

bike MS

KANSAS CITY RIDE FAQS

bike to
create a world
free of MS

SEPTEMBER 17-18, 2011

Shawnee Heights Middle School in Topeka, KS
to South Park in Lawrence, KS

MILEAGE OPTIONS

- **DAY ONE: 38, 71 & 114 MILES.** All routes will experience the great rest stops as they ride into Lawrence for an even bigger and better overnight than ever before. Five miles may be eliminated from the Century route, depending on construction. The decision to take the 75-mile versus the 114-mile route occurs at the lunch rest stop (#5) at approximately mile 59.
- **DAY TWO: 38 & 71 MILES.** Both routes will begin at South Park in Lawrence and will finish at the starting line at Garmin's Headquarters in Olathe.

THE VILLAGE

- **THE VILLAGE IS HOPPING!** All along South Park (11th to 12th Street), Massachusetts Street will be closed for Bike MS.
- **TENTS:** The Boulevard Hospitality Tent will serve beer and feature live music and general info about the weekend; The Research Medical VIP Tent will be available for TreadSetters with a special spread of food and drink; The Ameriprise Information Tent will provide detailed info about the Village activities, including tent maps, the music line-up and vendors.
- **TEAMS:** From the Vermont St. side, teams will be able to bring supplies into the Village by vehicle, but vehicles cannot be parked on the grass. All supplies needs to be delivered to tents by 10 a.m. to ensure the safety of all people involved. No vehicles will be allowed in the park after.
- **ACTIVITIES:** Invite your family to enjoy the festivities including a playground, bounce house and many other fun things!
- **FESTIVAL:** Ingredient will host a festival of music, food and drink on the East side of South Park. Starting at noon Saturday, listen to live bands on two separate stages while enjoying tastes of Lawrence from local food and drink vendors. The MS Society will not have a free pasta dinner, but meals will be available for purchase through vendors, with a portion of the proceeds benefiting the MS Society.

START/FINISH

- The ride begins at Shawnee Heights Middle School: 4335 Southeast Shawnee Heights Rd., Tecumseh, KS on Sept. 17.
- Start line will open at 7 a.m.
- The second day begins at 7 a.m. at South Park in Lawrence.
- Riders will cross the finish line at Garmin in Olathe on Sept. 18. You will get your finish medallion, claim your luggage, grab food and listen to music. Don't forget to take your bicycle home!

THE OVERNIGHT

- **ACCOMMODATIONS:** Free outdoor camping in South Park is on a first-come, first-served basis. Limited indoor camping will be in the Lawrence Recreation Center. There are also many hotels.
- **SHUTTLES:** Purchase a \$5 ticket and receive shuttle service to your hotel on Saturday and back to the start line on Sunday. Schedules will be in the Ameriprise Info Tent.
- **SHOWERS:** Portable showers will be available at South Park. Our contracted vendor has successfully provided clean, private, warm shower services to many other Bike MS rides across the country.
- **ONE DAY ONLY RIDERS:** A shuttle back to the Olathe start from Lawrence will be available for those only participating on Saturday. If you have not yet reserved a spot, call the MS Society.
- **DAY TWO RIDERS:** The MS Society will not provide shuttles back to Topeka from Olathe. However, riders who need a way back to Topeka on Sunday can share their need by connecting with other riders through a Google Group: Bike MS-Topeka Ride Share (<http://groups.google.com/group/bike-ms-topeka-ride-share>) or (bike-ms-topeka-ride-share@googlegroups.com). If the demand for rides from Olathe to Topeka outstrip the supply of rides, other accommodations may be arranged.

DID YOU KNOW?

BIKE MS: KANSAS CITY HAS NEW CHANGES!

bigger overnight in Lawrence

one or two day options

destination ride

two startlines: Olathe & Topeka

new mileage options:
38, 71, 114

short route to Lawrence

OFFICIAL BIKE STORES

BICYCLE SHACK

Kansas City, MO
bicycleshack.com

BIG POPPI BICYCLE CO.

Manhattan, KS
bigpoppibikes.com

BIKE STOP

Blue Springs & Lee's Summit, MO
bikestoponline.com

BIKESOURCE

Overland Park, KS
bikesourcekc.com

BISCARI BROTHERS BICYCLES

Liberty & Kansas City, MO
biscaribrothersbicycles.com

CAPPS BIKE SHOP

Topeka, KS
cappsbikeshop.com

CYCLE CITY BIKE & RUNNING CO.

Kansas City & Parkville, MO
cyclecitykc.com

EPIC BIKE & SPORT

Kansas City, MO
epicbikeandsport.com

FAMILY BICYCLES

Kansas City, MO
familybicycleskc.com

HIGH GEAR CYCLERY INC.

Emporia, KS
ridehighgear.com

THE PATHFINDER

Manhattan, KS
thepathfinder.com

TREK BICYCLE STORE OF KC

Shawnee, KS
trekbicyclestores.com

THE WHEEL CYCLERY

Kansas City, MO
thewheelcyclery.com

PACKET PICK-UP

FRIDAY, SEPT. 16

5:30-7:30 p.m.
Shawnee Heights Middle School
4335 Southeast Shawnee Heights Road
Tecumseh, KS

SATURDAY

5:30 a.m. - 7 a.m. (until ride begins)
Shawnee Heights Middle School
4335 Southeast Shawnee Heights Road
Tecumseh, KS

REMINDER: The \$200 fundraising minimum must be turned in before participants can receive their packet.

JERSEY: This year the fundraising minimum is \$800 to receive the official 2011 Bike MS jersey.

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