

# bike MS

Great Maine  
Getaway  
Ride 2012

Saturday-Sunday,  
August 4-5, 2012  
Bike MS Ride Guide



## **Bike MS Ride Guide**

### **Great Maine Getaway - *more than a ride; it is a celebration in the pursuit of ending MS.*** **Saturday-Sunday, August 4-5, 2012**

Welcome and thank you for participating in the 2012 Bike MS Great Maine Getaway, hosted by the Greater New England Chapter of the National Multiple Sclerosis Society.

This year the ride features many exciting attractions such as:

- Routes of 25, 50, 75 and 100 mile distances!
- Effective traffic control and strict safety standards!
- Around the World themed rest stops and lunch stops!
- Friday night Welcome Reception with buffet, beer and wine
- Saturday Finish line Picnic sponsored by Hillside Lumber and Smiling Hill Farm.
- Gritty McDuff's beer and wine Friday and Saturday night (two drinks per person included in registration)!
- Saturday evening dinner and evening event under a new tent with room for everyone!
- Slide show from the days ride under the big tent Saturday night!
- The traditional Lobster Bake on Sunday!
- Inspired focus on our mission

As you can see, the Great Maine Getaway will be a wicked adventure for all!

It is a generous spirit that brings people together to make a difference in the lives of others. Though this year's goal of \$350,000 is certainly ambitious, so are the efforts of all those who have made this ride the premiere National MS Society fundraising event in Maine over the years. Later in this guide we'll celebrate the accomplishments of last year's individual and team fundraising leaders. The results of their hard work are truly inspiring. The National MS Society thanks them and all of you who made 2011 a year to remember.

The Greater New England Chapter serves individuals and families throughout northern New England whose lives are affected by Multiple Sclerosis, including 3,000 in Maine, with programs, services, advocacy, and education. Whether it's \$200 for the purchase of an air conditioner to help combat the temporary worsening of MS symptoms due to heat, or \$2,000 to modify a home to help ensure a person who uses a wheelchair can move more easily within that home, every dollar you raise during the Great Maine Getaway is truly making a difference in the life of someone in our extended community who lives with MS.

As you can see the work you're doing through the Great Maine Getaway is extremely important, so on behalf of the National Multiple Sclerosis Society, Greater New England Chapter, and the thousands living with MS, thank you for sharing that spirit.

Sue Tidd  
Director of Development

Sean MacWilliam  
Development Coordinator

*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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# Highlights of 2011

TOP 10 TEAMS:		TOP 10 INDIVIDUALS:	
Kelly's Kruisers	\$33,134	Sumner Weeks	\$21,300
Cycling Friends	\$30,851	Dean Bingham	\$14,410
Velo X-Press	\$29,760	Dave Collins	\$6,725
Holy Rollers	\$27,037	Gordon Haldeman	\$6,385
Casco Bay Cycle Club	\$17,659	Roy Willey	\$5,420
Team Jo Joe	\$14,660	George Sherry	\$4,505
Hogan's Heroes	\$13,223	Donna McGrew	\$4,330
Captain Positive's Posse	\$8,586	Paul Riechman	\$4,005
Team Six A.M.	\$6,110	Kimberly Bianco	\$3,790
Jordan's Generation	\$5,404	Bruce Blanchette	\$3,671
<b>Total Teams: \$248,793 ~ Total Raised: more than \$317,280</b>			
<b><u>2012 GOAL: \$350,000</u></b>			

## Prizes

DOLLARS RAISED	T-shirt	Bike MS Gloves	VIP Jersey	Bike Shop Gift Card	Bike MS Wind Jacket
\$10,000+	●	●	●	\$200	●
\$5,00-9,999	●	●	●	\$100	●
\$2,500-4,999	●	●	●	\$75	●
\$1,500 - 2,999	●	●	●	\$50	
\$1,000 - 1,499	●	●	●	\$25	
\$750 - 999	●	●	●		
\$500 - 749	●	●			
\$250 - 499	●				

# Weekend Amenities

**The National MS Society works hard to ensure that every aspect of the bike MS weekend is taken care of for you.**

## Food

When you arrive at the finish Saturday there is an ongoing picnic of hamburgers, hot dogs, and more, sponsored by Hillside Lumber and Smiling Hill Farm. Help yourself to some great food and cheer on returning cyclists! The beer and wine tent will open at 5:00 p.m. with cold Griffy's beer. A Hawaiian Luau style dinner begins at 5:30 p.m. for everyone under the main tent behind the Alford Center. Your wristband is your meal ticket.

On Sunday we'll have our annual Lobster Bake beginning at noon.

## Housing

Thanks to our host, St. Joseph's College of Maine, we are able to provide dorm rooms with hot showers or safe designated camping areas, on both Friday and Saturday night. The cost of Saturday's accommodations are included in your registration fee. The cost of Friday's accommodations are \$35 to stay in the dorm, and \$7 to camp out. If you haven't reserved your room, call our office at 207-781-7960. Those staying in the dorm must bring their own towels and bedding. You are also urged to bring a fan as rooms are not air conditioned. Please request your roommate preference or any special accommodations when you make your reservation.

## Support on the route

Your safety is our primary concern. We provide a well marked route, professional SAG (Support And Gear) vehicle drivers, HAM radio communications, and transportation for cyclists needing assistance. Rest stops are located approximately every 12 miles to provide food, drink, and medical attention. Professional bike mechanics are also stationed throughout the route to serve you. A more detailed description of our rest stops appear later in this guide.

## Support off the route

Over 200 volunteers join our MS staff to help the weekend run smoothly. If you need assistance at any point during the weekend, look for a volunteer or MS staff member. There are also massage therapists on hand at the finish line to help with those aching muscles.

## Campus Festivities

When you return from your Saturday ride, you are greeted by enthusiastic volunteers cheering at the finish line, as well as the WBLM Street Team and "The Captain" Herb Ivy! Starting at 6:30 p.m. photographs taken that day stream on the tent wall for all to watch. On Sunday, following your 50 or 75 mile ride, join us for our annual Lobster Bake starting at noon.

# Pre-Ride

## Friday Night Accommodations

Overnight accommodations for Friday are available at the St. Joseph's College dorms at a cost of \$35, or for \$7 you can reserve one of our designated camping areas. Call 207-781-7960 to make your reservation. Be sure to also request roommate preference or special accommodations when you make your reservation.

For those who did not attend an Early Packet Pick-Up at our Falmouth office, the final Early Packet Pick-Up is scheduled from 6 p.m. – 10 p.m. on Friday at the Alford Center on the campus of St. Joseph's College. Housing assignments for Friday night guests are also available during this Early Packet Pick-Up.

### Directions to St. Joseph's College

278 Whites Bridge Road, Standish, ME 04084

### Directions From the North on I-95

Follow I-95 South. Take exit 63 for US-202/ME-115/ME-4. Proceed 0.6 miles and turn left onto ME-115 W/ME-26A N/ME-4 S/U.S. 202 W/W Gray Road. Continue to follow ME-115 W/ME-4 S/U.S. 202 W/W Gray Road for 3.6 miles. Take slight right onto ME 115 W/Windham Road. Continue to follow ME-115 W. for 3 miles. Continue onto ME-35 S/Tandberg Trail and proceed 2.3 miles. Turn right onto Whites Bridge Road and proceed 1.3 miles. Turn left onto St. Joseph's College. Follow signs to Alford Center.

### Directions From the South on I-95

Follow I-95 North. Take exit 63 for US-202/ME-115/ME-4. Proceed 0.3 miles and turn left onto ME-115 W/ME-26A N/ME-4 S/U.S. 202 W/W Gray Road. Continue to follow ME-115 W/ME-4 S/U.S. 202 W/W Gray Road for 3.6 miles. Take slight right onto ME 115 W/Windham Road. Continue to follow ME-115 W. for 3 miles. Continue onto ME-35 S/Tandberg Trail and proceed 2.3 miles. Turn right onto Whites Bridge Road and proceed 1.3 miles. Turn left onto St. Joseph's College. Follow signs to Alford Center.

## Early Packet Pick-Up (EPP)

Early Packet Pick-Up is available at St. Joseph's College on Friday before the ride from 6 – 10 p.m. at the Alford Center. Join us for a welcome reception Friday evening from 6–9 in the Alford Center for buffet-style hors d'oeuvres, Gritty McDuff's beer and wine.

Other Early Packet Pick-Up are: Tuesday, July 24 and Thursday, July 26 from 9 a.m. – 6:30 p.m. at the National MS Society office at **74 Gray Road, Falmouth, ME 04105.**

Have a stress-free morning before the ride and say hello to the staff by picking up your packet early. At the EPP, you can drop-off all your last minute donations, pick-up your bib number, and get everything out of the way so that on Saturday morning all you need to do is line-up and ride.

## Pre-ride prep – bike tune/check

In order to participate in the 2012 Great Maine Getaway, please have your bike inspected by your local bike shop, using the Inspection Sheet on page 12. All cyclists should carry an extra tube, 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.

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 [bikeMSgne.org](http://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.

## 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 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 infamous "BONK" that many cyclists experience on longer rides. You should eat on long rides. Good food choices include energy bars and fruit.

*cont. on next page*

## 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](http://www.massbike.org/bikelaw)
- Communicate with your fellow riders using proper cycling terms, such as "On your left," "Car back," etc. (see pages 6-7)
- 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, 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 website: [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.**
  - 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 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 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.

*cont. on next page*



- **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.

## 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 [bikeMSgnc.org](http://bikeMSgnc.org).

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

## 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 Liz at 508-759-0402 or [Liz.Strawn@nmss.org](mailto:Liz.Strawn@nmss.org)

## What to bring for Ride

- Helmet – REQUIRED
- **TUNED-UP** bicycle with pump (visit supporting 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
- Cue sheet
- Medications
- **NO HEADPHONES, IPODS or RADIOS** permitted while riding.

## Overnight Bag

- 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
- Comfortable shoes
- Plastic bag to protect dry clothing and to pack wet clothing
- Bring a fan for your room
- Leave room in your bag for your event T-shirt and fundraising prizes

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### 2012 Bike MS Jerseys for Sale

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

### Check out our new expanded store!

Inventory includes Bike MS: waterbottles, bib shorts, knee warmers, arm warmers, and socks.

### To Order:

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



# Start - Saturday

August 4, 2012 - St. Joseph's College

## Time Line

- 5:30 a.m. Registration opens
- 5:30 a.m. Breakfast in dining commons for Friday night guests
- 6:00 a.m. Team photos start
- 7:00 a.m. Line-up in corrals
- 7:30 a.m. Great Maine Getaway starts!

## Parking

Parking is free and there is space for everyone. . You may leave your car at St. Joseph's College for the duration of the ride.

## Registration and Donation Drop

Drop off fundraising and receive your Rider Packet. Included 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.

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## On the Road

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

## Rest Stops

To help you along the route, we have rest stops every 12 miles, on average. 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 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.**

## 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, yellow and orange arrows. The color of the arrows correspond with your wristband color. The 2012 route cue sheets are available on the Great Maine Getaway homepage if you would like to review them

# Saturday Finish

August 4, 2012 - St. Joseph's College

## Time Line

- 11 a.m. Massage opens
- 11 a.m. Picnic begins
- 5 p.m. Beer tent opens
- 5 p.m. Massage ends
- 5:30 p.m. Dinner begins
- 7 p.m. Awards program begins

## Check-in

When you cross the finish line, all riders check in and pick up check-in packets. This lets us know that you have safely finished the ride. This packet includes your housing assignment, lobster bake or barbecue ticket, 2 complimentary drink tickets to Saturday night's event and your 21+ wristband for alcohol service. **Note:** Sunday only riders receive Lobster Bake/BBQ ticket when they check in Sunday morning.

## Housing

If you are staying at St. Joseph's College, pick up your room assignment when you check in from the ride. All

rooms have a key. You must return the key between noon - 4 p.m. on Sunday in the Alford Center. Those not returning a key are charged a \$35 fee. If you are locked out you will need to go to the Security office in Standish Hall for someone to unlock your room. There is staff present to answer any housing questions

## Massage

We have scheduled massage therapists for this year's ride. After you arrive at St. Joseph's College sign-up for your massage. Therapists are available until 5 p.m.

## Food/Beverage

When you arrive at the finish there is an ongoing picnic of hamburgers, hot dogs, and more, sponsored by Hillside Lumber and Smiling Hill Farm. Help yourself to some great food and cheer on returning cyclists! The beer and wine tent will open at 5:00 p.m. with cold Gritty's beer. An incredible Hawaiian Luau style dinner begins at 5:30 p.m. for everyone under the main tent behind the Alford Center. Your wristband is your meal ticket.

# Sunday

## Time Line

### Start

- 5:30 a.m. Breakfast opens
- 6 a.m. Registration opens
- 7:30 a.m. Ride Begins

### Finish

- Noon Lobster Bake/BBQ begins
- Noon - 5 p.m. **Early bird registration for 2013 Great Maine Getaway**
- 3 p.m. Route closes
- 5 p.m. Lobster Bake/BBQ ends

## Team photos

Team pictures are taken Saturday morning in front of the Alford Center. 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 Shops

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

Allspeed Cyclery & Snow	allspeed.com 207-878-8741	Portland, ME
Auclair Cycle & Ski	auclaircycle.com 207-734-7171	Augusta, ME
Back Bay Bicycles	backbaybicycle.com 207-773-6906	Portland, ME
Bath Cycle & Ski	bikeman.com 207-442-7002	Woolwich, ME
Cycle Mania	cyclemania1.com 207-774-2933	Portland, ME
EMS	ems.com 207-541-1919	Portland, ME
Freeport Ski and bike	freeportskiandbike.com 207-865-0523	Freeport, ME
Quinn's Bike & Fitness	quinnsbike.com 207-284-4632	Biddeford

## Contact Info

### Chapter Address

Greater New England Chapter  
74 Gray Road  
Falmouth, ME 04105

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

**Websites:** bikeMSgne.org  
MSnewengland.org

**Bike MS Email:** bikeMSgne@nmss.org

### Executive VP of Resource Development

Lori Espino  
781-693-123  
lori.espino@nmss.org

### Director of Development

Sue Tidd  
207-877-4431  
sue.tidd@nmss.org

### Development Coordinator

**Great Maine Getaway**  
Sean MacWilliam  
207-781-7960  
sean.macwilliam@nmss.org

### Development Coordinator

**Ride Bar Harbor**  
Steve Faloon  
207-781-7960  
steve.faloon@nmss.org



## BICYCLE INSPECTION SHEET

Cyclists's Name \_\_\_\_\_

Bicycle Make and Model \_\_\_\_\_

Please have your bike inspected by a bike shop mechanic, then follow the inspection up with any recommended repairs. Most supporting bike shops offer free inspections. There is generally a charge for tune-ups.

Items to be inspected:

\_\_\_\_\_ Adjust wheel cones                      \_\_\_\_\_ Oil and clean freewheel

\_\_\_\_\_ Check headset                              \_\_\_\_\_ Tighten crank bolts

\_\_\_\_\_ Check bottom bracket                      \_\_\_\_\_ Check tire wear

\_\_\_\_\_ Adjust both derailleurs                      \_\_\_\_\_ Check stem bolt tightness

\_\_\_\_\_ Clean derailleurs, if needed                      \_\_\_\_\_ Handlebar plugs secured

\_\_\_\_\_ True wheels                                      \_\_\_\_\_ Lube and clean chain

Inspector

\_\_\_\_\_

Store

\_\_\_\_\_

Inspector's recommendations:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Thank you to our sponsors:



BON APPÉTIT



*The Great Maine Getaway would not be possible without our wonderful sponsors.*