



bike

~~MS~~

bike to
create a world
free of MS

Tour de
Farms
Cycling
Handbook

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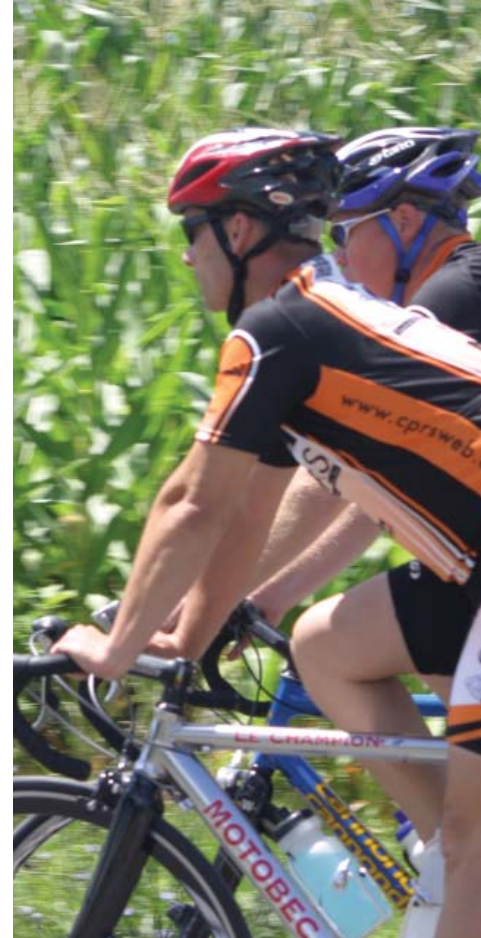
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NEWS & REMINDERS

POLICY FOR CYCLISTS UNDER 18

Our priority is to provide a safe ride experience for all participants. As a result, we have changed the event's minimum age requirements. Under the Society's new policy, cyclists must be at least 12 years old to ride in Bike MS: Tour de Farms. However, we value the participation of our young supporters and encourage children to volunteer during the event until they're old enough to ride. Parents of cyclists ages 12 to 17 must sign and have notarized a special waiver for minors (mailed separately) in addition to fulfilling several other requirements. Please visit rideforMS.org for more details on the minor policy. Contact us with questions at **1.312.421.4500**.



INSPECT YOUR BIKE!

Inspect your bicycle, if you know how, or take it to your local bike shop for an inspection before doing the Bike MS: Tour de Farms. You're going to spend lots of time training, and it would be a shame if your bike weren't ready to perform for the ride. In addition, our partner bike shops will provide free technical support and minor repairs during ride weekend, on the route and at the rest stops.

Main Street Bicycles

52 E. Main St.
Carpentersville, IL 60110



North Central Cyclery

534 E. Lincoln Hwy. (38)
DeKalb, IL 60115



Village Cyclesport

45 Arlington Heights Rd.
Elk Grove Village, IL 60007



Sammy's Bikes

602 S. 1st St.
St. Charles, IL 60175



The Pony Shop

1212 Chicago Ave.
Evanston, IL



On the Fly Bicycle Repair

7366 N. Lincoln, Ave. Ste 4000
Lincolnwood, IL 60712



Start2Finish Studio

708 Vernon Ave.
Glencoe, IL 60022



Let it Ride Bikes

Phone: 708.878.6268
matt@letitridebikes.com



IN PREPARATION FOR THE WEEKEND

YOUR MINIMUM \$300

All cyclists must turn in at least \$300 by July 31, 2009. You will not receive a T-shirt until we receive your minimum requirement.

Below are several options for turning in your donations:

> Mail your pledges to:

National MS Society
Greater Illinois Chapter
Attn.: Bike MS: Tour de Farms
525 W. Monroe Street, Suite 900
Chicago, IL 60661

> Visit rideforMS.org to fundraise online or to make a self-pledge via credit card on our secure Web site.

> Make an appointment to turn in your pledges at our chapter office (see address above). Call 312.421.4500 to let us know when you want to stop by. Office hours are: Monday - Friday, 9 a.m. - 5 p.m.



CHECKLIST – WHAT TO BRING (OTHER THAN YOUR BIKE!)

- RIDER NUMBER
- Advil/Tylenol
- Mini air pump
- Camera, film, batteries
- Cycling shoes
- Cycling gloves
- Energy bars
- Patch kit
- Medication
- Helmet
- Alarm clock
- Linens (towel, blanket)
- Sunglasses
- Sunscreen
- Windbreaker
- Rain jacket
- Spare tube
- ID
- Garbage bags (in case of rain)
- Spending money
- Toiletries
- Water bottle
- First aid kit
- Clothes for Saturday night

THE WEEKEND OF THE RIDE

START TIME/POINT

All rides start at the Northern Illinois University Convocation Center on Saturday and Sunday. For directions, visit rideforMS.org. Check-in will begin at 5:30 a.m. No one will be allowed access to the route before 7 a.m. All cyclists must be on the road by 9 a.m.

35, 75 & 100-MILE ROUTES

Choose your challenge! We offer a route for everyone. Choose from three route options on one or two days: a 35-mile moderate route, a 75-mile traditional route and the 100-mile extended route. You will have until 6 p.m. to finish, so take your time, and enjoy the scenery. Average cyclists pedal about 13-15 miles/hour. Cue sheets will be available at the starting line.

SATURDAY MORNING CHECK-IN

When you arrive at the ride, follow these steps to prepare for your adventure:

- Report to the check-in area near the south lobby of the Convocation Center at Northern Illinois University, in DeKalb, Ill.
- Drop off your minimum \$300 if you haven't already sent it in, plus any additional contributions.
- Get your rider number, if you don't already have one.
- If you're on a team, find your teammates and go to the team photo area.
- DO THE 2009 BIKE MS: TOUR DE FARMS!

FOOD, REST STOPS AND MEALS

We have rest stops approximately every 10 miles along the route. Rest stops are fully

stocked with snacks and beverages. We also offer lunch at the midpoint each day. While we provide more than enough food, we suggest that you bring extra energy bars with you for emergencies.

This year, we are proud to welcome back Alpine as a rest stop sponsor!



SATURDAY NIGHT

On Saturday, dinner will be served from 7-11 p.m. After your ride, check into your room if you haven't already, shower and head to the Team Tent Village for a free, carb-loading dinner! If you are not staying overnight, or if you're camping, you can use the showers in the Convocation Center.

LODGING

Camp on Campus

Come out any time after 6 p.m. on Friday night and set up camp next to the Convocation Center for the weekend. Showers in the Convocation Center will be available to campers, too.

Holmes Student Center

Northern Illinois University hosts our Saturday night festivities and lodging. All housing room assignments for pre-registered cyclists must be made before the event. Just steps from this year's start/finish site at NIU's Convocation Center, the Holmes Student Center dorms are a great option for those who don't want to miss any of the action during the weekend.

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THE WEEKEND OF THE RIDE, CONT.

Single-occupancy rooms are available for \$55/night + tax, and double-occupancy rooms are available for \$65/night + tax. Call 815.753.1444 to make reservations, or book online at <http://www.hsc.niu.edu/hsc/hotelinfo/index.shtml>.

Hotel options/costs for cyclists

In order to get the rates below, inform the hotel that you are a participant with the 2009 Bike MS. Subject to availability.

Best Western

1212 W. Lincoln Hwy., DeKalb, Ill.

Tel.: 815.758.8661

Group Room Rate: \$89 + tax

Magnuson Inn

1314 W. Lincoln Hwy., DeKalb, Ill.

Tel.: 815.748.4800

Group Room Rate: \$67 + tax

America's Best

1860 DeKalb Ave., Sycamore, Ill.

Tel.: 815.899.6500

Group Room Rate: \$69 + tax

Comfort Inn

1475 Peace Rd., Sycamore, Ill.

Tel.: 815.895.4979

Group Room Rate: \$94.99 + tax

Holiday Inn Express

1935 DeKalb Ave., Sycamore, Ill.

Tel.: 815.748.7400

Group Room Rate: \$100.95 + tax

Country Inn and Suites

1450 S. Peace Rd., Sycamore, Ill.

Tel.: 815.895.8686

Group Room Rate: \$109 + tax

SATURDAY FINISH LINE PARTY

Our Saturday finish line event will be like no other! Invite family and friends to come enjoy the festivities with you, and meet fellow cyclists from throughout Illinois. Adults can enjoy the Goose Island Beer Garden, and there will be plenty of festivities for the entire family.

At 5:30 p.m., we will gather 'round the band stage to recognize the ride's outstanding teams, top fundraisers, volunteers, sponsors, alumni and many more who have worked hard to make the weekend a success, and to create a world free of MS.

SUNDAY MORNING

After a good night's sleep, you'll get a hot, energy-boosting breakfast, served from 5:30 - 8 a.m. and free for all cyclists. Fully fueled, you may start your ride between 7 and 9 a.m. ALL CYCLISTS MUST BE ON THE ROAD BY 9 A.M.!

SUNDAY FINISH LINE FESTIVITIES

Invite your friends and family to cheer for you at the finish line. Then, after finishing your great ride, bask in the joy of your accomplishment and join the PARTY, disc-jockey included! Also, grab a boxed lunch and a much-deserved massage. Don't forget to collect your T-shirt, and take lots of pictures to share with us – if you do, we'll post them on the Bike MS: Tour de Farms Web site after the ride.

TRANSPORTATION

Free shuttles to and from NIU dorms & official sponsor hotels.

Saturday: 11 a.m. - 9 p.m.

Sunday: 5 a.m. - 6 p.m.

FUNDRAISING LEVELS AND CLUBS

GOLD SPOKES CLUB

A Gold Spokes Club member is one of the top 150 fundraisers for the previous year's ride. Gold Spokes Club members receive many benefits throughout the year, and it's more than just possessing a low rider number on their next Bike MS: Tour de Farms event. Gold Spoke members also earn the distinction of being the leaders of the Tour, our champions in creating a world free of MS.

MISSION POSSIBLE CLUB

Raise \$1 for each of the 20,000 persons living with MS in the Greater Illinois Chapter area, and you will have achieved the highest current level of recognition within the National MS Society's family of events. You will receive all the benefits of a Gold Spoke Club member, as well as other perks for your commitment to move toward a world free of MS.

OTHER SPECIAL PRIZES

Special prizes will be offered to individuals who reach each of the following six levels:

LEVEL 1: \$300

LEVEL 2: \$850 - \$1,999

LEVEL 3: \$2,000 - \$5,999

LEVEL 4: \$6,000 - \$9,999

LEVEL 5: \$10,000 - \$19,999

LEVEL 6: \$20,000 +

Get VIP Treatment — Join the Gold Spoke Club!

In appreciation for their hard work, everyone in the Gold Spokes Club will get special perks throughout the weekend, including:

- > VIP parking
- > Special VIP Reception on Friday night
- > VIP credentials to wear throughout the ride
- > Priority start on Sunday
- > Special recognition throughout the 2009 Bike MS: Tour de Farms weekend
- > Gold Spoke group photo
- > VIP lounge at the Convocation Center
- > Special VIP jersey and shorts
- > Recognition on the 2009 Bike MS: Tour de Farms Web site
- > An invitation to the Bike MS: Tour de Farms celebration party in September.
- > More!

Interested in becoming a VIP? There is still time. Visit rideforMS.org for tips!

GENERAL INFORMATION

BIKE TYPES

You'll see road, hybrid, mountain, recumbent and tandem bikes on this ride. Any type you're comfortable with is fine, but the most popular (and most comfortable for most cyclists) is the road bike. Expect challenging hills throughout the ride. Make sure you have a good variety of gears to make the hills a little easier.

FULL ROUTE SUPPORT

We pride ourselves on the support we offer you! On the route, you'll find:

- The MS Racing Team will be available on the route for technical support & minor repairs
- SAG (support and gear) vehicles for weary cyclists
- Motorcycle safety crew for assistance at busy intersections
- EMTs for any injuries
- Staff vehicles for moral and physical support



VOLUNTEERING

Encourage relatives, co-workers and friends to support you by volunteering. They can hand out food or drinks at the rest stops, help with registration or assist with a number of other essential tasks. Are your kids in any school or civic groups? Would your company like to support its team? Call **1.312.421.4500** or visit **rideforMS.org** today. All volunteers receive a commemorative volunteer T-shirt.

WEATHER

Bike MS: Tour de Farms happens regardless of the weather, so be prepared for rain or (hopefully) shine. Bring garbage bags to protect your gear and line your suitcase with a garbage bag. You should also have a waterproof jacket or windbreaker with you.



SAFETY

It's important to us that you enjoy a fun-filled, safe event. We promise that by being a safer cyclist, you will set a good example to all those riding around you.

PLEASE FOLLOW THESE RULES:

- **Always wear a helmet – REQUIRED**
- **Never wear headphones**
- **Obey all traffic laws, including stop signs & traffic lights – townships will ticket!**
- **Never ride more than two abreast and always ride single file on narrow shoulders**
- **Thank the police officers and residents who you pass along the route. They are kind enough to let us share their town for the weekend**
- **Yield to emergency vehicles on the route**
- **Ride on the right, following the direction of traffic**
- **Pass on the left, ONLY after looking to make sure it's clear**
- **When passing, call out "on your left"**
- **Use hand signals when turning**
- **Glance back often; always before moving right or left**
- **Make eye contact with drivers before turning — ensure that you're seen**
- **Don't follow cars or other cyclists too closely — they may need to stop suddenly**
- **Pull completely off the pavement when you stop to rest**
- **Keep an eye out for road-edge hazards like trash or parked vehicles**
- **Watch out for loose gravel**
- **Cross railroad tracks at a right angle**

Be sure to thank the HAM radio operators, motorcycle marshals and other road support volunteers when you see them. They are helping keep you safe!

VERBAL & HAND SIGNALS

- **Left turn:** Left arm straight out.
- **Right turn:** Left arm straight up and bent up or right arm straight out.
- **"On your left":** This means a rider is approaching your left side. Allow room to pass.
- **"Car back":** This means a car is approaching from the rear.
- **"Gravel – Pothole – Sand – Tracks":** Each of these messages is to alert the riders behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.
- **"Flat":** This indicates that a rider has suffered a flat tire.
- **"Slowing":** The cyclist in front of you is slowing down. Many cyclists use the palm of their hand toward riders behind them to indicate slowing and stopping.
- **"Stopping":** This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals.

WHERE TO WEAR RIDER NUMBER

Your rider number identifies you as an official Bike MS: Tour de Farms 2009 participant, and it should be worn and visible at all times. Please **PIN IT TO THE BACK OF YOUR OUTERMOST LAYER** so that it is visible on your back as you ride. It does not belong on any part of your bike, since it will be used to identify you even when you and your bike are separated.



MAKE THE MISSION REAL

Become a Bike MS Champion

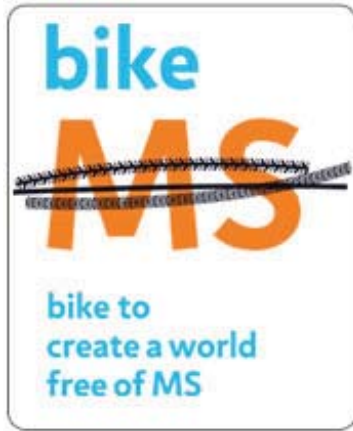
Being a Bike MS Champion is a simple way to make your own unique mark against multiple sclerosis. By wearing a bandana signed by someone living with MS, you gain a personal connection to the cause and increase awareness of our mission to create a world free of MS.

Whether or not you know someone with MS, you can ride as a Champion. To sign up or learn more, contact us at 312.421.4500 or e-mail bikeMS@ild.nmss.org.

Create a world free of MS. JOIN THE MOVEMENT.

CHAMPIONS





We are people who want to do something about MS NOW

Your fundraising matters

The National MS Society helps people affected by MS by funding cutting-edge research, driving change through advocacy, facilitating professional education and providing programs and services to help people with MS and their families move forward with their lives.

The Greater Illinois Chapter has been in the forefront of providing programs and services for people with MS and those who care for them. We serve more than 20,000 clients and their families in 73 Illinois counties.

Clients turn to us for services including home health assistance, respite care, physical and occupational therapy, transportation to medical appointments, employment services, educational programs and more.

The Greater Illinois Chapter appreciates the generosity of its donors and takes every step possible to ensure that funds are used responsibly and effectively as we work to create a world free of MS.

TEAMS

Did you know that nearly 80% of cyclists ride as part of a team? This year your team will join approximately 133 others dedicated to creating a world free of MS. In 2008, Bike MS: Tour de Farms raised more than \$1.4 million for research and services that benefit the more than 20,000 local families living with multiple sclerosis. Out of that \$1.4 million raised, teams raised nearly \$## million. **This is why your team is so important.**

How your dollars make a difference

With lower than average administrative and fundraising costs, the National MS Society is committed to ensuring that the maximum amount of money raised funds groundbreaking research and provides direct services for local people living with MS.

ABOUT MS

Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. 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. National MS Society medical advisors recommend that people with MS talk with their health care professional about using one of these medications and about strategies and effective treatments to manage symptoms.

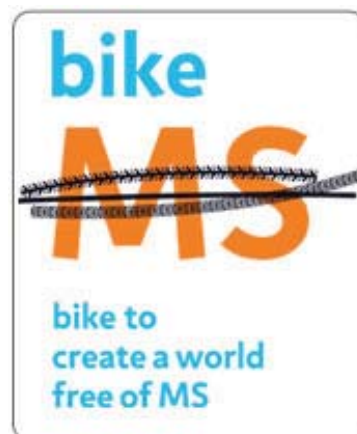
ABOUT THE NATIONAL MS SOCIETY

MS stops people from moving. The National MS Society exists to make sure it doesn't. We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS. We do this through our home office and 50-state network of chapters by funding more MS research and providing more services than any other volunteer-driven health organization.

ABOUT THE GREATER ILLINOIS CHAPTER

The Greater Illinois Chapter covers a 73-county territory starting at the Wisconsin-Illinois border and extending south through the northern and central areas of the state. The chapter is comprised of all the Illinoisans who have chosen to Join the Movement towards a world free of MS and the work that they do through the National Multiple Sclerosis Society. Volunteers, staff, healthcare workers, researchers, donors, advocates and partners together represent the Greater Illinois Chapter, which is a leader in securing funds for MS clinical research and provides a wide variety of programs and services for people living with MS, their families, friends and healthcare professionals across Illinois. Right now, 89% of the money collected by the chapter goes directly to programs, services and research.

If you or someone you know has MS, please contact the Greater Illinois Chapter today at MSillinois.org or 1.312.421.4500 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.



1.312.421.4500 | rideforMS.org