

# *Bike MS: Tour de Vine*

JUNE 13- 14, 2015 » 2 DAYS » 25, 50, 75 OR 100 MILES EACH DAY

## 2015 CYCLE CHATTER

### *Participation Requirements*

#### TO PARTICIPATE AND OBTAIN A RIDER NUMBER ALL CYCLISTS MUST:

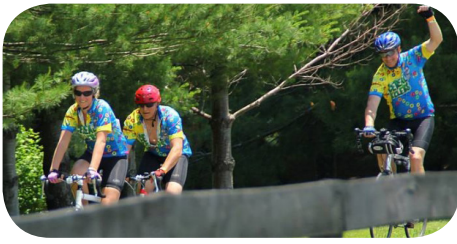
- Be at least 18 years of age by the day of the ride
- Turn in a minimum of \$300 in donations
- Complete a Bike MS Waiver and Safety Pledge



### *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, Virginia - West Virginia Chapter provide programs and services to the over 12,000 area residents living with MS, as well as fund crucial research.





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## *What is Early Check-In?*

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### **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 (5/1/15), you may pick up your Bike MS long sleeve t-shirt.
- If you turn in at least \$1,000 in donations, you may pick up your 2015 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 yellow/orange cards, and get ready to ride!

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## *Early Check-In Schedule*

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**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.**

**FRIDAY, JUNE 12TH, 2015 from 4:00 PM to 7:00 PM:**

- Pollak Vineyards  
330 Newtown Road, Greenwood, VA

**ADDITIONAL EARLY CHECK-IN LOCATIONS WILL BE ANNOUNCED VIA EMAIL, SO KEEP AN EYE ON YOUR INBOX!**



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## *\*\*Bike Waiver and Safety Pledge\*\**

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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 on our Bike MS website, [bikems.org](http://bikems.org)> Tour de Vine, Event Details page or you may email [casey.kasko@nmss.org](mailto:casey.kasko@nmss.org) for a copy.



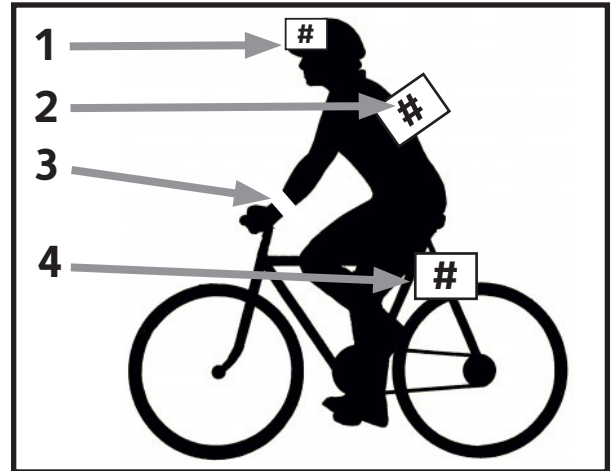
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# Rider Packet

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## 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 2015 BIKE MS: TOUR DE VINE.



- 1. HELMET NUMBER**--Please place your helmet number on the front of your helmet.
- 2. 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 you outer-most layer of clothing. Please completely fill out the medical information and emergency contact sections on the back.
- 3. WRISTBAND**--Wear your wristband at all times! It provides you access to all meals and the beer garden. The wristband will include a label with our Bike MS net control number in case you come across an emergency.
- 4. FRAME NUMBERS**--Attach to your bike (underneath your seat) after you arrive at the Start.

## OTHER ITEMS:

**YELLOW AND ORANGE CARDS**--Complete both sides and if you are a two day rider drop the yellow card in the yellow box on Saturday morning at the start line. The orange card needs to be placed in the orange box on Sunday morning. It is imperative that you complete the medical information and emergency contact sections of this form. This card tells staff that you are present and participating in the ride the day of the event.

**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!**

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## *Teams (Packet Pick up & Money Splitting)*

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- 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.

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## Medical Notes

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- If you have a medical condition that we need to be aware of, please notify Casey Kasko at 434-971-1073 or casey.kasko@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 yellow and orange cards and bib number.
- If you have medication that requires refrigeration, please let us know so that we can make arrangements for you.

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## Guests (Non-Riders / Volunteers)

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We encourage family and friends to join us for the Saturday and Sunday finish celebrations. Meals are available for family and friends on Saturday and Sunday with purchased meal bands:

**Saturday Food Band** includes Saturday night buffet at Pollak Vineyards=\$10

**Sunday Breakfast Food Band** includes Sunday breakfast buffet at Pollak Vineyards=\$10

**Sunday Lunch Food Band** includes Sunday cookout at Pollak Vineyards=\$5

**Weekend Food Band** includes all of the food options listed above=\$20

\*Meal bands come with 3 per person (not per meal) beers from the beer truck. IDs required.

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## Lodging

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### START & FINISH LINE

Pollak Vineyards  
330 Newtown Road, Greenwood, VA 22943

### Camping:

If you are planning to camp for the weekend at Pollak Vineyards, please contact Casey Kasko at casey.kasko@nmss.org or 434-971-1073 to a reserve spot.

RVs are welcomed and shower trucks will be provided.

### ADDITIONAL ACCOMMODATION OPTIONS

The start/finish line, meals, and ceremony will be held at Pollak Vineyards. Hotels are available in Waynesboro, Virginia (20 minutes from Start/Finish line at Pollak Vineyards); however, transportation not provided.

- Days Inn (540-943-1101)  
2060 Rosser Avenue, Waynesboro, VA 22980
- Best Western PLUS Waynesboro Inn & Suites Conference Center (540-942-1100)  
109 Apple Tree Lane, Waynesboro, VA 22980

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## Packing List

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### FOR THE RIDE

- Yellow and/or Orange Cards
- Cue Sheet(s) provided in your rider packet
- Helmet - No helmet, no ride, no discussions!!!
- 2 filled water bottles
- Rain and cold weather gear. We ride rain or shine.
- \$ for incidentals (massages, bike parts, food trucks)
- 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.

### AFTER THE RIDE

- Casual clothes for Saturday after the ride
- Towels, toiletries, personal hygiene items
- Any medications you need
- Pain reliever (Medics will **NOT** provide)



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## *Saturday Morning of the Ride*

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**PLEASE NOTE: ALL CYCLISTS START AT POLLAK VINEYARDS. 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 yellow card and signed it, then drop it in one of the yellow boxes located near the registration tent.

### **ALL OTHERS:** Visit the Registration Tent at the Start location

- **100 MILE RIDERS**= Check-in starts at 6 am; Start time: 6:45 am
- **75 MILE & 50 MILE RIDERS**= Check-in starts at 6 am; Start time: 7:00 am
- **25 MILE**= Check-in starts at 8 am; Start time: 9:00 am

**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 \$40 registration fee (overnight accommodations are their responsibility). Have them visit the Registration tent on Saturday morning to register (see check-in times above).

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## *Start Line Details*

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- **ALL CYCLISTS** will leave from Pollak Vineyards (330 Newtown Road, Greenwood, VA 22943)
- Follow the signs and the directions of the parking crew to our parking location, in order to ensure a safe environment and smooth process for everyone.
- The Opening Ceremony will take place at 6:30 am. Cyclists may start the ride at their designated time (see start times listed above), after cue sheets have been distributed. If you leave before 6:45 a.m., rest stops and road support will **NOT** be available. Please wait those few extra minutes until 6:45 a.m. so that you are supported.
- Please allow yourself enough time to park, prepare for the ride, and get on the road at your start time. We reserve the right to SAG any late starters to the rear of the pack.

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## *How is the Route Marked?*

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- 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.

**25 MILE**=White Arrows; **50 MILE**=Yellow Arrows; **75 MILE**=Green Arrows; **100 MILE**= Orange arrows

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## *Support Along the Route*

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- **MOTORCYCLISTS** will be serving as Road Marshalls on the ride. When you see one coming, if everything is good, give them a “thumbs up.” If you need some assistance give them a “thumbs down” and they’ll stop to help.
- **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 start/finish line! 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. There are bike mechanics at the start/finish line and at all our rest stops. If you need assistance a SAG vehicle will take you to the next rest stop for bike repairs. Please bring extra money to pay for patch kits and spare tubes. It is recommended that you carry a spare tube for your bike, especially if it’s odd-sized.

**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.

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## *Net Control #*

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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.

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## *Cell Phones*

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- Cell phones are allowed for use **ONLY** when stopped.
  - 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.
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## *When You Finish on Saturday*

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- As always, every rider will receive a chilled towel when finish.
  - When you first arrive at the finish line, please stop and check in with a volunteer at the entrance.
  - The Team Village is a group of tents in a designated area at Bike MS for teams and their members. Bring your own tent, chairs, snacks, and decorate your tent to show your team spirit and enjoy the success of the team together!
  - If you do not plan on returning Sunday, please turn in your rider number and information at the Headquarter tent.
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## *Massages*

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- Therapists will be set-up inside Pollak’s Tasting Room from noon until 5 p.m.
- Thousandaires/VIPs from 2014 receive a free 10 minute massage. Vouchers will be included in Riders packet for cyclists who qualify.
- All other cyclists can purchase massages for \$15/for 15 minutes. Time slots for massages can be purchased at the Headquarters tent.
- Massages need to be paid for in advance. Therapists will not accept payment. Please make payment/redeem your free voucher for a card with the number of minutes to turn over at the massage area. This can be done at the Headquarter tent.



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## *Beer Garden*

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**SATURDAY:** 12:00 p.m.-8:00 pm. at the Main Tent

- The Beer Services will be located in the Main Tent on Saturday.
- Wine tastings available for purchase inside Pollak's Tasting Room
- For liability purposes, we are only able to offer adults 21 and older three beers (bring your I.D.).

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## *Saturday Buffet*

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- The Saturday Buffet, catered by Simply Delicious, runs from 4:30 pm to 6 pm at Pollak Vineyards.

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## *Bike MS Celebration and Ceremony*

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Be sure to join us at the Bike MS Celebration and Ceremony on Saturday evening at 6:00 p.m. We will be announcing the top individual fundraisers and teams, as well as the overall fundraising total to date.

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## *Sunday Morning*

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- Breakfast begins at 5:45 a.m and runs until 7:30 a.m. . You must wear your wristband.
- Make sure you have filled in the emergency contact info on your orange card and signed it, then drop it in one of the orange boxes located near the start line.
- 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 7:45 a.m.
- If you decide not to continue the ride on Sunday, please report to the Headquarters tent by 7:45 a.m. and turn in your rider number.

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## *Sunday Cookout & Finish*

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- As always, every rider will receive a chilled towel and finishers medal when you finish.
- When you first arrive at the finish line, please stop and check in with a volunteer.
- The food finish celebration, provided by Kroger, starts at 11:00 a.m.
- Complimentary massages for Thousandaires only will be available from 12:00 p.m.-4:00 p.m.
- Food available for purchase from Morsel Compass food truck from 11:30 a.m.- 3:30 p.m.



# Weekend Schedule

## SATURDAY, JUNE 13, 2015

- 6:00 AM 100 mile Cyclist Check-in Opens at the Start/Finish area at Pollak Vineyards
- 6:30 AM 15 minute warning: 100 mile cyclists begin lining up
- 6:30 AM Opening Ceremony & General Announcements
- 6:45 AM 100 Mile cyclists begin! 15 minute warning for 50, 75 mile cyclists
- 7:00 AM 50, 75 mile cyclists begin!
- 8:00 AM Check-In begins for 25 mile cyclists
- 9:00 AM 25 mile cyclists begin!
- 9:15 AM Lunch service begins at Walnut Creek Park
- 11:00 AM Lunch for cyclists is available at Pollak Vineyards
- 12:00 PM Beer service and wine tastings (for purchase) begin at Pollak Vineyards
- 12:00 PM Massages begin inside Pollak (free to 2014 Thousandaires/VIPS - others will be charged a fee)
- 4:30 PM Dinner buffet begins at Pollak Vineyards provided by Simply Delicious (ends at 6 PM)
- 5:00 PM Bike MS Route Closes
- 6:00 PM Dinner buffet closes
- 6:00 PM Bike MS Celebration begins
- 7:30 PM Celebrations conclude

## SUNDAY, JUNE 14, 2015

- 5:45 AM Breakfast buffet at start line area at Pollak Vineyards (closes at 7:30 AM)
- 6:55 AM 5 minute warning - Cyclists need to be lined up
- 7:00 AM Bike MS: Tour de Vine Day 2 Starts
- 7:45 AM All cyclists must be on course
- 9:00 AM Lunch service begins at Walnut Creek Park
- 9:00 AM Century Loop Opens (at the Orange Rest Stop)
- 11:00 AM Finish-line cook out, provided by Kroger, begins
- 11:30 AM Food available for purchase from Morsel Compass food truck (ends at 3:30 PM)
- 12:00 PM Complimentary massages for 2014 Thousandaires/VIPS only will be available (ends at 4:00 PM)





# Pottak Vineyards





**National  
Multiple Sclerosis  
Society**  
Virginia -  
West Virginia  
Chapter  
1020 Carrington Place  
Suite 100  
Charlottesville, VA 22901

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PLEASE READ—IMPORTANT *Bike MS* DETAILS

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*Thank You to Our 2015 Sponsors:*

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PRESENTING SPONSOR:

