

*Don't  
just **ride,**  
Bike MS*

CYCLIST'S MANUAL  
SEPTEMBER 17, 2016

*2016 PACKET PICK-UP  
INFORMATION  
ON BACK!*

**bike**  
**MS**

**Cook Forest  
River Ride**

**2016**

presented by

 **SENECA  
RESOURCES**  
A NATIONAL FUEL GAS COMPANY

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bike

MS

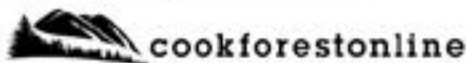
2016 Cook Forest River Ride Presented By:

SENECA  
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Leeper Red & White

# Day of Event Check-In Information!

FOR SATURDAY, SEPTEMBER 17TH:

**YOU MUST BRING THE PLEDGE ENVELOPE WITH YOU TO REGISTRATION.** Please bring the completed envelope, even if you are not turning in money that morning (though you must have \$100 turned in).

PLEASE NOTE: The MS Society reserves the right to delay the START time in the case of inclement weather, including fog.

## Saturday Start: LOG CABIN INN, COOK FOREST STATE PARK

**CHECK-IN:** 60 Mile: 7:30 AM - 8:00 AM  
35 Mile: 8:30 AM - 9:00 AM

**LOCATION:** Cook Forest State Park, Cooksburg, PA 16217 *(Directions can be found online & on page 5!)*

**PARKING:** Free parking available at the Log Cabin start location. Please follow the directions of the parking volunteers.

DO NOT park in undesignated parking areas!  
Please follow signage and parking volunteers!

**STAGGERED START:** YOU MAY NOT begin riding before the start!  
60 Mile: 8:00 AM You must be on the route by 8:30 AM  
35 Mile: 9:00 AM You must be on the route by 9:30 AM

**ROUTE:** The 35 mile route rides to Rest Stop #2 and comes back. Rest Stop #2 is at a new location, please follow the signs. Routes are posted on event website. The routes are marked with arrows at eye level and there will be orange arrows painted on the ground. The course closes at 3 PM.

You must accept a SAG Vehicle if you are unable to complete the course by 3 PM.

# Directions

## COOK FOREST STATE PARK

The Start is at the Log Cabin Inn on Forest Road (Just north of the Park Office).

### FROM THE EAST:

Take Exit 78 off of Interstate 80, to PA 36 north - continue on 36N - you will cross the Clarion River Bridge - approximately 200 yards after the bridge you will come to a Y, bear right at the Y onto Forest Road and the Log Cabin Inn is approximately 1 mile ahead on your right.

### FROM THE WEST:

Take Exit 60 off of Interstate 80, then take PA Route 66 north to Leeper. From Leeper, follow PA Route 36 south. You will see signs that you are entering Cook Forest State Park and you will descend a steep hill. After the hill you will come to a Y, make a sharp left at the Y onto Forest Road and the Log Cabin Inn is approximately 1 mile ahead on your right.

### FROM THE SOUTH (PITTSBURGH AREA):

Take I-79 North to Interstate 80 East (towards Clarion). Take Exit 60 off of Interstate 80, then take PA Route 66 north to Leeper. From Leeper, follow PA Route 36 south. You will see signs that you are entering Cook Forest State Park and you will descend a steep hill. After the hill you will come to a Y, make a sharp left onto Forest Road at the Y and the Log Cabin Inn is approximately 1 mile ahead on your right.



# *Support Along The Route!*

**BIKE SHOPS:** Professional bicycle mechanics are on hand throughout the ride for those in need of assistance. Spare tubes and parts are available for most bicycles. Repairs will be free of charge, but some major repairs and parts may include a charge. You may need to cover the cost of parts. Visit a supporting bike shop to get your free safety inspection! *Check out our website for more information and a list of our official shops.*

**SAFETY ADVISORS/ROAD MARSHALS:** You can identify Advisors by their red “Safety Advisor” signage on their numbers. Safety Advisors are on the course to encourage cyclists, help ensure cycling safety with traffic and road hazard information and assist any cyclists who have stopped along the course. These Safety Advisors are cyclists who have volunteered to assist you with safety advice along with riding in our Ride. Safety Advisors have the authority to enforce Bike MS Safety Rules!

**SAG VEHICLES:** *Support And Gear Vehicles* are identified by Bike MS signage on their vehicles. These are volunteers who will ride the route and sit at rest stops to transport cyclists who have decided to take a break. If you need a ride, let the closest route support person know or text the emergency number on your cue sheet. SAGs are dispatched to the area of greatest need first. **NOTE:** If a SAG driver passes you by, they may be dispatched to another cyclist - please be patient and wait for your designated SAG to arrive! **ALSO NOTE: Personal SAGs are discouraged!** *These are un-trained drivers who are not familiar with the route and put cyclists at risk! If you have team support, please contact our office for alternative driving directions!*

**AMATEUR RADIO OPERATORS:** Radio Operators will be posted at rest stops and along the route in vehicles identified by Bike MS signage. The MS Society Event Staff are connected to this radio network. *For any need or emergency, let a radio operator or support personnel know as soon as possible!*

**MOTORCYCLE VOLUNTEERS:** Motorcycle volunteers from various Goldwing Rider Clubs and other organizations are joining us to direct cyclists at intersections and at critical points along the route. There will not necessarily be a volunteer at EVERY turn, **so please follow signage and arrows.**



# Rules of the Road and Safety

## BICYCLING HELMETS ARE MANDATORY!!!

YOU ARE RESPONSIBLE FOR YOUR SAFETY AND THE SAFETY OF THOSE AROUND YOU AT ALL TIMES! BE COURTEOUS TO DRIVERS AND TO THE COMMUNITIES WE RIDE THROUGH!

- Always wear a helmet
- Never wear headphones, iPods, etc.
- *Ride single file to allow traffic to pass you safely.* Only ride two abreast when appropriate.
- Ride on the right **ONLY!**
- Pass on your left only, be sure to yell, "On your left"
- Use hand signals and respond to signals from fellow cyclists
- *Ride predictably* - in a straight line, do not weave
- Do not follow too closely to other riders or draft behind cars
- Follow **ALL** traffic signs and traffic rules
- Watch out for gravel and uneven surfaces
- Cross railroad tracks at a right angle
- *Talk to your fellow cyclists.* Let them know: Car Back, Stopping, etc.
- Remember - this is not a race. Any attempt to race will put fellow cyclists in jeopardy.

### SAFETY & HEALTH ARE TOP PRIORITIES OF BIKE MS. BE SURE TO:

- Drink plenty of fluids - 16-22 ounces per hour!
- Fill your water bottle at EVERY rest stop
- Make sure you use the restroom!
- If you feel light-headed - **STOP!** Let a medical volunteer at a rest stop, an MS Society staff member, or SAG driver know you need help!
- If a medical volunteer or a MS Society Staff member advises you not to continue riding because of a medical concern - **STOP!**
- Carry a cell phone and cue sheet with you - Emergency numbers are on the cue sheet!

THE MS SOCIETY STAFF & MEDICAL VOLUNTEERS  
HAVE THE AUTHORITY TO PULL YOU FROM THE  
ROUTE IF THESE STANDARDS ARE NOT MET!







## *Don't Forget To Pack...*

- Pledge envelope (if not turned in at a packet pick-up)
- \$100 Minimum pledge or Promise to Pay Form, download at [MSPAKeystone.org](https://www.MSPAKeystone.org)
- Helmet (mandatory!!!)
- ID Card/Driver's license/Insurance Card
- Cell Phone and Charger
- Cycling Apparel (shorts, jersey, jacket, shoes & gloves)
- 2 Water bottle (carry one with you and pack an extra)
- Pump and patch kit
- Sunglasses, sunscreen and lip balm
- Light jacket/rain gear - just in case!
- Prescription medicine, band-aids, toiletries, icy-hot, ibuprofen
- Street Clothes (shirt, pants, socks, shoes, etc.)
- Some Money and/or Credit Card
- Don't forget your bike!!
  
- AND Cue Sheet with emergency numbers (in your day-of packet)

Be prepared, rain or shine, warm or cold...Bike MS will go on! Bring appropriate clothing because no matter what the weather is, we'll ride! Mornings can be cool and as the day progresses, get warmer; so, dress accordingly.

## *At Packet Pick-Up You Will Receive...*

**RIDER NUMBERS:** You must wear your number at all times while riding. Please **be sure to write** your name and an emergency number on the back of your rider number. Attach your cyclist number to the back outermost layer of clothing, and your bike number to the frame of your bike.

**CUE SHEETS:** Cue Sheets for all routes will be available at check-in. There are **emergency numbers listed on these sheets** - please carry them with you at the event!

## *Packet Pick-Up Dates!*

VISIT MS SOCIETY STAFF & VOLUNTEERS AT THE FOLLOWING LOCATIONS:

Wednesday, Sept. 14, 2016, 11 AM - 5 PM

NMSS Office, The Cardello Building

701 North Point Drive

Pittsburgh, PA 15233

South Entrance, door on right

Friday, Sept. 16, 2016, 4 PM - 6 PM

The Log Cabin Inn

See Page 4 for directions

(Starting Location)

### *Please Remember*

- You must have your white & orange envelope to pick up your packet. The **\$100 minimum** will be due at this time in. If the \$100 minimum is not met, you will be asked to sign a **"promise to pay"** form with credit card information. You must also have all waiver paperwork completed.
- If you are picking up a friend's or teammate's packet, you **MUST** have their orange envelope, they need to have their minimum reached, and all of their waiver paperwork **must be completed**. If they have not raised their minimum pledge, you are **NOT** permitted to pick up their packet. **NO EXCEPTIONS!**
- Please note: there will **NOT** be a notary at early packet pick-ups. If you are picking up a packet for a child under 18, you must bring their waiver already notarized — **NO EXCEPTIONS!**