



bike

MS

The Citrus Tour  
May 16-17, 2009

# The Rider Handbook

MS

National  
Multiple Sclerosis  
Society  
Mid Florida  
Chapter



National  
Multiple Sclerosis  
Society  
Mid Florida  
Chapter

Dear Bike MS Participants,

Thank you for registering for the 2009 Bike MS: The Citrus Tour! This year's event promises to be an exciting two day event and an experience like no other, dedicated to creating a world free of multiple sclerosis. We have made some great changes to our ride including a new start location at historic Bok Tower Gardens in Lake Wales and finish line at the Caribe Royale Resort in Orlando.

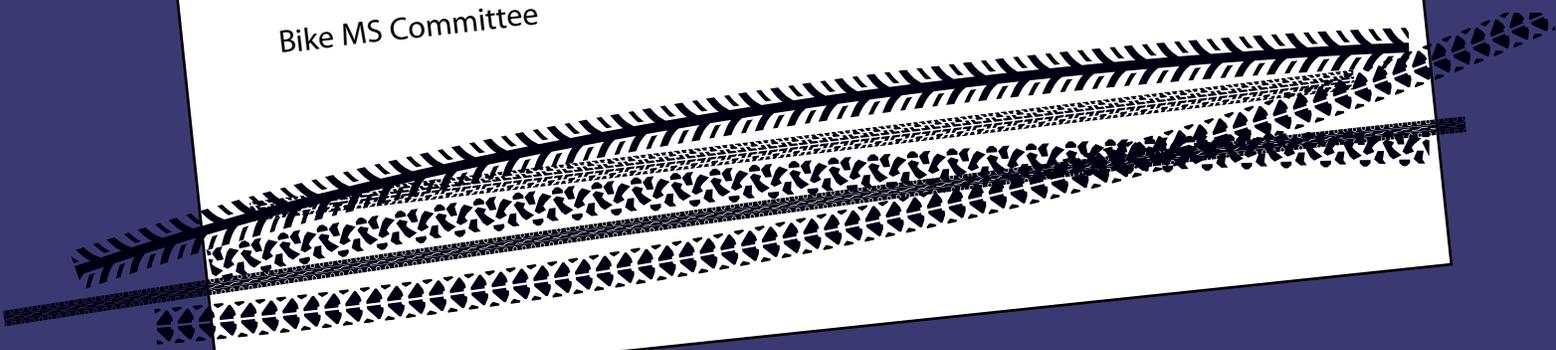
In this handbook, you will find general event information, training tips and more. In addition, team captains and our top fundraisers provided ideas that will be useful for recruiting team members and help motivate your friends and family to donate to your effort. These materials will get you started on your fundraising efforts. There are great prizes in store for those participants who surpass the fundraising minimum of \$250 and raise \$500 or more. Use your *My Participant Center* to track your donations and progress.

For additional information, please visit [www.nationalmssociety.org/flc](http://www.nationalmssociety.org/flc) or call the Mid Florida Chapter toll free at 1-888-950-9080. There are great fundraising ideas for you that will help us accomplish the goal of raising \$1.15 million dollars for more than 10,000 people living with MS in Central Florida.

Thanks for joining the movement to create a world free of MS!

Best regards,

Bike MS Committee



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National MS Society | 2701 Maitland Center Parkway, Suite 100 | Maitland, FL 32751

PHONE: 1-888-950-9080 (in Florida) or 407-478-8882

FAX: 407-478-8893

EMAIL: [ryan.bumgardner@nmss.org](mailto:ryan.bumgardner@nmss.org) or [nickita.harrison@nmss.org](mailto:nickita.harrison@nmss.org)

# Event Schedule

## FRIDAY, MAY 15

### 4:00 PM – 8:00 PM

Early Packet Pick-up  
Bok Tower Gardens  
1152 Tower Boulevard  
Lake Wales, FL 33853

## SATURDAY, MAY 16

**6:00 AM** — Packet pick-up & Walk-up  
Registration, Team Photos Begin

**7:00 AM** — Riders depart from Bok Tower  
Gardens

**11:00 AM** — Shuttle from Caribe Royale Resort  
Conference Center to Holiday Inn SunSpree,  
and Comfort Inn Lake Buena Vista begins

**5:00 PM** — Shuttle Service to Dinner at Caribe  
Royale Resort begins from the Holiday Inn  
SunSpree and Comfort Inn Lake Buena Vista

**5:45 PM** — Celebration Dinner begins at Caribe  
Royale Resort in the Grand Sierra Ballroom.  
Free for cyclists and volunteers — \$20 each  
for friends and family. Dinner will be served  
from 5:45 PM – 7:30 PM.

**6:45 PM** — Celebration Dinner Program  
begins. The last shuttle leaves Caribe Royale  
Resort at 9:30 PM.

## SUNDAY, MAY 17

**5:00 AM** — Shuttle Service starts to the Caribe  
Royale Resort for the Cyclist Breakfast

**5:30 AM** — Cyclist Breakfast at the Caribe  
Royale Resort in the Grand Sierra Ballroom

**6:00 AM** — Cyclist check-in begins at  
Caribe Royale Resort

**7:00 AM** — Cyclists depart from the  
Caribe Royale Resort

**8:30 AM** — Last cyclist leaves the  
Caribe Royale Resort

**11:00 AM** — Finish Line Victory Lunch begins at  
Bok Tower Gardens. Free for cyclists  
and volunteers — \$5 each for friends  
and family.

**4:30 PM** — Route closes

**Proud  
Sponsors  
of the  
Bike MS:  
The Citrus  
Tour 2009**



# WHO IS THE NATIONAL MULTIPLE SCLEROSIS SOCIETY?

The National Multiple Sclerosis Society mobilizes people and resources to drive research for a cure and address the challenges of everyone affected by MS. The National Multiple Sclerosis Society supports more MS research, offers more services for people with MS, provides more professional education programs and furthers more MS advocacy efforts than any other MS organization in the world. Since its founding in 1946, the National Multiple Sclerosis Society has invested more than \$520 million in medical research to find the cause and cure for this disease.

## What is MS? Here are the facts!

- Multiple sclerosis is a chronic disease of the central nervous system.
- The progress, severity, and specific symptoms of the disease are unpredictable and vary for each individual, but it is not fatal.
- Symptoms of multiple sclerosis can include extreme fatigue, numbness, pain, vision problems and difficulty walking.
- Approximately 400,000 Americans have multiple sclerosis.
- Every hour someone is diagnosed with multiple sclerosis.
- Most people are diagnosed between the ages of 20 and 50.
- More than two-thirds of those living with multiple sclerosis are women.
- There are more than 10,000 people living with MS in Central Florida.
- Counting family members and other caregivers, multiple sclerosis affects more than one million Americans.
- Multiple sclerosis is the number one disabling disease of young adults in America.
- The average annual cost of living with multiple sclerosis exceeds \$50,000 per person, with lifetime costs of more than \$3.2 million. People with more severe symptoms including disabilities experience even higher costs.
  - The cost of MS to the Central Florida economy exceeds \$600 million each year.
  - Advances in research and treatment are giving HOPE to those affected by the disease.



## BECAUSE OF YOU THE NATIONAL MS SOCIETY IS ABLE TO PROVIDE:

- Information and referrals to people living with MS
- Self-Help Groups that provide support in local communities
- Educational programs and services for people with MS and their families
- Quality of life grants and therapeutic equipment
- Counseling and peer support
- Programs for Newly Diagnosed
- Educational Programs for professionals serving people with MS and political advocacy
- Funding for research into the cause and a cure for MS

Help us create a world free of MS.

Join the Movement. Call 1-888-950-9080 or visit [www.nationalmssociety.org/flc](http://www.nationalmssociety.org/flc)

## This Is Why We Ride

Why do thousands of people ride countless miles every year for Bike MS? Because multiple sclerosis is truly a devastating disease and cannot be cured unless we are relentless in fighting it.

A diagnosis of MS is overwhelming. This chronic, and currently lifelong, disease often comes unexpectedly; symptoms will suddenly reveal themselves in otherwise healthy individuals in the prime of their lives - usually between 20 and 50.

By disabling functions of the central nervous system, multiple sclerosis can cause cognitive complications, blurred vision, incontinence issues, extreme fatigue, numbness or tingling in the arms, and can even escalate to complete paralysis.

For the family, friends, and caretakers of the 400,000 Americans living with multiple sclerosis, it is heartbreaking to see someone they care about struggle with disease.

Today, multiple sclerosis is a devastating disease without a cure, but advances in the treatment and understanding of MS are achieved daily. Many therapeutic, pharmaceutical, and technological advances (made possible, in part, by fundraisers like you) are helping people better manage symptoms of MS and lead more productive lives. This is why we ride.

One of America's Finest Gardens!



# BOK TOWER GARDENS

**NATIONAL HISTORIC LANDMARK**

Open Daily 8 a.m. - 6 p.m. - 863.676.1408 - Lake Wales, FL

*Save the Date*  
for these upcoming events  
featured at the Gardens!

January 31 80th Anniversary Celebration (*Free admission*)  
April 12 81st Annual Easter Sunrise Service (*Free admission*)  
May 2 Concert Under the Stars

[www.boktowergardens.org](http://www.boktowergardens.org)



the  
**CARIBE**  
SUITES - CONVENTION CENTER - VILLAS  
ORLANDO



Room 2  
spread out.

**2 room suites. Endless possibilities.**

As the host accommodations for the Bike MS Citrus Tour 2009, the two hotels of THE CARIBE – Caribe Royale and Buena Vista Suites – are proud to support such an important event by providing the riders with plenty of room to kick back and relax after a long day on the bike in one of our spacious and newly renovated two-room suites. So to all of the participants of this year's ride, we say thank you for your time and your efforts, and for letting us be a part of such a worthwhile cause. **Life needs room.**

[thecaribeorlando.com](http://thecaribeorlando.com) • 1-800-823-8300

# Where Does the Money Go?

The dollars you raise for Bike MS make a direct impact on the lives of those affected by multiple sclerosis. These crucial funds help pay for programs, services, research, advocacy, education, and much more. Your fundraising efforts truly make a difference in your community.

## Chapter Program Highlights

**MS Journey Club** — A 6-week program for counseling and education about MS for the entire family

**SeaWorld “Day of Discovery”** — A major family program that educates over 650 children and adults focusing on MS in the family and includes admission for the family in the park that afternoon

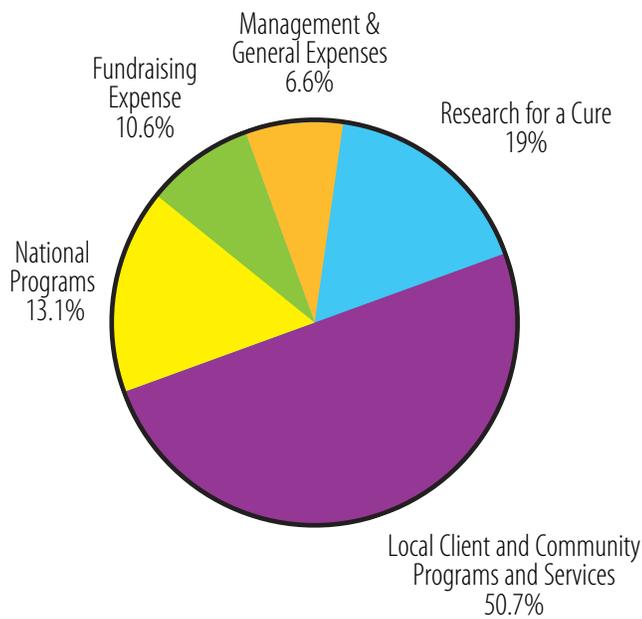
**“Moving Forward”** — A program for people newly diagnosed

**MS Awareness Public Policy** — Advocates our state and federal legislators on behalf of those living with MS

**MS Kids Camp** — A weekend of respite and education for children who have MS or whose parent or caregiver has MS

**Quality of Life Grants** — A grant program that provides financial assistance for home modifications, mental services and helps fund exercise or wellness programs which help foster independence for people living with MS.

## National MS Society Mid Florida Chapter Expenditures FY2008



## Every dollar counts!

The money YOU raise by participating in the Bike MS: The Citrus Tour can provide the following for people with MS and their families

**\$1-\$20:**

**Leg positioner, Handheld shower, or Knee Splint**

**\$20-\$50:**

**Tub Grab Rail, Ankle Orthosis, Walker, or Sponsors an individual to participate in an educational program**

**\$50-\$100:**

**Bedside Commode, Shower Seat, or Tub Transfer Bench**

**\$100-\$500:**

**3ft or 5ft Aluminum Ramp, Forearm Crutches, Air Conditioning Unit, or Membership to an exercise therapy class**

**\$500-\$1,000:**

**Voice Activated Phone System, Hand Controls for Automobile, or Manual Wheel Chair**

**\$1,000+:**

**Electric Wheelchair, Stair Lift, or Electric Hospital Bed**

# Orange Cycle

*Celebrating over 31 years  
of cycling fun*

2204 Edgewater Drive

Orlando, FL 32804

**407-422-5552**

[www.orangecycleorlando.com](http://www.orangecycleorlando.com)

# General Info A-Z: Bike MS: The Citrus Tour 2009

## Bike Detailer

\$20 will have your bike looking like new! Highly recommended! Ride in style! Check him out at the finish areas both days!

## Bike Mechanic

Bike mechanics will be available at some rest stops and at the start/finish each day. You may be charged for parts but never for labor although tips are appreciated. Get your bike tuned up BEFORE the ride. The bike shops are not giving free tune-ups day of! Please don't abuse our mechanics.

Please bring a spare tube or two. You need to learn how to change a flat before the Bike MS ride. In case you don't, we'll take care of you and get you back on the road.



## Bike Parking Lot

Your bike will be stored overnight at the Caribe Royale Resort Pavilion. We encourage you to check-in your bike at the bike storage pavilion. The bike storage will be completely enclosed, locked, and guarded overnight. Remember that bikes are not allowed on the shuttles. If you feel you MUST bring your bike with you, you'll have to ride it to your hotel. If you are staying at either the Caribe Royale Resort or Buena Vista Suites, you have the option to store your bike in your hotel room.

## Century Ride

For those of you who like to really go the distance, the Saturday Century is for you. We've added a 20-mile loop to the route. You'll rejoin the route where you left it. We've placed a rest stop 15 miles from the start of the loop. You'll also receive a commemorative patch for your efforts.

## Contributions/Pledges

The Mid Florida Chapter staff handles receivables for the Bike MS: The Citrus Tour 2009 and the Walk MS events in April and May so participants must include the following on all checks and correspondence: rider name, event, and, if possible account number. Make checks payable to the National MS Society.

The National MS Society is an IRS recognized 501(c) 3 organization so donations are tax-deductible. Tax receipt letters are sent to donors who contribute \$75 or more. Check stubs serve as receipts for amounts under \$75. If you would like the Bike MS staff to send an electronic tax receipt for donors who contribute cash or less than \$75, please call 407-478-8882.

Bring donations with you to packet pick-up or send donations to:

**Bike MS: The Citrus Tour 2009**  
**NMSS Mid Florida Chapter**  
**2701 Maitland Center Parkway, Suite 100**  
**Maitland, FL 32751**



## Goody Bag

You'll get a goody bag when you cross the finish line on Saturday at the Caribe Royale Resort. It will include your t-shirt. It gives you something to look forward to and something dry to change into!

## Luggage

There will be designated luggage drop off areas at Bok Tower Gardens. We'll take your bags to the Caribe Royale Resort and have them waiting for you! There is a limit of 2 bags per person. Remember your bib number matches your luggage tag! Be sure to attach a name tag to your items

along with your rider number. Your rider number must be attached to your bag in order to claim it at luggage pick-up.

All luggage will be available for pick-up and drop off at the luggage areas at Bok Tower Gardens and The Caribe Royale Resort. Luggage will be arranged by rider number.

Please do not include explosives, firearms, alcoholic beverages, illegal substances, fragile items, or valuables in your luggage.

There is a 35-pound per bag limit for luggage the tour is transporting. The Bike MS: The Citrus Tour 2009 relies heavily on volunteers to load and unload rider luggage. We want to make sure all luggage can be safely handled by these volunteers.

In your overnight bag, you should pack:

- Special pillow if needed
- Toiletries including soap and shampoo
- Change of clothes for Saturday evening – very casual (shorts and t-shirt)
- Medications
- Riding clothes for Sunday
- Travel alarm clock
- Bike lock

## Massages

Massages will be available at the finish line both days — \$1 a minute. Good deal!



continued

## General Info A-Z: continued

### Meals

#### LUNCH

It will be at Lake Marie Trail Park. There will be sandwiches, fruit, soft drinks and more. On Sunday the lunch stop will be a lot less involved (due to the Finish Line Victory Lunch!) PB & J sandwiches, dessert, chips and soft drinks will be available as well as water and Gatorade.

#### SATURDAY NIGHT DINNER

Saturday's Celebration Dinner will be held at 5:45 PM in The Caribe Royale Resort Grand Sierra Ballroom. It's free for cyclists and volunteers and \$20 for each guest. Please RSVP your guests so we can plan accordingly. See page 22 for the reservation form.

Sunday's Finish Line Victory Lunch begins at 11:00 AM at Bok Tower Gardens.

#### SNACKS

Our rest stops will be fully stocked with various snacks and drinks but if there are certain snacks that you like, bring some along. Come prepared!

#### DIETARY RESTRICTIONS

There will be vegetarian alternatives at every rest stop and at the dinners, but vegans and those with specialized dietary needs should bring foods that meet your requirements.

### Medical Support

There will be medical personnel at the start and along the route and at the finish line. In the case of minor roadside situations, SAG drivers may transport riders to the next rest stop for assistance. If you need help, do not hesitate to ask, whether it's a road rash, allergies, or just not feeling well. To flag a SAG driver, move your bike to the side of the road, take off your helmet and wave your helmet to indicate a need for assistance.

### Packet Pick-Up



Bike MS: The Citrus Tour 2009 participants can visit the packet pick-up areas on either:

#### FRIDAY, MAY 15

4:00 PM to 8:00 PM  
Bok Tower Gardens  
1151 Tower Blvd.,  
Lake Wales, FL 33853

Did you raise over \$1,000? Way to go! Turn in your collected contributions at

registration and you'll be able to wear your Bike MS: The Citrus Tour 2009 jersey during the ride! You also get into the VIB tent on Saturday and Sunday!

#### SATURDAY, MAY 16

6:00 AM, Bok Tower Gardens  
Check-in, drop off your contributions.  
You'll receive your:

- Rider Number
- Bike Number
- Luggage Tags
- Wristband (dinner & lunch both days)

### Parking

#### At Bok Tower Gardens:

Your car will be safe overnight in the Bok Tower Gardens parking lot. The lot will be patrolled by 24 hour security.

#### At Caribe Royale Resort:

There will be ample parking available at the Caribe Royale Resort for family and friends meeting you at Saturday's finish line.

### Rain

Just like MS, the weather can be unpredictable so come prepared for anything. In the unfortunate event of our typical Florida afternoon rain, the ride continues. Should thunderstorms be in the area, we will close the route. All rest stops have tents that provide some shelter and SAG vehicles provide support for riders in need a ride. Please be prepared for any type of weather in case the conditions change overnight.

### Registration

You can register up until 7:00 AM Saturday morning!

You will need to be prepared to pay the registration fee and the \$250 minimum contribution. If you pay by credit card and later collect pledges, your account will be credited for all funds turned in to the National MS Society by June 15, 2009.

### Rest Stops

Rest Stops are located about every 8-12 miles throughout the route. They are packed with snacks and energy drinks intended to keep you hydrated and energized. A variety of food and beverages will be available. Rest stops are great places to take a break, get the team back together, and replenish your energy. Every rest stop will also have port-o-lets.

### Rider Number

Your Bike MS: The Citrus Tour 2009 rider number identifies you as a cyclist in the ride for the volunteer-staffed rest stops, road crew, lunches, luggage handlers, bike check-in, dinners, and finish line. It's our way of knowing who is on the route and where. Your number has been specifically assigned to you and may not be used by any other individual.

### Shuttle Service

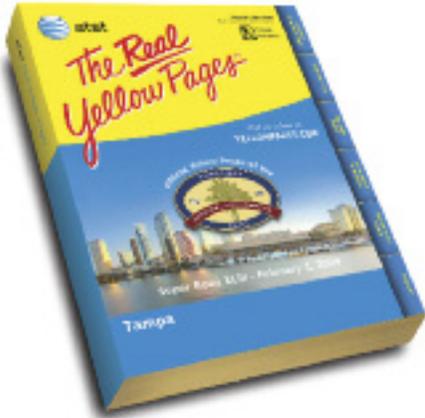
A shuttle service will be available beginning at 11:00 AM on Saturday with service from The Caribe Royale Resort to our participating hotels. Service will end at 6:00 PM on Saturday and begin at 5:30 AM on Sunday.

For those cyclists staying at participating hotels other than Caribe Royale Resort and Buena Vista Resort, there will be shuttle service to and from the dinner on Saturday evening and the Start on Sunday morning.

Sorry, no bikes on the shuttles. If you REALLY feel that you must bring your bike into your hotel room, you'll have to ride it there!

continued

AT&T is proud to support the important work of the National Multiple Sclerosis Society Mid Florida Chapter. The AT&T Real Yellow Pages and the MS Society. Making a Real difference in our communities.



The new  at&t  
Your work. Delivered.

## General Info A-Z: continued

### Team Photos

Team photos will be taken between 6:00 AM and 7:30 AM at Bok Tower Gardens on Saturday.

### Support and Gear (SAG) Vehicles

We'll have SAG (Support and Gear) vehicles circulating the route.

To signal SAG vehicle drivers, follow these three steps:

1. **OFF ROAD** – Move out of the path of other riders
2. **OFF BIKE** – Second, stand or sit nearby
3. **WAVE HELMET** – Let the SAG drivers know you aren't just taking a breather.

Someone will be along shortly to pick you up in case you get a flat, are too tired, or don't feel well on the ride.

Help our volunteer SAG drivers help our riders by following the Off Road, Off Bike, and Wave Helmet when you need a hand. Be aware that some of the official vehicles on the route are medical, staff or communications vehicles and are not equipped to carry riders.

TEAM SAG vehicles must be authorized by the Bike MS Staff. The SAG driver must provide a copy of their drivers license and proof of insurance. SAG vehicles for individual riders ARE NOT permitted.

## PREPARATION AND TRAINING

1. Start with short rides. Take a week or two to build up to a moderate day of 15 miles. Don't worry about time or speed on these rides. The purpose is to gain and maintain basic cardiovascular fitness. Enjoy!
2. Double up miles. After building up to 15 miles, try an endurance day of 30 miles once a week. Try to maintain the same pace established during moderate days, but slow down if necessary to make the full mileage. The purpose is to gain distance, confidence and better cardiovascular fitness.
3. Track your mileage. An important part of training is assessing your improvement. Keeping track of miles and start and stop times will help you judge overall speed.
4. Participate in group training rides. You'll have a much safer and enjoyable bikeMS experience once you learn the dynamics of group cycling. We will have a number of group training rides starting in February hosted by the National MS Society, as well as participating teams, and interested individuals. Also check out your local bike clubs for information on upcoming events and rides.

### Other Helpful Training Tips

Set realistic goals

Drink before you become thirsty

Don't forget your water bottles and energy bars

Buy padded shorts and gloves

Take a basic bike repair class and learn to change a flat tire

Don't be afraid to ask questions



# WHERE TO GO

## To Bok Tower Gardens

**Bok Tower Gardens, 1151 Tower Blvd. Lake Wales, FL 33853**

Midway between Orlando and Tampa, the Bok Tower Gardens is located less than 60 minutes from both metro areas in Lake Wales. Bok Tower Gardens is off U.S. Highway 27 south of Interstate I-4.



**BOK TOWER GARDENS**  
NATIONAL HISTORIC LANDMARK

**FROM ORLANDO, TAKE I-4 WEST:** Proceed on I-4 to Exit #55. Take Exit #55 and proceed south on U.S. Highway 27 for approximately 23 miles. Proceed two traffic lights past Eagle Ridge Mall. Turn left on Mountain Lake Cut Off Road. At the caution light, turn right (south) onto County Road 17 (also known as Scenic Highway). Proceed on CR 17 for 3/4 miles. Turn left (east) onto Burns Avenue (also known as County Road 17-A). Proceed on Burns Avenue for 1.3 miles. On your left you'll see a main entrance sign to Historic Bok Tower Gardens. Turn left and proceed to the entrance gate.

**FROM TAMPA, TAKE I-4 EAST:** Proceed on I-4 to Exit #55. Take Exit #55 and proceed south on U.S. Highway 27 for approximately 23 miles. Proceed two traffic lights past Eagle Ridge Mall. Turn left on Mountain Lake Cut Off Road. At the caution light, turn right (south) onto County Road 17 (also known as Scenic Highway). Proceed on CR 17 for 3/4 miles. Turn left (east) onto Burns Avenue (also known as County Road 17-A). Proceed on Burns Avenue for 1.3 miles. On your left you'll see a main entrance sign to Historic Bok Tower Gardens. Turn left and proceed to the entrance gate.

Parking at Bok Tower Gardens will be located in a lot with 24-hour security.

## To Caribe Royale Resort

**Caribe Royale Resort, 8101 World Center Drive, Orlando, FL 32821**

**FROM ORLANDO, TAKE I-4 WEST:** Proceed on I-4 to Exit #68. Turn left onto S.R. 535 (Apopka/Vineland Road). Go to the 3rd light and turn left onto World Center Drive. The Caribe Royale is the 2nd hotel on the left hand side.

**FROM TAMPA, TAKE I-4 EAST:** Proceed on I-4 to Exit #67. Follow the signs towards International Drive on the right. Pass two traffic lights. The Caribe Royale is the 2nd hotel on the left after the second traffic light, which is the intersection of 535 and World Center Drive.

Parking is available at the Caribe Royale Resort site for cyclists or their family and friends!



# WHERE TO STAY

## LAKE WALES & WINTER HAVEN HOTELS

**Hampton Inn Lake Wales**  
863-734-3000  
22900 Hwy. 27 South  
Lake Wales, FL 33859  
\$99

**Green Gables Inn**  
863-676-2511  
21380 Hwy. 27  
Lake Wales, FL 33859  
\$57

**Best Western Admiral's Inn & Conference Center**  
863-324-5950 / 800-247-2799  
5665 Cypress Gardens Blvd.  
Winter Haven, FL 33884  
\$79

**Hampton Inn Winter Haven**  
863-299-9251  
202 Cypress Gardens Blvd.  
Winter Haven, FL 33880  
\$99

**Holiday Inn Winter Haven**  
863-292-2100  
200 Cypress Gardens Blvd.  
Winter Haven, FL 33880  
\$109

**Clarion Winter Haven**  
863-294-4451  
1150 3rd St. SW  
Winter Haven, FL 33880  
\$72

## ORLANDO HOTELS

**Host Hotel: Caribe Royale Resort**  
800-823-8300  
8101 World Center Drive  
Orlando, FL 32821  
\$105 suites

**Buena Vista Suites**  
800-537-7737  
8102 World Center Drive  
Orlando, FL 32821  
\$105 suites, includes breakfast

**Holiday Inn Sunspree**  
407-239-4500  
13351 State Road 535  
Orlando, FL 32821  
\$79

**Comfort Inn Lake Buena Vista**  
407-996-7300  
8442 Palm Parkway  
Lake Buena Vista, FL 32836  
\$55

All hotels are located within a 3-mile radius of the Caribe Royale Resort.

# How to Read Cue Sheets

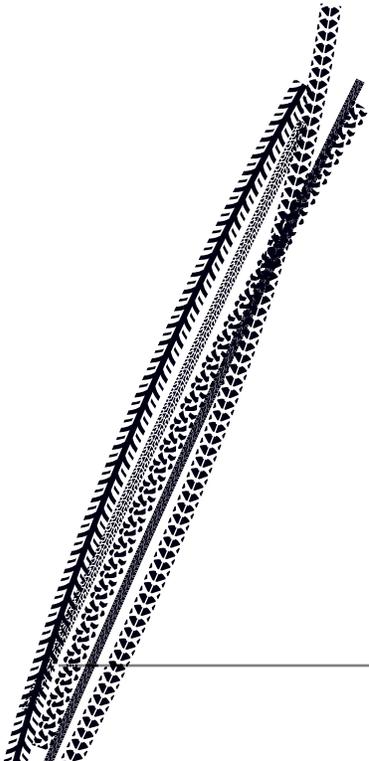
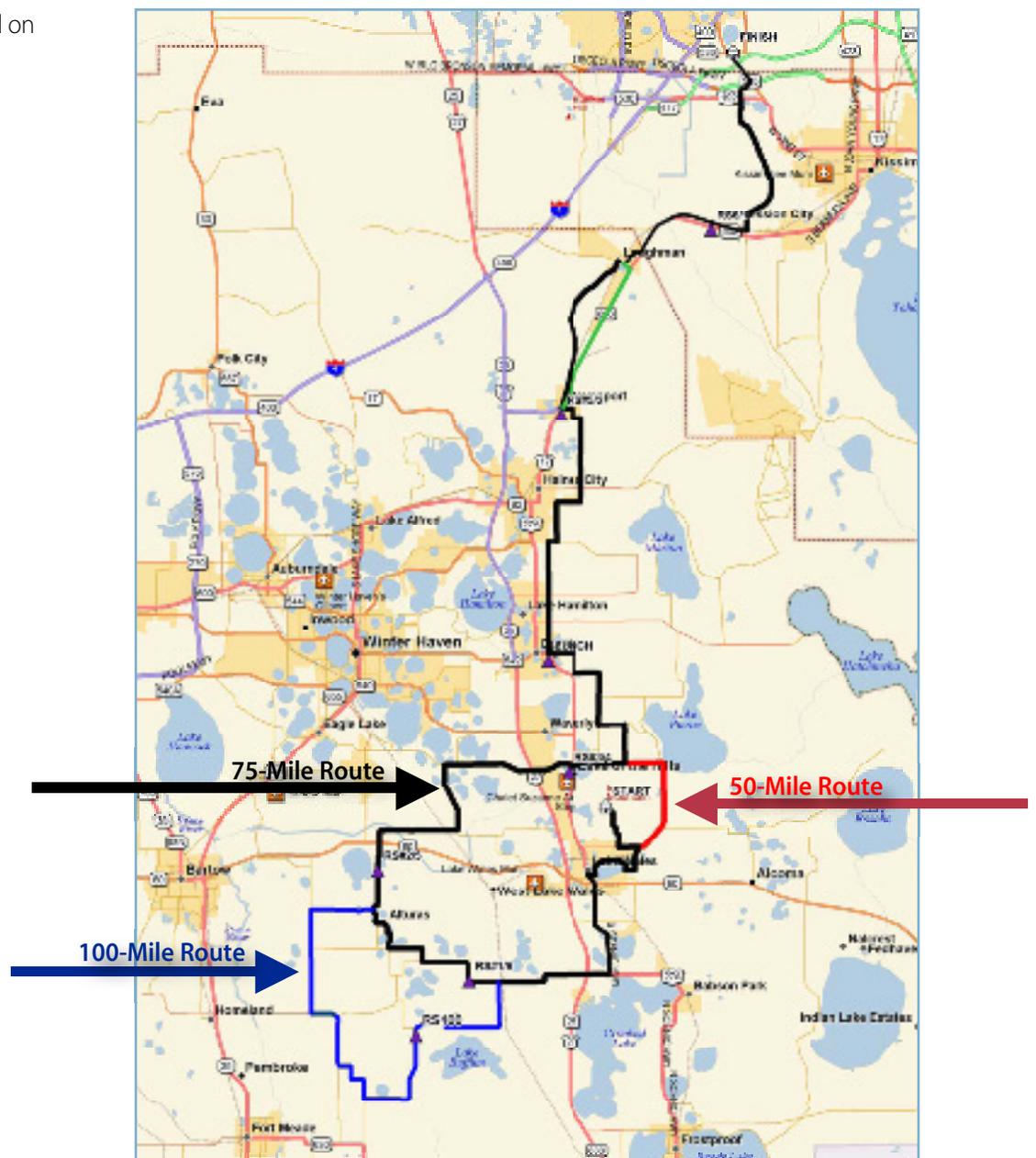
You will receive official route slips at Packet Pick-up and the Start Line of the Ride. Bike ride route slips are organized in a four column format. The first column gives the street name. The second column gives the turn direction on that street. The third column gives the compass direction of the turn. The fourth column gives the distance to your next turn. The fifth column

notes any comments such as intersections, street name changes, and rest stops.

In addition to the detailed route slips, we will also post bright orange route markers to keep you headed in the right direction

ROAD NAME	TURN	DIRECTION	DISTANCE	NOTES
Helena Rd	L	S	1.9 miles	Starting Line
Eloise Loop Rd	L	E	1.2 miles	
CTH 653	R	S	2.7 miles	Watch for traffic.

\*Route is subject to change based on road conditions. Visit [www.nationalmssociety.org/flc](http://www.nationalmssociety.org/flc) to download route maps and cue sheets.



# Now That You've Registered...

## Step 1: Choose a bike or have your bike professionally inspected.

Our local bike shops will give professional inspections and estimates on routine maintenance or repairs on your bike. They can also recommend a new bike if you're ready for an upgrade.

## Step 2: Preparation and Training

Train with someone who's cycled before. Don't know anyone? Join one of the local recommended group rides. We strongly urge you to train in a group setting as this is the best way to prepare for Bike MS.

## Step 3: Don't Procrastinate – Start Your Fundraising Today

It is easy to put it off until tomorrow but people with MS need you now. Plus, you'll want to turn in your pledges early. You'll be happy you saved yourself the

hassle of turning in donations at the ride. Visit [www.nationalmssociety.org/flc](http://www.nationalmssociety.org/flc) for a wide variety of fundraising tips. See page 14 for additional information.

## Step 4: Book Your Accommodations

The Bike MS Team have partnered up with hotel properties at both Start and Finish locations in order to offer you the best room rates. Rooms fill up quick so book your reservations NOW!

## Step 5: Stay Motivated

The mental aspect of preparing for Bike MS is just as important as the physical aspect. Any experience that challenges the body challenges the mind as well. It is likely that the biggest mental challenge you will face in your training is staying consistently motivated and sticking to your program.





## Choosing a Bike

Most Bike MS: The Citrus Tour cyclists ride road bikes or hybrids. Some cyclists do ride mountain bikes. If this is your choice, take our advice and switch the fat, knobby tires for thin, road slicks. It is of utmost importance that you are fitted for your bike before you start your training for the season. DO NOT make any adjustments the week prior to the Ride (especially your saddle). This small adjustment can have a terrible impact on your comfort during the Ride and may even cause injury.

Go to one of our participating bike shops for the bike that is right for you!

### **Bicycle Outfitters**

11198 70th Ave. N  
Seminole, FL 33772  
727-319-2453

### **The Bike Room**

2805 Dr. Martin Luther King Jr St. N  
St. Petersburg, FL 33704  
727-897-9701

### **Bike Shop of Winter Haven**

509 Cypress Gardens Blvd. Winter  
Haven, FL 33880  
863-299-9907

### **Bike Works**

9100 E. Colonial Dr.  
Orlando, FL 32817  
407-275-3976

### **Bike Works**

2445 S Hiawassee Rd  
Orlando, FL 32835  
407-297-1550

### **Bike Works**

12720 S Orange Blossom Trail, #7  
Orlando, FL 32837  
407-438-8484

### **Carrollwood Bicycle Emporium**

14407 N. Dale Mabry  
Tampa, FL 33618  
813-963-5765

### **Chainwheel Drive**

1770 Drew Street  
Clearwater, FL 33755  
727-441-2444

### **Chainwheel Drive**

32796 US Hwy 19 North  
Palm Harbor, FL 34684  
727-786-3883

### **David's World Cycles**

2517 Edgewater Dr.  
Orlando, FL 32804  
407-422-2458

### **David's World Cycles**

150 S SR 434, Suite 1088  
Altamonte Springs, FL 32714  
407-772-2223

### **David's World Cycles**

800 Semoran Blvd.  
Casselberry, FL 32707  
407-831-7377

### **David's World Cycles**

1210 S. International Pkwy  
Ste 158  
Lake Mary, FL 32746  
407-942-1020

### **Glory Cycles**

831 North Mills Ave.  
Orlando, FL 32803  
407-897-2119

### **Kyle's Bike Shop**

203 Primrose Dr.  
Orlando, FL 32803  
407-228-7088

### **Loco Motion**

125 W. Fairbanks Ave.  
Winter Park, FL 32789  
407-629-2680

### **Oliver's Cycle Sports**

18047-A Highwoods  
Preserve Parkway  
Tampa, FL 33647  
813-910-0207

### **Orange Cycle Works**

2204 Edgewater Drive  
Orlando, FL 32804  
407-422-5552

### **Retro City Cycles**

1806 N. Orange Avenue  
Orlando, FL 32804  
407-895-2700

### **Santos Trailhead Bike Shop**

8900 S. US Hwy 441  
Ocala, FL 34480  
352-750-4161

### **Suncoast Trailside Bicycles**

1642 SR 54  
Odessa, FL 33556  
813-920-2225

### **Trek Bicycle Store of Clearwater**

28200 US Hwy 19 North, Ste. B  
Clearwater, FL 33761  
727-451-8090

### **Trek Bicycle Store of Tampa**

530 MacDill Avenue  
Tampa, FL 33607  
813-712-8000

### **University Bicycle Center**

1220 E. Fletcher Avenue  
Tampa, FL 33612  
813-971-2277

# Don't Procrastinate — Start Fundraising!

## COLLECTING PLEDGES

Now that you are registered for the Bike MS: The Citrus Tour 2009, your next step is to start fundraising. The minimum pledge required for this event is \$250, but don't stop at that number! In 2008, the average pledge total raised by each rider was over \$600!

## WHERE SHOULD I SEND THE PLEDGES I'VE COLLECTED?

Bike MS  
National MS Society  
2701 Maitland Center Parkway, Suite 100  
Maitland, FL 32751  
PHONE: 1-888-950-9080 or 407-478-8882, FAX: 407-478-8893  
EMAIL: ryan.bumgardner@nmss.org or nickita.harrison@nmss.org

## ONLINE PLEDGES: HASSLE-FREE FUNDRAISING

Visit [www.nationalmssociety.org/flc](http://www.nationalmssociety.org/flc) and register for online fundraising.

If you have already registered online, all you have to do is click on to the Bike MS page, log in and then click the link to *My Participant Center*. You can upload photos, track your fundraising efforts and tell your personal MS story. Send an email to all your friends to ask them to make a pledge, register for Bike MS or join your team. Watch your contributions grow with this "Fundraising Made Easy" approach!

## LETTER WRITING CAMPAIGN TIPS AND SAMPLE

The most tried and true fundraising campaign out there! Ask any of our top fundraisers why they are so successful and they will tell you they write letters and emails.

1. Send out a letter to everyone in your address book.
2. Let them know what you are doing. Personalize your appeal by telling why you are riding.
3. For snail mail, send them out with a self-addressed, stamped envelope so that they have no excuse not to send it back with a contribution!
4. Include a deadline as a gentle nudge to get those contributions in.
5. Follow up with a note or phone call to those who haven't responded.
6. Send a Thank You note to all your donors after the event!

Dear \_\_\_\_\_,

I find it hard asking someone to make a donation. I guess we all do. But, today I'm writing to you about a cause that's important to me and a cause that I know you will want to support. I have decided to take steps in the fight against multiple sclerosis (MS) by joining the Bike MS: The Citrus Tour 2009 ride and I'm asking you to join me in this important fight by sponsoring me.

MS is an unpredictable and devastating disease that can attack any of us in the prime of life. Imagine, one day you are ready to take on the world and the next day you are faced with the diagnosis of an incurable and debilitating disease. That's why I'm asking you to help me make a difference in the lives of people living with MS.

MS researchers have made extraordinary progress in the last few years searching for a cure and your contribution will help support these vital efforts. Funds will also be used to support local programs for people with MS and their families.

You can help me reach my fundraising goal of \$\_\_\_\_\_ by sponsoring me in the Bike MS: The Citrus Tour 2009. It's easy. You can sponsor me online by visiting [www.nationalmssociety.org/flc](http://www.nationalmssociety.org/flc) or you can send me a check made payable to the National MS Society.

Your support will mean so much to me and the over 400,000 Americans living with MS. Can I count on your help?

Warmest Regards,



AMERICAN MEDICAL RESPONSE®

# TEAM PROGRAM

As part of a team, your effort in the fight against multiple sclerosis is amplified by that of your team members. Forming a team is the easiest way to have a huge impact in the MS community. Your responsibility as Team Captain is great but the steps to success are actually quite simple.

## 1. RECRUITING

Team members can be anybody- friends, family, co-workers, or neighbors and they can all easily register as cyclists online at [www.nationalmssociety.org/flc](http://www.nationalmssociety.org/flc). It is the corporate teams, however, that are often the largest and most successful fundraising groups, especially when executives get involved.

## 2. RAISING MONEY

Fundraising comes more naturally when you make it personal. If your team is riding for someone with MS, then don't be bashful telling their story: just be sure to follow that with a statement about how much progress we've made in treating the disease. And don't forget to ask everyone who sponsors you if their employer offers matching gifts!

## 3. REALLY HAVING FUN!

Multiple sclerosis is a devastating thing for all it touches, and you may rightfully be livid that 400,000 Americans still have to struggle with it everyday. But Bike MS is not an event about the difficulties of the disease, it is a celebration! Both of how far we've come as a community and of the hope that the cure will be found soon. As a leader, it's up to you to remind your teammates of why they registered. The Bike MS ride can be more than a fundraising event — it can be a joyous party!



**Team Cardinal Health**



**Team Yip Yap**

## Prizes

RAISE	RECEIVE
\$500	25-inch Expedition Duffel Bag
\$750	Rogue 70 oz. Camelbak Hydration System
\$1,000	Bike MS: The Citrus Tour 2009 Collectable Cycling Jersey (Turn in your money by event weekend and wear this coveted jersey for the Ride. Gain access to VIP areas reserved for \$1,000 and up fundraisers!)
\$2,500	\$250 Bike Shop Gift Certificate OR Festina Watch (Men's/Women's) PLUS Bike MS CYCLING JERSEY!
\$5,000	\$500 Bike Shop Gift Certificate PLUS Bike MS CYCLING JERSEY!
\$7,500	\$750 Bike Shop Gift Certificate PLUS Bike MS CYCLING JERSEY!
\$10,000	\$1,000 Bike Shop Gift Certificate PLUS Bike MS CYCLING JERSEY!
\$20,000	\$2,000 Bike Shop Gift Certificate OR MS Tour of Champions Weekend, PLUS Bike MS CYCLING JERSEY!
\$25,000	\$2,000 Bike Shop Gift Certificate OR International Tour of Champions Trip, PLUS Bike MS CYCLING JERSEY!



# Meet the 2009 VIBS\* and Top 100 Club!

\*(Very Important Bananas)

## Members of the VIB CLUB raised \$1,000 or more for the 2008 Bike MS: Bright House Networks MS Ride.

VIBs who qualified in 2008 and register for the Bike MS: The Citrus Tour 2009 will receive a host of special privileges at the 2009 ride including:

- OFFICIAL BIKE MS: THE CITRUS TOUR 2009 JERSEY
- VIB PRE-RIDE CHECK IN SERVICES
- PERSONALIZED RECOGNITION SIGN AT START OR FINISH LOCATIONS
- ACCESS TO THE VIB TENT WITH DESIGNATED MASSAGE TABLE, DRINKS, SNACKS, ETC.
- VIB COMMEMORATIVE ITEM
- FREE 20 MINUTE MASSAGE

\* If you raised \$5,000 or more in 2008, you'll receive all the benefits listed above, AND the collectible MS CHILI'S JERSEY!!!

## Top 100 Club

For the Top 100 fundraisers from the 2008 ride (first 100 names in orange), you receive the same incentives as VIBs but in addition, you will receive:

- TOP 100 PREFERRED PARKING PASS
- PRESTIGE BIB NUMBER FROM 1 TO 100. NUMBER ORDER WILL BE BASED ON YOUR FUNDRAISING SUCCESS.
- TOP 100 CLUB T-SHIRT
- 50% OFF OF 2010'S BIKE REGISTRATION FEE

### Top 100 Club

Michael Esmonde	\$37,027	Patrick Miller	\$2,515
Suzy Giunta	\$20,605	John Armstrong	\$2,464
Pat Heeley	\$10,405	David Quirk	\$2,405
Robert Amos	\$9,979	Howard Hughes	\$2,285
James Wolfe	\$9,745	Kevin Cahill	\$2,231
Sherry Amos	\$9,675	Seth Krieger	\$2,225
John Regan	\$9,385	Allen Boyce	\$2,200
Paul Moody	\$9,245	Armando Rodriguez	\$2,190
Delvin Berg	\$9,220	Michael Stevenson	\$2,175
Kendrick Grabe	\$9,220	Richard Bosshardt	\$2,145
Pam Moody	\$9,220	Jim Moore	\$2,140
Allen Walker	\$9,220	Mark Wiessner	\$2,075
John Rezabek	\$8,590	Michael Goodman	\$2,070
Mark Eberbach	\$7,835	Joseph Stromberg	\$2,050
D. Bradley Romp	\$7,660	Norman Burnstine	\$2,041
Thomas Mirek	\$7,105	Allan Richards	\$2,011
Susan Deal	\$6,970	Worth Champion	\$1,970
Wayne Torrens	\$6,700	Todd Smith	\$1,940
Dominic Prioli	\$6,600	Mark Brown	\$1,925
Alan Wiessner	\$5,535	John Hooper	\$1,918
Tony McCoy	\$5,345	Ralph Fritsch	\$1,910
Frank Krieger	\$5,275	Brent Smith	\$1,900
Wayne Boudreaux	\$5,065	Steven Renner	\$1,887
Venky Naravulu	\$4,390	George Anderson	\$1,835
Michael Ebert	\$4,355	Carla Smith	\$1,835
Marjorie Sherwin	\$4,335	Al Ruechel	\$1,800
Mark Goebel	\$4,011	Lezi Davidson	\$1,780
Anna Monteiro	\$4,001	Karen France	\$1,780
Richard Lillard	\$3,975	Roger Spears	\$1,767
Darren Frost	\$3,900	Arthur May	\$1,755
Cherrie Sears	\$3,440	Blake Mora	\$1,750
Carlo Scalia	\$3,395	Donna Richter	\$1,740
Gregory Lawida	\$3,246	Carol Davidson	\$1,735
Liz Moran-Young	\$3,225	Georgie Spears	\$1,730
Terry Coveney	\$3,185	Stefan Grabas	\$1,725
Peter Whitman	\$3,090	David Dorough	\$1,710
Mark Baiss	\$3,050	Robert McCann	\$1,701
Andrew Reiff	\$3,050	Rob Aboud	\$1,700
Vann Jackson	\$3,023	John Jowett	\$1,700
Yupa Sanne	\$3,015	Brian Moffat	\$1,690
Mark Wilstrup	\$2,950	David Foret	\$1,680
Doug Anderson	\$2,915	Dan Wiessner	\$1,677
Luciano Trevisiol	\$2,825	Juan Saldarriaga	\$1,650
Steven Kelly	\$2,800	Mark Woodbury	\$1,645
Meghan Dickerson	\$2,685	Terri Parrott	\$1,640
Raja Assal	\$2,600	Candia Mulhern	\$1,620
Dennis Gauvin	\$2,581	Kim Aviles	\$1,605
Kendra Drobnak	\$2,568	Earl Lanoue	\$1,605
Craig Kalter	\$2,528	Drew Davis	\$1,600
		Cecil Salmon	\$1,595
		Anna Radmanesh	\$1,583

## Very Important Bananas

Earl Lanoue	\$1,605	Robin Morton	\$1,285	Al Treichel	\$1,105	Christopher Kranert	\$1,025
Nancy Buonamassa	\$1,580	David Crane	\$1,280	Mark Greenberg	\$1,101	Scott Smith	\$1,021
Merri Bass	\$1,575	Edward Rutledge	\$1,280	Donna-Marie Elliott	\$1,100	Donna Marshall	\$1,020
Beth Berkobein	\$1,575	Laurie Deer	\$1,275	John Foley	\$1,100	Ardeis Scott	\$1,020
John Heine	\$1,575	Paul Sponseller	\$1,273	Barbara MacDonald	\$1,100	Cindy Shafer	\$1,020
Gregory Porter	\$1,575	Pat Calabrese	\$1,270	Carlos Ranon	\$1,100	Sooner Means	\$1,015
Terry Hoehn	\$1,565	Michael Pobjecky	\$1,268	Andrew Defosses	\$1,096	Tarra Owen	\$1,015
Janice Barron	\$1,560	Neil Haslem	\$1,260	Tammy Knoll-Anderson	\$1,096	Robin Bentley	\$1,010
Dedra Carrasco	\$1,550	Pamela Smith	\$1,260	Cristy Rittenhouse	\$1,095	Mindy Guadagnino	\$1,010
Eric Rittenhouse	\$1,546	Beverly Hudgins	\$1,248	Ralph Caravello	\$1,090	Amanda Morales	\$1,010
David Goodman	\$1,500	Teresa Schmidt	\$1,232	Annelise Trubelhorn	\$1,090	Tony Rounds	\$1,010
Ernesto Mancini	\$1,500	Jorge Mercado	\$1,230	Tracey Saunders	\$1,085	Bob Delamarter	\$1,005
Catherine Zoller	\$1,500	Lynnette Leathers	\$1,225	Michelle Martini	\$1,080	Margaret Moerchen	\$1,005
Karl Nembach	\$1,500	Allan Arbuthnot	\$1,220	Reginald Mason	\$1,076	Judy Alvarez	\$1,003
Paul Williamson	\$1,460	Matt Lovo	\$1,215	Terry Lodge	\$1,075	Ali Wiessner	\$1,003
Jon Rawlson	\$1,450	Fred Lindsey	\$1,210	Kristen Powers	\$1,075	Robert Arce	\$1,000
John Shade	\$1,450	Lance Sprenkle	\$1,210	Nancy Armitage	\$1,070	Craig Bair	\$1,000
Michael Hirschmann	\$1,443	Judy Noel	\$1,205	Martha Murfin	\$1,070	Andrew Bellucci	\$1,000
Rich Dalessio	\$1,440	Kim Creighton	\$1,201	John Pando	\$1,070	Jose Burgos	\$1,000
Scott Bennett	\$1,425	Renee Eberbach	\$1,200	Michael Herman	\$1,061	Mark Casp	\$1,000
Daniel Sullivan	\$1,420	Andrea Henning	\$1,200	Daniel Hodges	\$1,060	David DeLellis	\$1,000
Mark Curtis	\$1,413	Lisa Hogan	\$1,200	Bryan Lindstamer	\$1,056	Vinnie Desiderio	\$1,000
Jim Wagner	\$1,410	Ken Meiser	\$1,200	Rey Casas	\$1,055	Brian Dimit	\$1,000
Roger Holdener	\$1,408	Greg Kanies	\$1,195	Ruth Holmberg	\$1,055	Steve Donnelly	\$1,000
Kenneth Fuhr	\$1,405	Russell Shenk	\$1,195	Sarah Jax	\$1,055	Dana Foster	\$1,000
Luis Silva	\$1,404	Ralph Bennett	\$1,190	Noah Keeney	\$1,053	Christina Gerald	\$1,000
David Harbaugh	\$1,401	Rita Tedio	\$1,190	Court Corbino	\$1,051	William Husselbaugh	\$1,000
William Holowesko	\$1,400	Ginger Chapman	\$1,185	Luis Arevalo	\$1,050	Peter Laches	\$1,000
Cheri Lisko	\$1,385	Tim Radel	\$1,180	Brad Horstman	\$1,050	John LaFreniere	\$1,000
Richard Gately	\$1,375	Doug Traynor	\$1,180	Christine McKee	\$1,050	Dawn Lovo	\$1,000
Edward Heitov	\$1,375	Christopher Adams	\$1,175	Michael Pastor	\$1,050	Michael Martone	\$1,000
Christopher Moschella	\$1,365	John Catalano	\$1,175	Lisa Strickland	\$1,050	Thomas Murphy	\$1,000
Fred Abramowski	\$1,355	Barry Lee	\$1,175	Bruce Tucker	\$1,050	Terry Richardi	\$1,000
Valerie Dewing	\$1,353	Brett Smith	\$1,175	Judy Mahoney	\$1,045	James Shirk	\$1,000
Stephen Barone	\$1,350	Fred Lee	\$1,170	Michael Barnett	\$1,040	Shannon Waller	\$1,000
Eric Hoyer	\$1,350	Paul Failla	\$1,160	Grace Cristo	\$1,040	Debbie Weber	\$1,000
Robert Mulcahy	\$1,350	Christopher Keeney	\$1,158	Bill Martini	\$1,039	Sandy Wieprzkowski	\$1,000
Eustace Tonge	\$1,350	Frank Klinkowski	\$1,156	Steve Cerovich	\$1,035	William Winslow	\$1,000
Jennifer Trevisiol	\$1,350	Evyn Garner	\$1,155	Cary London	\$1,035		
David Haslem	\$1,340	Andson Harrison	\$1,150	Jerry Russo	\$1,035		
Michelle McGuire	\$1,335	Melinda Montgomery	\$1,150	Denise Holland	\$1,030		
Holly Apperson	\$1,330	Glenn Smith	\$1,150	Kathy Peres	\$1,030		
Stephanie Brisley	\$1,324	Roger Trotman	\$1,150	Gary Blevins	\$1,025		
Lori Einsmann	\$1,320	Steve Udouj	\$1,146	Don Dunlap	\$1,025		
Delores McCain	\$1,318	James McInturff	\$1,142	Adele Koehm	\$1,025		
Jessica Gurtowski	\$1,310	Mari Johnson	\$1,125				
Mike Bundy	\$1,300	Roy Tuttle	\$1,125				
Pauline Cumming	\$1,300	Sherri Creasor	\$1,123				
Christopher Abbott	\$1,285	John Mulhern	\$1,119				
		Tina Wardrep	\$1,115				
		Debra Sisco	\$1,110				
		Jodi Felix	\$1,105				



# RULES OF THE ROAD

## Verbal & Hand Signals

### Hazard

Point down on the appropriate side of your bike and call out the hazard

(i.e. "gravel", "grate", "glass", or just "hazard")

### "Car Up"

There's an oncoming vehicle

### "Car Back"

There's a car approaching from behind you

### "On Your Left"

You're passing a cyclist on his/her left-hand side or a cyclist is passing you on your left hand side



### Stopping

Left arm out and bent down with your palm facing the rear



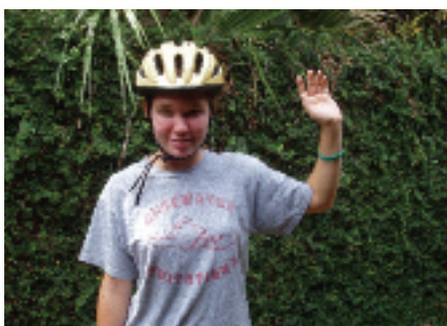
### Left Turn

Left arm straight out.



### Right Turn

Left arm straight out and bent up or right arm straight out



## Traffic Principles

### 1. RIDE ON THE RIGHT SIDE OF THE ROAD

Always ride with the flow of traffic.

Do not ride on the sidewalk.

Allow yourself room to maneuver around roadway hazards.

### 2. YIELD TO TRAFFIC IN BUSIER LANES

Roads with higher traffic volumes should be given right-of-way.

Always use signals to indicate your intentions to switch lanes.

Look behind you to indicate your desire to move and to make sure that you can.

### 3. YIELD TO TRAFFIC IN DESTINATION LANE

Traffic in your destination lane has the right-of-way.

Making eye contact with drivers lets them know that you see them.

Signal and make your lane change early, before you need to.

### 4. DIRECTIONAL POSITIONING

Position yourself in the right-most lane that goes in the direction of your destination.

Ride in the right third of the lane.

Avoid being overtaken in narrow-lane situations by riding in the right third of the lane.

### 5. SPEED POSITIONING

Position yourself relative to the speed of other traffic.

Left-most lane is for fastest moving traffic, right-most for slower traffic.

Yield to faster moving vehicles by staying to the right in the lane.

## Rules of the Road, continued

### Dealing With Road Rage

#### 1. REMOVE YOURSELF

Make every attempt to get out of their way.

Yield lane position by turning or slowing down and getting behind them.

Be prepared to execute emergency maneuvers.

#### 2. AVOID CONTACT

Do not return any gestures or shouts.

Do not make eye contact.

Do not push for proper lane position to avoid challenging the driver.

#### 3. REPORT THEM

Report vehicle license plate and description to state and local police.

Tell local bike clubs and advocacy organizations about the driver.

Write a letter to your City Council, State Legislators, Governor and Congressional Representatives.

### Sharing the Road

#### 1. ON THE ROAD

The same laws that apply to motorists apply to cyclists.

Obey all traffic control devices, such as stop signs, lights, and lane markings.

Always use hand signals to indicate your intention to stop or turn to motorists and cyclists.

#### 2. RIDE PREDICTABLY

Ride in a straight line and don't swerve in the road or between parked cars.

Check for oncoming traffic before entering any street or intersection.

Anticipate hazards and adjust position in traffic accordingly.

#### 3. BE VISIBLE

Wear brightly colored clothing at all times.

At night, use a white front light, red rear light or reflector and reflective tape or clothing.

Make eye contact with motorists to let them know you are there.

### Always Wear a Properly Fitting Helmet

Make sure that the helmet fits on top of the head, not tipped back.

Always wear a helmet while riding a bike, no matter how short the trip.

After a crash or any impact that affects your helmet, visible or not, replace it immediately.



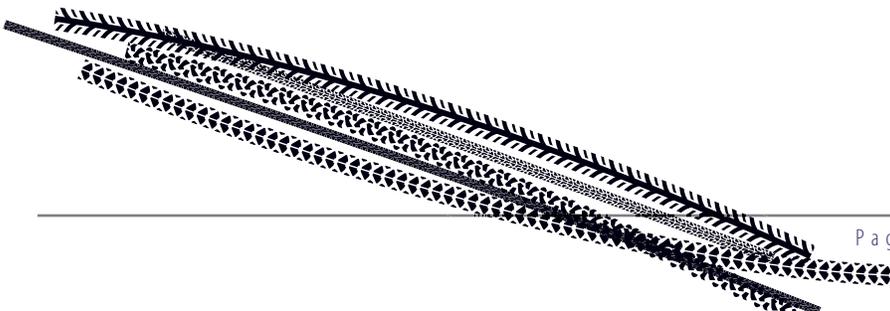
**WRONG**



**WRONG**



**CORRECT**





## Rules of the Road, continued

### Turns and Turn Lanes

#### 1. POSITIONING FOR TURNS

Before a turn, scan, signal and move into the lane that leads to your destination.

Ride in the right third or middle of the lane, as lane width dictates.

To traverse multiple lanes, move one at a time, scanning and signaling each move.

Most drivers do not always expect to see cyclists on the roadway.

#### 2. AVOIDING TURN LANES

If your lane turns into a right turn only lane, change lanes before the intersection.

Changing lanes too late could result in an overtaking motorist turning in front of you.

Maintain a constant position relative to the curb or shoulder during a turn.

#### 3. BEWARE OF BLIND SPOTS

Do not ride next to another vehicle unless you are in a different lane or passing.

If you can't see the bus, truck or car mirrors, the driver can't see you.

#### 4. SIGNALING

Signal well before the intersection: Make sure you are in proper lane position.

Left arm out and down with palm to the rear to indicate stopping.

Left or right arm straight out to indicate left or right turn.

#### 5. SCAN

Constantly identify potential hazards in front, behind, or on each side of you.

Scanning allows you to avoid dangerous situations before they happen.

Scan for motorists, road conditions, pedestrians, animals and traffic signals.

### Quick Stop

#### 1. EMERGENCY

A quick stop will allow you to safely stop your bike if:

You must stop to avoid an obstacle.

You do not want to lose control of your bicycle in an emergency situation.

#### 2. BRAKE APPLICATION

Front brakes have the most power but can cause a crash if misused.

Either brake causes weight to shift forward, increasing the power of the front brake.

Brakes need to be adjusted properly for maximum braking control.

#### 3. WEIGHT TRANSFER

Shift weight back over the rear wheel by sliding behind the saddle.

Use your arms to push the bike out in front of you.

Keep the handlebars straight; do not try to turn.

#### 4. FRONT BRAKE

Practice using your front brake to avoid going over the bars.

Braking hard with the front brake causes weight to shift forward.

Apply more front brake than rear; release the brake a bit if the rear wheel skids.

#### 5. REAR BRAKE

The rear brake has less stopping power than the front brake.

Too little weight on the rear wheel will cause it to skid.

Not enough weight on the rear wheel will cause the rider to go over the bars.

## Lane Changing in Traffic

### 1. PLAN AHEAD

If you are familiar with the traffic patterns, be sure to get in the correct position early.

Keep in mind the relative speed between you and other traffic; plan accordingly.

Be aware of road conditions that would impede your progress across lanes.

### 2. SCAN

Look for traffic, pedestrians and hazards in front of you and behind.

Identify lane markings and traffic control devices affecting next intersection.

Note bus stops, driveways, crosswalks and other special traffic zones.

### 3. SIGNAL

Signal your intention to turn or change lanes if your speed is near other traffic.

Signaling may not be necessary if overtaking traffic speeds won't allow time to see it.

Signal only if you think that oncoming traffic can react safely.

### 4. ACT

Relative speed may require you to move quickly and decisively when it is safe to do so.

In high speed overtaking traffic situations, cross all lanes at once when safe.

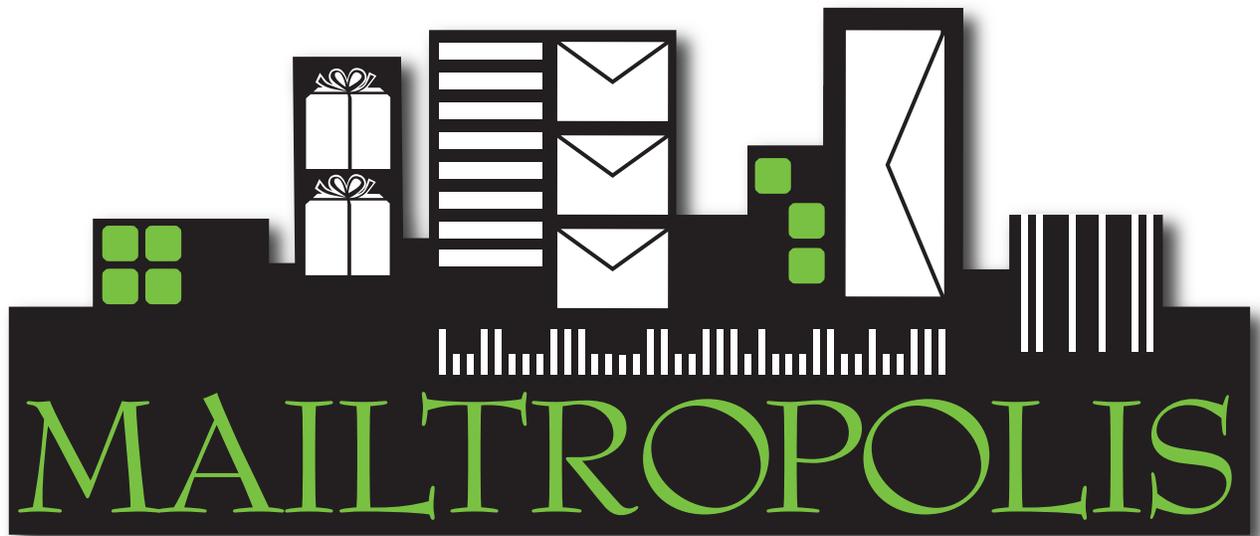
Move after signaling in low- and same-speed traffic situations.

### 5. IMPROVISE

If you get caught between lanes while crossing traffic, ride the white line until clear.

Your safety is paramount while changing lanes; if traffic is too heavy, use crosswalks.

Ride to red light then move to left turn lane if volume and speed do not allow crossing.



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Owners: Bob Heid, [bheid@mailtropolis.net](mailto:bheid@mailtropolis.net), Kit Pepper, [kpepper@pepperheid.com](mailto:kpepper@pepperheid.com)



## Know a Volunteer?

**KNOW SOMEONE WHO CAN'T RIDE BUT WANTS TO MAKE A DIFFERENCE?**

Have them volunteer for the National Multiple Sclerosis Society's Bike MS: The Citrus Tour 2009!

**FRIDAY, MAY 15 – SUNDAY, MAY 17**

Over 1500 riders will make the two-day journey from Bok Tower Gardens to Caribe Royale Resort to fundraise for a cure!!!

Volunteer Positions are available at Caribe Royale Resort and Bok Tower Gardens!

- Set Up/Decorating
- Food Servers
- Supply Truck Drivers
- Clean-Up Efforts
- SAG Vehicle Drivers
- Biker Registration
- Volunteer Check-In

For information about volunteer opportunities, please contact the National MS Society at 1-888-950-9080.

## Family and Friends

**FRIENDS AND FAMILY ARE ENCOURAGED TO COME OUT AND SUPPORT RIDERS.**

**PLEASE SEE PAGE 10 FOR IMPORTANT DETAILS REGARDING BOK TOWER GARDENS AND THE CARIBE ROYALE RESORT**

### Celebration Dinner & Finish Line Victory Lunch

Family and friends are welcome to join the riders at Saturday's Celebration Dinner. The cost is \$20 per guest which will be mailed-in or collected upon check-in at the Caribe Royale Resort for dinner. Guest of riders can also attend Sunday's Finish Line Victory Lunch at a charge of \$5. Please fill out the form below so we know how many guest to expect.

### Bike MS: The Citrus Tour 2009 Rider Guest RSVP Saturday Celebration Dinner and Sunday Finish Line Victory Lunch

Rider Name: \_\_\_\_\_

Number of Guest(s) at Saturday Celebration Dinner: \_\_\_\_\_ x \$20.00 Number Vegetarian(s): \_\_\_\_\_

Number of Guest(s) at Finish Line Victory Lunch: \_\_\_\_\_ x \$5.00

Please Mail To:

Bike MS • NMSS • 2701 Maitland Center Parkway, Suite 100 • Maitland, FL 32751

# PLEDGE SHEET & RECEIPT FORMS

bike

MS

The Citrus Tour  
May 16-17, 2009

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Day Phone \_\_\_\_\_

Eve. Phone \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_

Signed \_\_\_\_\_

(minors must have the form signed by a parent or a guardian)

Parent/Guardian \_\_\_\_\_

Chapter Name: Mid Florida

Make checks payable to: National Multiple Sclerosis Society

SPONSOR NAME	ADDRESS	CITY	PHONE	DONATION	TOTAL AMOUNT PAID
<p><b>Thank you for helping create a world free of MS.</b> (Please use this form for your own records only.)</p>				<p>AMOUNT</p> <p>\$</p> <p>TOTAL DONATIONS</p>	<p>\$</p> <p>TOTAL AMT. RECEIVED</p>

**MS**  
National Multiple Sclerosis Society  
Mid Florida Chapter

**Thank you for your donation to the Bike MS: The Citrus Tour 2009**

Name of Donor: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

Authorized Participant: \_\_\_\_\_

**MS**  
National Multiple Sclerosis Society  
Mid Florida Chapter

**Thank you for your donation to the Bike MS: The Citrus Tour 2009**

Name of Donor: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

Authorized Participant: \_\_\_\_\_

**MS**  
National Multiple Sclerosis Society  
Mid Florida Chapter

**Thank you for your donation to the Bike MS: The Citrus Tour 2009**

Name of Donor: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

Authorized Participant: \_\_\_\_\_

**MS**  
National Multiple Sclerosis Society  
Mid Florida Chapter

**Thank you for your donation to the Bike MS: The Citrus Tour 2009**

Name of Donor: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

Authorized Participant: \_\_\_\_\_

A photograph of a person performing a yoga pose on a blue mat outdoors. The person is lying on their back with their knees bent and feet flat on the mat. Their arms are extended upwards, and their hands are resting on the mat. The person is wearing a grey, textured, long-sleeved top and light-colored shorts. The background shows green grass.

# JOIN THE MOVEMENT

to prove you're  
stronger than it



**National  
Multiple Sclerosis  
Society**  
Mid Florida  
Chapter

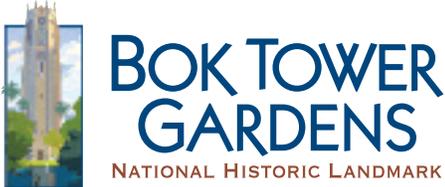
[www.nationalMSsociety.org](http://www.nationalMSsociety.org)

Eric, diagnosed in 1951

# Thanks to our 2009 Bike MS: The Citrus Tour Sponsors



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