

CYCLIST'S MANUAL // AUGUST 6-7, 2016



bike
~~MS~~

Mason-Dixon
Challenge

2016

presented by

Capital BLUE 

*PACKET PICK-UP
INFORMATION ON
PAGE 11!*

Thank You to our Sponsors!

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GIANT[®]



AMATEURS RADIO OPERATORS:

Club from:

Adams, Blair, Franklin, Lancaster and York Counties

BIKE MS SHOPS:

Holmes Cycling & Fitness

World Cup Ski & Cycle

Simplicity Cycles

Mountainside Ski & Sports

NATIONAL BIKE MS SPONSORS:

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 **TRUE**

KENDA



showers pass



people for bikes

Day of Event Check-In Information!

FOR SATURDAY, AUGUST 6TH:

YOU MUST BRING THE WHITE AND ORANGE PLEDGE ENVELOPE WITH YOU TO REGISTRATION.

You will be asked to complete a Promise to Pay and provide a credit card number, if you have not reached the minimum pledge of \$250 for 2 Day Rider or \$150 for a 1 Day Rider.

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

Saturday Start: LIBERTY MOUNTAIN RESORT, FAIRFIELD PA

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

LOCATION: 78 Country Club Trail, Fairfield PA 17320 *(Directions can be found online & on page 5!)*

PARKING: All parking will be on site at on the resort grounds. **DO NOT park in undesignated parking areas!**

STAGGERED START: The **OFFICIAL START** is 7:00 AM. Saturday's 25 Mile Route starts at 7:30 AM. You **MAY NOT** begin riding before the start, important elements and EMS will not be ready and able to support you!

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

CUE SHEETS - ROUTES: NEW! You may download these to Garmin by visiting www.ridewithgps.com, search Mason Dixon bike MS 2016. Cue sheets will also be available at the event registration table. (Note: Routes are subject to change based on weather, roads etc.)

GETTYSBURG NATIONAL PARK BATTLEFIELD: Our ride takes us through a unique part of American history where soldiers from North and South sacrificed their lives. Please be reverent while riding through — no signs or road markings are allowed, so look for bike **MS volunteers to point the way**. Thank you!



Directions

LIBERTY MOUNTAIN RESORT

78 Country Club Trail, Carroll Valley, PA 17320

GPS coordinates - 39° 45' 49.04" N 77° 22' 30.50" W

FROM NORTH

US-15 S Enter Maryland briefly, take US-15 ALT N/N Seton travel through Emmitsburg Turn Right onto MD-140 W, continue on PA16 W/Waynesboro Pike, Turn Right onto Fairfield Rd, to Sanders Rd

FROM SOUTH

Take I-83 N, I-695 W, I-795 N/Northwest Expy and MD-140 W, continue on PA16 W/Waynesboro Pike, Turn Right onto Fairfield Rd, to Sanders Rd

FROM EAST

U.S. 30 W/Lincoln Way E and US-15 S Enter Maryland briefly, take US-15 ALT N/N Seton travel into Emmitsburg Turn Right onto MD-140 W, continue on PA16 W/Waynesboro Pike, Turn Right onto Fairfield Rd, to Sanders Rd

FROM WEST (PITTSBURGH AREA)

Take I-76 E to U.S. 170E, Take exit 161 for I-70 E Toward US 30/Breezewood/Baltimore, Exit onto U.S. 30 E Toward Chambersburg/Gettysburg, Turn Right onto PA-116E/Fairfield Rd., Turn Left onto Sanders Rd.

Please note: When searching for Liberty in Google Maps or other online search engines, please search for "Liberty Mountain Resort & Conference Center", not "Ski Liberty." Make sure your directions are not taking you to Abbottstown, PA.



Overnight Accommodations

LIBERTY MOUNTAIN RESORT & CONFERENCE CENTER: 717-642-8282 or at www.libertymountainresort.com,
78 Country Club Trail, Carroll Valley, PA 17320

SLEEP INN & SUITES:

- 301-447-0044
- 501 Silo Hill Parkway, Emmitsburg, MD 21727

Please call the property directly at 301-447-0044 and request the group name “National MS Society Bike Ride”. In order to receive the discounted rate you must call Sleep Inn & Suites directly.

DAYS INN:

- 1-800-329-1992
- 865 York Road, Gettysburg, PA 17325

HAMPTON INN:

- 1-855-271-3622
- 1280 York Road, Gettysburg, PA 17325

WYNDHAM:

- 1-800-207-4421
- 95 Presidential Circle, Gettysburg, PA 17325



Support Along The Route!

BIKE SHOPS: Professional bicycle mechanics will be at certain rest stops 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. Please be sure to thank our Bike Shop Sponsors and their mechanics for their dedication and assistance. They will also be stationed at start/finish.

SAFETY MARSHALS: Safety Marshals 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 Marshals are cyclists who have volunteered to assist you with safety advice along with riding in our Ride. Safety Marshals have the authority to enforce Bike MS Safety Rules!

SAG VEHICLES: Support And Gear (SAG) Vehicles are identified by Bike MS signage. They ride the route and wait at rest stops to transport cyclists as needed. If you need a ride, please tell the closest route support person or text/call 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!** Untrained drivers who are not familiar with the route 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, alert a radio operator or support personnel as soon as possible! There will not necessarily be a volunteer at EVERY turn, **so please follow signage and arrows.**

NEW - MOTORCYCLE SUPPORT TEAM: Posted at intersections, rest stops and along the route!



Liberty Mountain Resort Information

CHECK-IN AT LIBERTY MOUNTAIN:

- Event Registration is at near the front desk area of the resort Friday. Saturday registration will be at the start line area.

MEDICAL AREA:

- We have medics able to assist you at the start/finish area! If you are not feeling well or have an injury when you arrive, please see a Medical Volunteer.

BIKE STORAGE:

- Bike Storage will be open and supervised Friday 6pm-7pm and Saturday 5:30am-5:30pm. **NO BIKES IN RESORT ROOMS, PLEASE!**
- The bike storage area will be locked Friday 7:00pm and Saturday 5:30pm and will reopen at 5:30am each morning. **YOU WILL NOT HAVE ACCESS** to your bicycle during these hours.
- All bikes must be kept either in your vehicle or in designated bike storage area. (No bikes in resort rooms please!)
- **CLEATS:** Resort floors are new - *Let's Keep Them Looking Good!* Please no cleats worn inside!

MEALS:

- Meals are included in the cyclist registration fee.
- Guests must purchase Saturday and Sunday breakfast and Saturday dinner meal tickets through the National MS Society. Please register for meals on the Mason Dixon Challenge web site or submit the form on page 12.
- A limited number of meal tickets will be available for purchase at breakfast and dinner.

BREAKFAST:

- Saturday and Sunday breakfast is available in the resort café 5:30am-7:00am.

AWARDS DINNER:

- Saturday dinner is served in the dining room at 6:30pm, **bring ID** for open beer service.
- Happy Hour from 5:30pm-6:30pm.
- We will celebrate our accomplishments and hear from featured guest speaker Coach Ricky Diggs. Diggs was the first Shippensburg football player to rush for 1,000 yards in one season in 1974, and a notable coaching career followed. Diggs was diagnosed with MS in 2000. "Not once have I ever said to God, 'Why me?'" he says.

SPLISH SPLASH!

- Outdoor & new indoor swimming pools will be open. Please bring your own suit & towel!
- Showers are available for your use after the ride in designated rooms. You will need a towel and other personal items.



Sunday's Start and Finish Line

LIBERTY MOUNTAIN RESORT:

Please check out Sunday morning by way of the front desk.

SUNDAY MORNING START LINE

Start beginning at 7 AM. Please line up at the corral.

SUNDAY FINISH LINE

Bike MS will finish at Liberty Mountain Resort again. **Showers** are available for your use after the ride next to indoor pool. You will need a towel and other personal items.



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)
- 2 Day Rider: \$250 or 1 Day Rider: \$150 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
- 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 Date!

VISIT MS SOCIETY STAFF & VOLUNTEERS AT THE FOLLOWING LOCATIONS:

THURSDAY, AUGUST 4TH, 9 AM TO 6 PM

NMSS: HARRISBURG OFFICE

2000 Linglestown Rd Ste 201
Harrisburg, PA 17110

SATURDAY, AUGUST 6TH, 6 AM TO 7 AM

LIBERTY MOUNTAIN RESORT

78 COUNTRY CLUB TRAIL
CARROLL VALLEY, PA 17320

FRIDAY, AUGUST 5TH, 3 PM TO 7 PM

LIBERTY MOUNTAIN RESORT

78 COUNTRY CLUB TRAIL
CARROLL VALLEY, PA 17320

Please Remember

- You must have your white/orange envelope to pick up your packet. The **minimum** (2 Day Rider: \$250 or 1 Day Rider: \$150) will be due at this time. 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 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-up. 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.

CUE SHEETS: Cue Sheets will be available at Start/Finish on Saturday and Sunday mornings.

Meal Ticket(s) Order Form

Guests must purchase Saturday and Sunday breakfast and Saturday dinner meal tickets through the National MS Society. (Cyclist meals are included in the cyclist registration fee.) To order guest meal tickets, please submit this form by July 30 or register online at the Bike MS: Mason Dixon Challenge web site, MSPAKeystone.org.

All prices include gratuity.

SATURDAY BREAKFAST: 5:30am - 7:00am \$12 per person

SATURDAY AWARDS DINNER: 6:30pm \$15 per person, Bring ID

SUNDAY BREAKFAST: 5:30am - 7:00pm \$12 per person

Name: _____

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

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

of Breakfast Ticket(s) SAT: _____ SUN: _____ @ \$10.00 = \$ _____

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, PA Keystone Chapter, 1501 Reedsdale St., Ste 105, Pittsburgh, PA 15233.

Questions or to order via phone: please call Scott at 1 800-344-4867.