



WHERE TO BE AND WHEN...

The ride starts at 7:00 a.m. on both Saturday and Sunday. **Packet Pick-Up** on Saturday morning will be held from **5:30 - 7:00 a.m.** for those **unable** to attend packet pick-up. **If you pick up your packet on Saturday a.m., take your cleat shoes off prior to entering the school.** NO CLEATS ARE ALLOWED IN THE SCHOOL!



HOW DO I GET TO CLEVER HIGH SCHOOL?

Clever High School Address: 6800 W Highway 14, Clever, MO 65631

- **From Republic:** From 60 Hwy going through Republic, turn south on P Hwy. Continue south on P for about 6 miles. Turn left (east) on Hwy 14 in Clever (Kum & Go/Casey's General Store at corner). Clever High School is down on the south side of the road.
- **From Nixa:** At the corner of 160 Highway (Campbell) and Highway 14 (Mt. Vernon Street), head west on 14 Highway. Continue west on 14 highway for approximately 9 miles. Clever High School is on your left (south side) as you enter Clever.

HOW DOES MY FAMILY GET TO EAST MIDDLE SCHOOL?

East Middle School Address: 4594 E. 20th St., Joplin, MO 64804

- **From Springfield:** Go west on I-44 towards Joplin. In Joplin, exit on Rangeline and head to your right (north). Turn right (east) on 20th Street. Pass Duquesne Street (roundabout). East Middle School is down on your right.

NEW CHANGES IN 2009—READ THIS!!!

- **ONE DAY BUS HOME ON SATURDAY.** If you plan to take the one day bus home Saturday evening from East Middle School in Joplin, you must sign up for the bus before the weekend guarantee that you have a seat. The bus will leave about 8:00 p.m. (after the Overnight Celebration) and costs \$10. If you need to get signed up, please contact Patti at 417-882-8128, press 2.
- **\$200 MINIMUM DONATION DUE AT REGISTRATION.** Don't forget (as previously published) all cyclists must have the \$200 minimum turned in by rider check-in to take part in the event. If you do not have your donations, you can complete a Deadline Extension Form (credit card information taken but not charged unless you do not pay your \$200 minimum by 11/1/09).

IMPORTANT TIMES FOR BOTH DAYS-

Saturday, September 19 (Day 1):

- Official start time is 7:00 a.m. (weather permitting)! We are letting groups go in waves of 200 this year. If you are not on the road by 8:00 a.m. you will be sagged to Rest Stop 1. No exceptions.
- Century Route turn off is at Rest Stop 6 on Saturday (Day 1). You must be on the Century Route by 1:00 p.m
- Cyclists need to be into Joplin by 6:00 p.m. to ensure the safety of the riders and volunteers. To keep to this schedule, all cyclists need to be into Rest Stop 8 by 5:00 p.m. to ride the final 10.5 miles in to the school. Cyclists not at Rest Stop 8 by 5:00 p.m. will be sagged in to the rest stop.

Sunday, September 20 (Day 2):

- Official start time is 7:00 a.m. (weather permitting)! We are letting groups go in waves of 200 this year. If you are not on the road by 8:00 a.m. you will be sagged to Rest Stop 1. No exceptions.
- Century Route turn off is after Rest Stop 5 on Sunday (Day 2). You must be on the Century Route by 12:00 noon.
- Cyclists need to be back to Clever by 5:00 p.m. to ensure the safety of the riders and volunteers. To keep to this schedule, all cyclists need to be into Rest Stop 7 by 4:00 p.m. to ride the final 10.2 miles in to the school. Cyclists not at Rest Stop 7 by 4:00 p.m. will be sagged in to the rest stop.

STATIONARY SAGS

Due to the narrow farm roads and highways with little or no shoulder, the Support and Gear Vehicles (SAGS) are stationary at the rest stops. The Motorcycle Safety Team will be the only vehicles regularly traveling the route. Take advantage of our SAGS if you need one. ***NO PRIVATE VEHICLES ARE ALLOWED ON THE ROUTE TO FOLLOW INDIVIDUAL RIDERS. DUE TO THE SAFETY OF ALL RIDERS, ANY PRIVATE SAGS WILL BE ASKED TO LEAVE THE ROUTE.*** We have provided alternate routes to the overnight location for family and friends. **PRIVATE VEHICLES FOUND ON THE ROUTE WILL BE GIVEN OFFICIAL SAG VOLUNTEER INSTRUCTIONS AND BE DIRECTED TO ASSIST ALL CYCLISTS ON THE ROUTE.** SAGS will pick up riders that just get too tuckered to pedal or have mechanical problems. ***In order to wrap up the ride on Sunday, we need all riders back to Clever by 5:00 p.m.*** Riders picked up on Day Two will be dropped near Clever High School so they can ride across the finish line.

HOTEL SHUTTLE SERVICE IN JOPLIN

There will be two shuttle service routes available this year. As previously advertised, we will only provide shuttles to the following hotels: BLUE ROUTE (Baymont Inn, Best Western, Candlewood Suites, Super 8); ORANGE ROUTE (Comfort Inn, Days Inn, Quality Inn). Look for the appropriate shuttle signs at the overnight. The shuttle fee is \$5.00 and must be paid at the time of Packet Pick-Up or the morning of the ride. The shuttles will run continuously from 1:00 - 9:00 p.m. on Saturday. On Sunday, the shuttles will pick you up and bring you back to the school. **You will receive an exact shuttle schedule at the overnight when you arrive.**

STORMY WEATHER

ALL VETERAN RIDERS SHOULD KNOW BY NOW, we ride RAIN OR SHINE. We hope for beautiful, mild weather (a partly cloudy day, high of 83 would be nice), but if Mother Nature does not cooperate, be ready to ride. If we do have to ride in wet conditions, please remember to give yourself extra stopping time, and allow for slick roads. Be careful of railroad tracks too.

CENTURY LOOPS

For those taking the challenge and completing the Century Loop(s), the following is the cut-off information for both days. Please be aware of the **time restraint** for both days. SATURDAY—The Century Loop turn off is at Rest Stop 6. You must be on the Century Route by 1:00 p.m. on Saturday. SUNDAY—The Century Loop turn-off is after Rest Stop 5. You must be on the Century Route by 12:00 noon on Sunday. All riders completing the loop will receive a Century Pin. ***BE SURE TO STOP AT THE FIRST CENTURY REST STOP ON THE CENTURY LOOP TO RECEIVE YOUR PIN!***

WHAT'S THAT SMILEY FACE FOR?

On some riders you will notice a brightly colored smiley face on their rider number. That bright smile tells you that the rider is brand new to Bike MS. When you see a new rider on the tour, we want you to: 1) Thank them for joining us, 2) Encourage them up that hill, 3) Answer any questions, and 4) Invite them to join us again next year! With your help, we can make every new rider feel welcome as they join the Bike MS family!

LET THEIR FINGERS DO THE WALKING

We will have licensed massage therapists at the end of the route on both days. These professionals will be available to work out the kinks in your muscles at the following rates: \$15 for 15 minutes, \$30 for 30 minutes, and \$50 for 60 minutes. Look for the signs and more details at the overnight in Joplin and the finish in Clever. **CASH ONLY!!!**

WHAT COLOR IS THE ROAD?

The first day's route on Saturday will be marked with YELLOW paint on the streets. The century loop on the first day will be marked with PINK paint. The second day's route on Sunday will be marked with GREEN paint. The century loop on the second day will also be marked with PINK paint. Hazard areas will be marked with ORANGE paint. There will also be arrows along the way in the same colors as above with the exception of the century loops—these arrows will be BLUE!

HAVE YOU THANKED A VOLUNTEER TODAY?

A lot of cyclists have asked us to make sure we let our volunteers know how much they are appreciated. In your rider packets you receive at Packet Pick-Up you will notice several stickers of encouragement. If you see a volunteer doing an exceptional job, place one of these stickers on their name tags. This is just a simple way of saying "thanks!".

IN CASE OF AN EMERGENCY... DIAL (417) 885-9580

Since the ride will be mobile, it is extremely hard to get in touch with those on the tour. **We have a route emergency number donated by the Professional Answering Service of Springfield.** This is a direct call to the Ozark Branch staff members. Use this number in an emergency situation only. The number is (417) 885-9580.

TOP FUND RAISERS GET TOP HONORS

Be sure to check out the first people in the starting line wearing the "Yellow Rider Numbers." These individuals are the top 75 fundraisers from the 2008 ride! Be sure and congratulate them! Hopefully, we will see you out in front next year. You will also notice that the Wall of Fame on display at the overnight highlights these Tread Setters from the 2008 ride.

CALLING ALL TEAMS!

Pictures will be begin at 5:45 on Saturday morning. Have your group assembled and proudly display your banner. We realize this may be an enormous challenge for some teams! Best Team Name & Banner and the Largest Corporate & Community Team will be announced at the Saturday night Celebration. The other awards will be after the ride. A special thanks to all the team captains and their outstanding recruitment efforts. Captains need to leave their banners with the photographer after they have had their team picture taken. Location of team pictures will be taken in the band room at Clever High School. Check with your team captain to arrange your rendezvous' point!

ATTEND THE OVERNIGHT CELEBRATION—WIN COOL RAFFLE PRIZES

We have exciting things planned for the 25th Anniversary Celebration at the overnight this year. We have some very special honors for that evening. We will also announce the preliminary results of Bike MS: Ozarks Ride, announce a few team awards and give away lots of awesome raffles *to people in attendance only*. All volunteers and cyclists in attendance will be eligible for general raffle items. (Raffle items include

Sneak peak at some raffles to those in attendance only!!!

- Downstream Gift Certificate
- Cycling gear (socks, bags, helmet, pumps, and more!)
- Area gift certificates
- MSU tickets
- Massages
- Sportswear
- Cycling clothes
- And much more!

FOR CYCLISTS ONLY: ONE lucky cyclist may win a brand new bike. Once again Sunshine Bike Shop has donated a brand new bicycle for the ninth year in a row valued at over \$1,000. Spokes and Spandex Bike Shop has generously donated three \$300.00 Bike Shop Gift Certificates as well. Kuat has also donated a bike rack valued at \$300. The bike, gift certificates and bike racks will be given away in a special drawing for cyclists in attendance only at the Celebration on Saturday.

7:00 p.m. - Celebration - Auditorium at East Middle School

ROAD REPAIRS

Each rider should be prepared to make minor repairs while on the road. For more serious problems, the SAG vehicles will transport you to the nearest rest stop. Labor provided by the Official MS Bike Shops is FREE, but PARTS ARE **NOT** FREE. *Bring spare tubes (plural), a patch kit, tools, a pump and some money.*

SUPPORT FROM THE OFFICIAL MS BIKE STORES

The bike stores provide an incredible amount of technical and mechanical support to the tour's riders. SPECIAL THANKS TO: A&B CYCLE, BICYCLE SPECIALISTS, CYCLES UNLIMITED, DOWNHILL BIKES & ACCESSORIES, QUEEN CITY CYCLES, SPOKES & SPANDEX BIKE SHOP and SUNSHINE BIKE SHOP! *On the morning of the ride the bike shops are only able to assist with minor problems that occur when you transport your bike from home to the start. They are unable to do major repairs at the start as they are servicing about 900 bicycles! Be sure to have your bike prepared to ride prior to the weekend of Bike MS.*

WHEN DO WE EAT?

While we feed you constantly throughout the weekend of the ride, below are some of the specifics on the main meals:

Saturday Morning – Please come with breakfast in your belly!

Saturday Lunch – Rest Stop 5 is the lunch stop. Sandwiches, chips and various salads are served.

Saturday Evening – A pasta dinner and salad from **Ruby Tuesday** is provided at the overnight from 2:30 – 7:00 p.m.

Sunday Morning – Chris Cakes breakfast will be provided to get you started in the morning from 5:00 – 7:00 a.m.

Sunday Lunch - Rest Stop 4 is the lunch stop. Sandwiches, chips and various salads are served.

Sunday Afternoon – There will be a barbeque meal by **Rib Crib** for lunch/dinner at the finish in Clever from 11:30 – 5:00 p.m.

YOUR HEAD NEEDS A HELMET

Your head needs a helmet, and we **WILL NOT** let you ride Bike MS: Ozarks Ride 2009 without one. This is not negotiable; a helmet is your absolute most important piece of gear. This is the only piece of equipment we require that you possess to participate in the two-day bike ride.

WHAT DO I DO ON THE DAY OF THE RIDE?

Upon arriving at Clever High School, you will be greeted by friendly volunteers who will direct you to a parking spot. If you weren't able to attend Packet Pick-Up, you will need to take care of Packet Pick-Up **FIRST** inside the school!

For those that were at Packet Pick-Up, all you have to do is take your gear to the truck (make **SURE** your number is securely attached), and get on your bike. **The ride begins at 7:00 a.m.**, but for safety reasons, a "mass start" will not occur. We will have a staggered start, sending about 200 cyclists out in 5-10 minute intervals, with our top fundraisers going first.

TOP 10 SAFETY TIPS!!! READ BEFORE THE RIDE!!!

- 1) Hold your line.
- 2) Be predictable.
- 3) Relax, but pay vigilant attention to what's happening in front of you at all times!
- 4) No more than two abreast — It's the law!
- 5) Don't overlap wheels with the rider in front of you.
- 6) Anticipate anything and everything!
- 7) Be aware of what's behind you.
- 8) Signal and vocalize your intentions (on your left, etc.)
- 9) Don't pass on the right—**EVER!**
- 10) Don't swerve from curb to curb.

**Do you have more questions? Call the Bike MS: Ozarks Ride Headquarters
at 417-882-8128 / 800-344-4867 (press 2)!**



National Multiple Sclerosis Society

Ozark Branch
Mid America Chapter
1675 E. Seminole, Ste. J
Springfield, MO 65804

ADDRESS SERVICE REQUESTED

Bike MS: Ozarks Ride 2009

