bike MS

bike to create a world free of MS

The Great New Jersey Country Bike Ride Pedal Power

Volume XXIV, Issue 4 · September 21 & 22, 2013
(201) 967-5599 bikenjm.nationalMSsociety.org

Bike MS Vision Statement

For cyclists and all those seeking a personal challenge and a world free of MS. Bike MS is the premier fundraising cycling series in the nation. With a choice of more than 100 extraordinary rides, the Bike MS experience is the ride of your life.

New Start / Finish at Atlantic Health System

(Saturday Start/Sunday Finish)

475 South Street, Morristown, NJ 07960

From the North:
Head South on I-287. Take Exit 35, Madison Avenue. Take Madison Avenue West ramp. Slight right onto Madison Avenue. Left on South Street. Approximately 1 mile to 475 South Street.

From the South:
Take I-287 North to Exit 35 toward Rt. 124/ Madison Avenue. Turn right on South Street. Approximately 1 mile to 475 South Street.

CHECK IN: 7:00AM
20 MILE CHECK IN: 8:15AM
RIDE STARTS: 8:00AM
20 MILE START: 9:00AM

Directions to the Hanover Marriott

(Overnight/Sunday Start)

1401 Route 10 East, Whippany, NJ 07981

Route 287 North to Exit 39 (Route 10 West). Go through one stoplight, take u-turn, hotel will be on your right.

Route 287 South to Exit 39B (Route 10 West). Take the Cedar Knolls u-turn and the hotel will be on your right.

REMINDER!!!
Don't forget to wear your HELMET! Helmets are mandatory at Bike MS. Without one, we cannot let you ride.

Promise to Pay

Each ride option has its own fundraising minimum that must be met. **If you do not meet your fundraising minimum by the ride date, you will be asked to complete a Promise to Pay form.** The form will ask for your credit card information and if by the fundraising minimum deadline you have not met the required amount, we will charge your card the full amount or balance due. Bike MS is a fundraising event that helps to support our local programs and services we offer to over 10,000 people living with MS and their families. Money raised from this event is critical to the overall success of our Chapter. We appreciate your commitment and support!

Massage Therapists

We will offer massages at the finish line on Saturday. There will be a fee of $5 per massage for each rider. Gratuity to your massage therapist will be appreciated.

All Diamond & Gold Spokes will receive a complimentary massage ticket in your rider packet.

Register Now!

Register online at:
bikenjm.nationalMSsociety.org

Ride Option	Registration Fee	Fundraising Minimum
100 miles	$70	$350
20 miles (Saturday)	$35	$150
50 miles (Saturday)	$55	$250
50 miles (Sunday)	$55	$250

2013 Official Bike Shops

Thank you to our Bike Shop Partners for their time, talent and assistance! Use the coupon at the bottom of the page for a free bike inspection prior to Bike MS!

Allendale Cycle - Allendale, NJ	201 825 0952
Campmor - Paramus, NJ	201 445 5000
Closter Cycle - Closter, NJ	201 768 9600
Cosmic Wheel - Ridgefield Park, NJ	201 440 6655
Cycle Craft - Long Valley, NJ	908 876 5600
Cycle Craft - Parsippany, NJ	973 227 4462
Cyclesport - Park Ridge, NJ	201 391 5269
Heino's Ski & Cycle - Pequannock, NJ	973 696 3044
High Gear Cyclery - Stirling, NJ	908 647 2010
High Gear Cyclery - Millburn, NJ	973 376 0001
James Vincent's Bicycles - North Bergen, NJ	201 869 1901
Jay's Cycle Center - Westfield, NJ	908 232 3250
Madison Bicycle Shop - Madison, NJ	973-377-6616
Marty's Reliable Cycle - Hackettstown, NJ	908 852 1650
Marty's Reliable Cycle - Morristown, NJ	973 538 7773
Marty's Reliable Cycle - Randolph, NJ	973 584 7773
McCormick's Bicycle Shop - Washington, NJ	908 689 0385
Montclair Bikery - Montclair, NJ	973 744 7252
Pedal Sports - Oakland, NJ	201 337 9380
Ridgewood Cycle - Ridgewood, NJ	201 444 2553
Sam's Bicycle & Repairs - Elmwood Park, NJ	201 797 5819
Town Cycle - West Milford, NJ	973 728 8878
Wyckoff Cycle - Wyckoff, NJ	201 891 5500

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Free Bike Inspection Coupon

Present this coupon to any of our bike shop sponsors to receive a free bicycle inspection

Coupon expires: 9/21/13

Diamond and Gold Spoke Club

Diamond Spokes are cyclists that raise $5,000+ and Gold Spokes are cyclists that raise $1,000-$4,999 for the Bike MS: Great New Jersey Country Ride. These folks raise more than half of the our event's total funds each year. By raising $1,000 or more, you'll automatically be part of this extraordinary group and will receive a commemorative jersey as well as honorable mentions in our newsletters and our website. Special thanks to the Diamond Spokes (listed in orange below) and Gold Spokes listed who have already registered. List updated on 9/5/2013*

Gabriel Anthony
Martin Apa
Marc Aronowitz
Richard Bagley
Douglas Billitz
Jessica Bills
Frank Blaeuer
Cliff Blaker
Chuck Blumenstock
Rich Brookler
Madeline Byrne
Eleanor Campbell
Patrick Castiglia
Susan Clement
Patrick Collins
Krista Collopy
Jeff Constable
Thomas Cubby
Michael Dowd
Matthew Eckard
Marius Editoiu
Michael Elias
John Ferrara
William Fredericks
Carol Fredericks
Allison Fredericks
Kathy Friedman
Gloria Friedman
Dennis Gede
Michael Gibney
Bernard Glaser
Anne Gorman
Bob Graziano
Jim Guarino
Kevin Hannon
Joe Harvie
Alice Heffner
Tor Henriksen
Dave Hindman
Ken Hoexter
Maurice Honor
Chris House
John House
Nazuki Hughes
Jeffrey Hurwitz
Winfrid Itondo
Rod Kennan
Raymond Kramer
Kristen Kramer
Mark Kramer
Reeva Kymer
Romain Labastrou
Gilda Lameiras
William Lanza
Ian Laudor
Joseph Laurino
Stephen LeVine
Terry Levinstone
Alan Lieber
Andrew Lloyd
Ray Luoma
Ronald Matysik
Eddie McKeon
Patrick Montagnon
Noelle Najjar
Paul Neuwirth
Christopher Nikolich
Joe Nugent
Clara Ohr
Frank Pinto
Daniel Preisler
Tammy Quasius
Scott Rives
Anibal Roges
Nj Romano
Rick Romanowski
Thomas Rosen
Michael Rourke
Herb Rozansky
Amy Sam
Richard Scala
Joshua Smith
Rosie Smith
Douglas Steen
Kelly Sullivan Steen
Tracey Thomas
Rich Tranfield
David Trimm
Joyce Trivisani
Deborah Ungerleider
Mark Vesper
Timothy Vitale
Joe Welter
Robert Wilson
Jordan Yanco
Jack Young

2013 Registered Bike MS Teams*

TEAM	CAPTAIN	RIDERS
Team Novartis	Amy Sam	58
Team Falcon	Jack Young	36
Team Atlantic Health	Rosie Smith	29
Hertz	Jim Guarino	26
Siemens	Marc Aronowitz	22
HESS	Reeva Kymer	14
Allison's Angels	William Fredericks	8
Michele's Spinners	Raymond Kramer	8
the tAmbassadors	Tammy Quasius	7
Crank Addicts	Patrick Castiglia	6
Krista's Crew	Krista Collopy	6
Plymouth Rock Auto Insurance	Joe Nugent	6
Team Mojo	Steven Fritz	6
The Chain Gang	Sandie Reilly	6
Together in MS	Regina Lyalls	6
KPMG	Andy Wowk	5
NJ Road Dogs	Eddie McKeon	5
Ridgewood Cycle	Ken Hoexter	5
HOPE	Patrick Moriarty	4
Cloud 9	Lisa Kennally	4
Karen's Friends	Karen Drzik	4
NRCC	Joe Laurino	4
Pat's Powerhouse Peddlers	Lindsey Carson	4
Smokin Texas Gourmet	Scott Campbell	4
Team Exelis	Martin Apa	4
Team JanKel's Angels	Jessica Bills	4
Team Savini	Christine Savini	4
Team Tricia	Maddie Byrne	4
Deloitte	Ray Luoma	3
Good N Plenty	Nancy Romano	3
TEAM TAMBO	Vito Tamborrino	3
Team Red Hawk	Greg Jastrzab	3
Wayne PBA 136	Frank Pinto	3
EY	Timothy Vitale	2
Franny's Fans	Lisa Nivin	2
High Gear	Rick Romanowski	2
IBM	Gabriel Anthony	2
Mud and the Machine	Jennifer Dalrymple	2
oliver's	Leslie Novak-Oliver	2
Saint Mary's NJ	Shobha Jacob	2
Team Aviall	Burt Stimson	2
Team Davison	Dawn Caputo-Davison	2
Team Sprocket	Kristen Laird	2
The Blue Tongue Team	Susan Durant	2
The Wild Cogs	Stephen LeVine	2
tri-sisters	Charlene Epstein	2
Tuga Cycling Den Of Lions	Teresa Gloria	2
Wayne YMCA	Shaquan Brown	2
Barnabas Health	Patrick Donahue	1
Do Something Today (In Memory of Fran Roter)	Rachel Dobkins	1
James Gang	Joe Butkus	1
Joey Whispers	Mt Curcio	1
Kidd	Isa Johnson	1
Montecci Team	Okenssy Pena	1
Moody's	Kevin Hannon	1
Road Scrappers	Eleanor Campbell	1
Team AT&T	Charles Mensching	1
The Half-Fast Club	Thomas Ossa	1

Registrations as of September 5, 2013

Important things to note:

1. **Please remember that our starting location for Saturday has changed and will be located at - Atlantic Health System at 475 South Street in Morristown, NJ.** Sunday's start will be at the Hanover Marriott on Route 10 East in Whippany, NJ.
2. Bring your enclosed participant envelope and signed waiver with you to check-in. Please place any cash donations and checks you have collected inside the envelope and seal it before you get to the registration area. PLEASE MAKE SURE ALL INFORMATION ON YOUR ENVELOPE IS FILLED OUT COMPLETELY.
3. Identify your team name (if applicable) on your envelope to ensure the correct total is credited to your team.
4. Make sure to wear your number on your jersey and display it on your bike so we can easily identify you.
5. If you are staying overnight at the Hanover Marriott, you are only allowed **two pieces of luggage. Please remember to bring your credit card. You will need it to check-in.**
6. Pack clothing for both warm and cool weather -- including rain gear.
7. Bring any medication you may need for the weekend.
8. Call the MS Society prior to September 21st with any changes to rooming or Emergency Contact information.
9. Review common cycling traffic signals if you are not familiar with them. Visit the safety section on our website at bikenjm.nationalmssociety.org to learn more.
10. E-pledge, register for the event or download extra sponsor forms at our website:

bikenjm.nationalMSsociety.org

Recruit "Rookie Riders" and Earn Bonus Bucks towards Your Pledge Total

Each "rookie rider" that you recruit to participate this year, earns you $100 towards your pledge total to reach a higher prize level. Here's how it works:

1. Recruit cyclists to ride with you. To qualify as a "rookie rider," the cyclist cannot have participated in a previous NMSS New Jersey Metro Bike MS.
2. Each "rookie rider" must pay the registration fee in full and have the minimum pledge amount in by October 21, 2013.
3. When you send in pledges, include your BONUS BUCK$ coupon(s) with the information filled out and count it toward your pledge total.

BUT OF COURSE THERE ARE RULES

1. Bonus Bucks do NOT count toward your registration fee, minimum pledge total or entry into the Gold Spokes Club.
2. You can't count yourself as your own "rookie rider," even if this is your first time riding with us.
3. Two "rookie riders" cannot use each other.
4. Each "rookie rider" can only be used once. If more than one cyclist claims a "rookie rider," the cyclist who sends in their Bonus Bucks first will be credited.

Please note: You may turn in your bonus bucks with your participant envelope on the day of the event.

Download Bonus Bucks
by logging onto:
bikenjm.nationalMSsociety.org

Call to Volunteers

An event like Bike MS would be impossible to stage without the help of hundreds of volunteers who work with us behind-the-scenes to ensure the event runs flawlessly. If you would like to be a part of the action during the event weekend, we still have several exciting volunteer opportunities to choose from including: Working at a rest stop handing out snacks, greeting riders and registering them at our check-in area, sharing your special talent (jugglers, caricature artists, clowns, etc.) as one of our entertainers, or even assisting in set-up and clean-up...each job is equally important to making our event a success.

To learn more about volunteering,
please contact Emily Borsetti at 732-660-1005 ext. 44322
or email: Emily.Borsetti@nmss.org

Bike MS Weekend Schedule

Saturday, September 21st

7:00AM:	ARRIVE TO BIKE MS! Check-in & drop off of your bag(s) to the HERTZ Luggage Collection Area
7:00AM - 7:50AM:	Team Photos in the Team Corrals or Team Photo Area
8:00AM:	Saturday 50-mile ride begins!
8:15AM:	20-mile ride registration
9:00AM:	20-mile ride begins!

Attention riders who are staying at the Hanover Marriott: **When you get to the Hanover Marriott, *proceed to the hotel check-in. Remember to bring a credit card, you will need this for hotel check-in for any incidentals you incur.*** After you have checked in, don't forget to pick-up your luggage. You have the option of bringing your bike to your room, or storing it in the designated bike storage rooms.

11:00AM - 4:00PM	Outdoor BBQ! Don't forget about the complimentary beer ticket in your rider kit!! Cash bar will be available throughout the afternoon and evening. Enjoy entertainment from Todd Young and the SG's who will perform live at the BBQ. Be sure to check out the DUNK TANK! $5 for 3 throws to dunk!
11:30AM - 5:00PM	Massages available
11:45AM - 7:00PM	Shuttle Service available to starting location
5:30PM - 7:00PM	Dinner served
6:00PM	Evening Program & Comedy Show

Sunday, September 22nd

6:00AM - 8:00AM:	Sunday rider check-in/NMSS information table open
6:30AM - 8:00AM:	Breakfast served
7:00AM - 8:00AM:	Drop off bag(s) to the HERTZ Luggage Collection Area
8:00AM:	Ride begins!
11:00AM - 4:00PM	Shuttle Service available
12:00PM - 4:00PM	Finish Line celebration

All routes close by 4:00PM for your safety. If you are on the route past 4:00PM, you will be SAGGED to the finish line.

Be sure to visit the **NMSS Information Table** at the finish line!

- Register Early & SAVE! Early Bird Registration for 2014 will the lowest ever offered!
- Purchase Bike MS wearables and goodies.
- Purchase raffle tickets for an awesome guitar! Winner will be chosen at the evening program and you do not have to be present to win.
- Learn more about the National MS Society's programs, services and research efforts

Featured Entertainment on Saturday at the Hanover Marriott

Barry Waldman

Barry Waldman is an up and coming New York comic who performs regularly at the New York Comedy Club, The Stand, Broadway Comedy Club, The Village Lantern and Stage 72 in New York. He brings the inspiration of a crazy family and insane everyday life to the stage. Barry grew up in a neighboring town and is looking forward to performing for MS Bike.

Rich Carucci

Rich was a childhood actor turned comedian. He began stand up in 2001 and quickly became known as "The Steamroller of Comedy" for one good reason, he flattens everything and everyone in his path. Rich delivers blue collar everyman style of entertainment that people can relate to and his no-nonsense humor endear him to audiences of all kind.

Mike Jenkins

Mad Dawg Mike Jenkins is a professional wrestler that was able to reinvent himself when injuries he sustained changed his path in life. Having been one of the best "talkers" in the wrestling world, Mike was about to translate his talent and humor into an comedy act that captivates crowds.

TODD YOUNG AND THE SG'S

Enjoy music by Todd Young and the SG's at the BBQ. They have a Southwest Blues, Country Rock vibe that is sure to please. They are an original act with over 50 originals that capture the essence of emotion with intriguing lyrics and melodic hooks.

Guitar Raffle

Todd Young and the SG's have graciously donated the guitar pictured at left to be raffled off on Saturday evening. All proceeds from the raffle will directly benefit the National MS Society, New Jersey Metro Chapter. The guitar is a fender T-bucket electric acoustic with a quilted maple top finish, amber in color. This guitar does not come with a case. Pricing for the raffle tickets is a follows:

3 for $5, 12 for $15 , 20 for $20

Raffles will be sold at the NMSS Information Table located outside the ballroom. The winner will be announced at the evening program and you do not need to be present to win.

Dunk Tank!

Take aim and hit the target! **$5 for 3 throws!** The dunk tank will be at the finish line on Saturday. Let us know if you want to sign up to be dunked!

Top Ten Teams

(Dollars raised as of September 5, 2013)

Team Name	Team Captain	Members	Total
Team Falcon	Jack Young	36	$30,120.00
Team Tricia	Maddie Byrne	4	$12,196.00
Ridgewood Cycle	Ken Hoexter	5	$11,101.00
Allison's Angels	William Fredericks	8	$11,075.00
Team Novartis	Amy Sam	58	$8,893.00
Siemens	Marc Aronowitz	22	$7,895.00
Team Atlantic Health	Rosie Smith	29	$7,225.00
Deloitte	Ray Luoma	3	$4,950.00
Hertz	Jim Guarino	26	$4,774.00
HESS	Reeva Kymer	14	$4,248.00

Top Ten Individual Riders

(Dollars raised as of September 5, 2013)

Name	Team Name	Total
Maddie Byrne	Team Tricia	$10,951.00
Ken Hoexter	Ridgewood Cycle	$9,711.00
William Fredericks	Allison's Angels	$7,460.00
Joe Welter	Deloitte	$3,795.00
Michael Santino	HESS	$2,600.00
Matt Lewis		$2,395.00
Timothy Vitale	EY	$2,170.00
Richard Scala		$2,137.00
Jack Young	Team Falcon	$2,070.00
Robert Longo	TEAM TAMBO	$1,625.00

2014 Early Bird Registration

Register for next year's ride at a super discounted rate at the Finish Lines on Saturday at the Hanover Marroitt or Sunday at Atlantic Health.

$15	20-Mile Ride
$25	50-Mile Ride (Saturday or Sunday)
$35	100-Mile Ride

Team Awards

A little friendly competition among teams can build camaraderie and increase results. In fact, teams are the fastest growing group of fundraisers in the MS movement. The difference they are making in the lives of people with MS is nothing short of amazing. So who has the most team spirit? Who has the biggest team? And, most importantly, who will make the biggest impact to create a world free of MS?

Here are the top team titles up for grabs at the Bike MS: Great New Jersey Country Ride.

Largest Team Award - Presented to the team with the greatest number of registered participants.

Most Team Spirit Award - This trophy is awarded to the team who is most enthusiastic not only during the event but throughout the upcoming months.

Breakout Team - This award is given to the team whose current fundraising results have dramatically surpassed the previous year.

Best Dressed Team - Awarded to the team who has the most creative jersey.

Rookie of the Year - This award is given to a first-year team whose fundraising efforts proved extraordinary. There is a Corporate Rookie of the Year, as well as a Friends & Family!

Volunteer Team Award – Awarded to the team with the highest fundraising AND with more than half of its members as registered volunteers.

Most Creative Helmet – This award, new this year, will be given to the cyclist with the most creative helmet! Keep your decorations safe, but original!

Passport Program

NEW JERSEY METRO CHAPTER CYCLING SERIES DATES

Hops to Hops Bike MS Ride:
September 15, 2013

Great New Jersey Country Bike Ride:
September 21 & 22, 2013

Coast the Coast Bike MS Ride:
May 17 & 18, 2014

The New Jersey Metro Chapter is offering an exciting opportunity for avid Bike MS participants to take part in a cycling challenge! The Bike MS Cycling Series offers three wonderful rides and you can take part in all of them.

Select your Primary Ride, commit to raising $2,000 for that event and participate in the other two rides offered by the New Jersey Metro Chapter for only the price of registration! Use the Passport Program Registration Form to register. Transportation, hotels and additional expenses are not covered. The registration fee for each ride differs and all have fee tiers.

Select from the three Bike MS Rides that the New Jersey Metro Chapter offers:

The **Coast the Coast Ride** starts at Monmouth University in Monmouth County and travels down the beautiful Jersey Shore. There are several route options to choose from including the one day 85, 50 and 20 mile routes or the two day 170-mile ride. The two day adventure finishes in historic Cape May.

The **Hops to Hops Ride**, in mid-September, commences and concludes in the quaint town of Lambertville. This lovely one day ride offers a 40-mile or 62-mile route through the gorgeous hills of the Amwell Valley.

The **Great New Jersey Country Bike Ride** completes the series in late September which passes through historic towns, farmlands and back roads of New Jersey's finest countryside in Morris and Somerset counties.

If you are interested in signing up for the New Jersey Metro Chapter Bike MS Passport Program, you must complete the application that can be found online or by calling our office.

For more information and to sign up for the New Jersey Metro Chapter Bike MS Passport Program, please call Jennifer Hivry at 201-967-5599 x43222 or Mary Beth Maclearie at 732-660-1005 x44321 or visit our website at **bikenjm.nationalMSsociety.org**.

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