Don't just ride, Bike MS

BIKE MS: RIDE THE RHODE
JUNE 20-21, 2015
RIDE GUIDE

bike MS

Ride the Rhode
2015

National Multiple Sclerosis Society
Greater New England Chapter
205 Hallene Rd, Suite 209, Warwick, RI 02886
1-800-344-4867- bikeMSrhodeisland.org

Welcome

Dear Cyclist,

Welcome to the 2015 Bike MS: Ride the Rhode hosted by the Greater New England Chapter of the National Multiple Sclerosis Society. We are excited to have you join us for this fantastic ride. Thank you for joining the movement to cycle and create a world free of MS. In 2015, I believe that it's possible to hit the road this June with more cyclists and to surpass our goal of $530,000.

The recent realignment between the Rhode Island Chapter and the Greater New England Chapter has given Bike MS: Ride the Rhode and its participants some exciting new opportunities. For instance, we now have a larger base of support and a wider targeted marketing audience. The Warwick office will remain open and the hardworking staff will continue to work with our dedicated volunteer Bike MS Committee. This combination will ensure that Bike MS: Ride the Rhode will be a premier ride within the Bike MS portfolio as well as Greater New England's second largest ride.

Fundraising is the first step in preparation for Ride the Rhode. Our website provides tools to help you reach your goal and help the 21,000 people in Rhode Island, Maine, Massachusetts, New Hampshire, and Vermont who are living with multiple sclerosis. Each cyclist is required to raise a minimum of $300.

For our new cyclists, training is the second step. We will post information for local area training rides on our website. You can access materials like the fundraising workbook, contribution sheet, sample fundraising letter, and donation receipt form in the Document Downloads section of our website. The website may be accessed by going to www.bikemsgne.org and following the links to the Ride the Rhode page.

Multiple sclerosis interrupts the flow of information between the brain and the body and can stop people from moving forward in their lives. Every hour in the U.S. someone is newly diagnosed with MS, an unpredictable disease of the central nervous system. The National MS Society exists to keep people affected by MS moving forward with MS education, support, advocacy, and research. This is why we ride and that is why your fundraising is so important.

Bike MS rides are about so much more than cycling. They are about hope, commitment and a world free of multiple sclerosis. Eighty-four percent of the money you raise and sponsorship dollars goes towards providing help for today, through outstanding community-based programs in MS education, support, and advocacy, and hope for tomorrow through vital MS research. The funds you raise have a direct impact upon improving the quality of life for the people with MS in Vermont, Maine, Massachusetts, New Hampshire, and Rhode Island.

Again, thank you for commitment in making a difference in the lives of those living with MS. Working together, I am confident that we will one day see a world free of MS. If you have any questions about Ride the Rhode, call us at 800-344-4867 or email us at bikemsgne@nmss.org.

This year is going to be wonderful – I'm glad you're a part of it and I hope you'll continue to invite others to join us for the ride of our lives. I look forward to seeing you there!

Sincerely,

Joel Richards
Vice President of Development

For cyclists and all those seeking a personal challenge and a world free of MS, Bike MS is the premier fundraising cycling series in the nation. With a choice of over 100 extraordinary rides, the Bike MS experience is the ride of your life.

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By the Numbers

HIGHLIGHTS OF RIDE THE RHODE 2014

TOP 10 TEAMS:		TOP 10 CYCLISTS:	
CU Later MS	$39,894	Doug Moore	$11,600
Pedal Pushers	$33,837	Albert Lessard	$7,030
Nel's Grey Goose	$29,808	Susan McNamara	$6,711
Reservoir Rhodies	$18,581	Andrew Gallonio	$6,695
Fidelity Investments	$16,863	Aron Carpenter	$6,505
PT Riders	$15,143	Jerri Jaffa	$6,346
Rossi's Posse	$13,669	Christopher Cosgrove	$6,170
Wheels on my Heels	$13,600	Mary McNamara	$6,016
Brake the Cycle	$12,944	Tim Burke	$5,130
Team Greg	$11,897	Michael Hunsinger	$5,070

Total Teams: 61 ~ Total Raised by Teams: $439,793

2015 GOAL: $530,000

BIKE MS PRIZES

THE MORE YOU RAISE, THE MORE PRIZES YOU GET!

The National MS Society offers great prizes to reward our top Bike MS fundraisers for their efforts.

All RtR cyclists raising $750 or more will receive a custom embroidered Bike MS hat.

All RtR cyclists raising $1,000 or more will receive a custom Ride the Rhode VIP Jersey (pictured above), and a Bike MS hat.

All RtR cyclists raising $5,000 or more will receive a RtR VIP cycling jersey, a bike shop gift card, and will be eligible for the Passport Program* in 2016.

The Top 20 fundraising cyclists will also receive a custom Bike MS Ride the Rhode Top Fundraiser

technical ¼ zip pullover.

*As a National MS Society cyclist and top fundraiser, cyclists from our chapter who have raised at least $5,000 are eligible to become a member of the elite National Bike MS Passport Program! Through the National Bike MS Passport Program, members are eligible to attend many other Bike MS Rides throughout the nation. For more information, visit www.bikemsgne.org.

You can also decide to generously donate your prize back to the chapter. By doing so, you can help us continue to deliver quality programs and services locally to nearly 21,000 people living with MS.

Pre-Ride

EARLY PACKET PICK-UP

Have a stress-free morning before the ride! Stop by one of our Early Packet Pick-ups to say hello to the staff, meet fellow riders and committee members, and pick up your packet. Early Packet Pick-up gives you a chance to drop off last minute donations and grab your bib number so all you need to do on Saturday morning is line-up and ride!

Early Packet Pick-Up Schedule

- **Monday June 15, 2015** 4:00 - 7:30 p.m.
  East Providence Cycle
  414 Warren Ave, East Providence
- **Tuesday June 16, 2015** 4:00 - 7:30 p.m.
  NBX Bikes
  922 Boston Neck Rd., Narragansett
- **Wednesday June 17, 2015** 4:00 - 7:30 p.m.
  National MS Society, Warwick Office
  205 Hallene Rd. Suite 209, Warwick
- **Thursday June 18, 2015** 4:00 - 7:30 p.m.
  Newport Bicycle
  130 Broadway, Newport

FRIDAY NIGHT HOTEL

Local hotels near the Narragansett Pier School starting site.

- **Hampton Inn South Kingstown**
  20 Hotel Drive, South Kingstown
  (401) 788-3500
- **Village Inn Hotel and Conference Center**
  1 Beach Street, Narragansett
  (401) 783-6767
- **Hampton Inn Coventry** (45 minutes from start)
  850 Centre of New England Blvd., Coventry
  (401) 823-4041
  Block of Rooms available at a discounted rate
- **Lighthouse Inn of Galilee**
  307 Great Island Road, Narragansett
  (401) 789-9341

PREP: BIKE TUNE/CHECK

We recommend that you have your bike tuned at one of the Bike MS supporting bike shops (see page 12) before the ride. All cyclists should carry an extra tube, a pump, and a patch kit. You may not know how to repair a puncture, but another cyclist may be able to help you.

2015 BIKE MS STORE OPEN

Purchase top quality bike MS cycling apparel from Primal Custom offered at below typical retail pricing. Inventory includes Bike MS: jerseys, water bottles, shorts, bib shorts, and gloves.

To Order: Visit any of our ride pages at **www.bikeMSgne.org**, and click on Bike MS Store

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.

Bike MS rides are fun and achievable for nearly every skill level. As a starting point, less experienced riders should consider the steps listed below to help prepare.

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. (see page 12)

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 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 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.

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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 results, 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 riding particularly hard. On rides more than 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 infamous "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. If in doubt, check www.massbike.org/bikelaw
- Communicate with your fellow riders using proper cycling terms, such as "On your left," "Car back," etc. (see page 6)
- Ride single file, please! Stay to the right, except to pass. Pass on the left side only. Do not pass on the right.
- Do not cross center line in roadway, regardless of passing zone.
- Use proper signals when turning. Make left turns from the center of the road 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, potentially 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 arm bands.
- Check League of American Bicyclists website, bikeleague.org for more information.

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Pre-Ride

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**.
   - 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 traffic 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 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 traffic 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 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.

WHAT TO BRING FOR RIDE

- Helmet – **REQUIRED**
- Tuned-up bicycle with pump (visit the bike shops on page 12 for discounts)
- Seat bag with tire patch kit, 2 spare tubes
- Two water bottles and/or hydration pack – REQUIRED
- Rider numbers and wristband – REQUIRED
- Padded bike shorts, jersey, gloves and shoes
- Jacket, rain gear, arm warmers, leg/knee warmers or tights as needed for weather
- Sunglasses, lip balm and sunscreen
- Identification (driver's license)
- Emergency cash and credit card
- Cellular telephone
- Cue sheet

cont. on next page

- Medications
- NO HEADPHONES, IPODS or RADIOS permitted while riding.

OVERNIGHT BAG

Each cyclist is allowed ONE piece of luggage weighing no more than 20 pounds, plus a sleeping bag. Please do not hang anything from or attach anything to your luggage, these could easily be misplaced. All luggage is transported for you each day.

Volunteers graciously give their time and energy to support the riders during the RtR, please respect them by following the luggage guidelines.

- Sleeping bag (or sheet) and pillow
- Towel(s) for shower – recommend quick-drying "pack" towels
- Toiletries including soap and shampoo
- Change of clothes for Saturday evening
- Plastic cover for bike seat on Saturday night
- Riding clothes for Sunday
- Rain gear
- Change of clothes for Sunday boat or bus ride home
- Comfortable shoes
- Plastic bag to protect dry clothing and to pack wet clothing
- Leave room in your bag for your event T-shirt and fundraising prizes

Team photos

Team pictures are taken Saturday morning at Narragansett Pier School. Team pictures are great to use in thank you letters and next year's donation requests. Get your team together and strike a pose!

Bike MS Champion

Bike MS Champions connects Bike MS cyclists to people living with MS. Many cyclists who ride in one of the Bike MS 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 email messages, over the telephone or in person. To join the Bike MS Champions program, please contact Sue Tidd at 207-781-7960 or sue.tidd@nmss.org..

The Ride

START

Saturday, June 20 at Narragansett Pier School
235 S. Pier Road, Narragansett, RI

Time Line

5:30 a.m. Registration opens
6:00 a.m. Team photos start
7:00 a.m. Line-up in corrals
7:30 a.m. Ride the Rhode starts!

Directions to Narragansett Pier School

From the North East

- I-95S to US 1S/ Tower Hill Rd. in North Kingstown
- Keep left at the fork to stay on I-95S
- Keep left at the fork to continue on RI-4S, follow signs to North Kingstown
- Continue on US 1S/Tower Hill Rd.
- Take the Rhode Island 1A N exit toward Narragansett
- Keep left at fork, continue to Kingstown Rd
- Turn left onto Kingstown Rd
- At traffic circle, take the 1st exit onto Old Point Judith Rd/Point Judith Rd
- Turn left onto South Pier Rd
- School will be on your left

From the South West

- I-95N/ Follow signs for New London/ Providence
- Exit 92 for CT-2 toward CT-49/ Stonington/ Pawcatuck
- Right onto CT-2E/ right to ramp towards Westerly/RI Beaches
- Continue onto CT-78 E then onto RI-78 E
- Turn left onto US 1N/Post Rd
- Take exit toward Narragansett/Point Judith
- Turn right onto Woodruff Ave
- Continue onto S. Pier Rd
- School will be on your left

Junior Waivers

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 bikeMSgne.org. Cyclists must be at least 14 years old to participate.

REGISTRATION AND LUGGAGE DROP

For those who did not attend an early packet pickup, begin at the registration tent. Drop off fundraising and pick up your Rider Packet. Included are your event credentials (see below), luggage tags and other information. You will get your prize ticket at this time, which you take to the prize tables to 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.

Bike Number Plate: Fold in half and use twist ties to attach to top tube of bike.

Luggage Tags: You will receive two luggage tags in your registration packet. Place one around luggage handles and one on side of bag (if possible) or on camping gear.

The Ride

ON THE ROAD

Saturday: all routes close at 4:00 p.m.
Sunday: Route closes at 3:00 p.m.

Rest Stops

To help you along the route, we have rest stops approximately every 12-18 miles. The stops are manned by volunteers, bike mechanics and medical help and stocked with water, Gatorade, fruit, energy bars and other healthy snacks. Lunch stops also have sandwiches. Use your time at the rest stops to fill your bottles or hydration pack, but don't stay too long. After about 15 minutes your body and muscles cool down and it takes more energy to get back to your regular riding pace.

SAG

Support And Gear vehicles drive between rest stops. SAG vehicles 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."

SAG vehicles are equipped with bike racks, basic bike repair kits, medical kits, water and snacks. If you cannot continue to ride, a SAG vehicle will give you a ride to the next rest stop.

If you do not see a SAG vehicle within a few minutes and need assistance, call the net control number on your wristband.

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. 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.

How to become a Ride Leader:

Ride Leaders are registered riders who assist with safety and communication along the route. They are distinguished by their unique arm bands.

To become a ride leader cyclists must attend Ride Leader Training to review safety guidelines, procedures, and expectations. For every 20 team members, team captains are asked to identify at least one ride leader.

For more information on becoming a ride leader please contact Megan Cutler at 401-738-8414.

ROUTE

The route is marked with blue and orange arrows. The colors of the arrows correspond with your wristband color. The 2015 route cue sheets are available on the RtR home page if you would like to review the route.

SATURDAY FINISH

University of Rhode Island
45 Upper College Rd., Kingston

Time Line

11:00 a.m.	Lunch opens
Noon	Massage opens
Noon	Bike Repair Begins
2:00 p.m.	Beer Garden opens
4:00 p.m.	Route closes
4:00 p.m.	First shuttle to Narragansett leaves
4:00 p.m.	Lunch closes
5:00 p.m.	Massage Closes
5:00 p.m.	Bike Repair Closes
5:00 p.m.	Dinner in dining hall begins
6:00 p.m.	Beer Garden closes
7:00 p.m.	Last shuttle leaves to Narragansett
7:00 p.m.	Dinner closes
7:00 p.m.	Block Party Bingo
8:00 p.m.	Last shuttle to hotels

Bike Drop

Place your bike in the bike racks or take it to our mechanics to have it looked at. Mechanics are available until 5:00 p.m. The bikes are guarded overnight by a security officer.

Housing

If you are staying on campus for the night, you will find your room assignment at the dorm check-in table at the Saturday finish line. Staff will be available on-site to answer any housing questions.

Hotel Shuttles

The hotel shuttles will leave from URI between 4:00 p.m. and 8:00 p.m. In the morning, they will run the next morning 5:00 a.m. to 8:30 a.m.

Massage

After you arrive at URI and you've had a chance to shower and change, sign-up for a massage. Therapists are available until 5:00 p.m.

Food/Beverage

When you arrive at the finish there is an ongoing BBQ lunch. So help yourself to some great food and a cold beer from Harpoon Brewery. Beer will be served from 2-6 p.m.. Dinner served in cafeteria starting at 5 p.m.. Your wristband is your meal ticket.

The Ride

SUNDAY AM

Time Line

5:00 a.m. Breakfast opens

5:00 a.m. Hotel Shuttles begin

6:30 a.m. Route Opens

7:00 a.m. Hotel Shuttles close

7:30 a.m. Breakfast closes

8:00 a.m. Last cyclist leaves

8:00 a.m. Shuttle to Narragansett Pier Middle School

Luggage

Drop-off your luggage at the luggage trucks, provided by FedEx, so that we can transport your bags to the Narragansett finish.

SUNDAY FINISH

235 South Pier Road, Narragansett, RI

Time Line

8:30 a.m.	Shuttle from URI arrives in Narragansett
11:00 a.m.	BBQ Lunch opens
3:00 p.m.	Route Closes
4:00 p.m.	BBQ Lunch closes

Showers

Showers are available in Narragansett High School at the finish line.

Food/Beverage

Available at the finish.

WEATHER

We ride rain or shine and there is no rain date. In the event of severe 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 Emily Christian, Development Manager of Endurance Events, at 781-890-6097 or emily.christian@nmss.org

Post Ride

LODGING

We provide shuttle service to the following local hotels. This list is also available on our website.

Don't forget to mention that you are a National MS Society Ride the Rhode participant when booking your room to be sure to get the correct rate. **You must book by May 20, 2015 to receive this rate.**

Hamilton Village Inn 642 Boston Neck Road	(401) 295-0700	North Kingstown
Hampton Inn South Kingstown 20 Hotel Drive, South County	(401) 788-3500	South Kingstown

TAXIS

Eagle Taxi	(401) 783-2970
Orange Cab	(401) 841-003

BIKE SHOPS

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

East Providence Cycle	eastprovidencecycle.com	East Providence
NBX Bikes	nbxbikes.com	Narragansett, Warwick, and Providence
Dash Bicycles	dashbicycles.com	Providence
W.E. Stedman Co.	westedman.com	Wakefield
Your Bike Shop	(401) 433-4491	Riverside, Warren
Newport Bicycle	www.newportbicycleri.com	Newport

Good to Know

CONTACT INFO

Chapter Address
Greater New England Chapter
101A First Avenue, Suite 6
Waltham, MA 02451-1115

Main Phone: 800-344-4867

Website: bikeMSgne.org

Bike MS Email: bikeMSgne@nmss.org

Ride Management

Megan Cutler
401-738-8414
megan.cutler@nmss.org

David Palan
781-693-5104
david.palan@nmss.org

Volunteers
Emily Christian
781-693-5154
emily.christian@nmss.org

Bike MS Champions
Sue Tidd
207-781-2088
sue.tidd@nmss.org

Thank you to our Sponsors