March 26 March 105 Application Prince of Control (1985) Application Prince of Control (1985) Application Applica	2009 National Bike MS	Passport Program Ride Listing						
March 19	Start State	Rike MS Passport Ride	Chapter	Difficulty rating	1 day ontion?	Dates	Mile Option	Start City
March Marc								
March Marc	Alabama							
Signate May No. State of May 12 Stay 1 Fear Fear South Coast Stay 1 Sta	Arizona	Bike MS Round Up Ride	Arizona		yes	March 28-29		Florence
Place Plac	California	Bike MS: Southern California Ride 2009	Southern California	Moderate	Yes	October 3-4	15-160	Ventura, CA
Secretary Secr								
December								
Science Content or a Conten								
Debugger		Crankin' for a Cure	Delaware	Easy	Only 1 day	May 17		Middletown, Delaware
Septiment Septiment Septiment (Septiment (Septime	Delaware	Bike to the Bay	Delaware	Easy	Yes	10/3/2009 and 10/4/2009		Dover, Delaware
Septiment Septiment Septiment (Septiment (Septime	Florida	Bike MS: PGA TOUR Cycle to the Shore	North Florida	easy	yes	October 3-4, 2009	172M, 150K, Day one Century option	St.Augustine,
State Stat	Georgia	Bike MS: Georgia Power Savannah Ride	Georgia	Easy-Moderate	Yes	May 2-3		
State Dis Road, Several A Govern Robe All America - Index Office No. Moderate No. Modera	Georgia	Bike MS: Cox Atlanta Ride	Georgia	Moderate	Yes	Sept 12-13	Day 1 - 35, 65, 100; Day 2 - 25 & 65	Pine Mountain, GA
Second Second Secon	Hawaii	Bike MS Kona, Hawaii - Go Big or Go Home	All America - Hawaii Office	Moderate	yes	August 8-9	none	Kona - Waiakoloa
Sate MS. Course for Conferences North Center Statem Sept No. August 29:30 75, 100 (pm) 1.7 ft (pm 2) Anterop. (A.)	Idaho		All America - Idaho Office		n			
Ste MS Cycle Code Yeter Not Natural (2-30) Moderate Sept Not Natural (2-30) Fig. 100 (sept 1, 12 (sept 2) Code Basks, M. Code Sept 1, 12 (sept 2) Code Basks, M. Code Sept 1, 12 (sept 2) Code Basks, M. Code Sept 2009 Moderate Not Code Basks, M. Code Sept 2009 Moderate Not Code Basks, M. Code Basks, M	Illinois	Bike MS: Tour de Farms	Greater Illinois	Moderate	Yes	June 13-14	30-175 over two days	Dekalb
Season	Iowa			Easy	No			
State MS Date the Eleagons 2009	Iowa	Bike MS: Cycle Cedar Valley	North Central States	Easy	No		75, 100 (day 1), 75 (day 2)	Cedar Rapids, IA
December	Kansas		Mid America	3 out of 5	Yes	September 26-27		Topeka, KS
See Miss Search Joseph's College Site to the Development of Many Individual Chesphane College Site to the Development of Chesphane College Site to the Development of Chesphane College Site to the Development of Chesphane College Site to Child rording routes) Vee	Kentucky	Bike MS: Bike the Bluegrass 2009	Kentucky-SE Indiana	Beg to Advanced	Yes	June 6-7	Day 1- 25,60,75,100 Day 2- 25,50,75	Louisville
Appendix Chaspeake Chairing	Louisiana	Bike MS: Louisiana Bike Ride 2009	Louisiana	Moderate	no	October 3-4	75 miles each day	Hammond, LA
Description	Maine				2 day			
Make Mis Bloc & Hiller fine Berkshives Ridg 2008 Central New England Moderate to Chatlengring Yes September 26:27 25.50, 100 miles Hancock	Maryland	Chesapeake Challenge	Maryland	Easy (flat to rolling routes)	Yes	June 13 OR 14		Chestertown, MD
Administration Bale MS Role A Hille in the Berkshiver Ride 2008 Central New England Moderate to Challenging (1 day only) September 26:27 25,50 (100 miles Humocos Humo							Century (100); Sunday: 30 miles or 50 miles	
Anna 27-28 2 days (75 miles 1 days (75 miles 2 days (1) 175								
Assachubeths Bisk MS: Cape Cod Getaway Ride Central New England Moderate Yes June 27:28 2 day; 150, 175 miles Ouncy	Massachusetts	Bike MS: Bike & Hike the Berkshires Ride 2008	Central New England	Moderate to Challenging	(1 day only)	September 26-27		Hancock
Bisk MS: Ride the Vineyard Central New England Moderate (*de) orth) May 2 2,50,100 kilometers Oak Buffs, Marrha's Vineyard Relations Central Leibes Breakway, West Michigan Easy Yes both day June 13 - 14 20,50,75,100 miles Holland Holland Relations								
See MS-Rob (In Viroyand Coreal Nave England Morbigan Easy Ves - Sund 39 June 13-14 50-50/78, 100 miles Moltingan Easy Ves - Sund 39 June 13-14 50-50/78, 100 miles Moltingan Easy Ves - Sund 39 June 13-14 50-50/78, 100 miles Moltingan Easy Ves - Sund 39 June 13-14 Sub-50/78, 100 miles Moltingan Easy Ves - Sund 39 June 13-14 Sub-50/78, 100 miles Moltingan Easy Ves - Sund 39 June 13-14 Sub-50/78, 100 miles Moltingan Easy Ves - Sund 39 June 13-14 Sub-50/78, 100 miles Moltingan Easy Ves - Sund 39 June 13-14 Sub-50/78, 100 miles Moltingan Easy Ves - Suppember 12 Sub-50/78, 100 miles Moltingan Easy Ves - Suppember 12 Sub-50/78, 100 miles Moltingan Easy Ves - Suppember 12-13 Moltingan Easy Ves - Suppember 12-13 Moltingan Moltinga	Massachusetts	Bike MS: Cape Cod Getaway Ride	Central New England	Moderate		June 27-28	2 day: 150, 175 miles	Quincy
General Lakes Breakensy, West Midrigan General Lakes Breakensy, West Midrigan General Lakes Breakensy, West Midrigan General Lakes Breakensy, Mid Midrigan General Lakes Breakensy, Midd Midrigan General Midrigan General Lakes Breakensy, Midd Midrigan General								
General Lakes Breakwawy, Middingan Easy Yes - Sunday only July 11-12 2 day - 00, 75 and 100, 1 day - 30 and 50 miles Lake Fernion High School	Massachusetts							
Great Lakes Breakway, Mountain Bike Michigan Easy Yes September 12 S and 9 miles Birghton	Michigan	Great Lakes Breakaway, West Michigan	Michigan	Easy	Yes- both day	June 13 -14	30,50,75, 100 miles	Holland
Great Lakes Breakway, Mountain Bike Michigan Easy Yes September 12 S and 9 miles Birghton								
Bile NB: Czarle Ride 2006 Mid Amenica 3 out of 5 Yes September 19-20 75, 100, 150 & 200 Springfield, MO	Michigan		Michigan		Yes - Sunday only			Lake Fenton High School
Missouri Bike MS: Kanasa City Rode 2009 Mid America 3 out of 5 Yes September 26:27 30, 80, 100 & 160 Kanasa City, MO	Michigan							
Billic MS Express Scripts Gateway Ride 2009 Gateway Area Moderate Yes September 12-13 40, 76 ± 100 Columbia								
Moderate No. No. Moderate No. Moderate No. Moderate No. No. No. Moderate No.								
Ves								
Sew Hampshire Bike MS; NI Seacosast Escape Central New England Moderate (1 day only) August 8 40,100 kilometers Manchester Wew Jersey Great New Jersey (Courty Bike MS Ride New Jersey Metro Moderate Yes September 12-13 20, 55 6, 85, 170 West Long Hand New Jersey Metro Moderate Yes September 12-13 20, 55 6, 85, 170 West Long Hand New Jersey Metro Moderate Yes September 12-13 20, 55 0, 85, 170 West Long Hand New Jersey Metro Moderate Yes September 12-13 20, 55 0, 85, 170 West Long Hand New York Twin Forks BikeMS Long Island Moderate Yes September 12-13 20, 55 0, 85, 170 West Long Hand New York Twin Forks BikeMS Long Island Moderate Yes September 12-13 20, 55 0, 85, 170 New York City New York City Easy to Challenging Only 1 day October 4 30, 45, 66, 100 New York City New York City Easy to Challenging Only 1 day October 4 30, 45, 66, 100 New York City New York City Easy to Challenging Yes September 12-13 30, 75, 100 New York City New York City New York City Easy to Challenging Yes September 12-13 30, 75, 100 New York City New York City New York City Easy to Challenging New York City	Missouri	Bike MS: Express Scripts Gateway Getaway Ride 2009	Gateway Area	Moderate	Yes	September 12-13	40, 75 & 100	Columbia
New Jersey Great New Jersey Coast the Coast Bike MS Ride New Jersey Metro Moderate Yes September 12-13 20, 50.8, 100 Moristown New Jersey Metro New York City New Jersey Metro New Bern Ride Eastern North Carolina September 12-13 30, 45, 66, 100 New Bern, NC New Bern, NC New Jersey New York City New York City New Jersey New		Bike MS: Express Scripts Gateway Getaway Ride 2009	Gateway Area	Moderate	Yes no	September 12-13	40, 75 & 100	Columbia
New Jersey Coast Bike NIS Ride New Jersey Metro Moderate Yes May 16-17 25, 50, 85, 170 West Long Branch	Missouri Montana	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips	Gateway Area All America - Montana Office	Moderate Moderate	Yes no Yes	September 12-13 August 29-30	40, 75 & 100 145	Columbia Billings, MT
New Jersey Hops to Hops Bike MS Ride New Jersey Metro Moderate Yes Soptember 27 40 Lamberville	Missouri Montana New Hampshire	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape	Gateway Area All America - Montana Office Central New England	Moderate Moderate Moderate	Yes no Yes (1 day only)	September 12-13 August 29-30 August 8	40, 75 & 100 145 40,100 kilometers	Columbia Billings, MT Manchester
New York Sike MS New York City Sey September 12-13 20 (5st only), 50, 75 Southampton	Missouri Montana New Hampshire New Jersey	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride	Gateway Area All America - Montana Office Central New England New Jersey Metro	Moderate Moderate Moderate Moderate	Yes no Yes (1 day only) Yes	September 12-13 August 29-30 August 8 September 12-13	40, 75 & 100 145 40,100 kilometers 20, 50 & 100	Columbia Billings, MT Manchester Morristown
New York Bike MS New York City New York City Easy to Challenging Only 1 day October 4 30, 45, 66, 100 New York City New Control Carolina Bike MS: Historin town Berm Ride Eastern North Carolina Bike MS: Historin town Berm Ride Eastern North Carolina Only 1 day October 4 30, 45, 66, 100 New Berm, NC N	Missouri Montana New Hampshire New Jersey New Jersey	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro	Moderate Moderate Moderate Moderate Moderate Moderate Moderate	Yes no Yes (1 day only) Yes Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170	Columbia Billings, MT Manchester Morristown West Long Branch
North Carolina	Missouri Montana New Hampshire New Jersey New Jersey New Jersey	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate	Yes no Yes (1 day only) Yes Yes Yes-is only 1 day	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville
No. September 26-27 Sept	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island	Moderate	Yes no Yes (1 day only) Yes Yes Yes-is only 1 day Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton
Sike MS: BBAT Tour to Tanglewood Central North Carolina moderate Yes to one day option September 26-27 to 100 on Day 1 Greensboro, NC onth Daktota Sike MS: Reda to the Point Ride 2009 North Central States Easy No July 25-26 75,100 (day 1), 75 (day 2) Horace, ND	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York New York	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging	Yes no Yes (1 day only) Yes Yes Yes Yes Only 1 day Yes Only 1 day	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City
North Dakota Bike MS: Ride the Wind 2009 North Central States Easy Ves August 15-16 30,75,100,169 17,75 (day 2) Horace, ND	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging	Yes no Yes (1 day only) Yes Yes Yes Yes Only 1 day Yes Only 1 day	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City
Drick Bike MS: Pedal to the Point Ride 2009 Ohio Buckeye Easy Yes August 15-16 30,75,100,150 Middleburg Heights	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy	Yes no Yes (1 day only) Yes Yes Yes Yes-is only 1 day Yes Only 1 day Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC
Discription Bike MS: Venture the Valley Ohio Valley Moderate Yes August 29-30 25, 50, 75 mile option both days Oregonia Dregon Bike MS: Espote Oregon Oregon Oregon Moderate Yes August 29-30 25, 50, 75 mile option both days Oregonia Dregon Staton Oregonia Bike MS: Escape to the Lake Western Pennsylvania Challenging No June 6-7 150 Portersville Pennsylvania Bike MS: Cook Forest River Ride Western Pennsylvania Easy Yes September 26 35 &60 Cook Forest Cook Forest River Ride Western Pennsylvania Moderate No July 25-26 150 Altoona Drensylvania Bike MS: Keystone Country Ride Western Pennsylvania Moderate No August 1-2 75, 100 (day 1), 75 (day 2) Sioux Falls, SD South Dakota Bike MS: Veekend Ride Around the Hills North Central States Easy No August 1-2 75, 100 (day 1), 75 (day 2) Sioux Falls, SD South Dakota Bike MS: Weekend Ride Around the Hills North Central States Challenging Yes September 12-13 30, 70, 100 (day 1), 20, 45, 75 (day 2) Sioux Falls, SD South Dakota Bike MS: Weekend Ride Around the Hills North Central States Challenging Yes September 12-13 30, 70, 100 (day 1), 20, 45, 75 (day 2) Sioux Falls, SD South Dakota Bike MS: Veekend Ride Around the Hills North Central States Challenging Yes September 12-13 30, 70, 100 (day 1), 20, 45, 75 (day 2) Sioux Falls, SD South Dakota Bike MS: Veekend Ride Around the Mills North Central States Ride Ride Ride Ride Ride Ride Ri	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate	Yes no Yes (1 day only) Yes Yes Yes Yes-is only 1 day Yes Only 1 day Yes Yes to one day option	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 26-27	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC
Dregon Bike MS: Explore Oregon Oregon Moderate Yes Aug 1 - 2 D1: 35/55/100 D2: 30/60 Stayton	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Hec Coast Bike MS Ride Hops to Hops Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy	Yes no Yes (1 day only) Yes Yes Yes-is only 1 day Yes Only 1 day Yes Yes Yes to one day option No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 12-13 September 26-27 July 25-26	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2)	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND
Pennsylvania Bike MS: Escape to the Lake Western Pennsylvania Challenging No June 6-7 150 Portersville Pennsylvania Bike MS: Cook Forest River Ride Western Pennsylvania Easy Yes September 26 35 &60 Cook Forest Pennsylvania Cook Forest River Ride Western Pennsylvania Moderate No July 25-26 150 Altoona Altoona South Dakota Bike MS: Keystone Country Ride Western Pennsylvania Moderate No July 25-26 150 Altoona Altoona South Dakota Bike MS: Pedal the Plains 2009 North Central States Easy No August 1-2 75, 100 (day 1), 75 (day 2) Sioux Falls, SD South Dakota Bike MS: Weekend Ride Around the Hills North Central States Easy No October 3-4 100,150 Franklin, TN Fennessee Jack Daniel's 'Bike to Jack & Back' Mid South Moderate No October 3-4 100,150 Franklin, TN Fennessee FedEx 'Rock-N-Roll' Mid South Moderate No September 12-13 100,150 Memphis, TN Fexas Bike MS: Sam's Club Frisco to Ft. Worth Lone Star 7 out of 10 no April 18-19 Day 1-75, 85 100, Day 2-66, 77 Houston, TX Fexas Bike MS: Sam's Club Frisco to Ft. Worth Lone Star 7 out of 10 no April 18-19 Day 1-75, 85 100, Day 2-66, 77 Houston, TX Fexas Bike MS: PWild West Ride 2009 All America -Panhandle Office Moderate yes July 25-26 50, 150 Amarillo July 25-26 So, 150 Amarillo Amarillo Amarillo July 25-26 June 27-28 Day 1-40, 75, 100, Day 2-40, 75 Logan All America - Vermont Moderate yes June 6-7 175, 150, 50, 25 Richmond All America - Vermont Moderate yes June 6-7 175, 150, 50, 25 Richmond All America - Vermont Moderate yes June 6-7 175, 150, 50, 25 Middleburg, Virginia Middleburg, Virginia Site MS: Beyond the Beltway National Capital Moderate Saturday or Sunday June 6-7 30, 60, 100 (Saturday) 50 (Sunday) Middleburg, Virginia Middleburg, Virginia National Capital Moderate Saturday or Sunday June 6-7 30, 60, 100 (Sat	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Easy Easy Easy	Yes no Yes (1 day only) Yes Yes Yes-is only 1 day Yes Only 1 day Yes Yes Only 1 day Yes No Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 26-27 July 25-26 August 15-16	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights
Pennsylvania Bike MS: Cook Forest River Ride Western Pennsylvania Easy Yes September 26 35 &60 Cook Forest Pennsylvania Bike MS: Keystone Country Ride Western Pennsylvania Moderate No July 25-26 150 150 Alloona Alloona South Dakota Bike MS: Pedal the Plains 2009 North Central States Easy No August 1-2 75, 100 (day 1), 75 (day 2) Sioux Falls, SD South Dakota Bike MS: Weekend Ride Around the Hills North Central States Challenging Yes September 12-13 30, 70, 100 (day 1), 20, 45, 75 (day 2) Keystone, SD Fennessee Jack Daniel's 'Bike to Jack & Back' Mid South Moderate No October 3-4 100,150 Franklin, TN Fennessee FedEx' Rock-N-Roll' Mid South Moderate No September 12-13 100,150 Memphis, TN Fexas BP MS 150 Bike Ride Lone Star 7 out of 10 no April 18 - 19 Day 1 - 75, 85 100. Day 2 - 66, 77 Houston, TX Fexas Bike MS Sam's Club Frisco to Ft. Worth Lone Star 7 out of 10 no May 2-3 30 each day or 164 both days Frisco, TX Frisco, TA Frisco	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Ohio	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Easy Moderate Easy Moderate	Yes no Yes (1 day only) Yes Yes Yes Yes- Yes- Yes- Sonly 1 day Yes Yes Yes to one day option No Yes Yes Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia
Pennsylvania Bike MS: Keystone Country Ride Western Pennsylvania Moderate No July 25-26 150 Altoona South Dakota Bike MS: Pedal the Plains 2009 North Central States Easy No August 1-2 75, 100 (day 1), 75 (day 2) Sioux Falls, SD South Dakota Bike MS: Weekend Ride Around the Hills North Central States Challenging Yes September 12-13 30, 70, 100 (day 1), 20, 45, 75 (day 2) Keystone, SD Fennessee Jack Daniel's 'Bike to Jack & Back' Mid South Moderate No October 3-4 100,150 Franklin, TN Fennessee Fedex 'Rock-N-Roll' Mid South Moderate No September 12-13 100,150 Memphis, TN Fexas Brike MS: Sam's Club Frisco to Ft. Worth Lone Star 7 out of 10 no April 18 - 19 Day 1 - 75, 85 100. Day 2 - 66, 77 Houston, TX Fexas Bike MS: Sam's Club Frisco to Ft. Worth Lone Star 7 out of 10 no May 2-3 30 each day or 164 both days Frisco, TX Fexas Bike MS: Valero 2009 Alamo Ride to the River Lone Star 3 out of 10 yes July 25-26 50, 150 Julah Bike MS: BP Wild West Ride 2009 All America -Panhandle Office Moderate yes July 25-28 Day 1 - 40, 75, 100, Day 2 - 40, 75 Logan Fermont 2009 Central Virginia Medicar Yirginia Moderate yes June 27-28 June 6-7 175, 150, 50, 25 Richmond Medicar Yirginia Medicar Yirginia Moderate Saturday or Sunday June 6-7 30, 60, 100 (Saturday) 50 (Sunday) Middeburg, Virginia	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Oregon	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley Bike MS: Explore Oregon	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon	Moderate Easy to Challenging Easy moderate Easy Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Yes to one day option No Yes Yes Yes Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton
South Dakota Bike MS: Pedal the Plains 2009 North Central States Easy No August 1-2 75, 100 (day 1), 75 (day 2) Sioux Falls, SD	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley Bike MS: Escape to the Lake	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Easy Moderate Challenging	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Yes to one day option No Yes Yes Yes Yes Yes Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 27 September 12-13 October 4 September 12-13 Ctober 4 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville
South Dakota Bike MS: Weekend Ride Around the Hills North Central States Challenging Yes September 12-13 30, 70, 100 (day 1), 20, 45, 75 (day 2) Keystone, SD	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania Pennsylvania	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Hops Tour to Tanglewood Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Sexplore Oregon Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Moderate Easy Company Moderate Moderate Company Moderate Moderate Moderate Company Moderate Moderate Moderate Moderate Challenging Easy Easy	Yes no Yes (1 day only) Yes Yes Yes-is only 1 day Yes Only 1 day Yes Yes to one day option No Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1 - 2 June 6-7 September 26	40, 75 & 100 145 40,100 kilometers 20,50 & 100 25,50,85,170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25,50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest
Fennessee Jack Daniel's "Bike to Jack & Back" Mid South Moderate No October 3-4 100,150 Franklin, TN	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Oregon Pennsylvania Pennsylvania	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley Bike MS: Explore Oregon Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Moderate Easy Easy Moderate Challenging Easy Moderate Moderate Moderate Challenging	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Yes to one day option No Yes Yes Yes Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 & 60	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona
FedEx "Rock-N-Roll"	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania Pennsylvania South Dakota	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS: New York City Bike MS: Historic New Bern Ride Bike MS: Ba&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley Bike MS: Escape to the Lake Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Cook Forest River Ride Bike MS: Keystone Country Ride Bike MS: Pedal the Plains 2009	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Valley Orio Valley Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania North Central States	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Easy Moderate Challenging Easy	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Only 1 day Yes Yes to one day option No Yes Yes No No No No No No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 1-2 August 1-2	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 75, 100 (day 1), 75 (day 2)	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD
Exas BP MS 150 Bike Ride Lone Star 7 out of 10 no April 18 - 19 Day 1 - 75, 85 100. Day 2 - 66, 77 Houston, TX	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania Pennsylvania Pennsylvania South Dakota South Dakota	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Sexplore Oregon Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Cook Forest River Ride Bike MS: Keystone Country Ride Bike MS: Keystone Country Ride Bike MS: Pedal the Plains 2009 Bike MS: Pedal the Plains 2009 Bike MS: Weekend Ride Around the Hills	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania North Central States North Central States	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Easy Moderate Moderate Challenging Easy Moderate Moderate Moderate Challenging Easy Moderate Easy Moderate Challenging Easy Moderate Easy Challenging	Yes no Yes (1 day only) Yes (1 day only) Yes Yes Yes-is only 1 day Yes Only 1 day Yes Yes Only 1 day Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 27 September 12-13 October 4 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 1-2 September 26 July 25-26 August 1-2 September 12-13	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 75 (day 2)	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD
Fixed Bike MS Sam's Club Frisco to Ft. Worth Lone Star 7 out of 10 no May 2-3 30 each day or 164 both days Frisco, TX	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York North Carolina North Carolina North Dakota Ohio Oregon Pennsylvania Pennsylvania Pennsylvania South Dakota South Dakota Tennessee	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Explore Oregon Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Keystone Country Ride Bike MS: Neystone Country Ride Bike MS: Pedal the Plains 2009 Bike MS: Weekend Ride Around the Hills Jack Daniel's "Bike to Jack & Back"	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania North Central States Mid South	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Easy Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Challenging Easy Moderate Challenging Challenging Moderate Easy Moderate Easy Moderate	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Ves to one day option No Yes yes No No No Yes No No No Yes No No No Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 12-2 September 26 September 26 July 25-26 September 26 October 3-4	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 30, 70, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN
Fexas Bike MS: Valero 2009 Alamo Ride to the River Lone Star 3 out of 10 yes October 3-4 75-mile, 100-mile - Day 1 or 60-mile - Day 2 San Antonio, TX Fexas Bike MS: BY Wild West Ride 2009 All America - Panhandle Office Moderate yes July 25-26 50, 150 Amarillo July Bike MS: Harmons Best Dam Bike Ride 2009 Utah State Easy Yes June 27-28 Day 1- 40, 75, 100, Day 2 - 40,75 Logan Ferancort 2009 All America - Vermont Moderate - Advanced yes August 8 20, 40, 75, 100 Castleton Firginia Bike MS: Ride Virginia 2009 Central Virginia moderate yes June 6-7 175, 150, 50, 25 Richmond Firginia Bike MS: Beyond the Beltway National Capital Moderate Saturday or Sunday June 6-7 30, 60, 100 (Saturday) 50 (Sunday) Middleburg, Virginia	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania Pennsylvania South Dakota South Dakota Tennessee Tennessee	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS: Historic New Bern Ride Bike MS: Historic New Bern Ride Bike MS: Bå&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Ride the Wind 2009 Bike MS: Venture the Valley Bike MS: Escape to the Lake Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Keystone Country Ride Bike MS: Pedal the Plains 2009 Bike MS: Weekend Ride Around the Hills Jack Daniel's "Bike to Jack & Back" FedEx "Rock-N-Roll"	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Valley Ohio Valley Western Pennsylvania Western Pennsylvania Western Pennsylvania North Central States North Central States Morth Central States North Central States North Central States Mid South Mid South	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Easy Moderate Challenging Easy Moderate Challenging Easy Moderate Challenging Easy Moderate Challenging Easy Moderate	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Only 1 day Yes Ves to one day option No Yes Yes No No Yes No No No No No No No No No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 1-2 September 12-13 October 3-4 September 12-13	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN
Fexas	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York North Carolina North Carolina North Dakota Ohio Oregon Pennsylvania Pennsylvania Pennsylvania South Dakota South Dakota South Dakota Tennessee Tennessee Texas	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS: New York City Bike MS: Historic New Bern Ride Bike MS: Blat Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Escape to the Lake Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Cook Forest River Ride Bike MS: Neystone Country Ride Bike MS: Weekend Ride Around the Hills Jack Daniel's "Bike to Jack & Back" FedEx "Rock-N-Roll" BP MS 150 Bike Ride	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania Western Pennsylvania Western Pennsylvania Western States North Central States North Central States North Central States North Central States Mid South Lone Star	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy Moderate Easy to Challenging Easy Moderate Moderate Moderate Moderate Moderate Challenging Easy Moderate Challenging Easy Moderate Challenging Challenging Oderate Challenging Country Challenging Country C	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Yes to one day option No Yes Yes Yes No No Yes No No Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 27 September 12-13 October 4 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 1-2 September 12-13 October 3-4 September 12-13 April 18 - 19	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 Day 1 - 75, 85 100. Day 2 - 66, 77	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN Houston, TX
Utah Sike MS: Harmons Best Dam Bike Ride 2009 Bike MS: Clifford Chance Green Mountain Getaway Ride June 27-28 Day 1- 40, 75, 100, Day 2- 40,75 Logan All America - Vermont 2009 All America - Vermont Moderate - Advanced yes August 8 20, 40, 75, 100 Castleton Castleton Figinia Tour de Vine Bike MS: Ride Virginia 2009 Blue Ridge Medium yes June 6-7 175, 150, 50, 25 Richmond Charlottesville Firginia Bike MS: Beyond the Beltway National Capital Moderate Saturday or Sunday June 6-7 30, 60, 100 (Saturday) 50 (Sunday)	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York North Carolina North Carolina North Dakota Ohio Oregon Pennsylvania Pennsylvania Pennsylvania South Dakota Tennessee Tennessee Texas Texas	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Sexplore Oregon Bike MS: Explore Oregon Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Keystone Country Ride Bike MS: MS: Weekend Ride Around the Hills Jack Daniel's "Bike to Jack & Back" FedEx "Rock-N-Roll" BP MS 150 Bike Ride Bike MS Sam's Club Frisco to Ft. Worth	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania North Central States North Central States Mid South Mid South Lone Star Lone Star	Moderate Easy to Challenging Easy moderate Easy moderate Easy Easy Moderate Moderate Moderate Moderate Moderate Challenging Easy Moderate To Challenging Moderate To Challenging Moderate To Challenging Moderate To Challenging Moderate To Ut of 10 To out of 10	Yes no Yes (1 day only) Yes (1 day only) Yes Yes Yes-is only 1 day Yes Only 1 day Yes Yes to one day option No Yes Yes Yes No No Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 12-13 Ceptember 26 July 25-26 August 1-2 June 6-7 September 12-13 August 1-2 September 12-13 April 18-19 May 2-3	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 & 60 150 35, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 100,150 100,150 Day 1 - 75, 85 100. Day 2 - 66, 77 30 each day or 164 both days	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN Houston, TX Frisco, TX
Bike MS: Clifford Chance Green Mountain Getaway Ride /ermont 2009 All America - Vermont Moderate - Advanced yes August 8 20, 40, 75, 100 Castleton /irignia Bike MS: Ride Virginia 2009 Central Virginia moderate yes June 6-7 175, 150, 50, 25 Richmond /irignia Tour de Vine Blue Ridge Medium yes June 13-14 25,50,75,100 Charbottesville /irignia Bike MS: Beyond the Beltway National Capital Moderate Saturday or Sunday June 6-7 30, 60, 100 (Saturday) 50 (Sunday) Middleburg, Virginia	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania Pennsylvania South Dakota South Dakota Tennessee Tennessee Tennessee Texas Texas Texas	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast He Coast Bike MS Ride Hops to Hops Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS: Historic New Bern Ride Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley Bike MS: Escape to the Lake Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Keystone Country Ride Bike MS: Westend Ride Around the Hills Jack Daniel's "Bike to Jack & Back" FedEx "Rock-N-Roll" BP MS 150 Bike Ride Bike MS: Sam's Club Frisco to Ft. Worth Bike MS: Valero 2009 Alamo Ride to the River	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania North Central States North Central States Morth Central States Morth Central States North Central States Mid South Mid South Lone Star Lone Star	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy moderate Easy Easy Moderate Challenging Easy Moderate Challenging Easy Moderate Challenging Easy Moderate To ut of 10	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Ves to one day option No Yes Yes No No Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 1-2 September 12-13 October 3-4 September 12-13 April 18 - 19 May 2-3 October 3-4	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 100,150 Day 1 - 75, 85 100. Day 2 - 66, 77 30 each day or 164 both days 75-mile, 100-mile - Day 2	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN Houston, TX Frisco, TX San Antonio, TX
/ermont 2009 All America - Vermont Moderate - Advanced yes August 8 20, 40, 75, 100 Castleton /irginia Bike MS: Ride Virginia 2009 Central Virginia moderate yes June 6-7 175, 150, 50, 25 Richmond /irginia Tour de Vine Blue Ridge Medium yes June 13-14 25,075,100 Charlottesville /irginia Bike MS: Beyond the Beltway National Capital Moderate Saturday or Sunday June 6-7 30, 60, 100 (Saturday) 50 (Sunday) Middleburg, Virginia	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania Pennsylvania Pennsylvania South Dakota South Dakota Tennessee Texas Texas Texas Texas	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Escape to the Lake Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Cook Forest River Ride Bike MS: Weekend Ride Around the Hills Jack Daniel's "Bike to Jack & Back" FedEx "Rock-N-Roll" BP MS 150 Bike Ride Bike MS Sam's Club Frisco to Ft. Worth Bike MS: Deloro 1009 Bike MS Sam's Club Frisco to Ft. Worth Bike MS: Deloro 1009 Bike MS: BP Wild West Ride 2009	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania North Central States Lone Star Lone Star Lone Star All America - Panhandle Office	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy Easy Moderate Challenging Easy Moderate Challenging Easy Moderate Challenging Easy Moderate Totallenging Challenging Oderate Totallenging Totallenging Totallenging Totallenging Totallenging Moderate Totallenging	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Ves to one day option No Yes Yes Yes Yes No Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 27 September 12-13 October 4 September 12-13 October 4 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 1-2 September 12-13 October 3-4 September 12-13 April 18 - 19 May 2-3 October 3-4 July 25-26	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 Day 1 - 75, 85 100. Day 2 - 66, 77 30 each day or 164 both days 75-mile, 100-mile - Day 1 or 60-mile - Day 2 50, 150	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN Houston, TX Frisco, TX San Antonio, TX Amarillo
/Iriginia Bike MS: Ride Virginia 2009 Central Virginia moderate yes June 6-7 175, 150, 50, 25 Richmond /Iriginia Tour de Vine Blue Ridge Medium yes June 13-14 25,50,75,100 Charlottesville /Iriginia Bike MS: Beyond the Beltway National Capital Moderate Saturday or Sunday June 6-7 30, 60, 100 (Saturday) 50 (Sunday) Middleburg, Virginia	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania Pennsylvania South Dakota South Dakota Tennessee Tennessee Tennessee Texas Texas Texas	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley Bike MS: Escape to the Lake Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Pedal the Plains 2009 Bike MS: Weekend Ride Around the Hills Jack Daniel's "Bike to Jack & Back" FedEx "Rock-N-Roll" BP MS 150 Bike Ride Bike MS: Sam's Club Frisco to Ft. Worth Bike MS: Sam's Club Frisco to Ft. Worth Bike MS: Valero 2009 Alamo Ride to the River Bike MS: Valero 2009 Alamo Ride to the River Bike MS: Sam's Club Frisco to Bike Ride Bike MS: Sam's Club Frisco to Bike Ride Bike MS: Sam's Club Frisco to Bike Ride Bike MS: BP Wild West Ride 2009 Bike MS: Harmons Best Dam Bike Ride 2009	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania North Central States Lone Star Lone Star Lone Star All America - Panhandle Office	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy Easy Moderate Challenging Easy Moderate Challenging Easy Moderate Challenging Easy Moderate Totallenging Challenging Oderate Totallenging Totallenging Totallenging Totallenging Totallenging Moderate Totallenging	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Ves to one day option No Yes Yes Yes Yes No Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 27 September 12-13 October 4 September 12-13 October 4 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 1-2 September 12-13 October 3-4 September 12-13 April 18 - 19 May 2-3 October 3-4 July 25-26	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 Day 1 - 75, 85 100. Day 2 - 66, 77 30 each day or 164 both days 75-mile, 100-mile - Day 1 or 60-mile - Day 2 50, 150	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN Houston, TX Frisco, TX San Antonio, TX Amarillo
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/irginia Bike MS: Beyond the Beltway National Capital Moderate Saturday or Sunday June 6-7 30, 60, 100 (Saturday) 50 (Sunday) Middleburg, Virginia	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Dakota Ohio Oregon Pennsylvania Pennsylvania Pennsylvania South Dakota South Dakota Tennessee Texas Texas Texas Texas Texas Utah Vermont Virginia	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS: New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Escape to the Lake Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Neystone Country Ride Bike MS: Weekend Ride Around the Hills Jack Daniel's "Bike to Jack & Back" FedEx "Rock-N-Roll" BP MS 150 Bike Ride Bike MS: Valero 2009 Alamo Ride to the River Bike MS: Delar Dolar Ride 2009 Bike MS: BP Wild West Ride 2009 Bike MS: BP Wild West Ride 2009 Bike MS: BP Wild West Ride 2009 Bike MS: BP Larmons Best Dam Bike Ride 2009 Bike MS: Harmons Best Dam Bike Ride 2009 Bike MS: Ride Virginia 2009 Bike MS: Ride Virginia 2009	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina Office Central States Ohio Buckeye Ohio Valley Oregon Western Pennsylvania Western Pennsylvania Western Pennsylvania Western Pennsylvania Western Pennsylvania Western Pennsylvania Uestern Pennsylvania U	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy Moderate Moderate Easy Easy Easy Moderate Moderate Moderate Moderate Moderate Moderate Challenging Easy Moderate To	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Yes to one day option No Yes Yes No Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 27 September 12-13 October 4 September 12-13 October 4 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26 July 25-26 August 1-2 September 12-13 October 3-4 September 12-13 April 18-19 May 2-3 October 3-4 July 25-26 June 27-28 August 8 June 6-7	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75, 100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 & 860 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 20, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 1	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN Houston, TX Frisco, TX San Antonio, TX Amarillo Logan Castleton Richmond
/irginia Bike MS: Ocean to Bay Ride Hampton Roads Easy Yes - Saturday, 60 miles May 30-31 Sat. 60, 75, 100; Sun. 75, 100 Cape Charles, VA	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New Jersey New York North Carolina North Carolina North Dakota Ohio Ohio Ohio Oregon Pennsylvania Pennsylvania Pennsylvania South Dakota South Dakota Tennessee Tennessee Texas Texas Texas Texas Texas Utah Vermont Virginia	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast the Coast Bike MS Ride Hops to Hops Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS: New York City Bike MS: Historic New Bern Ride Bike MS: BB&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley Bike MS: Exciper Oregon Bike MS: Exciper Oregon Bike MS: Excape to the Lake Bike MS: Excape to the Lake Bike MS: Rystone Country Ride Bike MS: Pedal the Plains 2009 Bike MS: Pedal the Plains 2009 Bike MS: Weekend Ride Around the Hills Jack Daniels' Silke to Jack & Back' FedEx "Rock-N-Roll" BP MS 150 Bike Ride Bike MS: Valero 2009 Alamo Ride to the River Bike MS: Valero 2009 Alamo Ride to the River Bike MS: Ped WS: Harmons Best Dam Bike Ride 2009 Bike MS: Cilifford Chance Green Mountain Getaway Ride 2009 Bike MS: Ride Virginia 2009 Bike MS: Ride Virginia 2009	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina Central North Carolina North Central States Ohio Buckeye Ohio Valley Ohio Valley Oregon Western Pennsylvania Western Pennsylvania North Central States All America - Panhandle Office Utah State All America - Vermont Central Virginia Biue Ridge	Moderate Easy to Challenging Easy Moderate Easy Moderate Challenging Easy Moderate Moderate Moderate Moderate Moderate Challenging Easy Moderate Tout of 10 Moderate Easy Moderate Easy Moderate Advanced Moderate Easy Moderate Advanced Moderate	Yes no Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Ves to one day option No Yes Yes No No Yes No	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1 - 2 June 6-7 September 26 July 25-26 August 1-2 September 26 July 25-26 August 1-2 September 12-13 October 3-4 September 12-13 April 18 - 19 May 2-3 October 3-4 July 25-26 June 27-28 August 8 June 6-7 June 13-14	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 & 60 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 Day 1 - 75, 85 100. Day 2 - 66, 77 30 each day or 164 both days 75-mile, 100-mile - Day 1 or 60-mile - Day 2 50, 150 Day 1 - 40, 75, 100 Day 1 - 50, 50, 25 25, 50, 75, 100	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN Houston, TX Frisco, TX San Antonio, TX Amarillo Logan Castleton Richmond Charlottesville
	Missouri Montana New Hampshire New Jersey New Jersey New Jersey New York New York North Carolina North Carolina North Dakota Ohio Ohio Oregon Pennsylvania Pennsylvania South Dakota South Dakota Tennessee Texas Texas Texas Texas Texas Utah Vermont Virginia Virginia	Bike MS: Express Scripts Gateway Getaway Ride 2009 UPS Bike MS presented by ConocoPhillips Bike MS: NH Seacoast Escape Great New Jersey Country Bike MS Ride Coast Bike MS Ride Hops to Hops Bike MS Ride Hops to Hops Bike MS Ride Twin Forks BikeMS Bike MS: Historic New Bern Ride Bike MS: Historic New Bern Ride Bike MS: Ba&T Tour to Tanglewood Bike MS: Ride the Wind 2009 Bike MS: Pedal to the Point Ride 2009 Bike MS: Venture the Valley Bike MS: Escape to the Lake Bike MS: Escape to the Lake Bike MS: Cook Forest River Ride Bike MS: Cook Forest River Ride Bike MS: Weskend Ride Around the Hills Jack Daniel's "Bike to Jack & Back" FedEx "Rock-N-Roll" BP MS 150 Bike Ride Bike MS Sam's Club Frisco to Ft. Worth Bike MS: Valero 2009 Alamo Ride to the River Bike MS: BP Wild West Ride 2009 Bike MS: Harmons Best Dam Bike Ride 2009 Bike MS: Cilford Chance Green Mountain Getaway Ride 2009 Bike MS: Ride Virginia 2009 Tour de Vine Bike MS: Beyond the Beltway	Gateway Area All America - Montana Office Central New England New Jersey Metro New Jersey Metro New Jersey Metro Long Island New York City Eastern North Carolina North Central States Ohio Valley Ohio Valley Oregon Western Pennsylvania Western Pennsylvania North Central States Mid South Mid South Lone Star Lone Star All America - Panhandle Office Utah State All America - Vermont Central Virginia Blue Ridge National Capital	Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Easy to Challenging Easy Moderate Easy Easy Moderate Challenging Easy Moderate Challenging Easy Moderate Challenging Easy Moderate To all to a solution of the company of the compan	Yes no Yes (1 day only) Yes (1 day only) Yes Yes-is only 1 day Yes Only 1 day Yes Only 1 day Yes Ses Yes to one day option No Yes Yes No No No No No No No Yes No No No No No Ses No No No No No Ses	September 12-13 August 29-30 August 8 September 12-13 May 16-17 September 27 September 12-13 October 4 September 12-13 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 26-27 July 25-26 August 15-16 August 29-30 Aug 1-2 June 6-7 September 12-13 October 3-4 September 12-13 April 18 - 19 May 2-3 October 3-4 July 25-26 June 27-28 August 8 June 6-7 June 13-14 June 6-7	40, 75 & 100 145 40,100 kilometers 20, 50 & 100 25, 50, 85, 170 40 20 (Sat only), 50, 75 30, 45, 66, 100 30, 75, 100 90 miles over two days; Routes ranging from 20 to 100 on Day 1 75, 100 (day 1), 75 (day 2) 30,75,100,150 25, 50, 75 mile option both days D1: 35/55/100 D2: 30/60 150 35 &60 150 75, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 75 (day 2) 30, 70, 100 (day 1), 20, 45, 75 (day 2) 100,150 100,150 100,150 Day 1 - 75, 85 100. Day 2 - 66, 77 30 each day or 164 both days 75-mile, 100-mile - Day 1 or 60-mile - Day 2 50, 150 Day 1 - 40, 75, 100, Day 2 - 40,75 20, 40, 75, 100 175, 150, 50, 25 25,50,75,100 30, 60, 100 (Saturday) 50 (Sunday)	Columbia Billings, MT Manchester Morristown West Long Branch Lambertville Southampton New York City New Bern, NC Greensboro, NC Horace, ND Middleburg Heights Oregonia Stayton Portersville Cook Forest Altoona Sioux Falls, SD Keystone, SD Franklin, TN Memphis, TN Houston, TX Frisco, TX San Antonio, TX Amarillo Logan Castleton Richmond Charlottesville Middleburg, Virginia