




bike to
create a world
free of MS

Green Mountain Getaway

Saturday-Sunday
August 11-12, 2012

Bike MS Ride Guide



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Welcome and thank you for participating in the 2012 Bike MS Green Mountain Getaway (GMG) hosted by the Greater New England Chapter of the National Multiple Sclerosis Society. We are excited about our move to Burlington. With University of Vermont being the home base for the Bike Ride, we are planning a great two days including a beer garden and fabulous food. There are great routes to ride with some of the most beautiful scenery in Vermont and of course, Lake Champlain is now in our backyard.

With GMG being one of the oldest MS Bike Rides, your loyalty and fundraising truly makes a difference. Funds raised through Green Mountain Getaway enable MS education, emotional support, financial assistance, advocacy, and direct services for people in Vermont, in addition to funding cutting-edge research and treatments to stop progression, restore function, and end MS forever. Your help gives hope to those Vermonters living with MS and their families.

As you embark on your two-day challenge in August, please remember those who face the daily challenge of multiple sclerosis. They may be your friends, colleagues, or family members. On behalf of the National Multiple Sclerosis Society, Greater New England Chapter, and the thousands living with MS, thank you.

Adele Forbes
Director of Development

Ashley Febvay
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 Green Mountain Getaway 2011

TOP 10 TEAMS:		TOP 10 INDIVIDUALS:	
Green Mountain Peloton	\$27,270	John Overbay	\$20,300
Chain Wringers	\$15,398	David Gladstone	\$6,250
Team DeMay-Stowe & Co.	\$9,675	John Wall	\$5,330
The Mountainers	\$9,530	Westin Forrest	\$2,730
Skis and Spokes	\$6,375	Bob Kalinowski	\$2,615
Sylvia's Dream Team	\$6,100	Joel Eshbaugh	\$2,600
Team Sugar Bush/ Vermont Adaptive	\$4,062	Larry Elber	\$2,300
XMS	\$2,980	Daniel DeMay	\$2,130

Total Teams: \$84,820 ~ Total Raised: more than \$115,000

Prizes				
DOLLARS RAISED	T-Shirt	Bike MS Gloves	1-Day VIP Jersey	Bike Shop Gift Card
Top 20 Fundraisers	Bike MS Wind Jacket			
\$20,000+	◆	◆	◆	\$200
\$10,000 - \$19,999	◆	◆	◆	\$100
\$5,000 - \$9,999	◆	◆	◆	\$50
\$1,500- \$4,999	◆	◆	◆	
\$1,000 - \$1,499	◆	◆		
\$250 - \$999	◆			

Directions to UVM

University of Vermont, 85 South Prospect St, Burlington, VT 05401 - (802) 656-3131

From Albany, NY

- Take I-87 N via the ramp to Saratoga/Springs.
- Take exit 22 toward U.S. 9N
- Turn right onto NY-185 E/Bridge Rd; Entering Vermont.
- Continue onto VT-17 E.
- Turn left onto Vermont 22A N.
- Turn left onto US-7 N.
- At the traffic circle, continue straight onto South Willard St.
- Turn right onto College St. Turn left onto S Prospect St .

From New York, NY

- Take I-78 W/Holland Tunnel;
- Onto NJ-139 W.
- Take the US-1 N/US-9 N exit.
- Exit on the left onto NJ-3 W.
- Take the NJ-17 N exit toward Rutherford.
- Take I-287 N/NJ-17 N.
- Take exit 24 to merge onto I-87 N/I-90 E toward Albany/Montreal. Cont. on I-87
- Take exit 22 toward U.S. 9/New York 9N/Lake George Village/Diamond Point.
- Turn right onto NY-185 E/Bridge Rd.
- Continue onto VT-17 E.
- Turn left onto Vermont 22A N.
- Turn left onto US-7 N.
- At the traffic circle, continue straight onto South Willard St. Turn right onto College St. Turn left onto South Prospect St .

From Boston, MA

- I-93 N.
- Take I-89 N; Entering Vermont.
- Take exit 14W to merge onto US-2 W/Williston Rd toward Burlington;
- Continue to follow US-2 W. Turn right onto South Prospect St.

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.

Pre-ride prep

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

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.bikeMSgnc.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

cont. on next page

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.

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 pages 5-6)
- 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, 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

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.

cont. on next page

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 alerts 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.
- **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 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.

What to bring for Ride

- Helmet – REQUIRED
- **TUNED-UP** bicycle with pump (visit the bike shops on page 11 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
- Medications
- Linens for a twin bed, a pillow and towels for the dorm (linens for Basic Room only)
- **NO HEADPHONES, IPODS or RADIOS** permitted while riding.

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, click on **Bike MS Store**.



Team photos

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



Time Line

Friday, August 10 **University of Vermont, VT**

5 – 9 p.m. *Registration at the Front Desk of University Heights, North*

Saturday, August 11 **University of Vermont, VT**

6 a.m. *Registration opens*

Noon – 10 p.m. *Shuttles to and from UVM to Downtown Burlington & Hotels*

6 – 8 a.m. *Light breakfast under the tent*

6:30 a.m. *Team photos start*

7 a.m. *Line – up*

7:15 a.m. *Program*

8 a.m. *All cyclists must be on the course!*

10 a.m. – 2 p.m. *Lunch rest stop at Crown Point*

Noon – 5 p.m. *Post-Ride Check-in & Housing - Front Desk, University Heights, North*

Noon – 5 p.m. *Barbecue & Festivities under the tent*

2 – 5 p.m. *Beer Garden provided by Otter Creek*

4:00 p.m. *Route closes. All cyclists still on the route are brought to UVM by van*

5 – 6 p.m. *Awards Ceremony at Amphitheater*

6 – 7:30 p.m. *Dinner under dining tent*

Sunday, August 12 **University of Vermont, VT**

5:30 – 7 a.m. *Full Breakfast in Harris Mills Cafeteria*

6:30 a.m. *Route opens*

7:30 a.m. *All cyclists must be on the course*

10 a.m. – 2 p.m. *Lunch rest stop open at Bristol Green*

Noon – 5 p.m. *Finish Line BBQ & Festivities under the tent*

Noon – 5:30 p.m. *Check-out & Room Key Return at Front Desk, University Heights, North*

4 p.m. *Route closes. All cyclists still on the route are brought to UVM by van*

On the Road

Saturday: All routes close at 4 p.m. Sunday: All routes close at 4 p.m.

Rest Stops

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.

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 routes 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 routes are marked with color-coded arrows for each distance. The colors of the arrows correspond with your cue sheet. The 2012 route cue sheets are available on the Green Mountain Getaway home page if you would like to review the routes.

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.

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

Junior Waivers

All riders must be 14 years old or older. Those 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.

Parking

Free parking is available on Saturday and Sunday at the college by the Start/Finish Line and near the dorms. Please adhere to all posted signs. Parking permits are required for Friday parking after 3 p.m. Riders may pick up a parking permit when checking in for housing on Friday.

Registration & Donation Drop

For those who did not attend an early packet pickup, begin at registration: drop off fundraising and receive Rider Packet. Included are your event credentials (see below).

Upon returning from the ride, check-in with the NMSS staff so we know you are off the route. You will get your prize sheets at this time, which you take to the prize tables and collect your fundraising prizes. At this time you can also check-in with UVM to get keys to your room.

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

Lodging

Lodging is provided at UVM and available for the nights of Friday, August 10 and Saturday, August 11. **(Includes registration fee)** Shuttles provided to and from hotels and Downtown Burlington.

Basic double Room Friday and Saturday \$105

Basic double Room Saturday \$70

(Bring your own linens, shared bathroom)

Premium double Room Friday and Saturday \$165

Premium double Room Saturday \$105

(Private bathroom, linens, and air conditioning)

Hotels

DoubleTree by Hilton, Burlington 802-658-0250, \$155, deadline 7/12/12

Best Western Windjammer Inn, Burlington 800-371-1125, \$149, deadline 7/10/12

Sheraton Burlington 802-865-6600, \$169-\$189, deadline 7/11/12

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	earlsbikes.com	South Burlington, VT
SkiHaus	skihausofvermont.com	Middlebury, VT
West Hill Shop Inc	westhillshop.com	Putney, VT
Belgen Cycles	belgencycles.com	Richmond, VT
Ski Rack	skirack.com	Burlington, VT
Alpine Shop	alpineshop.com	Burlington, VT

Contact Info

Chapter Address

Greater New England Chapter
75 Talcott Road, Suite 40
Williston, VT 05495-8122

Main Phone: 800-344-4867

Websites: bikeMSgne.org

Bike MS Email: bikeMSgne@nmss.org

Director of Development

Adele Forbes
802-871-5696
adele.forbes@nmss.org

Development Coordinator

Ashley Febvay
802-864-6356
ashley.febvay@nmss.org

Bike MS Champions

Liz Strawn
508-759-0402
liz.strawn@nmss.org

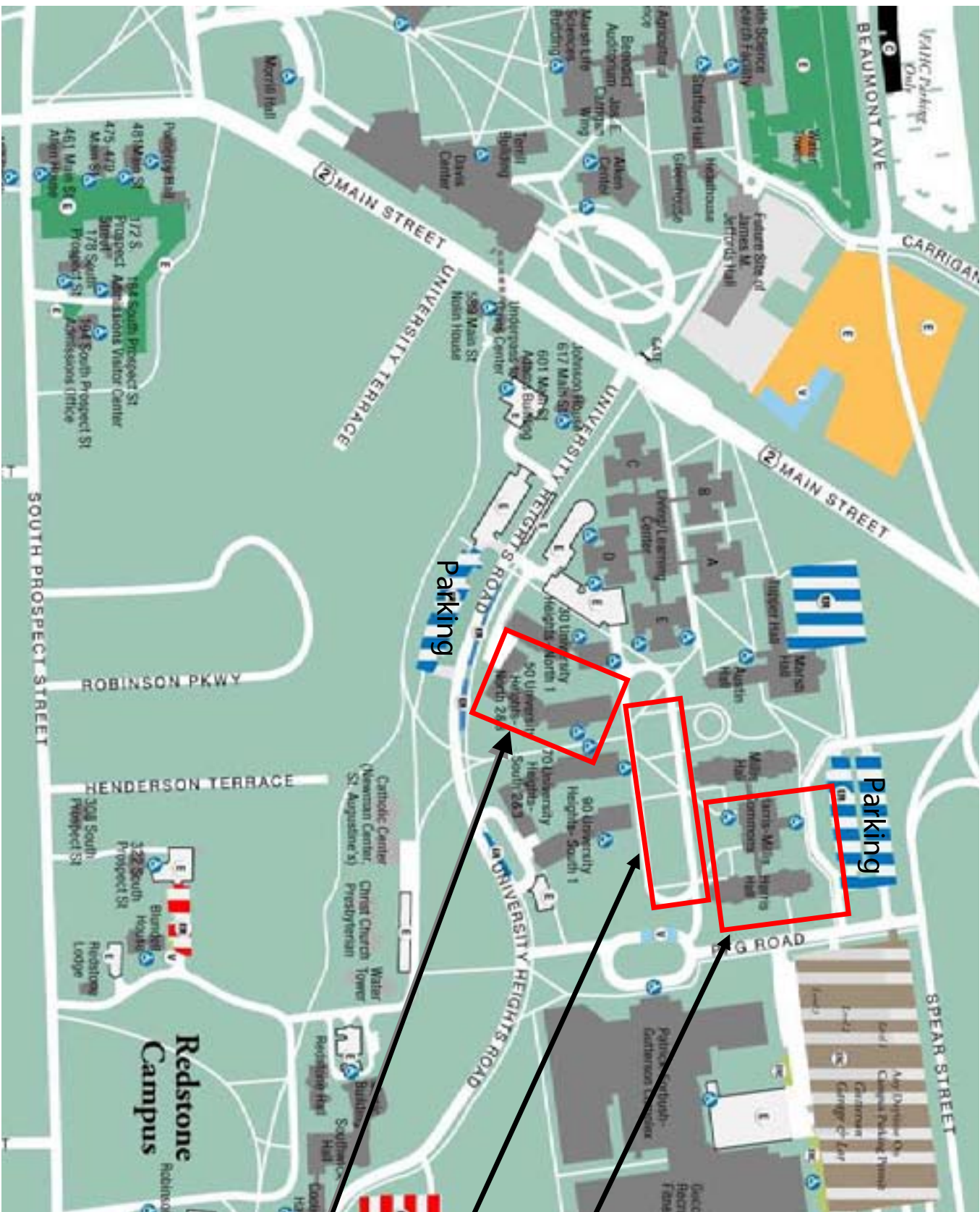
Associate V.P. of Volunteer Development

Brenda Barbour
781-693-5135
brenda.barbour@nmss.org

Green Mountain Getaway Sponsors



The Green Mountain Getaway would not be possible without our wonderful sponsors.



University Heights North:
Housing Check-in and premium accommodations

Main tent, beer garden, ride start and finish

Harris-Mills Hall:
basic accommodations and dining hall