



*It's more than a ride*



**BIKE MS:  
GREEN MOUNTAIN  
GETAWAY**  
AUGUST 6, 2016  
*ride guide*

[BIKEMSGNE.ORG](http://BIKEMSGNE.ORG)

*Don't just ride, Bike MS*



## Bike MS Ride Guide • Green Mountain Getaway • Saturday, August 6, 2016

Dear Cyclist,

Welcome to the 2016 Bike MS: Green Mountain Getaway 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 2016, I believe that it's possible to hit the road this August with more cyclists and to surpass our goal of \$100,000.

Fundraising is the first step in preparation for the Green Mountain Getaway. Our website provides tools to help you reach your goal and help the 21,000 people in Vermont, Maine, Massachusetts, New Hampshire, and Rhode Island who are living with multiple sclerosis. Each cyclist is required to raise a minimum of \$250.

For our new cyclists, training is the second step in your preparation. Detailed ride information is available on our website in the Green Mountain Getaway Ride Guide. While the 2016 edition will be available in the coming months, the 2015 edition will provide you with useful information. 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](http://www.bikemsgne.org) and following the links to the Green Mountain Getaway 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-two 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 the Green Mountain Getaway, call us at 800-344-4867 or email us at [bikemsgne@nmss.org](mailto: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,

A handwritten signature in black ink that reads "Wes".

Wesley Snyder

Bike MS: Green Mountain Getaway Ride Manager

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.

bike  
~~MS~~ *Table of Contents*

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# bike MS<sup>®</sup> *By the Numbers*

## HIGHLIGHTS OF GREEN MOUNTAIN GETAWAY 2015

TOP 10 TEAMS:		TOP 10 INDIVIDUALS:	
The De-May-zing Bomb Squad	\$23,395	Richard Gladstone	\$9,540
The Old Guys	\$19,520	David Gladstone	\$5,954
Team Bobby Mac	\$8,209	Lita Judge	\$4,235
Vital Links	\$8,008	Dan DeMay	\$4,000
Flying Penguins	\$4,830	Hadley Donaldson	\$3,885
Full sTeam Ahead	\$4,412	Fred DeMay	\$3,860
Caity's Team	\$4,105	Christine Healey	\$2,609
UVM Neurosciences	\$3,125	Michael Yeh	\$2,600
Mountaineers	\$2,465	Susan Evensen Tena	\$2,560
Biogen Rolling Clones	\$2,015	Sandra Santilli	\$2,355

Total Teams: \$85,200 ~ Total Raised: \$93,920 ~ **2016 GOAL: \$100,000**

## 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 GMG-VT cyclists raising \$750 or more will receive Bike MS socks.

All GMG-VT cyclists raising \$1,000 or more will receive Bike MS socks and a VIP cycling jersey.

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

The Top 10 fundraising cyclists will also receive a custom Bike MS Green Mountain Getaway 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](http://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.*



## DIRECTIONS TO TECHNOLOGY PARK

55 Community Dr.  
South Burlington, VT 05403

### *From Albany, NY*

- Take I-787 N
- Take exit 9w to merge onto NY-7 W
- \*Take I-87 N\*
- Take exit 20 for NY-149
- Turn left onto NY-149 E/U.S.9N
- Turn right onto NY-149 E
- Turn left onto US 4 N/George St
- Turn right onto US 4 E/Poultney St
- Take exit 2 for Vermont 22A toward Fair Haven/  
Vergennes
- Turn left onto VT 22A N
- Turn right onto Monkton Road
- Turn left onto Monkton Ridge
- Monkton ridge turns slightly right and becomes  
Silver St
- Silver St. turns slightly left and becomes VT 116 N
- Slight right onto S. Brownell Rd
- Turn left onto Marshall Ave
- Continue to Kimball Ave
- Turn left onto Community Dr.

### *From New York City*

- Take New York 9A N/12th Ave
- Take exit 14 for I-95
- Follow signs for Interstate 95 Lower Level S/  
Garden State Parkway N
- Take exit 72A to NJ-4 W
- Take the New Jersey 17 N ramp to Mahwah/  
Garden State Parkway N
- Take the New Jersey 17 N/Interstate 287 N exit  
toward Interstate 87
- Merge onto I-287 N/NJ-17 N
- Merge onto I-87 N/NY-17 N
- Take exit 24 to merge onto I-87 N/I-90 E
- Go to \* (above)

### *From Boston, MA*

- Take I-93 N
- Take I-89 N; Entering Vermont
- Take exit 12
- Turn right on VT-2A N
- Turn left onto Marshall Ave
- Continue on Kimball
- Turn left onto Community Drive

## PREP: BIKE TUNE/CHECK

We recommend that you have your bike tuned at one of the Bike MS supporting bike shops (see page 11) 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.

## 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 11)

### 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.bikeMSvermont.org](http://www.bikeMSvermont.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 tackle the 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/CYCLING SAFETY

- Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt, check [www.massbike.org/bikelaw](http://www.massbike.org/bikelaw)
- Communicate with your fellow riders using proper cycling terms, such as "On your left," "Car back," etc. (see page 7)
- 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.
- Check League of American Bicyclists website, [bikeleague.org](http://bikeleague.org) for more information.

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## 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 11)
- 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

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# bike ~~MS~~ Pre-ride

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

## Junior Waivers

All participants between the ages of 14 and 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 of the website. All participants must be 14 years or older on the day of the event. No trailers or trailer-bikes and no child carriers/seats.

## Team photos

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



## 2016 BIKE MS STORE OPEN

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

**To Order:** Visit any of our ride pages at [www.bikeMSvermont.org](http://www.bikeMSvermont.org), and click on Bike MS Store



## 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](mailto:sue.tidd@nmss.org).

## Saturday, August 6 at Technology Park

### Time Line

- 6:30 a.m. Registration opens under the tent
- 6:30 a.m. Light Breakfast under the tent
- 7:00 a.m. Team photos start
- 7:30 a.m. Line-up
- 7:45 a.m. Brief Opening Program
- 8:00 a.m. Teams Depart
- 8:30 a.m. All cyclists must be on the course!
- 9:30 a.m. - 2:30 p.m.  
Lunch rest stops open at Crown Point
- 4:00 p.m. Route closes - all remaining cyclists will be brought to Technology Park by van
- 11:00 a.m. - 4 p.m.  
Lunch served at Technology Park

### Parking

Free parking is available at Technology Park by the Start/Finish Line. Please adhere to all posted signs.

### REGISTRATION AND DONATION DROP

Your morning begins at registration where you will receive your rider packet and event credentials, as well as the opportunity to turn in any funds raised.

Also, 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 help identify you as a Bike MS participant and provide you with emergency contact telephone number (Net Control) during the ride. Please wear your wristband throughout the ride.

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

### Finish Check-in

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

### ROUTE

The routes are marked with color-coded arrows for each distance. The colors of the arrows correspond with your cue sheet. The 2016 route cue sheets are available on the Green Mountain Getaway homepage if you would like to review the routes.

### ON THE ROAD

#### Rest Stops

To help you along the route, we have rest stops approximately every 12 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.

### 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 at 781-693-5174 or [emily.christian@nmss.org](mailto:emily.christian@nmss.org).

Volunteer assignments range from preparing ride materials to loading trucks or managing a rest stop.

## LODGING

Sheraton Burlington	870 Williston Road, Burlington, VT 05403	802-865-6600
Courtyard Burlington Harbor	25 Cherry St, Burlington, VT 05401	802 864-4700
Holiday Inn Burlington	1068 Williston Rd, South Burlington, VT 05403	802-863-6363
Hotel Vermont	41 Cherry Street, Burlington, VT 05401	855-650-0080
The Inn at Charlotte Bed and Breakfast	32 State park Road, Charlotte, VT 05445	802-425-2934
Heart of the Village Inn	5347 Shelburne Rd, Shelburne, VT 05482	802-985-9060
Fairfield Inn by Marriott Burlington/Williston	2844 St George Rd, Williston, VT 05495	802-879-8999

## BIKE SHOPS

Partnering with Bike Shops is crucial to the success of Bike MS rides. The following are Bike Shops who support the Green Mountain Getaway:

Earl's Cyclery & Fitness	<a href="http://earlsbikes.com">earlsbikes.com</a>	South Burlington
Ski Haus	<a href="http://skihausofvermont.com">skihausofvermont.com</a>	Middlebury
Alpine Shop	<a href="http://alpineshop.com">alpineshop.com</a>	Burlington
Ski Rack	<a href="http://skirack.com">skirack.com</a>	Burlington

## BIKE RENTAL AND SHIPPING

### ***Need to rent a bike?***

Earl's Cyclery & Fitness provides high quality rentals to all Green Mountain Getaway riders. . Please contact them directly at least a week prior to the event for rental rates and procedures.

### ***Want to ride your bike?***

If you would rather ride your own bike, you can ship it to Earl's Cyclery, 2500 Williston Rd, South Burlington, VT 05403 (participants are responsible for the cost of shipping). Contact Earl's ahead of time and let them know to expect your bike. Please plan to ship your bike there at least a week prior to the event.

bike  
~~MS~~ *Contact Information*

**Chapter Address**

Greater New England Chapter  
75 Talcott Road, Suite 40  
Williston, VT 05495

**Phone:**

802-871-5691, option 2

**Website:**

bikeMSvermont.org

**Bike MS Email:**

bikeMSgne@nmss.org

**Ride Management**

Wesley Snyder  
802-871-5691  
wesley.snyder@nmss.org

Sue Tidd

207-781-2088  
sue.tidd@nmss.org

**Volunteers**

Emily Christian  
781-693-5174  
emily.christian@nmss.org

**Bike MS Champions**

Robin Maxcy  
781-639-5104  
robin.maxcy@nmss.org

*Our Sponsors*



THE GREEN MOUNTAIN GETAWAY WOULD NOT BE POSSIBLE  
WITHOUT OUR WONDERFUL SPONSORS.