

A Rookie Rider's Guide to Bike MS: **COAST THE COAST**

Welcome! Thank you for joining the 2015 Bike MS: Coast the Coast!

Step 1 – Register for the ride! There are several route lengths available. On Saturday all routes start at Monmouth University. The 25 and 50 mile routes travel through beach towns and loop back to Monmouth University. The 85 and 170 mile routes are one directional rides. Bus service back to Monmouth University is included in event registration.

Those riding the 170 mile route have different overnight options. One option is to sleep for free at the Pinelands Regional Jr. High School gym, on gym mats or other sleeping equipment you pack and provide. The school locker rooms will be available for showering. Another option is to book a hotel room on Long Beach Island at your own expense. Bike MS offers a \$10 round trip shuttle bus ride to LBI. The \$10 shuttle bus fee can be paid at time of registration (select 170 mile route plus shuttle) or pay the \$10 charge for a shuttle bus wristband at the Day 1 finish line. (Cash only)

Step 2 – Start fundraising! Once registered, a link to your individual fundraising webpage, “participant page”, will be included in the registration confirmation email. Use this link to visit your participant center. Personalize your page with photos and your story. Make a self-pledge and set the bar high for donors you ask next. Start sending out emails to coworkers, friends and family. See our website for more information about fundraising or call our offices to discuss ideas or for assistance on using the Participant Center.

Step 3 – Start Training. Visit the Bike MS event website and the Safety & Training tab for information. Make time to prepare your body and bike too! Always ride with a helmet, which is required at all Bike MS events!

EXTRA CREDIT! Step 4 – Raise \$400 by April 1st and receive a special Bike MS long sleeve shirt as a special perk!

EXTRA CREDIT! Step 5 - Raise \$400 by May 1st and your rider number will be mailed to you the first week of May. You can either raise these funds online or collect checks and mail them to our offices in advance of the ride. Include your name and event name so that the checks are accurately recorded in your personal account. Matching gifts count, but our offices must have the matching gift verification in advance to count.

Step 6 – Prepare for the ride and check-in. Bring your bike, helmet, water bottle(s), any luggage and personal gear. **Fulfill your pledge minimum by to the time of the ride to receive your rider number.** Bring ID and a valid credit card if you haven't turned in your pledge minimum yet.

CHECK-IN: All riders will check-in before riding to drop off pledges, pick up wristbands for rest stops and meals. Those who have received their rider numbers can go to Express Check-in for their wrist band. Super Cyclists from the prior year can check-in at the Super Cyclist table. All others will check-in at the appropriate A-Z check-in to get rider number and wristband.

**** All cyclists must fulfill their pledge minimum prior to receiving their rider number.****

WEEKEND TIMELINE - See the Weekend Timeline posted on the What to Expect tab. This will help to give an overview of the weekend.

LUGGAGE – For those choosing the 85 or 170 mile routes, luggage tags will be provided with the rider number. Each cyclist can bring a piece of luggage and a sleeping bag to check on the luggage truck. At Monmouth University, drop luggage at the luggage truck in the Overnight Parking

Area/lower lot. Your luggage will travel to the end of that day's route and be available for pickup at the school. Showers are available at the Pinelands Jr. High School. If you're riding on Sunday, again, check your luggage into the truck on Sunday morning and pick it up in the luggage area at the Coast Guard Station in Cape May.

SATURDAY NIGHT DINNER AT TUCKERTON SEAPORT Those riding the 170 and 85 mile routes are invited to join us for the dinner at the Tuckerton Seaport, which is just a few miles away from Pinelands Regional Jr. High School. Shuttle buses run to and from 3:00-7:30 pm, round trip to and from the school. A buffet dinner is served from 4pm-7pm. There cyclists mix and mingle with other riders, enjoy the Seaport, a great dinner and a couple of beers. Some items of interest at the Seaport include mini-golf, historical displays, a lighthouse and dock.

OVERNIGHT ACCOMMODATIONS – Those riding the 170 mile route and overnighing with us have a few overnight options:

- Sleep on the gym floor on gym mats or your air mattress in a co-ed environment. - Camp outside at the Pinelands School with your own camping gear.
- Those staying at the school can use the school locker rooms. Snacks and water will be made available in the cafeteria. Lights out at 9pm and on at 6:00am in the gymnasiums.
- Make hotel reservations at a hotel on Long Beach Island at your own expense. Our shuttle bus service will travel from the Pinelands Regional Jr High/Finish Line to Long Beach Island for a round trip charge of \$10.00, which you can pay upon registration if you choose the "170 plus shuttle" ride option. A list of hotels on LBI is available under the Accommodations button. The shuttle bus takes passengers only (bikes stay overnight at school) and drops off along Long Beach Blvd, which is the main street on LBI. All hotels are on are a block away from this road. On Sunday morning, the bus travels along Long Beach Blvd between 5:30am – 6:15am to pick up cyclists. The ride starts on Sunday morning at 8:00 a.m.
- Cyclists choosing not to ride on Sunday and have stored their bike overnight at the Pinelands School must arrive at the school by 8:30 a.m. to pick up bike before the doors are locked.

PARKING – Overnight parking is available in the lower lot at Monmouth University and the lot at Pinelands Regional Jr. High School.

DAY 1 START LINE: Saturday, May 16th - Monmouth University, West Long Branch, NJ

Check in for all ride lengths starts one hour before each ride.

170 & 85 milers:

7:00am: Check-in, drop off bags to the luggage truck found in the lower parking lot.

8:00am: Ride begins

50 milers:

8:00am: Check-in

9:00am: Ride begins

25 milers:

9:00am: Check-in

10:00am: Ride begins

START ON-TIME Please start at the MS arch at the designated time. There will be no support for early departures. Any participant arriving later than 30 minutes to the start of either day will be “sagged” to the first rest stop. If you are not at the last rest stop at the designated time you will be sagged to the finish. This is for your safety.

SAFETY IS #1 AND COURTEOUS CYCLING IS KEY! Please abide by the rules of the road: Stay to the right, use hand signals, don't impede traffic, wear your helmet and leave earbuds at home

FINISH LINES:

At Monmouth University/25 and 50 mile finish line:

11:00am - 3:00pm: Lunch open

11:00am - 2:00pm: Massage therapists open

3:00pm: Lunch at Monmouth University Closes

At the finish line, receive your Bike MS medal and enjoy lunch & entertainment! Massage therapists (\$5.00 charge) and showers are available at the school. CONGRATULATIONS!

At the Pinelands/170 and 85 mile day 1 finish line:

1:00pm – 6:00pm: Massage available.

3:30pm – 7:30pm: Shuttle buses to dinner at Tuckerton Seaport

4:00pm – 7:00pm: Dinner served at Tuckerton Seaport

3:00pm – 7:30pm: Shuttle buses to Long Beach Island. Drop off's along Long Beach Boulevard. As hotels are all within one block of Long Beach Blvd, it's easy!

3:30pm – 6:00pm: Buses depart for Monmouth University

When you arrive at the finish line, receive your Bike MS medal and proceed to check-in. Massage therapists (\$5.00 charge) and showers are available at the school.

Those who are overnighting should put their bike along the school hallways. Bikes are not allowed to go on the shuttle buses to LBI.

Take the shuttle bus to Tuckerton Seaport for dinner and return back to the school for shuttle to LBI. For those returning back to Monmouth University, please hang your bike on a rack outside and move it to the appropriate bus staging area for your bus back to Monmouth University.

On Sunday - Pinelands Regional Junior High School, Little Egg Harbor, NJ

5:30am – 6:15am: Bus Pickups on LBI along Long Beach Boulevard

6:00am – 7:30am: Registration for Sunday 85 mile ride

 Check-in for Day 2 of 170 mile ride

 Breakfast served

 Drop off bag to luggage truck

7:00 am: Morning Program

8:00am: Ride Starts

At the Cape May day 2 finish line:

Cape May Finish Line - 11:00am - 5:30pm

1:00pm – 5:30pm: Massage rooms open

When you arrive at the finish line, receive your Bike MS medal and proceed to check-in.

Massage therapists (\$5.00 charge) are available in the designated area.

Register for next year at deeply discounted rates!

2:30pm through 6:00 pm: Buses depart for Monmouth University. No set schedule. Buses depart once they are filled.

5:30pm: Buses departs for Pinelands Regional Junior High School

Thank you for joining us!