



bike to  
create a world  
free of MS



## Bike MS Ride Guide Ride Bar Harbor Saturday, May 19, 2012



**Thank you to our sponsors:**



## Bike MS Ride Guide

### Ride Bar Harbor

**Saturday, May 19, 2012**

Welcome and thank you for joining the National Multiple Sclerosis Society for the 2nd annual Bike MS: Ride Bar Harbor. In addition to helping fund programs and services that benefit those in our communities who live with MS, and supporting research that continues to deliver life-changing treatments and one day a cure for the disease, your participation in Ride Bar Harbor also happens to bring you to one of the most beautiful destinations in the country.

This 2012 Ride Guide is designed to help you get the most out of your Ride Bar Harbor experience, and includes information regarding:

***How you can turn your visit to Bar Harbor into a vacation the entire family can enjoy. (see page 2)***

***What services and amenities you can expect the day of the ride. (see page 2)***

***How to prepare for your upcoming ride. (pages 3-4)***

As you continue to fundraise and prepare for your ride, all of us at the National Multiple Sclerosis Society want to thank you for joining in the partnership that touches so many who live with MS. MS interrupts the flow of information from the brain to the body and can stop people from moving forward in their lives. By participating in Ride Bar Harbor you are generously doing your part to help make sure it doesn't. Thank you!

### Highlights of Ride Bar Harbor 2011:

#### TOP 5 TEAMS:

Team Donna	\$1,895
Kelly's Cruisers	\$1,365
Ellery's Crank Busters	\$760
Skeleton Crew	\$655
Slow Pokes	\$395

#### TOP 10 INDIVIDUALS:

Jennifer Judd-McGee	\$4,085
Todd Stanley	\$2,001
Jennifer Tabb	\$1,610
Steven Guertin	\$750
Wendy Stanick	\$750

**Total Raised: \$28,500 ~ 2012 GOAL: \$50,000**

### Prizes

DOLLARS RAISED	T-Shirt	Bike MS Gloves	1-Day VIP Jersey	Bike Shop Gift Card
Top 5 Fundraisers	Bike MS Wind Jacket			
\$10,000 +	◆	◆	◆	\$200
\$5,000 - \$9,999	◆	◆	◆	\$100
\$2,500 - \$4,999	◆	◆	◆	\$50
\$1,000 - \$2,499	◆	◆	◆	\$25
\$750 - \$999	◆	◆	◆	
\$500 - \$749	◆	◆		

## Vacation in Vacationland!

The island that has lured both the famous and no-so famous for over 150 years with its striking setting of mountains, woodlands, lakes, and ocean waves crashing against granite rocks, is all around you as you join us for Ride Bar Harbor. Bring the entire family and extend your stay to take full advantage of all that Mt. Desert Island has to offer, at a time of year when the peace and quiet that precedes the summer rush can still be enjoyed.

At the conclusion of your ride, you'll receive a pass that allows unlimited access to Acadia National Park for a full week. Explore the beauty of Thunder Hole, Sand Beach, and Cadillac Mountain, or enjoy cycling family style on the park-maintained carriage trails and cobblestone bridges originally built by John D. Rockefeller. For information about Acadia National Park call 207-288-3338, or to visit [www.nps.gov/acad](http://www.nps.gov/acad).

Beyond Acadia there's even more to enjoy. You can catch the mail boat to nearby Cranberry Island or see the island all at once from a sightseeing glider or biplane ride. The weekend of May 19 coincides with the annual Taste of Bar Harbor festival sponsored by the Bar Harbor Chamber of Commerce and the Bar Harbor Merchants Association. From seven course meals featuring Maine grown ingredients, to a guided tour of many of the signature dishes of the area, Taste of Bar Harbor is a great way to complete your visit to Mound Desert Island.

For more information about Taste of Bar Harbor and other area activities and events, contact the Bar Harbor Chamber of Commerce Welcome Center at 1-800-345-4617, or to visit [www.barharborinfo.com](http://www.barharborinfo.com).

The following businesses are offering reduced rates on overnight accommodations for Ride Bar Harbor participants. Reservations are on a first-come first-serve basis so make them early, and be sure to identify yourself as a Ride Bar Harbor participant!

### **Cromwell Harbor Motel**

15% discount or \$78 double occupancy  
(800) 544-3201  
359 Main Street  
[info@cromwellharbor.com](mailto:info@cromwellharbor.com)  
<http://www.cromwellharbor.com>

### **Bar Harbor Grand**

\$20 off or \$105 double occupancy  
(888) 766-2529 or (207) 288-5226  
269 Main Street  
[reservations@barharborgrand.com](mailto:reservations@barharborgrand.com)  
<http://www.BarHarborGrand.com>

### **Bar Harbor Inn**

\$20 off or \$189 ocean view double occupancy  
\$20 off or \$108 non-ocean view double occupancy  
(800) 248-3351 or (207) 288-3351  
Newport Drive  
[reservations@barharborinn.com](mailto:reservations@barharborinn.com)  
<http://www.barharborinn.com>

### **Bar Harbor Motel**

\$10 off or \$79 double occupancy  
(800) 388-3453 or (207) 288-3453  
100 Eden St.  
<http://www.barharbormotel.com>

## **SATURDAY'S AMENITIES**

The National MS Society works hard to ensure that every aspect of your ride is taken care of.

### **Food and Drink**

From breakfast items to our great finish line barbecue at Jackson Laboratory, to snacks and drinks available at rest stops located along the various routes, our staff and volunteers will make your day worry-free when it comes to food and beverage.

### **Support on the route**

Your safety is our primary concern. We provide a well marked route, trained Support and Gear (SAG) drivers, HAM radio communications, and transportation for cyclists needing assistance. SAG vehicles drive between rest stops and are identified by orange flags on the passenger side windows. SAG vehicles stop if you are on the side of the road. If you do not need assistance give the SAG vehicle a "thumbs up." If you cannot continue to ride, let the SAG vehicle operator know that and they will take you either to the next rest stop or back to Jackson Laboratory. If you do not see a SAG vehicle within a few minutes and need assistance, call the net control number on your wristband.

### **Rest Stops**

Rest stops are located approx. every 12 miles to provide not only food and drink, but medical attention as well. Professional bike mechanics are also stationed at rest stops throughout the route to serve you.

## Start/Finish - Jackson Laboratory

600 Main Street, Bar Harbor, Maine

**Registration: 7 a.m.**

**Start: 8:30 a.m.**

**Route closes: 4 p.m.**

### Directions to Jackson Laboratory in Bar Harbor

Take I-95 to Bangor. Take exit 182A to merge onto I-395 E/ME-15 South toward US 1A/ME-9/Bangor/Brewer. Continue to follow I-395. Take exit 6A to merge onto US 1A East/Wilson Street toward Ellsworth/Bar Harbor/US-1/Coastal Route. Continue to follow US 1A East through Ellsworth, follow signs toward Mount Desert Island and Acadia National Park. Stay on Route 1. At the McDonalds, Route 1 goes to the left – stay straight. You are now on Route 3. Stay on Route 3 through Trenton. You will cross the Trenton bridge onto Mt. Desert Island.

At the light, the road splits at the Parkadia convenience store and gas station. Bear to the left and stay on Route 3. Continue until the first stop sign; Park Motel is across the street to the right. Kids' Corner Day Care Center is on the left. Turn left onto Mount Desert Street; still Route 3, bypassing the business district.

At the next stop sign, the town center of Bar Harbor and the Village Green are on your left. Turn right onto the continuation of Route 3 and Main Street.

You will pass the Ocean Drive Dairy Bar on the left. At the crosswalk with the blinking light, make a right into the Jackson Laboratory parking lot. This is Parking Lot B. If that lot is full, proceed on Route 3, past the Visitors' parking lot on left. Make next left into Parking Lot A. Lot B is from where the event will take place.

## Pre-Ride

### Pre-ride prep – bike tune/check

We recommend that you have your bike tuned at one of the Bike MS supporting bike shops (see page 6) before the ride. All cyclists should carry an extra tube, a pump, and patch kit. You may not know how to repair a puncture, but another cyclist may be able to help you.

## TRAINING

Bike MS rides can be challenging, but a little training and preparation make the ride easier and more enjoyable. Here are some simple steps to bicycling success: fitness training and sports nutrition.

### Check with your bike shop

The best source for bicycling information is your local bike shop. Make sure your bike is properly fitted! Official bike shop partners are a good source for any

cycling question.

### Participate in team or bike shop training rides

You'll have a much safer and more enjoyable experience after you've spent time in the saddle during organized rides, learning the ins and outs of group cycling. Contact one of our bike shops for more information on local rides or visit the training section at [www.bikeMSgne.org](http://www.bikeMSgne.org) for a listing of training rides.

### Keep track of your mileage

A key part of training is assessing how you've improved. Adding a bicycle computer to your bike is a good step. Basic bicycle computers can monitor your distance, ride time, and speed.

### Start with short rides

Keep your first few rides of the year short and easy. 30-60 minutes of riding get you used to sitting on the saddle without over-tiring. Don't worry about speed or distance on these rides. The purpose is to become comfortable on the bike and to gain basic cardiovascular fitness.

### Add in occasional longer rides

After becoming comfortable with riding for an hour or so, attempt an endurance day of two or more hours once a week. Try to maintain the same pace established during the shorter rides, but slow down if it is necessary to ride a longer time. Taking rest stops every hour can help rejuvenate you on longer rides. Be sure to eat and drink enough to avoid depleting your energy reserves (known as bonking). The purpose at this stage is to gain confidence in your ability to do long rides and to improve your cardiovascular fitness.

### For more advanced training, add hill intervals

After mastering the basics, challenge yourself with more advanced training. After warming up for at least 20 minutes, find a hill you can climb in 10-20 minutes without totally exhausting yourself. After riding up the hill, recover on the way down, and then go up again. As your fitness improves, add more repeats. The power and stamina developed with hill work helps you to tackle the larger hills on the route.

## SPORTS NUTRITION

Eating and drinking right is just as key an element of training for and riding in Bike MS rides as is the number of miles a rider spends on a bike. The best way to take charge of your body is to use common sense. However, always consult your physician before starting any training program.

It is important to be well hydrated before, during, and after a ride. If you do not drink enough fluids, dehydration will result, causing nausea, muscle cramps, chills, and lack of motivation. Dehydration could lead to heat stroke, a serious medical condition.

To prevent dehydration, we recommend you use the following general guidelines: on all rides, you should drink 4 to 8 ounces of water or carbohydrate drinks every 15 to 30 minutes. Drink more if it's hot or humid, or if you're really riding hard. On rides over two hours in duration, carbohydrate replacement drinks empty more slowly from the stomach, so the total amount you drink should be increased to 5 to 10 ounces every 15 to 30 minutes. These energy drinks help increase your performance, reduce cramps, and lessen the possibility of heat stroke. In addition, energy bars help you avoid the famous "BONK" that many cyclists experience on longer rides. You should eat on long rides. Good food choices include energy bars and fruit.

## RIDER ETIQUETTE/SAFETY CYCLING ETIQUETTE

- Obey all traffic signs and signals. This includes traffic lights and stop signs.
- Communicate with your fellow riders using proper cycling terms, such as "On your left," "Car back," etc. (See page 4.)
- Ride single file, please! Stay to the right, except to pass. Pass on the left side only. Do not pass on the right.
- Never cross the center line in roadway, regardless of passing zone.
- Use proper signals when turning. Make left turns from the center of the lane or left turn lane.
- Cross railroad tracks perpendicular to the tracks.
- Ride in control of your bike at all times. You should be able to stop within a reasonable distance.
- Ride defensively and predictably, with consideration for your fellow riders. If you must stop, move off the road to the right.
- Don't use aero bars when in a group.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, bigger sticks or stones, parked cars, etc.
- Do not overlap wheels of cyclist ahead of you. A slight direction change or gust of wind could easily cause you to touch wheels and fall.

- Pedal down hill when you are at the front of the bunch. Cyclists dislike having to ride under brakes.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can catch a rider who is following too closely, resulting in a fall from a wheel touch.
- Follow the instructions of MS Ride Leaders. Ride Leaders are registered riders who assist with safety and communication along the route. They are distinguished by their unique bike jerseys.
- Also check League of American Bicyclists web site: [bikeleague.org](http://bikeleague.org)

## SUPPORT VEHICLES (SAG)

To signal Support And Gear vehicles, follow these three steps:

1. **Off Road.** Move off the path.
2. **Off Bike.** Stand or sit nearby.
3. **Signal to SAG or staff vehicle.**
  - Use thumbs down for help needed.
  - If resting, give thumbs up sign.

## BIKE MS TIPS - VOCAL WARNINGS

- **Slowing** - When someone yells out "Slowing," this means that there is something that is causing the pack to slow down. This can be anything from a light, a slower pack of bikes, or a car up ahead. In any event, prepare to slow down. Tap your brakes and repeat the yell "Slowing." This is to indicate to others that you've heard them and you are also slowing. This will also alert those behind you that you are slowing down.
- **Stopping** - When someone yells out "Stopping," this means that there is something that is causing the pack to stop. This can be anything from a light, a slower pack of bikes, a stop sign, or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell "Stopping." It's VERY IMPORTANT not to slam on your brakes, especially if there are others behind you!!
- **Hold your line** - When someone yells, "Hold your line," this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, you could cause the other rider trouble.

- **On your Left** - When someone yells, "On your Left," this means that they are passing you on your left. No need to take this personally. Let them pass as they have the right of way. You should never hear "On your Right." That is, a cyclist should never pass on the right. However, there are many cyclists with varying experience. Be on the look out for those who will pass on your right. If someone does this, *kindly* remind him or her that they should pass on the left. Also, it is common courtesy to say "Thank You" to the person yelling "on your left." This indicates that you've heard them.
- **Car Up** - When someone yells, "Car Up," this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you know about the car.
- **Car Back** - When someone yells, "Car Back," this means that there is a car behind you. It is intended to be a verbal caution indicating that a car may be passing from behind. It is also common courtesy to repeat this so that others in front of you know about the car.

## Bike MS Champions

**Bike MS Champions** connects Bike MS cyclists to people living with MS. Many cyclists who ride in one of the MS Bike Rides, don't personally know anyone who has MS. Creating relationships between cyclists and people with MS helps motivate, inspire, raise awareness, and communicate the importance of finding a cure.

**Cyclists** who choose to participate are connected with their Champion through a bright blue bandana, signed by the Champion. Cyclists keep this bandana with them throughout the ride. For many cyclists, MS

Champions creates that extra motivation to reach the finish line.

Many **MS Champions** like to write inspirational messages or words of thanks to their cyclists. Others prefer to share their personal experiences living with multiple sclerosis in a note to their rider, through e-mail messages, over the telephone or in person.

To become a Bike MS Champion, please contact Liz Strawn, Senior Development Manager, 508-759-0402 or [liz.strawn@nmss.org](mailto:liz.strawn@nmss.org).

### What to bring for the ride:

- Helmet – REQUIRED
- **Tuned-up** bicycle, with pump
- Seat bag with tire patch kit & spare tube
- Two water bottles and/or hydration pack
- Rider numbers and wristband – REQUIRED
- Padded bike shorts, jersey, gloves & shoes
- Jacket, rain gear, arm warmers, leg warmers or tights as needed for weather
- Sunglasses, lip balm, and sunscreen
- Identification (driver's license)
- Emergency cash and credit card
- Cellular telephone
- Medications
- **NO HEADPHONES, IPODS or RADIOS!!**  
Electronics are not permitted while riding.

### Team photos

Team pictures are taken before the start of the ride. Team pictures are great to use in thank you letters and next year's donation requests. Get your team together and strike a pose!



## 2012 Bike MS Jerseys for Sale

Purchase a top quality bike MS cycling jersey from Primal, offered at below typical retail pricing. Only \$45!  
Buy a bike MS jersey for training and help promote our great rides!

### To Order:

[www.bikeMSgne.org](http://www.bikeMSgne.org), click on **Bike MS Store**.



## Junior Waivers

All participants must be 14 years or older on the day of the event. All participants under the age of 18 must have a signed and notarized waiver AND must be accompanied by a parent or guardian unless they have a signed and notarized Authorization of Responsibility waiver. Both forms can be found in the Document Downloads section at [www.bikeMSgne.org](http://www.bikeMSgne.org).

## Registration and Donation Drop

Drop off your fundraising and receive your Rider Packet at the registration table. Included in your rider packet are your event credentials (see below) and other information. You will get your prize sheets at this time, which you take to the prize tables and collect your fundraising prizes.

## Using your event credentials

**Wristbands:** Bike MS wristbands are color coded to match route markers and allow you access to rest stops, food areas and transportation. Printed on each wristband is the Bike MS emergency contact telephone number (Net Control).

**Bib Numbers:** Having your number clearly visible allows us to identify you during the Bike MS ride.

**Jersey Number:** Pin to lower back of jersey, so that it is visible from behind. Safety pins included for fastening to jersey.

## Ride Leader

Ride Leaders perform two important functions at Bike MS rides. As cyclists on the road, they act as ambassadors of good will and safety. As representatives of the National MS Society, Ride Leaders are encouraged to talk to the general public, store owners, and bystanders along the route and thank cyclists for participating in the ride. Ride Leaders should be prepared to answer general questions about the ride. Ride Leaders act as Safety Ambassadors by sharing cycling advice and encouraging safe cycling behaviors. Ride Leaders may also perform the role of first responders at the accident scenes along the ride routes and identify unsafe cyclists to ride officials.

## Route

The route is marked with green, blue, and orange arrows. The color of the arrows correspond with your wristband color.

## Check-in

When you cross the finish line, all riders must check in. This lets us know that you have safely finished the ride.

## Weather

We ride rain or shine and there is no rain date. In the event of sever weather, the Ride Director may suspend or cancel the ride. Should the weather take a turn for the worse during the ride, SAG vehicles will transport you to designated shelter areas along the route. If the weather looks questionable call 781-693-5188 for a recorded message on the event status.

## Volunteers

Volunteers make it happen!

Do you know anyone who can lend a helping hand? If so, please contact Brenda Barbour, Associate Vice President of Volunteer Development, at 781-890-6097, ext. 135, or e-mail [brenda.barbour@nmss.org](mailto:brenda.barbour@nmss.org).

## Bike Shops

Partnering with Bike Shops is crucial to the success of Bike MS rides. The following are Bike Shops who support Ride Bar Harbor:

Bar Harbor Bicycle Shop	barharborbike.com	207-288-3886	Bar Harbor
Cadillac Mountain Sports	cadillacsports.com	207-288-4532	Bar Harbor & Ellsworth
Ski Rack Sports	skiracksports.com	207-945-6474	Bangor

## Contact Info

### Chapter Address

Greater New England Chapter  
74 Gray Road  
Falmouth, ME 04105

**Phone:** 800-344-4867  
207-781-7960

**Web sites:** [www.bikeMSgne.org](http://www.bikeMSgne.org)  
[www.MSnewengland.org](http://www.MSnewengland.org)

**Bike MS E-mail:** [bikemsgne@nmss.org](mailto:bikemsgne@nmss.org)

### Director of Development

Sue Tidd  
207-877-4431  
[sue.tidd@nmss.org](mailto:sue.tidd@nmss.org)

### Development Coordinator

Steve Faloon  
207-907-4008  
[steve.faloon@nmss.org](mailto:steve.faloon@nmss.org)

### Bike MS Champions

Liz Strawn  
508-759-0402  
[liz.strawn@nmss.org](mailto:liz.strawn@nmss.org)

### Associate VP of Volunteers Development

Brenda Barbour  
781-693-5135  
[brenda.barbour@nmss.org](mailto:brenda.barbour@nmss.org)

## In-Kind Sponsors

Thank you for donating goods to Ride Bar Harbor





