



2011 RONA MS Bike Tour RIDE GUIDE

Vineyards and Valleys Tour - Windsor to Wolfville
July 23rd & 24th, 2011

Thank you for participating in the 2011 RONA MS Bike Tour, and more importantly, thank you for helping in the fight to end MS. This guide has been created to help you have the best weekend possible by providing all of the information you need to know prior to the event. Inside you will find the bike tour itinerary, packing checklists, route information, and more. Need further information? Please do not hesitate to contact the MS Society at 1-800-268-7582, or by e-mail at andrew.hayes@mssociety.ca

Your Weekend Itinerary

July 23rd, 2011 (Saturday)

Windsor Exhibition Grounds - Windsor, NS

- 8:00 am Registration & Rider Check-In
- 8:45 am Opening Ceremonies
- 9:00 am Official Staggered Start (4 groups)

Acadia University - Wolfville, NS

- 11:00 am Bike Storage & Room Check-In Open
Lunch Begins
- 1:00 pm** **Axe Lounge opens for the afternoon**
- 5:00 pm President's Top Fundraiser Reception
(By invitation only)
- 6:30 pm Dinner & Awards Banquet - Gymnasium

July 24th, 2011 (Sunday)

Acadia University - Wolfville, NS

- 7:00 - 8:00 am Breakfast
- 7:30 am Bike Storage Open
- 7:30 - 9:00 am Depart Acadia University
- 9:00 am Bike Storage Closed

Windsor Exhibition Grounds - Windsor, NS

- 10:00 am Finish Line BBQ

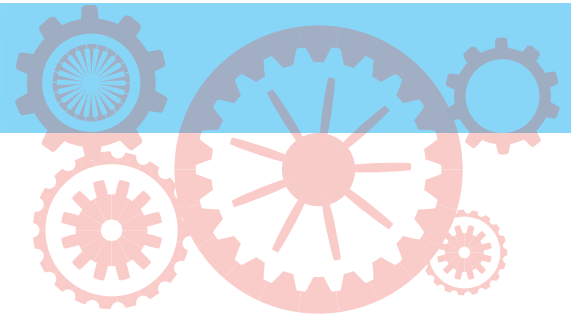
Noteworthy News

- The Bike Tour starts and finishes at the Windsor Exhibition Grounds - 221 Wentworth Rd. Directions are on the included insert.
- The deadline for pledges to be submitted to qualify for awards given out at the banquet on Saturday evening is 7 pm on Thursday, July 21st.
- The MS Society office will be open late for pledge drop-off on Thursday, July 21st until 7pm. At this time, you may drop off your pledges and pick up your t-shirts, jerseys and shorts to make check-in on Day One a breeze.
- The minimum pledge for the RONA MS Bike Tour is \$250. All participants must raise the \$250 minimum by August 19th, 2011, or your credit card will be charged for the remaining balance.

www.ms biketours.com



Ride Preparation



Packing Information . . .

When packing for the 2011 RONA MS Bike Tour, it is important to remember that we cycle rain or shine. The items listed below are designed to give you an idea of what you may wish to bring. Not every item listed is a necessity, and not every item that you may need is listed. **Please limit yourself to one bag only.** You will not have access to your luggage until reaching Acadia. Be sure to take any items you will need while riding with you upon departure from Windsor. **Clearly label your luggage with your name.**



Cycling Gear

- Bike Helmet (Required by Law!)
- Water Bottle(s)
- Cycling Gloves
- Air Pump
- Small Bottle of Degreaser and Wiping Rag
- Small First-Aid Kit and Tool Kit
- Sunglasses
- Sunscreen
- Backpack or Seat Bag

Clothing

- Cycling Shorts/Sport Shorts
- Cycling Tights
- Short and Long Sleeve Shirts
- T-Shirt or Cycling Jersey
- Extra Socks
- Jacket/Rain Gear
- Casual Wear for Evening Festivities

Personal Gear

- Bath Towel
- Toiletries (toothbrush, soap, shampoo, etc.)
- Insect Repellent
- Camera
- Medications
- Money for banquet beverages
- Bathing suit and towel for public swim



Public Swim at Acadia Pool

Acadia's public swim will be open to RONA MS Bike Tour participants from 2-4 pm. Please bring your room swipe card for entrance and a towel.

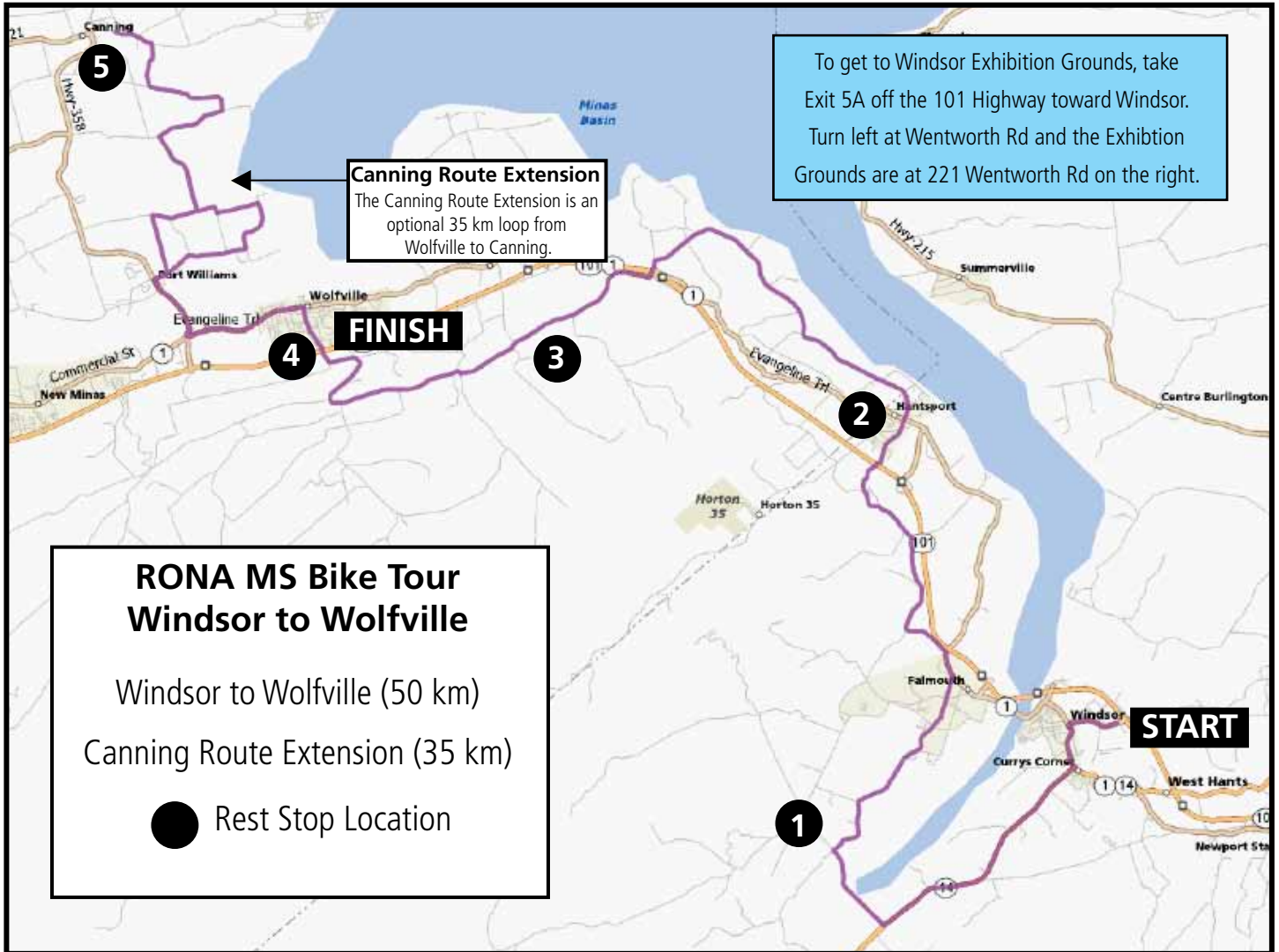
Acadia's Axe Lounge will be open from 1pm until 5pm for a little afternoon R&R.

Roommate Selection

If you have yet to identify your selected roommate and are staying at Acadia University, please contact the MS Society at our toll-free number 1-800-268-7582.

If you do not select a roommate, one will be assigned.

Route Map & Directions



Rest Stop Guide

Rest Stop # 1	11 km	Private Residence Falmouth Dyke Rd.
Rest Stop # 2	26 km	Hantsport Memorial Community Centre
Rest Stop # 3	41 km	Melanson Community Hall
Rest Stop # 4	50 km	Lunch
Finish (Regular)		Acadia University
Route Extension	68 km	Bruce Spicer Park (Village of Canning)
Challenge Finish	85 km	Acadia University

Along the route you will find...

- ✓ Rest stops stocked with water, juice, granola bars, fruit, cheese and helpful volunteers!
- ✓ On route mechanical support provided by Cyclesmith
- ✓ First aid provided by the Canadian Ski Patrol
- ✓ Healthy and filling lunches to help fuel your body for the ride of your life!
- ✓ Enthusiastic volunteers to cheer you along the way!

Rider Check-In



Checking-In on Day One

To provide a speedy and convenient check-in process, we have outlined what to expect when arriving at the Windsor Exhibition Grounds for Rider Check-In on Day One.

Before arriving, please have your pledge money counted and placed into the provided pledge envelope along with your pledge sheets and prize selection form. Please complete the details on the front and back of the pledge envelope. Please do not seal the envelope. If you have sold "Ticket to a Cure Lottery" tickets, please keep this money separate.

When you arrive, take your marked luggage to the Purolator truck which will be parked outside the building.

Once you have dropped off your luggage, proceed inside. Rider Check-In is divided into three steps:

1

Banking

Submit your pledge money, pledge sheets, and Ticket to a Cure Lottery money. Please ensure all money has been counted prior to your arrival and placed inside the pledge envelope. Keep ticket money separate!

If you have already submitted your pledge money prior to the tour, you do not need to visit the banking table.

Proceed to Step 2: Prizes

2

Prizes

At this table you will pick up your 2011 RONA MS Bike Tour T-shirt, and if you qualify, you may collect your jersey and shorts.

Prize selection forms will also be passed in at this stage.

To be eligible for prizes, the MS Society must receive your pledge money and prize selection form no later than August 19th, 2011.

Proceed to Step 3: Bibs

3

Bibs

Everyone must complete this step of the check-in process.

During this step, you will fill out and submit your waiver document, pick up your rider bib, and fill out the emergency information on your rider bib.

The Route & Rest Stop Guide, and Cyclist Information handouts will also be distributed at this step.

2010's Top 50 Fundraisers will be wearing yellow bibs numbered 1 through 50. Be sure to congratulate them!

Please remember that all participants are required to fundraise a minimum of \$250 in addition to their registration fee. Any participants arriving on event day without having raised the \$250 minimum will be required to submit credit card details. Participants will have until August 19th, 2011 to submit the \$250 minimum, or their credit card will be charged the remaining difference. Should you have any questions, please do not hesitate to contact the MS Society at 1-800-268-7582.

After you have completed Rider Check-In, you may grab a snack, fill up your water bottle, and proceed to the start area.

TEAM CAPTAINS: Remember to gather your team, and have your photo taken by our photographer!

Safety and Support



Safety First!

By law, all cyclists in Nova Scotia are required to wear a bicycle helmet when cycling. All participants of the RONA MS Bike Tour must wear a bicycle helmet.

A helmet that provides maximum protection sits squarely and level on the head - not too far forward or back. The front should cover the forehead and be about two fingers width above the eyebrows. It should sit snugly on your head and not slip when the head is moved back and forth and side to side, even without fastening the chin strap.

The side straps should fit in front of and behind the ears and meet at the jaw. The chin strap should be fastened comfortably enough to allow the jaw to move freely without pinching or choking you.

Finally, always remember that a helmet only works if you wear it!



WRONG

WRONG

RIGHT

Always ensure that you wear your helmet properly.

Bike & Car Security

Cars left overnight at the Windsor Exhibition Grounds will be guarded during the night by security. While security is provided, it is strongly recommended that you do not leave valuables in your car.

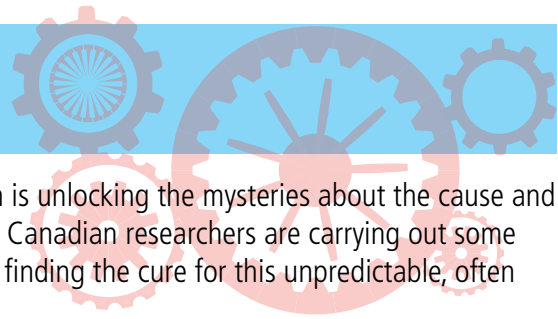
Bikes will be securely stored at Acadia University overnight. Bikes will NOT be permitted to be stored in dorm rooms due to fire regulations.

Remember . . .

While the RONA MS Bike Tour is a fundraising event with a sporting nature to it, the MS Society would like to remind all participants to display their best conduct, use appropriate language for a family setting and drink responsibly.



Your support matters



The RONA MS Bike Tours help to fund the MS Society's national research program, which is unlocking the mysteries about the cause and cure of multiple sclerosis while developing new treatments for people who live with MS. Canadian researchers are carrying out some of the most exciting MS research in the world, and researchers are moving ever closer to finding the cure for this unpredictable, often disabling disease.

"There is much research taking place around the world that is looking to improve the life of people with MS and eliminate this disease for future generations. The quality of MS research in this country is such that I feel Canadian researchers will play a pivotal role in finding the cause and cure."

- Dr. Paul O'Connor
National Scientific and Clinical Advisor,
MS Society of Canada



Funds raised through the RONA MS Bike Tours will also help to fund services for people with MS and their families. Services include information and referral, support and self-help groups, recreation and social programs, and financial assistance. Whether provided in the form of a wheelchair which will enable a person with MS to regain their independence in the community, or through a friendly face at a self-help group, services funding can significantly enhance the quality of life of those with MS.

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