

CYCLIST'S MANUAL // JULY 23-24, 2016

*Don't just
ride, Bike MS*

*PACKET PICK-UP
INFORMATION ON PAGE 11!*

bike
MS

**Keystone Country
Ride 2016**

PENNSYLVANIA KEYSTONE CHAPTER
KEYSTONE OFFICE
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DUNCANSVILLE, PA 16635
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Ride 2016

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KNIGHTS
OF COLUMBUS

IN.FORM

BURN FAT | BE FIT | FOR LIFE



Keystone Country Ride Bike MS Shops



Special Thank You

Horseshow Amateur Radio Club • Nittany Amateur Radio Club • Utz

Day of Event Check-In Information!

FOR SATURDAY, JULY 23RD:

YOU MUST BRING THE WHITE AND ORANGE 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 \$300 turned in). You will be asked to complete a Promise to Pay and provide a credit card number, if you have not reached the \$300 minimum.

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

Saturday Start: HOLLIDAYSBURG SENIOR HIGH SCHOOL

CHECK-IN: 6:00 AM - 7:00 AM

LOCATION: 1510 North Montgomery St., Hollidaysburg PA 16648 (*Directions can be found online & on page 5!*)

PARKING: All parking will be on site at on the school grounds. Please follow the instructions of the parking team. There is NO overnight parking available on Friday night, please do not bring your car up the night before! If possible, please car-pool with other cyclists or volunteers. The lot is secured overnight by the Hollidaysburg Borough Police.

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

STAGGERED START: The OFFICIAL START is 7:00 AM. You MAY NOT begin riding before the start!
We will release 100-150 riders approximately every 10 minutes.

CHUTE SYSTEM: In order to start, you must line up inside the chute. We will release groups every 10 minutes.
Please follow the signs and listen to the volunteers. This is for rider safety!

TEAM PHOTOS: Plan to meet your team at the [Team Photo Area](#), after you have checked-in. To schedule your team photo contact: Brittney.wineland@gmail.com or via phone 814-330-9432.





Directions

HOLLIDAYSBURG AREA SENIOR HIGH SCHOOL

1510 North Montgomery Street, Hollidaysburg, PA 16648

FROM NORTH

Take I-99 S/Route 220 South to the Plank Rd exit (Near Logan Valley Mall). Turn left at bottom of exit ramp onto Plank Road. Go about 3 miles (pass Ramada on right, Wal-Mart on left) to Meadow's Intersection making a left turn at the light onto N. Juniata Street passing the State Police Barracks turning left onto Bel Air Road .04 miles until you come to a stop sign then make left to school.

FROM SOUTH

Take I-99 N/220 North to the Plank Road Exit, near Logan Valley Mall. Turn Right at bottom of the exit ramp. Go about 3 miles (pass Ramada on right, Wal-Mart on left) to Meadow's Intersection making a left turn at the light onto N. Juniata Street passing the State Police Barracks turning left onto Bel Air Road .04 miles until you come to a stop sign then make left to school.

FROM EAST

Take Route 22 West to Hollidaysburg, the Dream Restaurant and Sheetz will be on the right. Continue on Route 22, making a right on to North Juniata Street. Make a right onto Bel Air Road. Continue on Bel Air Road for .04 miles make a left at stop sign you have arrived at school. (If you pass the State Police Barracks you went to far).

FROM WEST (PITTSBURGH AREA)

Take Route 22 East to Route 220/North I-99. Take first exit on Route 220 North, Plank Road Exit (Logan Valley Mall). Turn right at the bottom of the exit ramp. Go about 3 miles (pass Ramada on right, Wal-mart on left) to Meadow's Intersection making a left turn at the light onto N. Juniata Street. Pass the State Police Barracks then turn left onto Bel Air Road .04 miles until you come to a stop sign then make left to school.

Overnight Accommodations

FRIDAY, JULY 22ND:

ANY Friday night parking or camping is strictly prohibited at Hollidaysburg Area Senior High School.

MARRIOTT HOTEL: 1-814-312-1800 Code: Bike MS Society \$99 plus tax

WYE MOTOR LODGE: 1-814-695-4407 Code: Bike MS \$58.86 Dbl plus tax, Ind. \$47.96 plus tax

HAMPTON INN: 1-814-941-3500 Code: Bike MS \$99.00 plus tax

SATURDAY, JULY 23RD:

You must check-in at the [Penn Staters Conference Center Hotel](#) before 5:00 PM to receive your event t-shirt and Meal Passes. You will need to pick up your luggage here.

PENN STATERS CONFERENCE CENTER HOTEL: (Ref Code: NAT616B. Please call the Penn Stater directly at 814-863-5000. Cost: \$112.00 plus tax.) You will be required to give a credit card for incidentals such as room service, phone, etc., at the hotel. [Please check out Sunday morning by way of the front desk.](#)

PLEASE CHECK SHUTTLE SCHEDULE FOR SHUTTLE TIMES FOR YOUR HOTEL!!!



Support Along The Route!

BIKE SHOPS: Professional bicycle mechanics will be roaming the route 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. Please be sure to thank our Bike Shop Sponsors and their mechanics for their dedication and assistance. They will also be stationed at the school and at the finish. *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 from Horseshoe, Nittany and Huntingdon Amateur Clubs 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: Over 100 motorcycle volunteers from various 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.*



The Penn Stater Information

CHECK-IN AT THE PENN STATER:

- Follow the arrows to the check-in area for your Meal Passes and pick up your t-shirt.
- Drop off your bike at the Penn Stater and pick-up your luggage.

FINISH LINE RECEPTION:

NOON - 4:00 PM

All cyclists are welcome to enjoy the Finish Line Snack Reception.

MEDICAL AREA: The Penn Stater

Noon - 4:00 PM

If you are not feeling well or have an injury when you arrive, please see a Medical Volunteer.

BIKE STORAGE: The Penn Stater

NOON - 5:00 PM

The bike storage area will be locked and **YOU WILL NOT HAVE ACCESS** from 5 PM - 5 AM on Sunday. All bikes must be kept in designated bike storage area and *kept off of furniture!*

PENN STATER DINNER: Guest Speaker: Richard Diggs

5:30 PM

You will need to purchase a ticket by July 15th! To purchase a ticket please call 814.696.107, cost is \$15 per person. *Cash bar will be open before and after dinner at the Presidents Hall in the Penn Stater.*

Richard Diggs, former head football coach at Morgan State University,

Diggs was diagnosed with MS in 2000 but began experiencing symptoms eight years prior. Over the years, Diggs has held the position of assistant football coach at four other universities as well as college professor, high school, middle school and elementary school teacher and has been inducted into the Shippensburg University Athletic Hall of Fame.

COURTYARD MUSIC:

7:00 PM - 9:00 PM

Listen to the sounds of Steve Summerhill

SPLISH SPLASH! Please bring your own suit & towel! (Penn Stater)

Hotel Posted Times

Indoor swimming pool and hot tub. Cyclists not staying may use the showers in the gym.

MASSAGE THERAPY - \$15 FOR 15 MINUTES (Penn Stater)

11:30 am - 5:00 PM

CHURCH SERVICES:

Times Below

Pasquerilla Spiritual Center: Worship Hall ~ 4 PM/Our Lady of Victory, 820 Westerly Parkway ~ 5 PM

BUS TO AREA ATTRACTIONS:

2:00 PM - 9:00 PM

A bus will be available to Bike MS Official Hotels and to area attractions, like The Penn State Creamery and Downtown State College. Please check time and stop locations at the Penn Stater check-in.

BREAKFAST SUNDAY: Presidents Hall, Penn Stater

5:00 AM - 7:00 AM

Breakfast is included in your registration fee. No ticket necessary. Guests must purchase tickets thru the MS Society, please contact our office at 814.696.1017, the cost is \$12.00 (includes gratuity).

Sunday's Start and Finish Line

SUNDAY MORNING START LINE

Staggered start on Sunday, beginning at 7 AM. Please line up at the Penn Stater.

SUNDAY FINISH LINE

Bike MS will finishes at Hollidaysburg Area Senior High School. After crossing the Finish Line, enjoy tunes from DJ Jeff Fochler while eating pizza, chicken and snacks. Showers are available for your use along with Massage Therapists. *You will need a towel and other personal items.* When you are ready to go home, please exit via the opposite way that you came in on your bike. *We need to protect the other cyclists finishing after you.*

Your luggage will be waiting for you at the Hollidaysburg Area Senior High School upon your return. Unclaimed luggage or left bikes will be returned to the MS Society, Keystone Branch location in Duncansville, PA and will be the cyclists responsibility to pick up.

IF YOUR FAMILY IS PICKING YOU UP

Your family is welcome to pick you up or **VOLUNTEER** at the finish line. Please have them follow the directions to Hollidaysburg Area Senior High School on page 5 and park in the appropriate location.



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 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...

- Orange/White envelope (if not turned in at a packet pick-up)
- \$300 Minimum pledge or Promise to Pay Form, download at 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
- Camping or staying in a dorm: pillow/pillow case, blanket
- 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.

Packet Pick-Up Dates!

VISIT MS SOCIETY STAFF & VOLUNTEERS AT THE FOLLOWING LOCATIONS:

MONDAY, JULY 18TH, 11:30 AM TILL 4:30 PM

NMSS: PITTSBURGH OFFICE

Using a GPS: 701 North Point Drive,
Pittsburgh, PA 15233

FRIDAY, JULY 22ND, 3:00 PM TILL 7:00 PM

MARRIOTT

2 Convention Drive, Altoona, PA 16602

THURSDAY, JULY 21ST, 2:00 PM TILL 5:00 PM

NMSS, DUNCANSVILLE OFFICE

506 Third Avenue, Duncansville, PA 16635

*PLEASE NOTE: THESE TIMES & LOCATIONS
ARE STRICT DUE TO TRAVEL TIME BETWEEN
LOCATIONS.*

Please Remember

- You must have your white/orange envelope to pick up your packet. The \$300 minimum will be due at this time in. If not, 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!**

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.

LUGGAGE TAG: Please bring only one (1) overnight bag. Be sure to attach your luggage tag to your bag before it is loaded onto the truck. Luggage will be transported to the Penn Stater and back to Hollidaysburg. You are responsible for going to the Penn Stater to pick up your luggage. You are also responsible for dropping your luggage off at the luggage truck Sunday morning. **REMEMBER that you are responsible for picking up your luggage at Hollidaysburg Area Senior High School by 3:00 PM.**

CUE SHEETS: Cue Sheets for will be at Packet Pick-up or Saturday Morning at Registration. There are **emergency numbers listed on these sheets** - please carry them with you at the event!

Meal Ticket(s) Order Form

If you need to purchase Saturday Dinner Ticket(s) or Sunday Morning Guest Breakfast Ticket(s) for the Penn Stater Conference Center.

PENN STATER DINNER: Guest Speaker: Richard Diggs

5:30 PM

RSVP by July 15th! Cost is \$15 per person includes Buffet Dinner. *Cash bar will be open before and after dinner at the Presidents Hall in the Penn Stater.*

BREAKFAST SUNDAY: Presidents Hall, Penn Stater

5:00 AM - 7:00 AM

RSVP by July 15th! Cost is \$12.00, includes gratuity.

Name: _____

I am a: Cyclist Volunteer (free) Guest Telephone: _____

of Dinner Ticket(s) _____ @ \$15.00 = \$ _____

of Breakfast Ticket(s) for guest(s) _____ @ \$12.00 = \$ _____

Cyclist and volunteers are free.

Check payable to the National MS Society

Please charge my credit card: Amex Discover MasterCard Visa

Card Number

Exp. Date

CVV Code

Name as is Appears on Card

Signature (required for payment by credit card)

Return form to: National MS Society, Keystone Branch, 506 Third Avenue, Duncansville, PA 16835 or via fax at 814.696.1069.

Questions or to order via phone: please call Julie at 814.696.1017 or fax to 814.696.1069