

bike



bike to  
create a world  
free of MS

**Bike MS:  
Kansas City Ride 2014**

**Volunteer Manual**

September 13& 14

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## who's who at bike ms 2014

### Staff

Chapter President	Tami Greenberg
Sr. Development Director	Kris Rauh
Sr. Development Manager - Bike MS	Sean Staggs
Teams Manager	Jennifer Melling
Volunteer Coordinator	Libby Kreighbaum

### Volunteer Leads for the Ride

Communications	Herb Fiddick
Medical	Travis Marshall
Rest Stops	JB West
Safety	Bea Westhues
SAG & Truck Drivers	Jeff Butler
Motorcycles	Joel Grieshaber

## locations

**Start/Finish:** Garmin Headquarters  
1200 East 151st St., Olathe, KS 66542

**Overnight site:** South Park  
12th & Massachusetts, Lawrence, KS 66044

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## thank you!

Thank you for volunteering your time and talents for Bike MS 2014! Over 2,000 cyclists will raise over \$1.3 million this year! Without you, this event could not take place. With you, we get one mile closer to a cure.

As we prepare for Bike MS, our common goal is to host the safest, smoothest, best supported and most enjoyable fundraiser ever. We can accomplish that by working together, being flexible, being positive and **paying very close attention to the information in this orientation manual.** This manual will provide you with important information that will allow you to enjoy your volunteer experience and ensure you are prepared for situations that may arise.

As a thank you and to identify your position, you will receive a Bike MS Volunteer T-shirt. Not only will this identify you as a source of help and function as your meal ticket, but it is your way of letting everyone know that you have joined the movement toward a world free of MS!

Thank You!

## table of contents

ABOUT MS	3
ABOUT THE RIDE	4
FAQ	5
DOS & DON'TS	6
ROUTE RULES	7
REST STOPS	8
POSITION DESCRIPTIONS	9-12
RULES OF THE ROAD	13
INCIDENTS	14
HOSPITALS	15
LOWER THE RISK	16
CONTACT US	BACK

## About Multiple Sclerosis

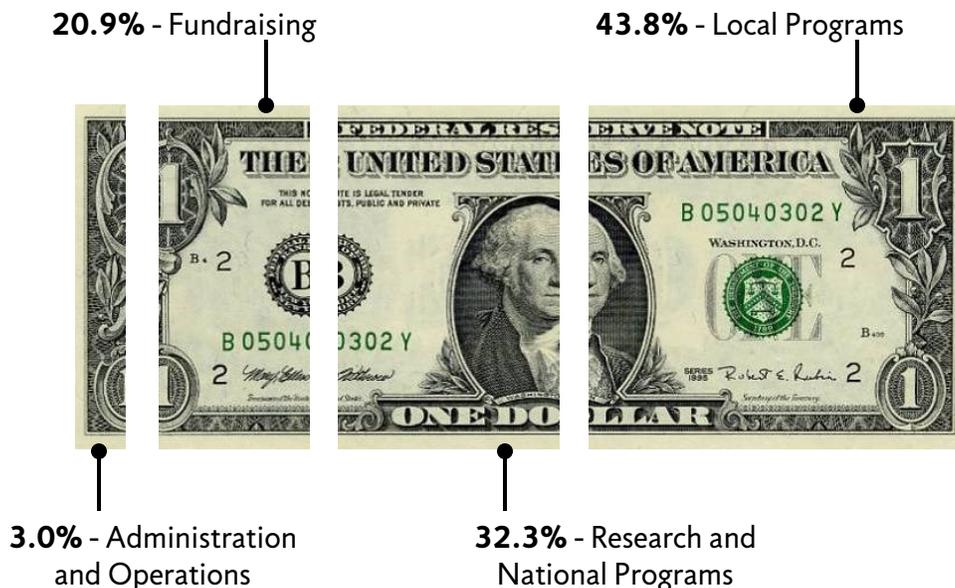
Multiple sclerosis interrupts the flow of information from the brain to the body and stops people from moving. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men contracting the disease. MS affects more than 400,000 people in the United States, and 2.5 million worldwide.

## About The National Multiple Sclerosis Society

We are a collective of passionate individuals who want to do something about MS now—to move together toward a world free of multiple sclerosis. MS stops people from moving. We exist to make sure it doesn't. We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS. The Mid America Chapter serves 253 counties in Kansas, Nebraska, and western Missouri, offers programs and services to over 55,000 individuals and annually raises nearly \$5 million to create a world free of MS. Join the movement at [nationalMSSociety.org](http://nationalMSSociety.org).

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce further disease activity and improve quality of life for people with multiple sclerosis. Talk to your healthcare professional and contact the National MS Society at [www.nationalMSSociety.org](http://www.nationalMSSociety.org) or 1-800-344-4867 to learn about ways to help people with multiple sclerosis and about current research that one day will reveal a cure.

## where the money goes



# about the ride

## THE CYCLISTS:

- Our goal is 2200 cyclists joining the movement to do something BIG for MS.
- Many have family members or friends affected by the disease.
- Each cyclist will raise at least \$200.
- Individuals, teams and companies from across the area make Bike MS the largest cycling event in Kansas City.

## THE ROUTES:

- The Saturday only **Short Route** is a 36-mile casual ride.
- The **Traditional Route** takes cyclists on a 141-mile journey from Olathe to Lawrence and back again over two days.
- Some extreme cyclists ride the **Century Loop** totaling 102 miles on Saturday.

## THE VILLAGE:

Whether on a team or this is the place to be! celebration at South enjoy live music, the rally

The routes are signed in 4 colors:  
**Day 1** to Lawrence: Orange  
**Short Route:** Green  
**Century Route:** Blue  
**Day 2** to Olathe: Orange

not, Saturday night  
 Join the village  
 Park in Lawrence to  
 and lots of fun!

# meals

Saturday, September 13			
breakfast	start line	5:30 am	Chris Cakes
lunch	on route/ overnight	10:30 am- 1:30pm	
dinner	Vendors in South Park	5:30pm	Vendors

\*If you are close to the finish line, you may be asked to come to Garmin for lunch

Sunday, September 14			
breakfast	start Line	5:30 am	Chris Cakes
lunch*	on route	10:30 am- 1:30pm	
picnic	Garmin HDQTRS Olathe, KS	12:30- 5:30pm	Finish Line Meal

### What should I bring?

- > Volunteer Manual
- > Missouri road map and Bike route map
- > Check the forecast before you leave home and be prepared for the weather: Sunscreen, hat, umbrella, coat, etc.
- > Comfortable shoes
- > ID and Emergency Contact Info
- > Program emergency numbers in your cell phone
- > Small cooler with drinks (no alcohol)
- > Personal snacks
- > \$5 for breakfast on Saturday morning
- > Basic toiletries (deodorant, toothbrush, hand sanitizer, etc.)
- > Something to do - there may be lulls in cyclists depending on your position so feel free to bring a book, newspaper, or something simple to do.

\*Check out your job description for specific items you may need \*

### How much money do I have to raise?

While volunteers are not required to fundraise, this is a fundraising event and volunteers are welcome to join the effort!

### Where do I park?

Please park in the designated parking areas at all locations. Rest stop workers may park near their designated locations. If you are serving on the safety patrol along the route, please pull completely off the route and walk to your assigned location.

### Can we eat?

The meal schedule is on page 4, but please be sure to bring snacks as it is subject to change.

### Can I bring friends?

The more, the merrier! Make sure they check in and sign a waiver before they help.

### What if it rains?

Bike MS 2013 will take place rain or shine. Extreme weather conditions may warrant adjustments to the ride and will be communicated.

## accommodations

If you are planning on spending Saturday night with us, sleeping arrangements are varied. **If you haven't already made arrangements, plan ahead now for where you'll be staying:**

- Check hotels in the vicinity of your assignment to reserve a room. Regular rates apply.
- Camping is available at South Park first come first served. (No fee.)
- RV hookups will NOT be available.
- Free indoor "camping" available in the Lawrence Recreation Center.
- Portable Showers are available at South Park. These will be clean, private and warm.

## dos & don'ts

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**Do - Look through this manual.** It contains valuable information you won't find anywhere else!

**Do - Bring** the "What should I bring?" items on page 5.

**Do - Check-in.** If you are along the route, call your position leader when you arrive. If you are assigned to a location, go to the volunteer check-in. Rest stop captains need to let their HAM radio operator know when they arrive.

**Do - Wear your volunteer t-shirt** (and name tag if applicable) so cyclists can identify you as an official volunteer with Bike MS.

**Do - Display your Official Vehicle sign** if you are working the route.

**Don't - Drive on the route.** Reference the provided maps to find alternate routes. Take I-35 or K-10 Hwy and drive past the Rest Stop or location you want; then get on the route. That way, you are driving facing the riders. This will save gas and time and will not congest the route with cars, which makes the route safe for riders.

**Don't - Block vehicular or cyclist traffic!!** You create an instant safety issue when cyclists or other motorists have to pass around you to gain access to a road or rest stop. You are still obliged to follow all laws. If you see someone parked and blocking traffic, please ask them to move to a safer location.

**Don't - Stop traffic.** We are not allowed to stop traffic. Safety volunteers are in place to ensure that cyclists stop for oncoming traffic and to alert approaching motorists if there are cyclists crossing. All right-of-way laws apply to our ride.

**Do - Call NET control** if you have an emergency situation.

**Don't - Call NET control to chat.** These lines need to stay as clear as possible to ensure that pertinent information is being received. If you have a non-emergency issue, please use the numbers that will be provided the weekend of the ride.

**Do - Alert the appropriate Bike MS contacts** if a volunteer or cyclist is violating laws or creating a dangerous situation along the route. There are specific individuals who have been trained to handle these situations.

## HOW TO DRIVE A VEHICLE ON THE ROUTE

- **DO NOT** honk your horn (even good-naturedly). This startles the riders and could cause them to lose their balance.
- **Avoid driving on the route** unless absolutely necessary! Be aware of alternate routes to get where you are going without driving on the route. Please reference the provided maps.
  - On both days, you can get to and from most locations by using I-35 or K-10 Highways, or possibly 169 or K-32 or I-70 (Century Route) and turning south or north on the nearest state highway or country road.
- **Be familiar with the route.** Look ahead or have your riding partner read the map carefully to ensure your familiarity with: Rest Stop locations, routes, major highways and access to local hospitals
- **Always** obey the laws and common sense rules of driving.
- **Always** have your headlights & flashers on when driving among the cyclists.
- **Always** drive slowly and cautiously.
- **DO NOT** follow the riders too closely! This makes them nervous and they may make a wrong move. Allow at least one car length in distance between you and the closest bicycle for every 5mph you are driving.
- **Be alert** at all times. The riders may be tired and not totally aware of their surroundings.
- **Look out for bicycles:** Parked behind or beside buildings, leaning against trees, or in the ditch beside the road. These may be signs of riders lost or in need of help.

## The key to a successful event is using precaution and safety at all times. As a volunteer of the National MS Society, we ask you to abide by the following guidelines.

- Volunteer Consent Forms must be signed by all volunteers and will be kept on file throughout the weekend of the ride.
- Utilize and obey safety patrols and law enforcement in all traffic intersections.
  - Safety Patrols must keep an eye out for individuals who may not be following the rules of the road or safety procedures. Remember, the Society reserves the right to remove any individual who may jeopardize the safety of themselves and others.
  - Safety Patrols must be cautious while canvassing their routes and ensure the safety of themselves and others.
  - Police authorities are the only people to direct traffic.
- Individuals that become extremely fatigued must stop and take some time to rest. Another individual will be placed in that position to provide the necessary support.
- Individuals using large oversize trucks are required to have another individual assist with guiding/backing into to tight positions to avoid collision or damage of property.
- In the event that a participant or volunteer needs to be accompanied to the hospital, a member of the MS Society staff will be sent.
- Only drivers experienced in the use of commercial vehicles should be allowed to drive rented trucks and vans on behalf of the Society.

**\*\*\*The use of alcohol is prohibited for volunteers!\*\*\***

# rest stops

## Saturday, SEPTEMBER 13

Spring Hill	Spring Hill Middle School 301 E. South St. Spring Hill, KS 66083	6:00am-8:30am
Hillsdale	23415 S Gardner Rd. Spring Hill, KS 66083	6:00am-10am
Edgerton	Edgerton Elementary 400 W. Nelson St. Edgerton, KS	6:30am-10:45am
Gardner	14625 Gardner Rd Gardner, KS 66030	7:00am-11:30am
De Soto	De Soto City Hall 32905 West 84th Street De Soto, KS 66018	8:00am-2:00pm
Eudora	CPA Park Eudora 9th & Maple Eudora, KS	8:30am-4:40pm
Basehor	Basehor-Linwood High School 2108 N 155th St. Basehor, KS	9:30am-2:45pm
Levee	21925 Tonganoxie Rd Tonganoxie, KS 66086	10:00am-4:00pm
Tonganoxie	15265 22nd Tonganoxie, KS 66086	10:15am-4:30pm

## Sunday, SEPTEMBER 14

Eudora	CPA Park Eudora 9th & Maple Eudora, KS	7:00am-9:30am
Tonganoxie	15265 22nd Tonganoxie, KS 66086	7:30am-10:30am
Levee	21925 Tonganoxie Rd Tonganoxie, KS 66086	8:00am-4:12:00pm
Basehor	Basehor-Linwood High School 2108 N 155th St. Basehor, KS	8:30am-2:45pm
De Soto	De Soto City Hall 32905 West 84th Street De Soto, KS 66018	8:00am-3:00pm
Gardner	14625 Gardner Rd Gardner, KS 66030	8:00am-4:00pm

Times listed are when Rest Stops open and close. Please note the closing time is an estimate.

If your supplies are not at the site when you arrive, the Rest Stop Truck is on its way. Please arrive on time to help unload and keep the truck on schedule!

You will have a HAM Radio operator as well as medical volunteers at your site. The radio operator is your link to staff, information and help with problems. In the case of an emergency or problem notify the radio operator first.

**All Rest Stop Captains will receive a *Rest Stop Captain Handbook* with important information for running a rest stop.** If you would like to receive one, please email Libby at [libby.kreighbaum@nmss.org](mailto:libby.kreighbaum@nmss.org)

# position descriptions

## pre-event

**Packet Pick up** - Check-in riders, hand out goodie bags, t-shirts and jerseys.

**September 8-11** from 7:00 a.m.—7:00 p.m.

**MS Society Office** - 7611 State Line Rd, Ste, 100, KC, MO 64114

**Truck Loading - September 5, 8-11, during the day - 10:00 am-4:00 p m**

Assist at our off-site storage location by sorting items, filling rest stop tubs and loading our trucks in preparation for the big day!

**Sign Crew - September 12 & Post event**

Sign the route prior to the ride and remove signs post-event. All materials provided.

**Site Set-up - September 12, 4 pm**

Begin set up of Garmin Headquarters and in Lawrence to prepare for Saturday.

## on route

**The Volunteer Lead will tell you when to arrive at your location**

### **Safety Patrol**

Direct riders along the route and ensure a safe route by looking out at across busy intersections.

**Things to bring: extra snacks, something to drink, folding chair, umbrella and broom to sweep gravel and sand off the road. Please consult the volunteer coordinator for your assigned intersection.**

### **Support and Gear (SAG)**

Provide support along the route, patrol an assigned segment looking for riders needing assistance and are able to take one or two riders ahead to the next rest stop. Display the official vehicle signs so cyclists know you are with the MS Society. Please consult the volunteer coordinator for your assignment.

- Individual and team SAG's are not allowed on the route and will be asked to leave the ride if they are an obstacle for other riders.
- Provide the MS Society with a copy of your driver's license, insurance and background paperwork.

### **Super SAG**

A school bus able to handle many riders and take them ahead to the finish line. If a rider needs more assistance, Super SAG will take them to Rest Stop 5. If the time period is after Rest Stop 5 is closed, the Super SAG will take them to the end of the route.

### **Motorcycle Crew**

Assigned segments of the route to patrol. Ensure safety and provide a link from route to Net Control. Please consult the volunteer coordinator for your assignment.

# position descriptions

## communication

### **HAM Radio Operator:**

FCC Licensed Amateur Radio Operators from KCMSS Amateur Radio Club are dedicated to furnishing public service communication. A HAM is assigned to each rest stop, mobile medical units, some hazard locations and main locations on the route. They will also be shadowing key staff and volunteers. They are in radio contact at all times with Net Control.

The communication team will be controlling the entire route by amateur (HAM) radios.

- Dispatches medical team to the scene of incident.
- Includes contact with key staff and medical team leader.
- Net control locations in Olathe and Lawrence.
- If you need to contact Net Control, use the nearest radio operator.

## medical

- Licensed medical volunteers will take care of the riders and volunteers during the event and coordinate activities during an emergency.
- Medical volunteers will be placed at every rest stop, start and finish lines and at the overnight site.
- These volunteers will be wearing t-shirts.
- Check-in for medical volunteers will be at Garmin Headquarters and in Lawrence.
- Medical Triage Center located in South Park Recreation Center. (see map)

### **FOR ALL VOLUNTEERS**

Documentation is key to any accident or injury. Incident/Injury reports, witness forms and refusal of medical attention forms can be found at the start or finish lines, with SAG drivers, safety patrol, HAM radio operators, medical volunteers, staff and in rest stop tubs. Whenever a situation occurs (from a skinned knee to a severe crash), complete the Incident/Injury Report, in addition to the witness form. **Please document all injuries** - no matter how minor they appear to be. If the participant refuses medical attention, they must sign a release form. See page 15 for more information regarding proper handling of incidents.

**\*\*Please refer medical issues to the volunteer medical crew\*\***

# sat. position descriptions

## Garmin, Olathe, KS/Topeka

### **Set up - 4:30am**

Final set up elements, including balloons, banners and more, before cyclists arrive.

### **Parking crew - 4:30am - Great for a group! (Olathe Only)**

Direct the flow of traffic as riders arrive on Saturday morning at Garmin Headquarters.

### **Photographer - 5:00am**

Photograph teams, the start line and the ride.

### **Rider Check-in - 5:00am - Great for a group!**

Includes Greeters, Registration and Check-in. Work Table, T-Shirt & Goodie Bag volunteers working together to assist participants the morning of Bike MS.

### **Luggage Loaders - 5:45am - Great for a group!**

Load rider luggage at the start line.

### **Short Route - 8:00am**

Multiple positions including flipping the site, serving lunch, cheering and wrapping up.

### **Site Flip & Wrap Up - 9:00am - Great for a group! (Olathe Only)**

Please stay and help us take down the start line and short route items to get the site ready for the day two finish line.

## Lawrence

### **Set up - 8:00am - Great for a group!**

Village set up before cyclists arrive.

### **Welcome Tent/Cheering - 11:00am & 2:45pm - Great for a group!**

Check in cyclists or cheer as they arrive and provide information regarding overnight festivities.

### **Beer Tent - 1:00pm**

Serve riders a cold beer at the overnight village in Lawrence. Must be at least 21.

### **Hotel Shuttle & One Day Bus - 1:00pm & 4:00pm - Great for a group!**

Assist cyclists as they look to go home or to their hotel for the evening.

### **Parking crew - 10:30am & 2:30pm - Great for a group!**

Direct the flow of traffic as riders arrive on Saturday in Lawrence.

# sun. position descriptions

## Lawrence

### **Breakfast Crew - 5:00am**

Assist with setting up breakfast items.

### **Luggage Loaders – 4:00am - Great for a group!**

Load rider luggage at the start line.

### **Photographer - 7:00am**

Photograph the start line and the ride.

### **Wrap Up– 8:00am- Great for a group!**

Completely wrapping up the event at South Park by putting away supplies and picking up.

## Garmin Headquarters

### **Set up - 8:30am**

Final set up elements, including balloons and setting up the finish line..

### **Luggage Unload – 10:00am - Great for a group!**

Unload and sort rider luggage when it arrives.

### **Rider Check-in - 10:00am & 2:00pm**

Check riders in as they cross the finish line and help answer any questions they may have.

### **Rider Announcers - 10:00am & 2:00pm**

Announce cyclists as they cross the finish line.

### **Cheering - 10:00am & 2:00pm - Great for a group!**

We need lots of people to come out and cheer at the finish line on Sunday! It's a great place to bring all your family and friends, Girl Scouts, Boy Scouts, Youth Group, Cheer Squad, whoever you know who likes to make noise!

### **Dinner Service - 10:00am & 2:00pm - Great for a group!**

Serve dinner to hungry cyclists who just finished their amazing two day journey.

### **Site Wrap Up– 2:00pm**

Completely wrapping up the event at the Garmin Headquarters by putting away supplies and picking up.

## **Bike MS Cyclist Rules of the Road**

- **All riders must obey all state and local traffic laws.**
- **All riders must obey all Law Enforcement Personnel, Ride Officials and Volunteers.**
- Every rider must wear a bicycle helmet that complies with the US Consumer Products Safety Commission Safety Standard.
- A parent or adult guardian must accompany riders 18 and younger at all times. The maximum ratio of adult-to-child riders is 1:3.
- Children must be 12 years old to participate in the event. There are no exceptions.
- Headphones, cell phones, ear buds, radios and similar audio devices used in, on or around the rider's head or ears are not permitted while riding.
- Equipment and accessories attached to a bicycle for transporting children and pets are not allowed. This includes, but is not limited to, bicycle trailers, Tag-along or Trail-a-bike products, and child carrier seats.
- Riders are not allowed to transport animals while riding.

**If you see any of these rules being violated, please report the rider the nearest radio operator or staff member. They will need the rider's number and a description of the prohibited activity.**

# incidents

## HOW TO HANDLE INCIDENTS ON THE ROUTE

**Radio for Assistance:** If you are without communication, retain a volunteer from among the riders to flag down a SAG or motorcycle to get communication established via a amateur (HAM) radio operator. Establish the nature of the situation, including rider number and location. If needed, call the medical volunteer team or an event official and request an ambulance if a rider is unconscious.

**Assist the Injured Rider:** If you are qualified, initiate basic first aid or CPR (if needed). Check for pulse and breathing. Control bleeding by using direct pressure. Do not move the rider unless their life is in danger if they are not moved. Moving the rider could exacerbate spinal cord or internal injuries. If the rider must be moved, stabilize their head, neck and spine. Do not allow their neck or spine to twist or bend. Provide Net Control with updates on the situation. Report the rider's number, as well as the rider number of any companion. You can find this number on the back of the rider's shirt or attached to the handlebars of the bicycle.

**Control the Crowd:** Designate several other volunteers to:

\*Slow traffic from both directions and clear the way for emergency vehicles.

\*Keep cyclists moving; prevent a crowd from gathering; obtain SAGs to remove uninjured riders no longer able to continue riding.

**Establish and Retain Witnesses:** If the rider is unconscious or has major trauma, designate a volunteer to retain witnesses who actually saw the incident occur. These witnesses should complete a witness report, which can be obtained from SAGs, motorcyclists or medical team volunteers. As scene coordinator, complete an incident investigation form if the rider receives medical attention. Only discuss the incident with MS Society staff.

**Please note:** Medical volunteers are not allowed to distribute items such as Tylenol or Aspirin. Please make sure the injured party knows they are available and can choose to administer the drug themselves.

## net control

If you are unable to find a medical volunteer or other volunteers to assist in securing medical attention, please call NET Control. They will be able to dispatch the proper volunteers and, if needed, emergency medical attention from their location.

**Before you call have the following information ready:**

Location of the incident

Rider Number(s) of those involved

Brief description of the issue/incident

**NET Control Number 913-353-6159**

## Routes to Nearest Hospitals

### Olathe Medical Center- 20333 West 151<sup>st</sup> Street, Olathe, KS (913) 791-4200

Directions:

**From Olathe:** Head South on S Cherry St toward W Loula St (0.3 mi) à Take the 3<sup>rd</sup> left onto E Elm St (0.2 mi) à E Elm St turns right and becomes S Harrison St (1.4 mi) à Take the I-35 S exit (0.2 mi) à Turn right onto W 151<sup>st</sup> St (0.2 mi) à Take the 1<sup>st</sup> left onto Access Rd (0.1 mi) à Turn right and destination will be on the left (417 ft).

**From Spring Hill:** Head north on S Webster St toward W Nichols St (1.6 mi) à Continue straight onto W 199<sup>th</sup> St (0.1 mi) à Turn right onto KS-7 N/US-169 N (6.1 mi) à Take the exit toward Kansas City (0.3 mi) à Turn left onto E 151<sup>st</sup> St (0.4 mi) à Turn left onto Access Rd (0.1 mi) à Turn right and destination will be on the left (417 ft).

**From Edgerton:** Head east on E Nelson St toward E 4<sup>th</sup> St (0.4 mi) à Continue onto Sunflower Rd (1.3 mi) à Turn left to merge onto I-35 N (12.3 mi) à Take exit 215 for US-169 S/KS-7 toward Paola (0.3 mi) à Keep left at the fork to continue toward E 151<sup>st</sup> St (0.2 mi) à Keep left at the fork, follow signs for US-169/Kansas City/151<sup>st</sup> Street/ Interstate 35 N (174 ft) à Turn left onto E 151<sup>st</sup> St (0.4 mi) à Turn left onto Access Rd (0.1 mi) à Turn right and destination will be on the left (417 ft).

**From De Soto:** Head east on W 82<sup>nd</sup> St toward Shawnee St (0.1 mi) à Take the 2<sup>nd</sup> right onto Delaware St (479 ft) à Take the 1<sup>st</sup> left onto 2<sup>nd</sup> St/ W 83<sup>rd</sup> St and continue to follow W 83<sup>rd</sup> St (0.6 mi) à Turn right onto S Kill Creek Rd (1.4 mi) à Turn left to merge onto KS-10 E (5.6 mi) à Take the exit onto KS-7 toward Olathe (5.5 mi) à Continue onto S Lone Elm Rd/ S Parker St (0.9 mi) à Turn left onto W 151<sup>st</sup> St (0.5 mi) à Take the 2<sup>nd</sup> right onto Access Rd (272 ft) à Take the 1<sup>st</sup> left (0.1 mi) à Turn right and the destination will be on the right (315 ft).

### Providence Medical Center- 8929 Parallel Pkway, Kansas City, KS (913) 596-4000

Directions:

**From Basehor:** Head north on 155<sup>th</sup> St toward Olive St (0.1 mi) à Take the 2<sup>nd</sup> right onto Leavenworth Rd (0.2 mi) à Turn right onto KS-7 S/ US-73 S/ N 139<sup>th</sup> St (1.0 mi) à Turn left onto Parallel Pkwy and destination will be on the right (6.2 mi).

### Lawrence Memorial Hospital- 325 Maine St, Lawrence, Ks (785) 505-5000

Directions:

**From Tonganoxie:** Head south on Bury St toward E 4<sup>th</sup> St (161 ft) à Take the 1<sup>st</sup> right onto E 4<sup>th</sup> St (0.3 mi) à Turn left onto US-24 W/US-40 W/ Chieftain Rd/ West St...Continue to follow US-24 W/ US-40 W (12 mi) à Turn left onto US-40 W/ US-59 S/ E 1450 Rd/ N 3<sup>rd</sup> St...Continue to follow US-40 W/ US-59 S (1.9 mi) à Turn right onto W 6<sup>th</sup> St (0.6 mi) à Turn right onto Maine St and destination will be on the left (0.3 mi).

**From Eudora:** Head south on Main St toward W 10<sup>th</sup> St (0.1 mi) à Take the 1<sup>st</sup> left onto E 10<sup>th</sup> St (0.2 mi) à Turn right onto Church St (0.8 mi) à Turn right to merge onto KS-10 toward Lawrence (7.1 mi) à Turn right onto Haskell Ave (0.5 mi) à Turn left onto E 19<sup>th</sup> St (0.8 mi) à Turn right onto Kentucky St (1.6 mi) à Turn left onto W 6<sup>th</sup> St (0.5 mi) à Turn right onto Maine St and destination will be on the left (0.3 mi).

**From Lawrence:** Head west on E 7<sup>th</sup> St toward Massachusetts St (0.2 mi) à Turn right at the 3<sup>rd</sup> cross street onto Kentucky St (0.1 mi) à Turn left onto W 6<sup>th</sup> St 0.5 mi) à Turn right onto Maine St and destination will be on the left (0.3 mi).

\*\*\*Only volunteers who have been approved to do so by the MS Society will transport cyclists or volunteers to the hospital\*\*\*

# lower the risk

**Take the following situations seriously. If you or a rider has one or more of the following symptoms, report to a member of the medical team immediately.**

- Fatigue
- Cuts/bruises
- Dehydration Signs
  - Dark yellow urine or no urine
  - Dry, sticky mouth and dry eyes
  - Fatigue
  - Dizziness or confusion
  - Heartburn or stomachache
  - Lower back pain
  - Headache and sunken eyes
  - Mental irritation or depression
  - Water retention
  - Lack of skin elasticity

<b>HOW TO DIAGNOSE AND TREAT HEAT DISORDERS</b>					
	<b>HEAT STROKE</b>	<b>HEAT EXHAUSTION</b>	<b>HEAT CRAMPS</b>	<b>FAINTING (Heat Syncope)</b>	<b>HEAT FATIGUE</b>
<b>Cause</b>	Failure of heat control mechanisms	Excessive loss of water and electrolytes over time	Lost water and electrolytes	Blood pooling in legs	Not acclimated to temperature
<b>Symptoms</b>	Hot dry skin (red or bluish), confusion, chills, loss of consciousness, convulsions, rapid pulse, body temp is <104F, can be fatal	Fatigue, weakness, dizziness, faintness, nausea, headache, moist clammy skin (pale or flushed), rapid pulse, normal or slightly elevated body temp	Painful muscle, spasms in arms, legs and abs during or after hard labor	Fainting while standing erect and immobile.	Rapid fatigue. Slow recovery. Skin is normal to flushed colored. Sweating normally.
<b>Treatment</b>	Medical Emergency, call for help. Cool the victim. Soak clothing and skin with cool water.	Have victim rest in cool area and drink fluids.	Rest, drink and eat more salty foods.	Move victim to a cool area. Have victim rest and drink plenty of fluids.	Acclimate to temp. Drink plenty of fluids.
<b>PREVENTION:</b> Drink at least 5 to 7 ounces of cool water every 15 to 20 minutes.					

## contact us

Do you have any questions? We can help! Contact us at...

**Address:** National MS Society - Mid America Chapter  
7611 State Line Road, Suite 100  
Kansas City, MO 64114

**Office Hours:** Monday - Friday, 8:30 am - 4:30 pm

**Phone:** 913-432-3926 800-344-4867

- For information on multiple sclerosis or the programs we provide...press or say 1
- For information on Bike MS and volunteer opportunities, or to speak with a staff member...press or say 2.

**Fax:** 816-361-2369

**Email:** midamericachapter@nmss.org

**Volunteers:** libby.kreighbaum@nmss.org

**Website:** www.msmidamerica.org



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