

bike



bike to  
create a world  
free of MS

# SAG Manual

Bike MS: Ozarks Ride  
September 12 & 13, 2015

**THE NATIONAL MULTIPLE SCLEROSIS SOCIETY**

[bike.msmidamerica.org](http://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](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.

## Specific items covered in this manual

- Purpose
- Requirements
- General Information
- Types of SAGS
  - Stationary SAGS
  - Roaming SAGS
  - Super SAG
  - Portable Rest Stop
- Vehicle Identification
- Parking
- Those Being Sagged
- Other Safety Team Members
- What to bring with you
- Forms

## PURPOSE

SAG stands for **SUPPORT/SAFETY AND GEAR**. The primary function is to provide transportation and support to cyclists in need along the route and other functions **as requested** to **SUPPORT** the ride. The SAGs are but one tooth on a gear that makes the ride go 'round.

## REQUIREMENTS

1. A vehicle capable of accommodating a **minimum of 2 bikes and their riders (all riders must be able to be INSIDE the vehicle)**.
2. A valid driver's license and current vehicle insurance (with copies provided to the MS Office).
3. A cell phone.

If you are a licensed Ham operator, you will be given the frequencies, offsets and tones to be used during the ride.

For the safety of the cyclists, all volunteer drivers on the route will be subject annually to a DMV check. All SAGs that may have cyclists in their vehicles will also have background checks for criminal and sex offender history. Background checks will also be required for any passengers over the age of 18 with the SAG. There is **NO CHARGE** to you; the MS Society pays for these checks.

## GENERAL INFORMATION

All SAGs will be given the cell phone number to the SAG Coordinator, as well as a list of other key contact personnel. The ham operators will be provided a list of all SAGs. You should bring along any personal items you require. You will also be given a volunteer handbook with additional information, route maps, alternate directions and forms you may need. Try to remember to reset your trip odometer when entering/leaving a rest stop. This will help you to know where you are in relationship to the rider you are to pick up.

## TYPES OF SAGS

### STATIONARY SAGS

Stationary SAGs will be assigned to specific rest stop at an assigned time. Please park in the area indicated specifically for SAGs and check in with the Ham Operator. You will remain there until dispatched by the Ham Operator or SAG Coordinator. Stationary SAGs may be requested to "leap frog" ahead when they have completed their assignment at that rest stop.

Whenever practical, SAGs will be sent "backwards" from the rest stop to pick up rider/s. This puts the SAG going the opposite direction of the riders to pick up the rider/s. SAGs should not leave the rest stop until dispatched by the Ham Operator or SAG Coordinator. Under normal circumstances, when you are dispatched from the rest stop, you should have room for 1 more bike/rider; this allows you to pick up an additional rider along the way if needed. When sagging with a full load, you should use an alternate route between rest stops whenever possible. Under certain circumstances you may be requested to return to your assigned rest stop rather than "leap frogging" ahead. You will be advised this by the Ham Operator whenever this may be necessary.

**\*\* REMEMBER\*\* ALWAYS give the Ham Operator your filled out orange card. This helps them to determine first in/first out, what your capacities are,**

and lets the Ham Operator and Net Control know where all SAGs are located.

## **ROAMING SAG**

Roaming SAGs are the only SAGs to be on the route full time. They will leave staggered with the riders and be given a specific "patrol" area to cover. Roaming SAGs should look at all rest stops and if there appears to be no SAGs, stop and check in with the Ham Operator. Advise them of your SAG number and that you are the roaming SAG just checking in with them. If they have nothing for you, return to patrolling your assigned area. You may be asked by "Net Control" if you are near a particular area to pick up a rider/bike in lieu of them dispatching the stationary SAG from a rest stop. A (one) roaming SAG will be assigned to work near the Sweep Ham following the last rider.

## **SUPER SAG**

This will be a vehicle such as a van or small bus and an enclosed trailer capable of hauling several bikes and their riders. The Super Sag will be stationed somewhere near the midpoint of the ride both days.

## **PORTABLE REST STOP SAG**

All SAGs (Roaming and Stationary) will be assigned a location typically between the Start and Rest Stop 2. These locations will be a possible road crossing, near a difficult intersection, or other location that will be determined the day of the ride. This will allow the riders to spread out a bit before the roaming SAGs begin on the route and be more visible to the riders. This Portable Rest Stop SAG should have a cooler of water to provide riders a place to refill their water bottles and take a break if need be.

## VEHICLE IDENTIFICATION

All SAGs will be provided an orange flag to identify their vehicle as an official Bike MS SAG. You may also be provided a magnetic "Official MS 150 Vehicle" or "Caution Bicycles Ahead" signs to be placed on your vehicle as well.

## WARNING LIGHTS

All SAGs will be provided magnetic flashing lights to be placed on the roof of their vehicle if possible (we have a limited number of these lights at this time). While on the route, please use these lights. Use caution if driving with your flashers on, as in some vehicles, this operation does not allow use of your turn signals.

## PARKING

Unless otherwise instructed, **DO NOT** park "inside" the rest stop, as this only adds to the congestion there and you could become blocked in. We have attempted to provide specific locations for SAG parking at each rest stop, and these are identified on the rest stop maps in your packet.

## THOSE BEING SAGGED

Over the years many of you have made friends with the riders and they want you to be the one to sag them ahead. This is fine, as it is a compliment to you that they want you to be their SAG. The Ham Operator just needs to know that they are in your vehicle when you leave. If, while on the route, you come across additional riders wanting to be sagged, you **MUST** check in with the

SAG Hotline, or Net Control to see if another SAG has already been dispatched to pick them up. If another SAG has been dispatched and cannot be called back, explain that to the rider. You may remain with that rider until the dispatched SAG arrives.

## OTHER ROUTE SAFETY TEAM MEMBERS

**Ham Operator** – Each rest stop has a Ham Operator. This is the person you will check in with and will be dispatched by. They are in radio contact with “Net Control” and the SAG Coordinator.

**Medical Person** – Each rest stop has a medical person assigned to it. They will provide medical attention for all riders who require it.

**Motorcycle Escorts** – These are the eyes and ears of the ride. They ride along with the bicycles and are the ones to notify the SAG Hotline of riders who need assistance.

**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 and are not authorized to stop vehicular traffic. **THIS IS NOT A CLOSED ROUTE!**

**Net Control** – The nerve center of the ride. All communication goes through Net Control. They know the location of first and last riders, all stationary SAGs, and the location of key MS Staff. They are also in radio contact with Ham Operators at ALL rest stops, roaming SAGs, hazard team, local law enforcement, and Emergency Management offices.

**SAG Hotline** – 417-812-5124 -- This is a Google phone number provided to Motorcycles and SAGs. The volunteers that answer these phones take down all information so that any rider needing SAG support can be picked up in a safe and timely manner. Non-Ham SAGs will use this number to contact NET CONTROL should they encounter other riders in distress to report and confirm that other SAGs have not already been dispatched. The SAG Hotline is located at Net Control.

**RIDER Hotline** – 417-812-5718 – This is a Google phone number provided to riders which will forward to several SAGs for the duration of the ride. This allows direct communication between a rider needing assistance and a SAG driver.

## WHAT TO BRING

You can bring anything up to and including the kitchen sink, just be sure and leave room for the riders and their bikes.

The following should be items you have with you:

- A **positive attitude**, a **cooperative spirit** and a **ready smile**.
- Your Volunteer Manual and all Handouts
- Extra copies of route map. Current maps will be available Saturday morning at the start
- \* SAG Schedule/Assignments
- \* SAG flag
- \* Official Vehicle sign (as available)
- \* Warning Light (as available)
- \* Bikes Ahead Sign (as available)
- Pens/Pencils/Paper
- Missouri Map
- \*Safety Tee Shirt
- \*SAG # Card
- Full tank of fuel
- Cell phone & Charger

\*NOTE: These items are in the package you picked up at SAG training or, if arrangements are made in advance, they can be picked up from the Ham Operator at your assigned rest stop.

These are items you may consider bringing as well:

- Rain Coat / or poncho (**this IS a rain or shine ride**)
- Clean, dry clothes \*\*
- Cooler/Bottled Water (for yourself **AND** to share with riders)
- Extra Cash
- Sunscreen/Hat/Lip balm
- Tire Pump \*\*\*
- Tire Patch Kit (Wal-Mart sells an inexpensive one)
- Book or newspaper or knitting
- Large (55 gal) trash bags – the “official” Bike MS rain poncho

\*\* NOTE: Your overnight luggage should be tagged and placed on the luggage truck; it will then be transported for you to Joplin and will allow more room in your vehicle.

\*\*\*NOTE: Many bikes use a smaller Presta valve stem; an adapter may be required for these and is available at bike shops.

Thank you for volunteering your time and talents to help support  
approximately 600 cyclists to raise \$400,000 this year!  
Without you, this event could not take place.  
With you, we get one mile closer to a cure.