



bike to
create a world
free of MS



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BOYS & GIRLS CLUB
www.mvbgclub.org

Bike MS Ride Guide Ride the Vineyard Saturday, May 1, 2010



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Bike MS Ride Guide
Ride the Vineyard
Saturday, May 1, 2010

Thank you for your support of The National Multiple Sclerosis Society and Ride the Vineyard. By participating in Ride the Vineyard, you are making a difference in the lives of people living with MS while fulfilling your own personal challenge. Bike MS cyclists have raised more money to create a world free of MS than any other group and you are a part of this cycling movement!

Ride the Vineyard is a celebration of your hard work and your commitment to a world free of MS. Your continued support allows us to serve the 16,000 individuals in Massachusetts, New Hampshire, and Vermont who live with MS every day. Our award-winning programs and services improve the lives of these community members. In addition, funds raised by the Chapter are applied to research efforts which continue to pursue methods to treat and prevent this debilitating disease.

Ride the Vineyard also benefits the Martha's Vineyard Boys & Girls Club. With your support, the Martha's Vineyard Boys & Girls Club continues to provide quality programs to the youth community of the Island that help prepare them for healthy and productive lives, as they develop self-esteem, leadership skills, personal values, and mutual respect in a fun and safe environment.

Bike MS is about fulfilling your own personal cycling challenge, all while raising the critical funds that make a difference in the lives of people living with MS. Thank you for seeking a world free of MS! Bike MS is the premier cycling series in the nation. With more than 100 extraordinary rides, the Bike MS experience is the ride of your life. Enjoy Ride the Vineyard!

Liz Strawn
Ride Manager

Highlights of Ride the Vineyard 2009:

TOP 10 TEAMS:

Team Martin	\$31,623
Folks on Spokes	\$29,015
The Kevlar Cruisers	\$22,704
Whine N Wheels	\$11,329
Rhode To A Cure	\$10,428
Pedaling For-WARD	\$9,287
Pagan Peddalers	\$8,790
Team Conti	\$8,321
Freedom Riders	\$8,064
Outspokin' Chicks	\$5,866

TOP 10 INDIVIDUALS:

Susan Martin	\$21,255
Mike Mackenty	\$7,200
Ed Kelly	\$6,700
Ali Murphy	\$5,245
Scott Wayne	\$5,142
Kathleen Goeben	\$4,650
Scott Gaudet	\$4,626
Julie Robinson	\$4,266
Julie Decesare	\$4,250
Rick Conti	\$4,150

Total Teams: \$291,164 ~ Total Raised: \$422,000 ~ 2010 GOAL: \$450,000

Prizes				
DOLLARS RAISED	T-Shirt	Camelbak Water Bottle	1-Day VIP Jersey	Bike Shop Gift Card
\$20,000+	◆	◆	◆	\$200
\$10,000 - 19,999	◆	◆	◆	\$100
\$5,000 - 9,999	◆	◆	◆	\$50
\$1,500-\$4,999	◆	◆	◆	
\$1,000 - 1,499	◆	◆		
\$250 - 999	◆			
Top 20 Fundraisers	Bike MS: Top Fundraiser Duffle Bag			

Ferry

Steamship Authority

6 a.m.; 7 a.m.; 8:15am; 9:30 a.m.; 10:45 a.m. Ferry ride is 45 minutes, and docks in Vineyard Haven. For a more detailed schedule visit www.steamshipauthority.com.

Friday Night Party

Kick off Celebration

The National MS Society will host the annual "Kick-Off" for Ride the Vineyard 2010! Join us, Friday, April 30, 2010 from 6-9p.m. and stay tuned for a venue To Be Announced!

Pre-Ride

Pre-ride prep – bike tune/check

We recommend that you have your bike tuned at one of the Bike MS supporting bike shops (see page 5) before the ride. All cyclists should carry an extra tube, a pump, and patch kit. You may not know how to repair a puncture, but another cyclist may be able to help you.

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 781-890-4990, ext. 135, or e-mail brenda.barbour@mam.nmss.org. Volunteer assignments range from preparing ride materials to loading trucks or managing a rest-stop.

Bike MS Champions

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

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

Champions creates that extra motivation to reach the finish line.

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

To become a Bike MS Champion, please contact Liz Strawn, Senior Development Manager, 508-759-0402 or liz.strawn@mam.nmss.org.

Team photos

Team pictures are taken Saturday morning in front of the 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!



TRAINING

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

Check with your bike shop

The best source for bicycling information is your local bike shop. Make sure your bike is properly fitted! Official bike shop partners are a good source for any cycling question. (See page 5.)

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.bikeMScne.org for a listing of training rides.

Keep track of your mileage

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

Start with short rides

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

Add in occasional longer rides

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

For more advanced training, add hill intervals

After mastering the basics, challenge yourself with more advanced training. After warming up for at least 20 minutes, find a hill you can climb in 10-20 minutes without totally exhausting yourself. After riding up the hill, recover on the way down, and then go up again. As your fitness improves, add

more repeats. The power and stamina developed with hill work helps you to tackle the larger hills on the route.

SPORTS NUTRITION

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

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

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

RIDER ETIQUETTE/SAFETY CYCLING ETIQUETTE

- Obey all traffic signs and signals. This includes traffic lights and stop signs. 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 4.)
- Ride single file, please! Stay to the right, except to pass. Pass on the left side only. Do not pass on the right.
- Never cross the center line in roadway, regardless of passing zone.
- Use proper signals when turning. Make left turns from the center of the lane or left turn lane.
- Cross railroad tracks perpendicular to the tracks.
- Ride in control of your bike at all times. You should be able to stop within a reasonable distance.

- Ride defensively and predictably, with consideration for your fellow riders. If you must stop, move off the road to the right.
- Don't use aero bars when in a group.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, bigger sticks or stones, parked cars, etc.
- Do not overlap wheels of cyclist ahead of you. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
- Pedal down hill when you are at the front of the bunch. Cyclists dislike having to ride under brakes.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can catch a rider who is following too closely, resulting in a fall from a wheel touch.
- Follow the instructions of MS Ride Leaders. Ride Leaders are registered riders who assist with safety and communication along the route. They are distinguished by their unique bike jerseys.
- Also check League of American Bicyclists web site: bikeleague.org

SUPPORT VEHICLES (SAG)

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

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

BIKE MS TIPS - VOCAL WARNINGS

- **Slowing** - When someone yells out "Slowing," this means that there is something that is causing the pack to slow down. This can be anything from a light, a slower pack of bikes, or a car up ahead. In any event, prepare to slow down. Tap your brakes and repeat the yell "Slowing." This is to indicate

to others that you've heard them and you are also slowing. This will also alert those behind you that you are slowing down.

- **Stopping** - When someone yells out "Stopping," this means that there is something that is causing the pack to stop. This can be anything from a light, a slower pack of bikes, a stop sign, or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell "Stopping." It's VERY IMPORTANT not to slam on your brakes, especially if there are others behind you!!
- **Hold your line** - When someone yells, "Hold your line," this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, you could cause the other rider trouble.
- **On your Left** - When someone yells, "On your Left," this means that they are passing you on your left. No need to take this personally. Let them pass as they have the right of way. You should never hear "On your Right." That is, a cyclist should never pass on the right. However, there are many cyclists with varying experience. Be on the look out for those who will pass on your right. If someone does this, *kindly* remind him or her that they should pass on the left. Also, it is common courtesy to say "Thank You" to the person yelling "on your left." This indicates that you've heard them.
- **Car Up** - When someone yells, "Car Up," this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you know about the car.
- **Car Back** - When someone yells, "Car Back," this means that there is a car behind you. It is intended to be a verbal caution indicating that a car may be passing from behind. It is also common courtesy to repeat this so that others in front of you know about the car.

What to bring for the ride:

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

Lodging & Taxis Resorts/Hotels/Motels/Inns

Ashley Inn - Edgartown
508-627-9655

Island Inn – Oak Bluffs
800-462-0269; 508-693-2002

Clarion Martha's Vineyard – Edgartown
800-922-3009

Vineyard Harbor Motel – Vineyard Haven
877-693-3334

Mansion House Inn – Vineyard Haven
508-693-2200

More Options:

Martha's Vineyard Chamber of Commerce
508-693-0085

Taxi Service – Most taxis on Martha's Vineyard are passenger vans with bike racks.

Adam Cab 508-627-4462

All Island Taxi 508-693-2929

Marlene's Taxi 508-693-0037

Harbor Taxi 508-693-9611

Mario's Taxi 508-693-8399

Martha's Vineyard Taxi 866-MV-TAXIS

Bike Shops

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

Landry's Bicycles	landrys.com	Boston, Natick, Norwood, Westborough
Back Bay Bicycles	backbaybicycles.com	Boston
Wheelworks	wheelworks.com	Belmont, Somerville
Edgartown Bicycles	edgartownbicycles.com	Edgartown
Wheel Happy	(508)627-5928	Edgartown (two locations)

Start/Finish - Martha's Vineyard Regional High School, Oak Bluffs, Mass.

Start Times

100K	9 a.m. – latest ferry 7 a.m.	registration opens at 7:30 a.m.
50K	10 a.m. – latest ferry 8:15 a.m.	registration opens at 9 a.m.
25K	11:30am – latest ferry 9:30 a.m.	registration opens at 10 a.m.

All routes will close at 3:30 p.m.

Directions to the start/finish

The route from the Steamship Authority to Martha's Vineyard Regional High School is marked in MS route markers.

Parking at the start/finish

Parking is available at Martha's Vineyard Regional High School, behind the school.

Registration and Donation Drop

When you arrive at the start on Saturday, go to check-in inside the cafeteria for registration.

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 of the web site.

Check-in

After crossing the finish line, you must check-in.

Food

The National MS Society provides nutritional snacks, water, and Gatorade along the route at each rest stop. Upon finishing, there is a BBQ waiting for you.

Massage

Massage is available at the finish.

Weather

We ride rain or shine, and there is no rain date. In the event of severe weather, the Ride Manager may suspend or cancel the ride. Should the weather take a turn for the worse during the ride, SAG vans will transport you to designated shelter areas along the route. If the weather looks questionable, call 781-693-5188 no earlier than 24 hours before the ride for a recorded message on the event status.

Contact Info

Chapter Address

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

Main Phone: 800-344-4867

Web sites: www.bikeMScne.org
www.MSnewengland.org

Bike MS E-mail: bikems@mam.nmss.org

Ride Manager/ Bike MS Champions

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