



bike to
create a world
free of MS

Bike MS: 2014

Volunteer Manual

Bike MS: Wichita Ride

September 6 & 7, 2014

who's who at bike ms 2014

Staff

Chapter President	Tami Greenberg
Development Manager	Kim Bush
Sr. Manager - Community Development & Advocacy	Kari Rinker

Volunteer Leads for the Ride

Communications	Roger Bailey
Medical	Wade Billings
Rest Stops	Diane Ewertz
Truck Driver	Richard Harder
Route Gurus	Galen and Cheryl Medders

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Start/Finish: Pratt County Fair Grounds, 81 Lake Road, Pratt, KS

Directions: From Wichita:

Travel on US 54 West 77.6 miles to Pratt

Go left on Main St 1 mile

Turn left at KS 64 East .2 mile

website updates

All volunteer information and updated route maps will be posted online at bike.msmidamerica.org.

Route Map subject to change due to weather conditions (flooding, washed out roads...), road resurfacing, bridges out, etc.

Go to bike.msmidamerica.org then click on "Wichita Ride."

All volunteer information will be posted at the bottom of this page.

emergency numbers/net control

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.

NET Control Number (316) 393-8416

Before you call have the following information ready:

Location of the incident
Rider Number(s) of those involved
Brief description of the issue/incident

Non-Emergency Phone Number for Bike MS Volunteers : Call this number if you have a problem that is not related to the route (can't find location, car broke down, overslept, etc.). Please use this number only when absolutely necessary.

620-245-4904

SAG Hotline:: If you need a SAG, call this number for one to be dispatched to your location. This could be for mechanical issues, minor medical, fatigues, etc. Please note that all communication should go through NET Control if at all possible.

SAG Hotline (316) 393-8416

bike ms text messaging opt-in

Get the latest updates during the weekend of the ride and sign up for our text info line. Depending on the group you sign up for, you'll receive informative updates (ie, delayed start due to fog, or emergency closure, etc.) directly to your phone. Text the keyword (as below) to 877877.

Cyclist/Rider Group:

Volunteer Group:

THE CYCLISTS:

- Our goal is 2100 cyclists joining the movement to do something BIG for multiple sclerosis.
- Many have family members or friends affected by the disease.
- Each cyclist will raise at least \$200. In fact, our average participant raises \$766!
- Individuals, teams and companies come from across the area to make Bike MS one of the largest cycling events in Kansas.

THE ROUTE:

- **Saturday, Day 1**
 - 30 miles - short casual ride
 - 50 & 80 miles - traditional routes
 - 100 miles - century route
- **Sunday, Day 2**
 - 30 miles - traditional route
 - 50 miles - century route
- **Total Miles:**
 - Regular Route = Up to 130 miles
- **The routes are signed in 4 colors:**
 - **Day 1**
 - **Short Route:** Green
 - **Traditional Routes:** Blue (50mi) and Green (80 mi)
 - **Century Route:** Red
 - **Day 2 :**
 - Short Route: Blue Long Route: Green



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THE BANQUET:

- Whether on a team or not, Saturday night this is the place to be! Join the celebration at The County Fair Grounds to enjoy music, comradery and lots of fun!
- The banquet starts at 6:30 p.m. There will be raffles and prizes for everyone!

accommodations

For those volunteers spending the weekend with the event, sleeping arrangements are varied. If you haven't already made arrangements, it would be prudent to plan ahead for where you'll be staying. Below are some options for overnight accommodations:

- Check hotels in the vicinity of your assignment to reserve a room. Regular rates apply.
- Camping is available at Pratt County Fair Grounds first come first served. (No fee.)
- RV hookups will NOT be available.
- Free indoor "camping" available in the 4H Building at Pratt County Fair Grounds.
- Showers are available inside the 4H Building.

meals

Saturday, September 6			
breakfast	4H Building	5:30 - 7:30 am	Donuts/VIP Breakfast
lunch**	on route/4H Building	10:30 am-1:30pm	Burgers at 4H/ sack lunches on route
dinner	Bike Banquet at 4H Building	6:00 PM	Noodles & Co \$5 for friends and family

Sunday, September 7			
breakfast	4H Building	5:30 - 7:30 am	Hot Breakfast
Lunch*	4H Building	10:30 am-1:30pm	Catered by Rick's Restaurant

***If you are volunteering on the route during lunch, the meal will be delivered to you at your location between 10:30 am and 1:00 p.m.*

misc items

SAGS: All Roaming SAGs, and most stationary SAG volunteers will be issued a magnetic MS sign for display on their vehicle. If you need to flag down a SAG, look for the sign. Turn in your sign after your assignment is over.

OFFICIAL CAR SIGNS: Any volunteer who will be traveling on the route must display an MS sign at all times.

Directions to Nearest Hospitals

Pratt Regional Medical Center- 200 Commodore St, Pratt, KS (620) 672-7451

- **From 4 H Building:** Head west on KS-64 W toward Country Club Rd , Turn right onto SE 10th Ave, Continue onto Country Club Rd, Turn left onto E 6th St , Turn right onto Commodore St

Medicine Lodge Memorial Hospital- 710 N Walnut, Medicine Lodge, KS (620) 886-3771

- **From Medicine Lodge Lunch Stop (Christian Church) :** Head south on N Walnut St toward E Hackney Ave, Turn right onto E Central Ave , Turn left onto N Main St
- **Directions to nearest hospital from each rest stop will be included with other rest stop materials**

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

rest stops

SATURDAY, SEPTEMBER 6

Rest Stop 1	Brooks House 70347 S 1st Ave , Sawyer
Rest Stop 2	Sawyer Methodist Church 100 S Main, Sawyer
Rest Stop 3	US Hwy 281 S, 20.5 miles south of Pratt
Rest Stop 4	Christian Church 300 S. Main St. Medicine Lodge
Rest Stop 5	Bedwell House 11711 NW River Rd Lake City (N side of St across from house in circular drive)
Rest Stop 6	Sun City Community Center- 215 N Washington, Sun City
Rest Stop 7	Royer House 90483 SW 80th Ave, Coats

SUNDAY, SEPTEMBER 7

Rest Stop 1	Intersection 50th Ave & SW 50th St **50186 SW 50th St Pratt, KS
Rest Stop 2	Royer House- 90483 SW 80th Ave, Coats
Rest Stop 3	Sun City Community Center- 215 N Washington, Sun City
Rest Stop 4	Basehor-Linwood High School 2108 N 155th St. Basehor, KS
Rest Stop 5	Brooks House- 70347 S 1st Ave Sawyer

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!

The HAM radio operators are your link to staff, information and help with problems. In the case of an emergency or problem notify the radio operator first, if possible. Then call the Non-Emergency Phone Number for Bike MS Volunteers : 620-245-4904.

All Rest Stop Captains will receive a *Rest Stop Captain Handbook* with important information for running a rest stop.

estimated times of arrival

SATURDAY, SEPTEMBER 6, 2014

<i>LOCATION</i>	<i>ROUTE</i>	<i>VOLUNTEER ON SITE</i>	<i>FIRST RIDER ARRIVES</i>	<i>LAST RIDER ARRIVES</i>
4H Building	Start	5:00 AM	6:00 AM	5:00 PM
Rest Stop #1	40, 80 & 100	6:30 AM	7:30 AM	5:00 PM
Rest Stop #2	40 & 80	7:00 AM	8:00 AM	1:30 PM
Rest Stop #3	40 & 80			1:30 PM
Rest Stop #4 (lunch)	80 & 100	8:00 AM	9:00 AM	3:00 PM
Rest Stop #5	80 & 100	8:30 AM	9:30 AM	2:30PM
Rest Stop #6 (secondary lunch stop)	80 & 100	9:00 AM	10:00 AM	2:00 PM
Rest Stop #7	80 & 100	9:30 AM	10:30 AM	2:00 PM
Century Water Stop				
4H Building	Finish	All Day	10:00 AM	5:00 PM

SUNDAY, SEPTEMBER 7, 2014

<i>LOCATION</i>	<i>ROUTE</i>	<i>VOLUNTEER ON SITE</i>	<i>FIRST RIDER ARRIVES</i>	<i>LAST RIDER ARRIVES</i>
4H Building	Start	6:00 AM	6:30 AM	8:00 AM
Rest Stop #1 (all day)	30 & 50	7:00 AM	8:00 AM	11:00 AM
Rest Stop #2 (all day)	30 & 50	7:30 AM	8:30 AM	1:30 PM
Rest Stop #3	30 & 50	8:00 AM	9:00 AM	12:30 PM
4H Building	Finish	All Day	10:00 AM	1:30 PM

Times listed are when we anticipate rest stops to open and close. Please note these times are an estimate.

saturday position descriptions

4H Building/Pratt County Fairgrounds

Set up - 4:30am

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

Parking crew - 4:30am - Great for a group!

Designate VIP parking .

Photographer - 5:00am

Photograph teams, the start line and the ride.

Rider Check-in - 6:00am

Includes Greeters, Registration and Check-in., Work Table volunteers all working together to assist participants the morning of Bike MS.

Short Route Grilling - 7:00 am prep for 10:00 AM lunch

Grill burgers and hot dogs for short route riders.

Lunch Runner - 8:00 am

Will pack volunteer tshirts at 4H building to deliver along route to rest stop volunteers, along with volunteer lunches. Will travel to Medicine Lodge and take half of the sack lunches to the secondary lunch stop at Sun City.

Cheering - 8:00 am

Cheer for cyclists as they cross the finish line.

Banquet Decorating - 1:00 pm-

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.

Banquet

Rest Stop Truck Loading - 7:00 pm

Sort supplies and re-organize truck for Sunday rest stops.

Banquet Clean Up - 8:00 PM

Clean up banquet room in preparation for Sunday morning breakfast.

sunday position descriptions

4H Building/Pratt County Fairgrounds

Photographer - 7:30 am

Photograph the start line and the ride.

Package volunteer lunches – 10:00am

Put volunteer lunches into containers for delivery to rest stop volunteers.

Volunteer Lunch Runner - 10:30 am

Will deliver lunches along the route to rest stop volunteers

Wrap Up– 12:30 PM

Completely wrapping up the event at 4H Building by putting away supplies and picking up.

Wichita Office: 110 E Waterman

Unload truck – 4:00 pm

Team to unload supplies and replace them in Wichita storage.

contact us

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



Address: National MS Society
Wichita Branch—Mid America Chapter
110 E Waterman, Suite 150
Wichita, KS 67206

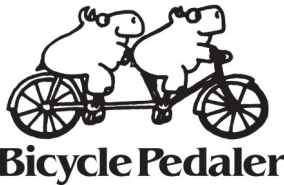
Office Hours: Monday—Friday, 8:30 am—4:30 pm

Phone: 316-854-0776
800-344-4867

Staff: Kari Rinker 316-854-0776
Kim Bush 316-854-0775

Website: www.msmidamerica.org

Thank you to our Bike MS 2014 Sponsors!



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It's Who I Am.

