

# Get ready for the ride of your life

## TEN GREAT THINGS ABOUT BIKE MS

1. Multiple scenic and well-supported **route options** for cyclists of all riding levels.
2. **Personal fundraising webpage and online tools**, sample fundraising letters, fundraising prizes, and an updated website with tips and ideas!
3. **Training tools** like Training Peaks, training rides with local bike shops, and information on how to climb any pesky hills you might encounter.
4. Free Boulevard beer and a **family-friendly celebration** at the finish line.
5. **Well-stocked rest stops** along the route, so you're never without snacks and water for too long.
6. **Lunch and dinner options** on Saturday. If you stay for Sunday, we provide a free breakfast and lunch. And it will be delicious.
7. **Support of Bike Shop partners** will keep your bike running through the weekend.
8. **Safety training** info with rules of the road and cycling etiquette.
9. We, along with volunteers and family and friends, will be there to **cheer you on** as you cross the finish line! After all, we are your biggest fans!
10. **High standards** you have come to expect over the last 30 years: Same constant support, same top-quality event experience, and same mission to end MS forever.

### QUESTIONS? CONTACT US:

[MIDAMERICACHAPTER@NMSS.ORG](mailto:MIDAMERICACHAPTER@NMSS.ORG),

[@BIKEMSNE](https://www.facebook.com/MSMIDAMERICA)



## A world free of multiple sclerosis

Early and ongoing treatment with FDA-approved therapy can make a difference for people with multiple sclerosis.

Learn about your options by talking to your healthcare professional and contacting the National MS Society at [nationalMSSociety.org](http://nationalMSSociety.org) or 800.344.4867.

### THANK YOU TO OUR SPONSORS:



Real Learning for Real Life

The Official Bicycle Partners of Bike MS:



# Don't just ride, Bike MS

BIKE MS: NEBRASKA RIDE

START/FINISH IN BELLEVUE, NE

SEPTEMBER 7-8, 2013 » 1 OR 2 DAYS » 30-150 MILES



bike  
MS

bike to  
create a world  
free of MS

Register  
Today

[BIKE.MSMIDAMERICA.ORG](http://BIKE.MSMIDAMERICA.ORG)

402.505.4000 OR

1.800.344.4867

# Don't just *ride*, *Bike MS*

BIKE MS: NEBRASKA RIDE

SEPTEMBER 7-8, 2013 » 1 OR 2 DAYS » 30-150 MILES

Centered in Bellevue NE, Bike MS will take you farther than you've ever gone before. It's not just the miles that matter — it's the unforgettable journey. Join us for an event that's more than a ride — it's anticipation, camaraderie, personal accomplishment, and the knowledge that you're changing lives...making every mile that much sweeter. Don't just ride, Bike MS.



## *It's more than a ride*

Bike MS is an experience! Our ride features a fully-supported route with a safety team to guide you, and rest stops full of food and fluids every 8-12 miles to keep you going. Relax and unwind after your journey each day with live music, food and fun in our MS Village at Bellevue University. Invite your friends and family to meet you at the finish line and stay for the Mission Program to celebrate the difference you are making in the lives of people living with MS. Food and beverages for riders and their supporters are complimentary and continue into the night with a Husker Party for faithful fans to watch the game.

AN UNFORGETTABLE RIDE » 1 OR 2 DAYS  
30, 50, 75, 100 OR 150 MILES

### ROUTE OPTIONS FOR EVERY LEVEL OF CYCLIST

Starting and ending at Bellevue University each day, you'll enjoy scenic views while logging miles. Explore new territory and meet new people to cheer you on. With route options to accommodate all skill levels, anyone can sign up to make a difference!

FULL ROUTE DETAILS & MAP AVAILABLE ONLINE  
THIS SUMMER.

BIKE.[MSMIDAMERICA.ORG](http://MSMIDAMERICA.ORG)  
402.505.4000 OR 1.800.344.4867

## *Fundraising is easy as 1, 2, 3*

Fundraising is one of the most important elements of Bike MS. Each cyclist must raise at least \$200, but the majority of cyclists go above and beyond. All donations are tax-deductible. We provide several online tools and steps to make the fundraising process even easier than you can ever imagine.

**Step #1:** Know your networks

**Step #2:** Set your fundraising goal

**Step #3:** Share your commitment & make a plan

Funds raised from Bike MS are vital in providing programs and services to thousands of local families affected by MS.

## *A fun recreational ride, not a race*

The adventure of the Bike MS experience begins not on the first day of the event but the moment you begin training for it. The training process is a journey unto itself that will reward you with better health and fitness, greater calmness and energy in your daily life, more self-confidence, and more fun in the ride itself.

### TRAININGPEAKS & ONLINE TOOLS TO GUIDE YOU

We've teamed with [TrainingPeaks](http://TrainingPeaks), the official training software of Bike MS! TrainingPeaks is an interactive, web-based training log and food diary designed to help individuals achieve their health and fitness goals. Download custom-written cycling training plans, developed exclusively for us by renowned cycling expert Joe Friel, author of "The Cyclist's Training Bible". [These custom plans are FREE to our Bike MS participants!](#)

