

Bike MS: Virginia's Ocean to Bay Ride

MAY 31, 2014 » 1 DAY » 36, 75, 100 MILES
MAY 31-JUNE 1, 2014 » 2 DAYS » 36, 75, 100 MILES EACH DAY

2014 CYCLE CHATTER

Participation Requirements

TO PARTICIPATE AND OBTAIN A RIDER NUMBER ALL CYCLISTS MUST:

- Be at least 18 years of age by the day of the ride
- Turn in a minimum of \$300 in donations
- Complete a Bike MS Waiver and Safety Pledge

If your circumstances have changed and you are no longer riding, please notify us as soon as possible so that we may re-assign your lodging.



Why is Raising Funds Through Bike MS Important?

The primary goal of Bike MS is to raise funds to support those living with MS. By raising funds, you are helping the National MS Society, Central & Eastern Virginia Chapter provide programs and services to the over 5,600 area residents living with MS, as well as fund crucial research.





What is Early Check-In?

AT EARLY CHECK-IN YOU CAN:

- Turn in your Bike MS Waiver & Safety Pledge and the donations you have collected to date and pick up your Bike MS Rider Packet including your rider materials.
- If you turned in at least \$550 in donations by the early fundraising deadline (5/2/14), you may pick up your Bike MS Cycling Socks.
- If you turn in at least \$1,200 in donations, you may pick up your 2014 Thousandaire Jersey.
- Split money among team members and other cyclists. All cyclists must turn in at least \$300 in donations in order to participate and we are unable to accommodate money splits the morning of the event. (Note: team captains may not pick up packets for team members without a signed Bike MS Waiver & Safety Pledge for each cyclist.)

If you take advantage of Early Check-In, you will **NOT** have to visit the registration tent to pick up your materials the morning of the event—just show up, drop off your gold card, and get ready to ride!

Early Check-In Schedule

YOU MUST TURN IN A MINIMUM OF \$300 IN PLEDGES AND SUBMIT A COMPLETED BIKE MS WAIVER & SAFETY PLEDGE IN ORDER TO RECEIVE YOUR BIKE MS PACKET AND RIDE WITH US.

SOUTHSIDE CHECK-IN @ CHAPTER OFFICE:

760 Lynnhaven Pkwy, Ste. 201, Va. Bch., VA 23452

- **Friday, May 23** from 9 am-3 pm
- **Tuesday, May 27** from 8 am-2 pm
- **Wednesday, May 28** from 9 am-7 pm

PENINSULA CHECK-IN @ BIKEBEAT AT KILN CREEK SHOPPES:

119 A Village Avenue Yorktown, VA 23693

- **Tuesday, May 27** from 5:30 pm- 7:30 pm

NOTE: THE CHAPTER OFFICE WILL BE CLOSED ON THURSDAY, MAY 29 AND FRIDAY, MAY 30 FOR FINAL BIKE MS PREPARATIONS.

DIRECTIONS TO THE CHAPTER OFFICE:

- Exit off of I-64 onto Route 264 East toward Va. Bch.
- Proceed to the Lynnhaven Pkwy South exit
- As you come down the exit ramp, stay in the left lane
- Follow Lynnhaven Pkwy to N. East Mall Dr. (past Stihl)
- Turn Left into our Parking lot

DIRECTIONS TO BIKEBEAT AT KILN CREEK SHOPPES:

- Exit off of I-64 #256 B for Victory Blvd/171 E
- Turn right on Village Avenue (2nd light)
- BikeBeat is on your left, past Kroger

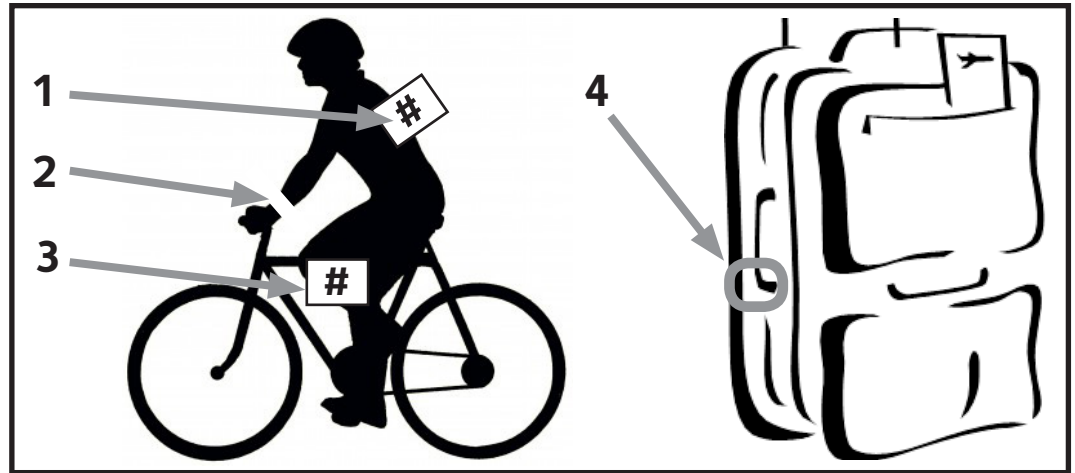
Bike Waiver and Safety Pledge

If your packet is to be picked up by someone else, **YOU MUST** have turned in the minimum pledge amount of \$300 and submit a completed Bike MS Waiver & Safety Pledge for the packet to be released to them. **NO EXCEPTIONS!** The Safety Pledge & Waiver can be found in this packet or on our Bike MS website, www.irideforms.org.

Rider Packet

IDENTIFICATION PLACEMENT:

IN YOUR RIDER PACKET YOU WILL RECEIVE SEVERAL IMPORTANT ITEMS AS INDICATED BELOW. EACH ITEM IS IMPORTANT TO IDENTIFY YOU AS AN OFFICIAL PARTICIPANT OF 2014 BIKE MS: VIRGINIA'S OCEAN TO BAY RIDE.



1. BIB NUMBER--You must wear your bib number while on the route and at the start and finish lines. Please use safety pins to pin it to the back of your outer-most layer of clothing. Please completely fill out the medical information and emergency contact sections on the back.

2. WRISTBAND--Wear your wristband at all times! It provides you access to all meals, as well as the swimming pool and beer truck. The wristband will include a label with our Bike MS net control number in case you come across an emergency.

3. FRAME NUMBERS & TIES--Attach to your bike after you arrive at Cape Charles.

4. LUGGAGE BANDS--Each cyclist will receive luggage bands pre-printed with your name and information. If you are a two day cyclist, leave your banded luggage in clear sight at the foot of your vehicle on Saturday morning at Cape Charles. If you are a one-day cyclist and have a day bag, please drop your bag off at the registration tent. Our volunteers will pick up your luggage and transport it to Silver Beach. To avoid

OTHER ITEMS:

GOLD CARD--Complete both sides and drop it in the gold box Saturday morning at Cape Charles. It is imperative that you complete the medical information and emergency contact sections of this form. This card tells chapter staff that you are present and participating in the ride the day of the event. In addition, if you do not drop off the card, we will assume you are not riding and may give away your bed!

BIKE MS WAIVER & SAFETY PLEDGE--This document reinforces cycling etiquette and common rules of the road. It is required that you sign the waiver agreeing to abide by these policies in order to receive your rider packet. If your packet is to be picked up by someone else, **YOU MUST** submit in advance the completed form or provide the individual with your completed form to turn in on your behalf. A completed form is required in order for your packet to be released; **NO EXCEPTIONS!**

Teams (Packet Pick up & Money Splitting)

- If your packet is to be picked up by another cyclist, **YOU MUST** have met the minimum pledge amount of \$300 and submit a completed Bike MS Waiver & Safety Pledge for the packet to be released to them.
- To save time during check-in, we ask that you please pre-divide all team money between members. All cyclists must turn in at least \$300 in donations in order to participate and we are unable to accommodate money splits the morning of the event.

Medical Notes

- If you have a medical condition that we need to be aware of, please notify Karla McCarraher at 757-319-4253 or karla.mccarraher@nmss.org, so that we can brief our staff and medical personnel.
- Please be sure to include information about your medical condition on the back of your gold card and bib number.
- If you have medication that requires refrigeration, please let us know so that we can make arrangements for you.

Cell Phones

- Cell phones are allowed for use **ONLY** when stopped.
- Please be aware that phone reception on the Eastern Shore is spotty and you may not get reception everywhere, especially at Camp Silver Beach.
- Your wristband will include a label with our Bike MS Net Control Number. If you come across an emergency during the ride (fallen and injured cyclist/accident) and EMT or Bike MS Medics are not on the scene, please call the net control number, as well as 911 if appropriate.

Staying Friday Night @ Camp Silver Beach (CSB)

Camp Silver Beach is open for lodging on Friday night. Accommodations will be the same as your Saturday night accommodation assignment.

- Individuals who raise \$1,200 by 5/30/14 can stay at Silver Beach for free on Friday, May 30!
-Please RSVP to Karla McCarraher at 757-319-4243 or karla.mccarraher@nmss.org.
- Those who have not reached Thousandaire status by 5/30/14 can pay \$35 to stay.
-To pay for your Friday night lodging, go to the "Lodging" section of the Virginia's Ocean to Bay Ride Event Details page or call the chapter.
- Tent and Urban Campers at Camp Silver Beach on Friday, May 30 are free.
-If you are camping and plan to stay Friday night, please contact Karla McCarraher at 757-319-4253 or karla.mccarraher@nmss.org to RSVP.

Friday Night Details

- Friday Night Camp Silver Beach Check-in time is 5 p.m. to 8 p.m. on Friday, May 30. We will have volunteers on hand to check you into the camp and direct you to your cabin.
- **PLEASE DO NOT DRIVE OFF THE GRAVEL/DIRT PATH.**
- **VEHICLES MAY NOT BE PARKED BY THE CABINS.** You may unload by your cabin; however, you need to **PROMPTLY** move your vehicle to the designated parking area. If we do not follow these procedures put in place by Camp Silver Beach, we will not be able to offer Friday night accommodations in the future. Thank you in advance for your cooperation and understanding.
- Individuals who stay Friday night are responsible for providing their own dinner on Friday and breakfast Saturday morning.
- When you get up to ride on Saturday morning, you must drive to Cape Charles and park your vehicle. All vehicles must be off Silver Beach premises by 6:30 am. Please allow enough time to drive to Cape Charles and park.

NOTE: RIDER PACKETS WILL NOT BE AVAILABLE FOR PICK UP ON FRIDAY NIGHT. If you are staying Friday night and still need to pick up your packet you can do so on Saturday morning at the Start location.

Guests (Non-Riders / Volunteers)

- For liability purposes, we must have an account of everyone involved with Bike MS, therefore, access to Camp Silver Beach is limited to cyclists, volunteers, and individuals who have purchased meal bands.
- Family and friends may join us for meals by purchasing meal bands:
 - Weekend Food Band** includes Saturday Camp Silver Beach Lunch Cookout, Saturday Camp Silver Beach Dinner, and Sunday Food Finish Celebration=\$20;
 - Sunday Finish Food Band** includes Sunday Food Finish Celebration only=\$5.
 - Other festivities at the camp and the Bay Coast Railroad are for registered volunteers and cyclists only.
 - Meal Bands may be purchased in advance or at the information table at the Outdoor Pavilion.
 - Please note that dogs are not permitted during the Bike MS weekend.

Packing List

FOR THE RIDE

- Helmet - No helmet, no ride, no discussions!!!
- 2 filled water bottles
- Rain and cold weather gear. We ride rain or shine.
- \$ for incidentals (massages at CSB, bike parts)
- Personal ID and medical insurance cards
- Sunscreen and bug repellent
- Petroleum jelly and/or pain reliever
- Basic bike tools - Mechanics will be available on the route, but being able to handle your own minor repairs will speed things up.
- If you have odd sized tires or tubes, bring a spare.

FOR THE OVERNIGHT

- Casual clothes for Saturday after the ride
- Towels, toiletries, personal hygiene items
- Bathing suit and towel
- Any medications you need
- Pain reliever (Medics will **NOT** provide)
- Chemical cold packs and/or ace bandages
- Flashlight for Camp Silver Beach
- Insect Repellent

CAMPERS

- Tent and camping equipment
- Sleeping bag and pillow

COTTAGE DWELLERS

- Linens or sleeping bag & pillow
- Robe or cover-up. You will have several cottage mates!

WE RECOMMEND YOU PACK YOUR GEAR IN PLASTIC BAGS AND THEN PUT IT INSIDE YOUR LUGGAGE.

(Do not put your luggage in trash bags. It will be mistaken for garbage and thrown away.)

Places to Eat Friday Night

There are a variety of restaurants to choose from! We've listed a few below along with the average cost per person. If you have a large group, we recommend calling ahead.

AQUA (\$15-30)

5 Marina Village Circle, Cape Charles, 757-331-8660

Exmore Diner (Under \$10)

4264 Main St, Exmore, 757-442-2313

Kelly's Gingernut Pub (\$10-20)

133 Mason Avenue, Cape Charles, 757-331-3222

Little Italy (\$10-20)

10227 Rogers Drive, Nassawadox, 757-442-7831

Mallards at the Wharf (\$10-20)

2 Market Street, Onancock, 757-787-8558

Sting-Ray's (Under \$10)

26507 Lankford Highway, Capeville, 757-331-2505

Wachapreague Island House (\$15-30)

17 Atlantic Ave., Wachapreague, 757-787-4242

Also, there are several fast-food restaurants on HWY 13.

We recommend packing breakfast for Saturday morning as there are very few options.



Directions

TO CAPE CHARLES

FROM NORFOLK/PORTSMOUTH:

- I-64 E toward Virginia Beach
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North)
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way)
- Follow Route 13 for 11 miles
- Pass a McDonalds on the right and cross R/R tracks.
- Move to the left lane and turn left at light onto 184W
- Follow 184W
- Turn Left onto Fig Street
- Turn right onto Mason Avenue
- Bay Coast Railroad Station will be on your left.
- Follow direction from parking crew to the new parking location.

FROM VIRGINIA BEACH:

- I-264 W toward Norfolk
- I-64 W toward Hampton
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North)
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way)
- Follow Route 13 for 11 miles
- Pass a McDonalds on the right and cross railroad tracks
- Move to the left lane and turn left at light onto 184W
- Follow 184W
- Turn Left onto Fig Street
- Turn right onto Mason Avenue
- Bay Coast Railroad Station will be on your left.
- Follow direction from parking crew to the new parking location.

FROM NEWPORT NEWS/WILLIAMSBURG:

- I-64 E toward Hampton Coliseum
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North)
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way)
- Follow Route 13 for 11 miles
- Pass a McDonalds on the right and cross R/R tracks.
- Move to the left lane and turn left at light onto 184W
- Follow 184W
- Turn Left onto Fig Street
- Turn right onto Mason Avenue
- Bay Coast Railroad Station will be on your left.
- Follow direction from parking crew to the new parking location.

TO CAMP SILVER BEACH

FROM NORFOLK/PORTSMOUTH:

- I-64 E toward Virginia Beach.
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North).
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way).
- Follow Route 13 North to Exmore.
- Move to the left lane and turn left at the traffic light onto 183 (Look for the Camp Silver Beach sign).
- Follow 183 approximately 10 miles.
- Turn right at Downing Beach Road.

FROM VIRGINIA BEACH:

- I-264 W toward Norfolk
- I-64 W toward Hampton.
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North)
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way)
- Follow Route 13 North to Exmore.
- Move to the left lane and turn left at the traffic light onto 183 (Look for the Camp Silver Beach sign).
- Follow 183 approximately 10 miles.
- Turn right at Downing Beach Road.

FROM NEWPORT NEWS/WILLIAMSBURG:

- I-64 E and cross the Hampton Roads Bridge Tunnel.
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North) .
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way).
- Follow Route 13 North to Exmore.
- Move to the left lane and turn left at the traffic light onto 183 (look for the Camp Silver Beach sign).
- Follow 183 approximately 10 miles.
- Turn right at Downing Beach Road.

Remember the CBBT Toll

- It costs \$12 each way to travel across the Chesapeake Bay Bridge Tunnel. Therefore, it will cost \$24 to cross the bay for the Bike MS Ride Weekend.
- We recommend carpooling to the event to save on gas and bridge tunnel tolls.
- Remember to allow time for traffic at the toll plaza and at the Cape Charles turn-off.



Saturday Morning of the Ride

PLEASE NOTE: ALL CYCLISTS START AT CAPE CHARLES. FOLLOW THE INSTRUCTIONS BELOW BASED ON YOUR SITUATION.

IF YOU PICKED UP YOUR PACKET AT EARLY CHECK-IN:

- Make sure you have filled in the emergency contact info on your gold card and signed it, then drop it in one of the gold boxes located near the registration tent.

ALL OTHERS:

- Visit the Registration Tent at the Bay Coast Railroad Station between 6-7:30 a.m.
- Let the volunteer know if you are a Thousandaire from last year, on a team, or a one day rider.

HAVE A FRIEND WHO WANTS TO JOIN YOU AT THE LAST MINUTE, BUT HASN'T REGISTERED PRIOR TO THE RIDE? Cyclists who have not already registered with us may "walk-on." They are still required to turn in at least \$300 in pledges, as well as the \$45 registration fee and a housing fee. Have them visit the Registration tent on Saturday morning to register.

Start Line Details

- **ALL CYCLISTS** will leave from the Bay Coast Railroad in Cape Charles on Mason Street.
- Follow the signs and the directions of the parking crew to our parking location, which is adjacent to the registration area, to ensure a safe environment and smooth process for everyone.
- If you are a two day cyclist, leave your banded luggage in clear sight at the foot of your vehicle on Saturday morning at Cape Charles. If you are a one-day cyclist and have a day bag, please drop your bag off at the registration tent. To avoid confusion, please remove any bands from prior years and use our luggage band system.
- Cyclists may start the ride at 7 a.m., after cue sheets have been distributed. If you leave before 7 a.m., rest stops and road support will **NOT** be available. Please wait those few extra minutes until 7 a.m. so that you are supported.
- Everyone **MUST** be out of Cape Charles by 7:30 a.m. This will ensure that there is not too much of a spread on the road between riders. Please allow yourself enough time to park, prepare for the ride, and get on the road by 7:30 a.m. We reserve the right to SAG any late starters to the rear of the pack.

How is the Route Marked?

- The route will be marked with colored arrows, which will be positioned along straightaways, at every turn, and intersection.
- Signs marking possible road hazards will be placed where necessary. However, cyclists should be aware of their surroundings at all times.
- Cue Sheets will be distributed at the start. They are a source of information concerning mileage, rest stops, and other areas of interest.

36 MILE ROUTE=Blue Arrows

75 MILE ROUTE=Orange Arrows

100 (CENTURY) MILE ROUTE=Yellow Arrows

Support Along the Route

- **MOTORCYCLISTS FROM THE VIRGINIA TOURING SOCIETY (VTS)** will be serving as Road Marshalls on the ride.
- **SUPPORT AND GEAR (SAG)** vehicles. Personal SAG vehicles are strictly prohibited!
- **MEDICS** will be accessible the entire weekend, both along the route and at the Silver Beach Medical Center. Medics cannot dispense pain relievers, so if you think you might need it, bring it with you.
- **BIKE SHOP MECHANICS** volunteer their time the weekend of Bike MS. Labor is donated, but they have the option of charging for various services and parts. It is recommended that you carry a spare tube for your bike, especially if it's odd-sized.
- **RIDE MENTORS** are fellow cyclists who will be mentoring those who are not as familiar with cycling techniques and etiquette, as well as assisting route support vehicles to ensure a safe and fun ride!

**IF YOU NEED ASSISTANCE OF ANY KIND, PLEASE NOTIFY THESE KEY INDIVIDUALS
AND THEY WILL GET IN TOUCH WITH MECHANICAL, MEDICAL, OR SAG SUPPORT.**

Please note all of these key individuals have the authority to enforce Ride rules.

Net Control #

Your wristband will include a label with our Bike MS net control number. If you come across an emergency (fallen and injured cyclist/accident) and EMT or Bike MS Medics are not on scene, please call the net control number, as well as 911 if appropriate.

Rest Stops

Below is a tentative list of the foods that will be available at the rest stops. This list is subject to change. Water and Gatorade will be provided at all stops.

SATURDAY

Start Bananas, Water and Gatorade
Stop 1 Cereal Bars, Bananas
Stop 2 Trail Mix, Oranges
Stop 3 Pasta Salad, PB&J, Cookies, Bananas, Oranges
Stop 4 Cookies, Bananas, Dill Pickles
Stop 5 Chex Mix, Bananas, Oranges
Stop 6 Oranges, Cheese-Itz

SUNDAY

Stop 1 Cereal Bars, Bananas
Stop 2 Trail Mix, Oranges
Stop 3 Cookies, Bananas, Cheese-Itz
Stop 4 Pasta Salad, PB&J, Cookies, Bananas, Oranges
Stop 5 Cookies, Bananas, Dill Pickles
Stop 6 Oranges, Trail Mix, Bananas
Stop 7 Oranges, Chex Mix

Century Routes

SATURDAY

- Follow the route into Camp Silver Beach (CSB), follow the yellow arrows back out of CSB to Rest Stop 5 and then turn around and return to CSB.
- You will be passing Stop 6 twice if you need to stop.

SUNDAY

- The route will double back between Rest Stops 5 and 6. There is no need to sign in as you will be on the same route as your fellow cyclists.

THE CENTURY ROUTES WILL BE MARKED WITH YELLOW ARROWS. YOU MUST BEGIN THE CENTURY PORTION OF ROUTE BY 2 PM.



When You Finish on Saturday

- As always, every rider will receive a chilled towel when they check in at the camp and at Sunday's Finish.
- When you first arrive at CSB, please stop and check in with a volunteer at the entrance to the camp.
- To get directions to your accommodations, visit the Information table at the Outdoor Pavilion.
- Your luggage will be on the porch of your cabin if you are a cottage dweller or urban camper, at the pavilion in the sports field if you are a tent camper, or at the Outdoor Pavilion if you are a one day rider or you have your own accommodations.

NOTE: Camp Silver Beach takes no responsibility for the safety or welfare of the cyclists. On the property of the camp all participants are requested to walk bicycles or ride with helmet properly attached.

Massages

- Massage therapists will be on-hand at CSB thanks to the support of Therapeutic Massage by Darryl.
 - Therapists will be set-up in the Program Lodge.
 - A \$9 fee is required for each 15 minute time slot and \$18 for each 30 minute time slot—a portion of which is donated to the National MS Society. Of course, the therapists always appreciate tips!
 - If you know you will be arriving at Silver Beach later in the afternoon, we will have a sign up sheet at the start area for massages beginning any time after 4:00 pm. All others can sign up upon arrival to the camp.
 - Please do not sign-up for more than one time slot.
-

Saturday Cookout

- A big thank you to Braise for providing the after-ride cookout!
 - To ensure that everyone enjoys the cookout, we're asking that everyone limit themselves to 1 serving.
 - Braise will be providing the cookout and the Silver Beach Cabana will be open with snow cones, snacks, and refreshments.
 - Cookout runs from 11 am to 3 pm. The Cabana will be open from 11 am through 6 pm.
-

Beer Truck

- The Beer Truck will be located under the Outdoor Pavilion.
 - For liability purposes, we are only able to offer adults 21 and older two beers (bring your I.D.)
 - For liability purposes, One-Day participants will not have access to the beer truck.
-



One Day Riders (Day Bag)

- One day cyclists will be given a luggage band for a day bag. Place your band on your bag and drop it off at the registration tent. After the ride, you can pick up your bag at the CSB Outdoor Pavilion.
- Feel free to take a shower using the Shower Truck, grab a bite to eat at the Cookout, enjoy the pool, and of course join us for the Saturday Night Ceremony.

Cabin Dwellers

- Cottage occupants are responsible for leaving the cottages in the same condition as they were found.
- When leaving the cottage Sunday, please close the door and leave the cabin's bagged trash on the cottage porch.

Camp Silver Beach Rules (Cars, Fires, Trash, Alcohol)

- **VEHICLES MAY NOT BE PARKED BY THE CABINS.**
- Open fires are not permitted.
- Cyclists are responsible for the removal of their trash.
- Camp Silver Beach permits that you bring alcohol with you. They ask you to drink responsibly and not give alcohol to minors. The National MS Society supports this policy. Remember, alcohol causes dehydration and could effect your cycling the next day.

Sunday Morning

- Breakfast begins at 5:30 a.m. You must wear your wristband.
- Cue sheets will be given out at the front gate beginning at 7:00 a.m. If you start before 7:00 a.m., you will not have road support and will accept responsibility for you own safety.
- All cyclists must be on the road by 7:30 a.m.
- If you decide not to continue the ride on Sunday, please report to the front of the Outdoor Pavilion by 6:30 a.m. and turn in your rider number. We'll arrange to transport you and your bike back to Cape Charles. You may have to become a volunteer before reaching Cape Charles, so thank you in advance for your cooperation and support.
- If you or someone you know has transportation with space for other passengers and are planning to return to Cape Charles early, please let our staff know. We may need your help getting other people back to Cape Charles.

Sunday Cookout & Finish

- The food finish celebration, sponsored by Oceanaire Resort Hotel, will take place at the start location, Bay Coast Railroad Station.
- Family and friends may join us for meals by purchasing meal bands:
 - Sunday Finish Food Band** includes Sunday Food Finish Celebration only=\$5.
 - Other festivities at the camp and the Bay Coast Railroad are for registered volunteers and cyclists only.
 - Meal Bands may be purchased in advance or at the information table at the Outdoor Pavilion.
 - Please note that dogs are not permitted during the Bike MS weekend.

Weekend Schedule

SATURDAY, MAY 31

- 6:00 a.m. Registration begins in Cape Charles.
7:00 a.m. Cue sheets distributed.
Cyclists will depart in waves.
7:30 a.m. Registration closes.
Last cyclists leave Cape Charles.
11:00 a.m. Cabana Snack Bar and pool open, Cookout begins at CSB.
12:00 p.m. Beer Available at Outdoor Pavilion.
1:00 p.m. Massages start in Program Lodge.
Fee: \$9/15 minutes; \$18/30 minutes
Tips appreciated
3:00 p.m. Thousandaire Jerseys available for pick-up outside Silver Beach Main Office.
3:00 p.m. Cookout Ends.
3:30 p.m. Team Photos at amphitheater (SEE TEAM PHOTO SCHEDULE in your bike packet)
4:00 p.m. Dinner is served in the CSB Dining Hall.
4:30 p.m. Band Starts Playing at Amphitheater.
5:00 p.m. All cyclists off road. Anyone still out will be sagged in with no exceptions.
6:00 p.m. Cabana Snack Bar Closes.
Beer Truck Closes.
6:30 p.m. Dinner ends in Dining Hall.
6:30 p.m. Saturday Night Ceremony begins at the Amphitheater. Band to play again after.
10:00 p.m. Pool closes.

SUNDAY, JUNE 1

- 5:30 a.m. Hot breakfast in CSB Dining Hall.
6:30 a.m. Turn in your rider number at the Outdoor Pavilion at CSB if you are not riding.
7:00 a.m. Cue sheets available at CSB Main Gate
If you leave before this time, medics, route marshalls or rest stops will not be available
7:30 a.m. Last cyclists leave Silver Beach.
11:00 a.m. Finish festivities begin
Wristbands required.
5:00 p.m. Last cyclist off road. No exceptions!



Hotel Shuttle Schedule

SATURDAY, MAY 31

CAMP SILVER BEACH

Shuttles will run on a continuous circuit (between the three main hotels: Holiday Inn Express, Hampton Inn, and Best Western and Camp Silver Beach) on an as needed basis. The last shuttle will leave after the Saturday Night Ceremony. If you would like to return to CSB from your hotel, please keep a watchful eye out for the shuttle.

SUNDAY, JUNE 1

HOLIDAY INN EXPRESS, HAMPTON INN, & BEST WESTERN

- Arrive at Hotel: 5:15 a.m.
- Depart Hotel: 5:30 a.m.
- All shuttles arrive at Camp Silver Beach at 6:10 a.m.

DETAILS

- There is not transportation for your bike to the hotels. Store your bike at CSB either at the Chapel or at a friend's cabin.
- On Saturday, your banded luggage will be under the Outdoor Pavilion at Silver Beach. If you would like to stay at camp to enjoy the festivities before going back to the hotel, you may use the shower truck.
- On Sunday morning, the shuttles will leave promptly at the 5:30 a.m. and there will only be one opportunity to get to camp on the shuttle. Please be on time!
- On Sunday morning, please load your luggage into the SAG vehicle which will be waiting with the shuttle. Your luggage will then be moved to Cape Charles (where your car is parked) so that you can pick it up after you are done riding.

1-Day Rider Shuttle Schedule

SATURDAY, MAY 31

CAMP SILVER BEACH

A Shuttle will run on a continuous circuit (between Camp Silver Beach and the Start Line/Bay Coast Railroad) on an as needed basis. The final shuttle will leave after the Saturday Night Ceremony, so please feel free to join us!

DETAILS

- Bike transport--Bikes will be securely strapped and transported back to the Start Line/Bay Coast Railroad on a truck. There will not be room for bikes on the shuttle.





**National
Multiple Sclerosis
Society**

Central & Eastern
Virginia Chapter
4200 Innslake Drive
Suite 301
Glen Allen, VA 23060

Non-Profit Org.
U.S. Postage
PAID
Norfolk, VA
Permit #162

PLEASE READ—IMPORTANT *Bike MS* DETAILS



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