE BE AWARE THAT THERE WILL NOT BE ANY SUPPORT ON THE ROUTE AFTER 5:00 P.M. WHICH IS WHY RIDERS MUST BE TRANSPORTED TO ASHLAND UNIVERSITY AT THIS TIME.	
7:00 p.m.	Final one-day rider bus leaves from Ashland University to return to Brunswick High School
8:00 p.m.	Left Hand Brewing stops serving beer
9:00 p.m.	Team Village closes Church service at the Chapel
10:00 p.m.	Activities including swimming end at Rec Center

Weekend Ride Schedule

SUNDAY, AUGUST 7

5:00 - 7:30 a.m.	Bus pick-ups at the hotels
5:30 a.m.	Ashland Cafeteria Opens for HOT Breakfast Express breakfast begins outside
6:00 - 8:00 a.m.	Bike retrieval (You must show either your wristband or bib number to retrieve your bike from lock-up - no exceptions)
6:30 a.m.	Route officially opens
NO RIDERS WILL BE PERMITTED ON THE ROUTE PRIOR TO 6:30 A.M. RIDERS WHO START THE RETURN EARLY WILL NOT BE SUPPORTED BY SAG VEHICLES, MEDICAL STAFF OR REST STOPS.	
7:30 a.m.	Lunch Stop opens
8:00 a.m.	<u>All riders must be on the route</u> - Those riders who do not begin by 8:00 a.m. will be SAGED to the first Rest Stop
12:00 - 6:00 p.m.	Celebratory picnic at Brunswick High School
5:00 p.m.	<u>Route closes</u> - SAGs must transport remaining riders to Brunswick High School

Route Signs

ROAD MARKINGS

There will be one arrow painted on the road with “MS” under the arrow when a turn is coming up. After the turn another single arrow will be painted on the road to reassure you are on the right path.



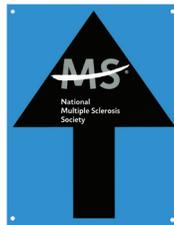
ROUTE SIGNS

We have signs along the route helping to encourage you along and provide guidance with turns and rest stops. They are there for your safety and assistance. Please note: These signs are placed out the Friday before the event.

We will have brightly colored 8.5 x 11 signs hung on telephone poles along the route and at every turn to help guide you in the right direction. Each day will have a different color. If you go more than a couple of miles without seeing a road sign, you may be off the route.

We will have route turn-by-turn cards available at the start at Brunswick High School for day one and at Ashland University for day two to help you along the way. *Electronic maps will be available in advance [please check back on MSohiobike.org or look for email notifications in the near future].

SIGNS TO LOOK FOR ON TELEPHONE POLES



Route Support

ROUTE SUPPORT

For assistance anytime during the event, please dial the MS Hotline at 1-888-MS150ER (this number can also be found on the route cards given to you on August 6-7). Dialing this number will connect you to event officials who will dispatch the appropriate support or medical assistance.

REST STOPS

Throughout the route there will be Rest Stops every 10 - 15 miles that will offer water, energy drinks, fruit and snacks. Sandwiches, chips, and soda will be available at the Lunch Stop. A self-serve first aid kit will be available at all stops.

BIKE MECHANICS

Our official bike shops will be on hand throughout the event for those in need of assistance. Repairs will be free of charge, but you will need to cover the cost of parts.

MEDICAL STAFF

Trained medical personnel will be available all weekend in mobile units for any medical needs. For items such as ibuprofen, please visit the self-serve first aid kit.

SAG VEHICLES & MOTORCYCLES

Support and Gear (SAG) vehicles and motorcycle riders will be driving the route to check on the cyclists. These volunteers are in direct communication with medical volunteers and the Rest Stops. SAGs are available to transport riders and their bikes to the next Rest Stop should a rider need medical or mechanical assistance.

Because of the volume of riders, narrow rural roads, and limited parking available at Rest Stops, we ask that your friends/family vehicles do not follow the Bike MS route or stop at Rest Stops. Encourage them to follow the off-route directions to Keystone School/Lunch or the Finish Line.

Contact a SAG vehicle by calling the MS Hotline at 1-888-MS150ER.

FUNDRAISING CLUBS AND BENEFITS FOR TEAMS AND INDIVIDUALS

We love to reward our riders and teams who go the extra mile with their fundraising for Bike MS! Check out this grid for a complete overview of the Bike MS 2016 Fundraising Clubs!

bike MS **BIKE MS 2016 FUNDRAISING CLUBS** MSOHIOBIKE.ORG ▶ 855-372-1331
 While we know you fundraise to help create a world free of MS, it's always nice to receive a pat on the back for a job well done. That's why we've developed the Bike MS fundraising clubs. It's our way of saying, "thank you!"

WHEN YOU RAISE ▶	\$300-\$999	\$1,000-\$1999	\$2,000+	\$5,000+	\$10,000+	\$14,000+
YOU RECEIVE IN 2016 ▼	RIDER	\$1,000 CLUB	ELITE VIP	PASSPORT ELITE VIP RIDER	PASSPORT ELITE VIP RIDER	PASSPORT ELITE VIP RIDER
A DAY OR WEEKEND OF FREE CAMPING, FOOD, AND FUN!	X	X	X	X	X	X
OFFICIAL BIKE MS 2016 EVENT T-SHIRT	X	X	X	X	X	X
OFFICIAL BIKE MS 2016 FINISHER MEDAL	X	X	X	X	X	X
NAME LISTED ON BIKE MS WEBSITE		X	X	X	X	X
EXCLUSIVE 2016 BIKE MS WEARABLE		LONG SLEEVE T-SHIRT	VIP JERSEY	VIP JERSEY	VIP JERSEY	VIP JERSEY
INVITATION TO BIKE MS VIP TENT		X	X	X	X	X
COMMEMORATIVE 2016 VIP PATCH		X	X	X	X	X
YOU RECEIVE IN 2017 ▼		BLUE BIB	YELLOW BIB	YELLOW BIB	YELLOW BIB	YELLOW BIB
EXCLUSIVE RIDER BIB FOR 2017		X	FREE	FREE	FREE	FREE
DISCOUNTED REGISTRATION FOR 2017			X	X	X	X
THREE PIECES OF LUGGAGE FOR 2017 RIDE			X	X	X	X
VIP PARKING FOR 2017 BIKE MS EVENT			X	X	X	X
FREE REGISTRATION FOR ALL NATIONWIDE BIKE MS EVENTS				X	X	X
SECTION OF 2017 ROUTE NAMED IN YOUR HONOR					X	X
MISSION POSSIBLE AWARD AT ANNUAL MEETING						X
FREE ACCOMMODATIONS FOR BIKE MS OVERNIGHT SATURDAY (HOTEL OR DORM ROOM)						X
BIOGRAPHICAL ARTICLE IN THE MS CONNECTION NEWSLETTER						X

*Final fundraising rank from Bike MS 2016 determines rider number for Bike MS 2017.

Thank you gifts like Bike MS logo items and bike shops gift cards can be viewed online at <http://bikems.summitmg.com/nmssbike16>. Those who wish to donate their prize back to the Society have the option of joining the Mission First Club.

The Mission First Club provides an opportunity for you to direct funds that would be spent on prizes back to our important mission of bettering the lives of those living with MS. By generously donating your Bike MS prize back to the Society your gift will help us continue to deliver quality programs and services to Ohioans affected by MS.

Club members are also given the option to purchase a Mission First jersey for \$40 to honor and show their dedication to the cause. Additional information regarding the jersey and joining the Mission First Club will be sent along with your prize information.

National Passport Program

The Bike MS Passport Program is a unique and exciting opportunity for our top Bike MS participants to ride in other Bike MS events throughout the country. Any Bike MS participant that raises over \$5,000 for Bike MS Buckeye Breakaway automatically qualifies for this program. With over 85 extraordinary rides across the country, which one will you choose?



If you are a \$5,000+ fundraiser and you would like to participate in the Passport Program, please visit MSohiobike.org for more information.

I Ride with MS Program

People who ride in Bike MS may do so to support family members, friends or co-workers who have been diagnosed with multiple sclerosis. But, there are also legions of participants who live, and ride, with the disease, despite challenges such as fatigue or weakness. I Ride with MS is a special Society program that recognizes Bike MS cyclists who are also living with multiple sclerosis.

Anyone living with MS who is interested in cycling to support the MS movement can join the program, 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.

I Ride with MS participants are not only committed to cycling to create a world free of MS, but to increasing awareness.



While you are riding on August 6-7, keep an eye out for cyclists wearing these I Ride with MS jerseys. Congratulate them when you see them on the route and give them a high-five when you run into them at a Rest Stop. They are truly inspiring!

Bicycle Laws

All states consider cyclists vehicle operators and give them the same rights and duties as other drivers.

STAY RIGHT

Ride in the right portion of the right most lane in the direction you are traveling and leave at least four feet between your handlebars and parked cars or other hazards such as other cyclists. You may move left when passing slower vehicles or preparing for a left turn.

OBEY ALL TRAFFIC SIGNS & SIGNALS

Avoid “following the leader” through traffic signs and signals; you are required to obey all traffic signs and signals, including stopping at red lights and stop signs.

LOOK & SIGNAL BEFORE YOU MOVE

Always scan behind you before changing lanes or making turns. A continuous arm signal is required prior to a turn or lane change (unless arm is needed to control the bike) and while stopped waiting to turn.

TWO AT A TIME

Ride no more than two abreast and do not impede traffic. If a part of the road has been closed and dedicated to “bicycle travel only” you may ride more than two abreast.

HEADPHONES

Your safety is of the utmost priority to the National MS Society so we ask that you please do not ride with headphones or ear buds in.

Sponsoring Bike Shops

Staff from the Sponsoring Bike Shops will be available the weekend of Buckeye Breakaway for rider support. You may also redeem your gift certificates and coupons at these bike shops:

OFFICIAL BIKE SHOP SPONSORS

EDDY'S BIKE SHOP

eddys.com

3707 Darrow Road, Stow, OH 44224 » 330-688-5521

3991 Medina Road, Montrose, OH 44333 » 330-666-2453

25140 Lorain Road, North Olmsted, OH 44070 » 440-779-1096

2830 Bishop Road, Willoughby Hills, OH 44092 » 440-943-2933

CENTURY CYCLES

centurycycles.com

1059 N. Court Street, Medina, OH 44256 » 330-722-7119

1621 Main Street, Peninsula, OH 44264 » 330-657-2209

19955 Detroit Road, Rocky River, OH 44116 » 440-356-5705

THE BROADWAY CYCLERY

thebroadwaycyclery.com

665 Broadway Ave., Bedford, OH 44146 » 440-735-2453

Bike Shop Coupons

The Sponsoring Bike Shops for Buckeye Breakaway are giving all 2016 riders 10% off purchased merchandise and a FREE bike inspection. Take the coupon below to any of the Sponsoring Bike Shops to redeem your discount. (excludes sale items and bicycles)

2016 Bike MS Buckeye Breakaway

DISCOUNT COUPON

Redeem this coupon at any Bike MS Official Bike Shop to receive a 10% discount on bike shop merchandise and a FREE bike inspection.

(Any repair, labor or parts charges incurred as a result of the inspection are the responsibility of the rider.)

Offer valid through August 7, 2016

Not valid on sale merchandise or bicycles.



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