

# YOU

*Can help create  
a world free of MS*



**bike**  
**MS**

bike to  
create a world  
free of MS

*Get ready for the  
weekend of your life*

BIKE MS: NEBRASKA RIDE » SEPTEMBER 7-8, 2013

BIKE MS: OZARKS RIDE » SEPTEMBER 7-8, 2013

BIKE MS: WICHITA RIDE » SEPTEMBER 7-8, 2013

BIKE MS: KANSAS CITY RIDE » SEPTEMBER 14-15, 2013

BIKE.MSMIDAMERICA.ORG  
OR 1.800.344.4867

1 OR 2 DAYS » INDIVIDUALS OR GROUPS »  
OPPORTUNITIES FOR EVERYONE!

bike  
MS

# Volunteer opportunities for everyone

Volunteers provide key support to Bike MS all year, from serving on planning committees, calling past participants to providing overall support. Together we will provide support, raise money, have fun, and make a difference in the lives of people living with MS. Ask your friends to join you on the Bike MS Volunteer Team today at [bike.MSMidamerica.org](http://bike.MSMidamerica.org)!

## WAYS YOU CAN HELP

- » **AMATEUR RADIO/HAM OPERATORS** - Provide communications during the ride.
- » **AREA MANAGER** - Leadership role overseeing processes and volunteers for a particular area.
- » **BIKE CHECK-IN/CHECK-OUT** - Organize bikes by rider numbers and carefully storing them in a secured area.
- » **CHEER/FLAIR** - Decorate sites and cheer on cyclists at the Finish Line.
- » **FOOD SERVICE** - Serve tasty food to hungry cyclists.
- » **LUGGAGE TEAM** - Assist with luggage loading, storage and retrieval.
- » **MEDICAL TEAM** - Certified medical professionals (EMTs, paramedics and nurses) administer first aid at main sites.
- » **MOTORCYCLE MARSHALL** - Patrol the route, check well-being of riders, and respond to emergencies and traffic situations.
- » **PACKET PICK-UP** - Distribute rider packets, T-shirts and goodie bags to participants.
- » **PLANNING COMMITTEE** - Help plan and organize the Bike MS event.
- » **REST STOPS/LUNCH STOPS** - Set up, take down and manage rest stops and lunch.
- » **SAG DRIVERS** - Drive Support & Gear (SAG) vans.
- » **SITE LEADERS** - Oversee the Start Line, Overnight or Finish Line.
- » **SITE SETUP & TEAR DOWN** - Load and unload supplies and equipment.
- » **SUPPLY TRUCK DRIVER** - Drive, load and unload trucks carrying supplies and refrigerated items.
- » **WAREHOUSE TEAM** - Organize supplies and load trucks the week prior.
- » **AND MORE!**



## WHY VOLUNTEER?

Each volunteer's contribution, large or small, provides support for more than 55,000 people affected by multiple sclerosis in our Chapter area. You'll be able to walk away with the gratification of knowing you helped create a world free of MS by supporting those who raise over \$2.1 million for multiple sclerosis. Plus everyone gets a FREE T-shirt, meals while working and community service hours!

**Volunteer Today**

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