

bike



bike to
create a world
free of MS

Motorcycle Manual

Bike MS: Ozarks Ride
September 12 & 13, 2015

THE NATIONAL MULTIPLE SCLEROSIS SOCIETY

bike.msmidamerica.org



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.

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 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.

PURPOSE

The Motorcycle Safety Team members provide the primary "EYES AND EARS ON THE ROUTE."

You provide the first notification that a cyclist is in need of help along the route. The help needed could be as simple as needing a SAG for transport to the next rest stop due to rider fatigue or a mechanical breakdown, or as major as an accident requiring immediate medical assistance.

GENERAL BIKE MS INFORMATION

The Bike MS route is approximately 80 miles on day one and 80 miles on day two, with an extra loop each day that totals 100 miles for those riders that want to ride the "Century" loop. A short 40 mile route will be offered on Saturday only. We will begin the ride on Saturday at Clever High School in Clever, MO and overnight at East Middle School in Joplin, MO, returning to Clever High School on Sunday.

There is a rest stop about every 10-14 miles along the route and one of the rest stops is designated as the "lunch" rest stop with a small meal provided. You are more than welcome to eat lunch as well as have dinner at the finish line on both days. Lunch is served at Rest Stop #5 on Day 1 and at Rest Stop #3 on Day 2.

You will be given a volunteer handbook with additional information, route maps, alternate directions, cell phone numbers and forms that you may need during this bike ride.

Bike MS may be delayed due to severe weather, like lightning, flooded roads, or a tornado; but rain, humidity, hot or cold temperatures, are not considered as problems for these dedicated riders and Bike MS will not be cancelled.

REQUIREMENTS

1. A motorcycle that is comfortable for you to ride, at a slow speed, for the entire period of your deployment.
2. A valid drivers license, current vehicle insurance, and be willing to agree to a DMV check that may be requested and paid for by the MS Society office.
3. Appropriate clothing for the anticipated weather for the day(s) of the ride. Remember this is a rain or shine ride.
4. A cell phone. In areas where service is available you phone will expedite getting help for the rider needing assistance.
5. A pen and small note book. You never know when you need to write something down.
6. Any personal items you may require like medications, etc.

SO WHAT ARE YOU GOING TO DO

You will be assigned a specific portion, or portions, of the route that you will "patrol." The portion will be between the start and a rest stop, or rest stop to rest stop, or rest stop to finish line. You will be doing a continuous loop of this part of the route.

As you ride alongside the cyclists, please give as wide a berth as possible, and look for people that are having problems. When you reach the "end" of your patrol area then you will ride back, facing the cyclists, and restart your loop. Cyclists use the "Thumb Up" I'm good, "Thumb Down" I need help, to help visually communicate with you.

As you leave the start/finish point of your loop, make sure that you RESET your Trip Odometer. When you stop for a rider needing assistance your location must be given based on distance from the rest stop you were last at. Example – "I am 5.2 miles out of RS #2 heading towards RS # 3". If you were on the return loop then your location could be "I am 6.2 miles out of RS #3 headed towards RS #2."

If there are multiple motorcyclists on the same loop – Please don't ride together. Keeping yourselves spaced apart provides maximum availability for the bike riders to contact you.

When you assist a cyclist that is stopped on the route, determine the problem and then call the SAG Hotline. The phone number will be provided closer to the ride date. You will need to provide the following information

1. The rider number or numbers if more than one cyclist is involved. We DO NOT use rider names for any reason. Net Control and the MS Director have that information and can provide it to necessary personnel.
2. The nature of the problem. Is this an emergency due to injuries requiring an ambulance? Is it a case of road rash from a minor fall, a bike mechanical problem, or rider fatigue? This provides the appropriate response vehicle.
3. Your location – Based on the start/finish point of your loop as mentioned above. This is critical as it will allow the fastest response.
4. Stay with the rider until the response vehicle has arrived.

If your cell phone doesn't work at your location then drive to the nearest hill to improve reception or the nearest rest stop and the HAM operator can get the message to Net Control. If you leave the rider to summon help, then please return to the rider until assistance arrives.

After assistance has arrived please start back on your loop.

It is hoped that you can devote your entire day(s) to helping with this event. If so then you will most likely be asked to "jump ahead" and provide support for another section of the route. As the ride continues during the day having additional motorcycle support is more critical. Time and distance increases mechanical problems and rider fatigue. With more motorcycle support it means less time that a cyclist is waiting by the side of the road for help.

OTHER SAFETY TEAM MEMBERS

HAM Operator – Each rest stop has a Ham Operator. This is the person with whom you will communicate if you have to report an occurrence on the route. They are in radio contact with "Net Control" and the SAG Hotline personnel. Their area will be identified by a sign and the Hams will be wearing safety tee shirts.

SAG Drivers – S.A.G. stand for Support and Gear. SAG drivers are dispatched from the rest stop by the Ham Operator. They are the people that will be coming out to pick up the cyclists for whom you have requested help. When they arrive you are "free" to continue on your loop. They should have a SAG number on their vehicle and will be wearing safety tee shirts.

Motorcycle Escorts – You are the eyes and ears of the ride and are the ones that notify the SAG Hotline of riders who need assistance. You will also have safety tee shirts for identification.

Hazard Team – This group of volunteers will be spread across the entire route, located at blind corners, dangerous intersections, rail crossings etc. They are there to warn cyclists of dangers ahead.

Medical Person – Each rest stop has been assigned a medical person who will provide medical attention for all riders or volunteers who require it. Their area will be identified by a sign and the medical person will be wearing a red tee shirt.

Sweep Vehicle – The sweep vehicle will be behind the last cyclist to insure that no one is left behind. You can recognize the vehicle by the flashing Green light on the roof. If your loop includes driving to the last rider then when you reach the Green Light you can turn around and start forward on your loop.

SAG Hotline – Volunteers will answer the phone and get all the information required so that any rider needing help can be picked up in a timely and safe manner. The SAG Hotline is located with Net Control.

Net Control – All communications go through Net Control. They know the location of the first and last riders, ambulance, all stationary SAGs, many roaming SAGs, and are in contact with key MS Staff. They are in radio contact with Ham Operators at ALL rest stops, local law enforcement and Emergency Management offices.

A FINAL NOTE

Bike MS is the major fundraising event to help our neighbors with MS and to provide funds for research to find a cure.

If you can, please carry a bicycle pump with you.

Bike MS is also a fun event. Please bring along your Positive Attitude, a Cooperative Spirit and a Ready Smile.

Obey all traffic laws! Bike MS is an organized event, but we do not want to violate any traffic laws. The roads we travel on are not shut down to traffic and we do not have the authority to stop traffic!

**Do not attempt to stop traffic, please leave that to law enforcement officials.
Do not wave cyclists through intersections.**