

# INSIDE THE RIDE

THE OFFICIAL NEWSLETTER OF THE BIKE MS: VF CORPORATION & WRANGLER TOUR TO TANGLEWOOD PRESENTED BY B&G FOODS



## IT'S ALMOST HERE!

Thank you for riding to create a world free of MS! The course is set and the roads to Tanglewood Park are calling. Enclosed are important details you will need to know for the ride. We look forward to seeing you soon!

## VOLUNTEERS NEEDED

We still need help! This includes prep in the office, route marking and Tanglewood set up on Friday, September 26, and during the event all weekend.

For more info, contact Davishia Baldwin at [Davishia.Baldwin@nmss.org](mailto:Davishia.Baldwin@nmss.org) or 336-297-0553.

## IMPORTANT INFO CONCORD ROUTE

At the MS Society, we strive to make every decision under one simple principal. Is it in the best interest of those living with MS?

With that in mind, we will not be offering the Concord start location at the Bike MS: Tour to Tanglewood.

98% of the 1400 registered cyclists have chosen to start at Tanglewood, so we are putting all of our focus into making the ride and festivities at Tanglewood better than ever.

We are confident that you will enjoy the full Bike MS experience at Tanglewood Park with two days of cycling, and festivities all weekend starting Friday night!

**\*NEW\*NEW\*NEW\***

A 100 mile route will be available each day from Tanglewood. Read about the multiple route options, all of the fun activities, and your total event experience inside!

See page 7 for full route details!

## Top 10 Teams

As of September 3<sup>rd</sup>

1. Team Canterbury - \$33,185
2. Team Erica - \$29,529
3. Perpetual Motion/Pure Protein - \$20,537
4. Mountain Magic - \$19,444
5. Novant Health - \$16,570
6. Team Routh - \$14,703
7. Mighty Fine Swine - \$12,587
8. Denim Riders - \$12,305
9. WFUBMC Fastrachs - \$12,079
10. RL Riders - \$10,243

## Top 10 Individuals

As of September 3<sup>rd</sup>

1. Peter Haibach - \$8,334
2. Elizabeth Wood - \$8,170
3. Robert Seehausen - \$8,145
4. Worth Wilson - \$6,634
5. Mark Scheerer - \$5,262
6. Bill Routh - \$5,170
7. Preston Cox - \$5,080
8. Carolyn Myers Sloan - \$5,050
9. Samuel Moss - \$5,018
10. Sarah Grace Johnson - \$4,400

## Meet Matt and Team MSBS

Matt Aloï, a husband and father living in Winston-Salem, has helped to increase the size of his company's Bike MS: Tour to Tanglewood team from three people to 30 people within the past year. Matt was diagnosed with MS in February of 2010; however, he now enjoys a full, active life, regularly participating in disc golf, tennis and bicycle riding. Matt recognizes that others with the disease are not as fortunate, and their stories, along with his own, are the



reason that he is actively involved in fundraising. "I am grateful that the MS therapies available today can slow and stop the progression of the disease for myself and many others," said Matt.

Last year, Matt made a last-minute decision and created Team MSBS - MS Be Strong, made up of just three of his co-workers. This year he started recruiting early, working with the Human Resources and Marketing departments at his office to publicize the event. He even coordinated the publication of an article in the company newsletter to recruit members. This hard work has increased participation and fundraising for Team MSBS. "I hope to get 30 riders this year and raise \$10,000," said Matt.

Share your team fundraising ideas with us on Facebook or email them to [nccdevelopment@nmss.org](mailto:nccdevelopment@nmss.org).

## FUNDRAISING PRIZES

\$550	Event Jersey (2014 is last year for this level)
\$1,000	VIBE Jersey and VIBE Club Perks
\$1,500	\$50 credit at sponsoring bike shop
\$2,000	\$100 credit and Carolinas Passport
\$3,000	\$125 credit and Free 2015 Registration
\$5,000	\$150 credit and National Passport Program
\$7,000	\$200 credit or Tour of Champions**
\$10,000	\$300 credit or Tour of Champions with guest
	Bike Shop credit is not cumulative

### MS Give Back Club

Rather than accepting fundraising prizes, these riders ensure every possible dollar goes to our mission. Funds that would have purchased fundraising prizes will be used to help people with MS.

### Passport Programs

If you raise \$2,000 or more in 2014, you can ride in any of the other two Carolinas Bike MS Events for only \$50 in 2015! If you raise more than \$5,000 in 2014, you can ride in any Bike MS event in the country for only \$50 in 2015!! You must ride in your home ride again in 2015 to take advantage of this program.

### VIBE Club

VIBE Club members commit to raise at least \$1,000. They receive the 2014 VIBE Jersey, are invited to the pre-ride VIBE Party, and are invited into the VIBE Tent at Tanglewood Park with specialty beer, wine, and short massage lines. VIBE's who raise over \$3,000 by the ride will receive free massages.

### Top 100

The Top 100 fundraising cyclists are recognized on the Bike MS website, newsletter, and will receive a special orange bib number reflecting their fundraising rank for the ride the following year.





# TEAM VILLAGE - WOODSTOCK

Welcome to team village! Here you will find space to set up a tent to distinguish your team from the others. Represent yourselves well with logos and signage! Make your teammates comfortable by bringing chairs and tables.

Make yourself feel at home in your team tent! Decorate to your heart's content while keeping the theme "TANGLE-WOODSTOCK" in mind! Invite your vendors and suppliers to enhance your space in new, creative ways!

For a more luxurious experience, you may want to consider hiring a massage therapist for your team. You and your team will appreciate it the next morning when you continue your second day of the bike ride. If you prefer, you can ask therapists to provide their services for tips. \$1 per minute is a usual rate. It is a very worthwhile expense. You may be aware that Bike MS provides massage therapists for all participants for a fee as well, but you will have to stand in line and wait your turn.

Please be advised that anything that requires excess power or water resources will be the responsibility of each team. We cannot guarantee availability. And remember, your tent will be judged for the Best Team Tent contest. Please contact Shannon Newman at 336.299.4136 x49203.



Preston Cox of Perpetual Motion receiving the Spirit of the Ride Award on stage at Tanglewood in 2013.

## Team Village Alcohol Policy

Although the ride provides participants with plenty of food and beverages throughout the weekend, many teams provide additional snacks and beverages to their members. Some teams may even choose to cater their own meals under their tent and bring in their own corporate chef; others simply relinquish this important duty to their tent volunteers.

While a cold beer might be just the thing to top off a great day of riding, please understand that the serving of alcohol in our Team Village requires everyone to act responsibly. Please follow these simple but important policies to ensure the safety of all participants and understand your liability as the team host when providing alcohol.

- Post signs that state 'Proof of age required'
- Have a means to check ID
- Utilize the wristbands provided at the table by the beer service.
- Be sure to utilize the shuttle service to nearby hotels. For those not staying in hotels or at Tanglewood, be prepared to have **transportation available**.

## TEAM AWARDS ON STAGE

On Saturday at 3PM, we will have an awards ceremony that highlights accomplishments of the Tour so far this year. We will not know which teams and individuals will raise the most money yet, but we will recognize teams and individuals. Judges at training rides and at the event are looking for the most creative demonstrations of spirit and sportsmanship. Winners of three categories (**Best Team Tent, Best Team Jersey, and Spirit of the Ride**) will be awarded at the program.

### THE SPIRIT OF THE RIDE AWARD

The Spirit of the Ride Award will be passed each year to the team that most demonstrates their zeal and enthusiasm. Past winners include; Team Canterbury, Road-Worthy, Wake Forest Baptist Medical Center Fastrachs, and Spare Tires. Last year, the Spirit of the Ride award was won by Perpetual Motion.

A secret panel of judges rate each team based on four criteria:

- Fundraising
- Participation in training rides
- Safety on the road during the ride
- Overall team spirit and attitude

Does your team have what it takes to be awarded the *Best Team Tent* or the *Best Team Jersey*? How about the *Spirit of the Ride*? Show us what you've got!

# SCHEDULE OF EVENTS AT TANGLEWOOD PARK

## Friday, September 26

Noon Campers arrive, Team Tent Set up  
5:30-7:30pm Pre-Ride Check-in and  
Prize Pick-Up at Tanglewood

## Saturday, September 27

6am-8am Check-in at Tanglewood Park  
Bike Mechanics open  
Shuttles from Hotels  
6:30am Team Photos available  
7:30am **100 & 80 Mile Riders Start**  
7:45am Opening Ceremony  
8am **START:** Riders begin by distance  
(65, 50, 35, 15, Mountain Bike)  
11am Live Music Begins  
11am-3:30pm Lunch at Tanglewood  
11am - 4pm Kids Zone Open  
11am - 6pm Massage Tent Open (\$5 cost)  
Vendor & Prize Booths Open  
Silent Auction  
11am - 7pm Beer Available (see page 5)  
VIBE Tent Open  
3pm Stage Program & Awards  
5pm Dinner Begins  
8pm Music Ends  
Last Shuttles to Hotels

## Sunday, September 28

6am Breakfast Served  
7am - 8am Team Photos available  
7:30am **65 & 100 mile riders start**  
8am **All Riders START by 8:30**  
8:30am No more riders start  
10:30am Lunch at Tanglewood Park starts  
Live Music  
11am Massage (\$5 Cost)  
Silent Auction pick-up  
Prize pick-up  
Rider certificates and Medals at  
the Finish Line

## ENTERTAINMENT

This is not just a bike ride. It's a festival celebrating your efforts of riding and fundraising!! We have a fantastic selection of live music and family friendly activities.

### **Bands and times subject to change**

- The Kids Zone will be open from 11AM to 4PM on Saturday.
- The mission program and awards will be presented at 3PM on Saturday

## BANDS

Live Music will be onstage Friday night during check-in, and all day Saturday and Sunday during lunch!

- **Carri Smithey** -  
11:00am to 12:45pm  
Facebook.com/  
carrimnitheymusic
- **Jive Mother Mary** -  
1:00pm to 2:45pm  
Jivemothermary.com
- **Dixie Revival** - 3:45pm to  
5:45pm  
Facebook.com/  
dixierevivalband
- **DJ Dean** - 6:00pm to 8:00pm

## WEEKEND GRUB

We provide the food with all the fixin's!

**Saturday Lunch**  
**Carrabba's Italian Grill**  
Chicken Marsala over Pasta  
Caesar Salad

**Saturday Dinner**  
Red, Hot, & Blue  
Carolinas BBQ

**Sunday Breakfast**  
Breakfast provided by **Sheetz**

**Sunday Lunch**  
**Salsaritas**  
Tacos, nachos, & more!

## EVENT RULES

Help us have a safe and fun ride by following the Event Rules:

- **EACH CYCLIST MUST WEAR A HELMET WHILE RIDING.** Eye protection is highly recommended.
- **ONLY PASS ON THE LEFT** and always **CALL OUT "ON YOUR LEFT"**
- **RIDE SINGLE-FILE TO THE RIGHT EDGE OF THE ROAD.** The roads are open for normal traffic.
- **COMMUNICATE WITH YOUR FELLOW CYCLISTS.** Warn other riders of your pending actions; say, "stopping," "car back," "rider back," or "on your left" before acting.
- **OBEY ALL TRAFFIC LAWS.** Stop at all stop signs and red traffic lights, unless otherwise directed by a uniformed police officer. Volunteers are NOT authorized to stop traffic.
- **BE PREDICTABLE.** Don't swerve or make any sudden stops.
- **BE ALERT.** Don't fix your eyes on one thing. Watch the cyclists in front of you. Watch for dogs; if chased, do not pedal, coast beside them.
- **CYCLISTS UNDER 18 years old** must ride with a parent or guardian within sight on the route at all times. No riders under the age of 12 are permitted on the route.
- **BIKE TRAILERS. No child bike trailers or carriers are allowed on the route.**

## SILENT AUCTION

Bid on a wide variety of donated items, including:

- Samsung flat screen TV
- Richard Petty autographed hat
- Scrapbooking items
- Dewey's Bakery gift basket
- Outdoor picnic blanket
- Lifetime subscription to Winston Salem Monthly Magazine
- Two (2) tickets to a home Eastern Carolina University Football Game
- Two (2) fully guided raft Trip on the Nantahala River
- Dinner and Movie "Date Night" Package
- Two (2) tickets Old Salem Museums and Gardens
- Four (4) One-Day Disney Park Hopper passes
- Four (4) Great Wolf Lodge Single-Day Splash Passes
- Various pieces of artwork
- Variety of baked goods

If you get something donated to the Silent Auction, you will get fundraising credit. Contact us for more info and check out our Facebook page!

You can view photos of these items and more on our Facebook page: [Facebook.com/nmssncc](https://www.facebook.com/nmssncc)



## SHOULD I BRING MONEY?

ONLY if you want to participate in these fun extras....

### MASSAGE

Visit the massage tent for a \$5 massage for 5 minutes, \$10 for 10 minutes and \$15 for 15 minutes. The tent will be open on Saturday from 11 am - 6 pm and on Sunday from 11 am - 1:30pm.

### GUEST MEALS

Your guest can eat with you at Tanglewood by purchasing a wristband. The wristband covers all lunch and dinner meals and beverages. On Saturday, you can purchase a Food & Beverage wristband for the whole weekend at \$20 per adult, and \$10 for ages 5-12 (ages 4 and under eat for free).

If you are eating on Sunday only, you can buy a wristband for \$10. Anyone with MS eats for free.

To purchase your weekend guest meal ticket early, sign up as a virtual cyclist before the ride at [www.bikemsncc.org](http://www.bikemsncc.org)

## HOTELS & SHUTTLES

**Village Inn - Clemmons**  
*\$79 plus tax per room,*  
*Includes hot breakfast*  
Phone: 336.766.9121

**Holiday Inn Express  
Clemmons**  
*\$99 plus tax per room*  
Phone: 336.778.1500

**Super 8 Motel - Clemmons**  
*\$59.99 plus tax per room*  
Phone: 336.778.0931

A **shuttle service** runs continuously from Tanglewood Park to area hotels on Saturday from 6am-8pm and Sunday 6am-1pm.

You are also free to go home at night. If you choose to drink alcohol at Tanglewood, please designate someone else to drive you home.

## CAMPING AT TANGLEWOOD

Camping at Tanglewood is a special part of the Bike MS: Tour to Tanglewood. We encourage you to join in the fun and camaraderie by camping. There is no fee for tent camping at the Bike MS finish line, and you'll be able to enjoy a hot shower in the deluxe shower truck we rent for the weekend.

### RV Camping

Tanglewood has renovated its campground for RV's only. These campsites are equipped with water and electricity hook ups. The fee for an RV spot is \$29 per night. All RVs must reserve a space with Tanglewood. To do so, contact Tanglewood Park at 336-778-6370.

You will be required to reserve at least 3 nights.

## SAFETY & RIDE OFFICIALS

Unforeseen situations such as hazardous weather, road closings or accidents may occur which affect the ride.

- In the case of inclement weather, please prioritize your personal safety, find shelter where necessary and wait until you feel safe to ride again. If serious weather hazards or other situations occur, please listen to ride officials along the route, and at Tanglewood.
- Ride officials include those assisting you on the route such as the Route Marshalls, Motorcycles, SAG Vehicles, Medical Volunteers, Intersection Volunteers, and Police officers. These officials will be getting directions from event staff. We appreciate your cooperation to keep everyone safe in an unforeseeable situation!

## Alcohol Policy

Cyclists who are 21 years or older may get alcohol at the finish line as in the past, but there is a special procedure. As you get a beer, the bartender will mark your wristband: 3 drinks between 11am-4pm and 3 drinks from 4-7pm. Also please see further information on page 3.

### DESIGNATE A DRIVER

If you choose to drink and plan to leave the park, please utilize the shuttles to hotels provided by the event or have a designated driver. Thank you!

# SATURDAY ROAD ROUTES

## 15 Miles

Follow Blue Arrows to and split off from main route on Frye Bridge road at mile 4.5

## 35 Miles

Follow Orange Arrows to mile 16.6, and split from Main Route on Eller Road to cut across. Rejoin the main route and follow orange to the finish line.

## 50 Miles—Main Route:

Follow Orange Arrows the whole way.

## 65 Miles

Follow Orange Arrows, breaking off onto Loop 2 marked with Green Arrows at mile 26.4. Rejoin the main route and follow orange to the finish.

## 80 Miles

Follow Orange Arrows, breaking off onto loops one and two marked in green. Each Loop rejoins the main route.

## 100 Miles

Follow Orange Arrows, breaking off onto each loop marked in Green. Each Loop rejoins the main route.

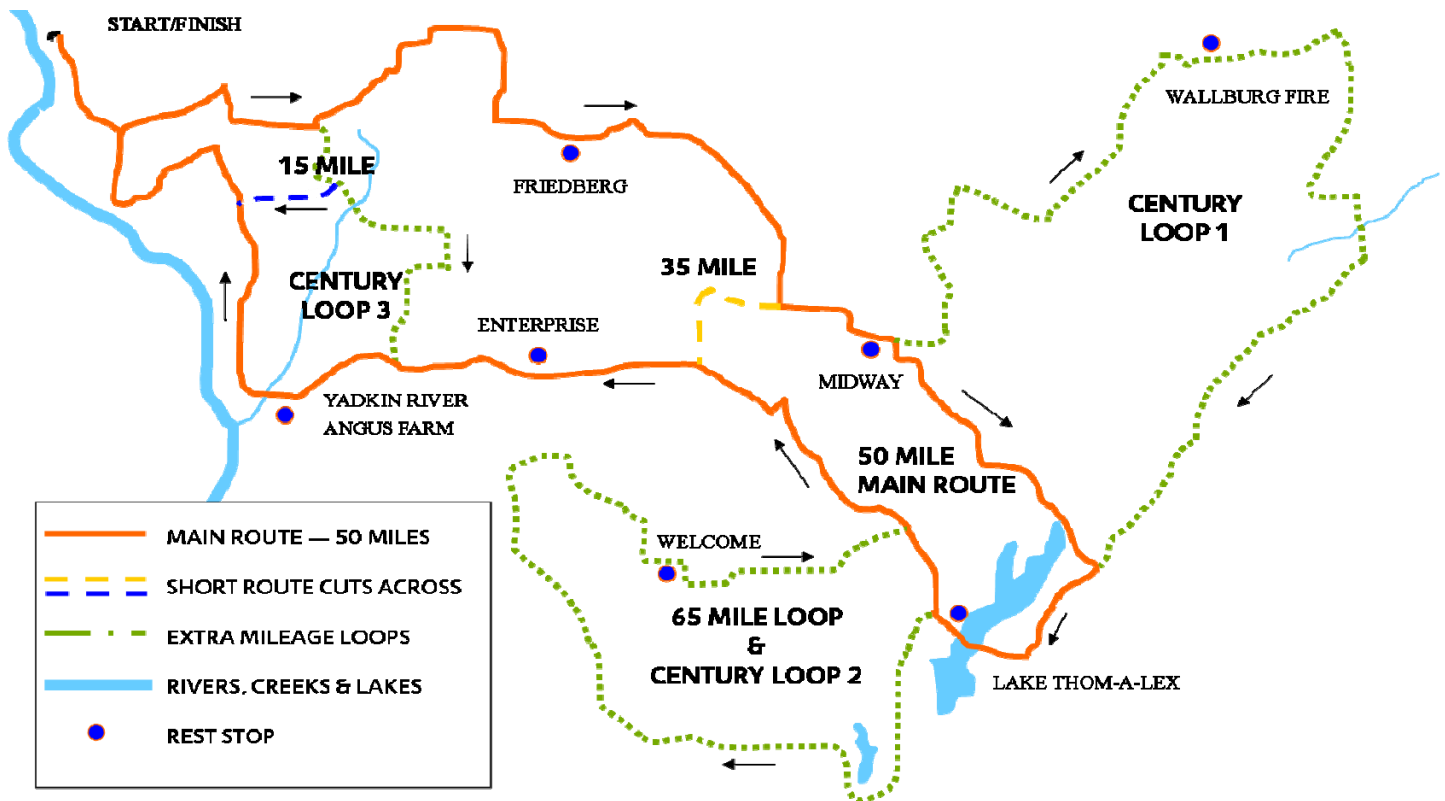
### Loop Closings:

If you are riding 65, 80, or 100 miles on Saturday, you must reach the loops by the following times:

Loop 1 - Closes at 9:30am

Loop 2 - Closes at 11:30am

Loop 3 - Closes at 2pm



## MOUNTAIN BIKE TRAILS BOTH DAYS

Pick your distance on the newly updated mountain bike trails at Tanglewood Park. The trails will be fully supported, including a rest stop you can pass each lap! Each lap is 5 miles.

This is an advanced single-track mountain bike trail that is best for moderate-to-experienced mountain bikers. You may need to dismount your bike and walk whenever you feel your skill level may not be up to the challenge. If your idea of mountain biking is around Salem Lake, this is much different. This trail is comparable to Owl's Roost or Hobby Park.

# SUNDAY ROAD ROUTES

## 15 Miles

Follow orange arrows to mile 6 and split from main route on Concord Church Road. Rejoin the main route and follow orange to the finish line

## 24 Miles

Follow Orange Arrows to mile 9, and split from main route on Shallowford to cut across. Rejoin the main route and follow orange to the finish line.

## 40 Miles

Follow Orange Arrows to mile 18 and split from main route on Spear Bridge to cut across. Rejoin the main route and follow orange to the finish line.

## 50 Miles

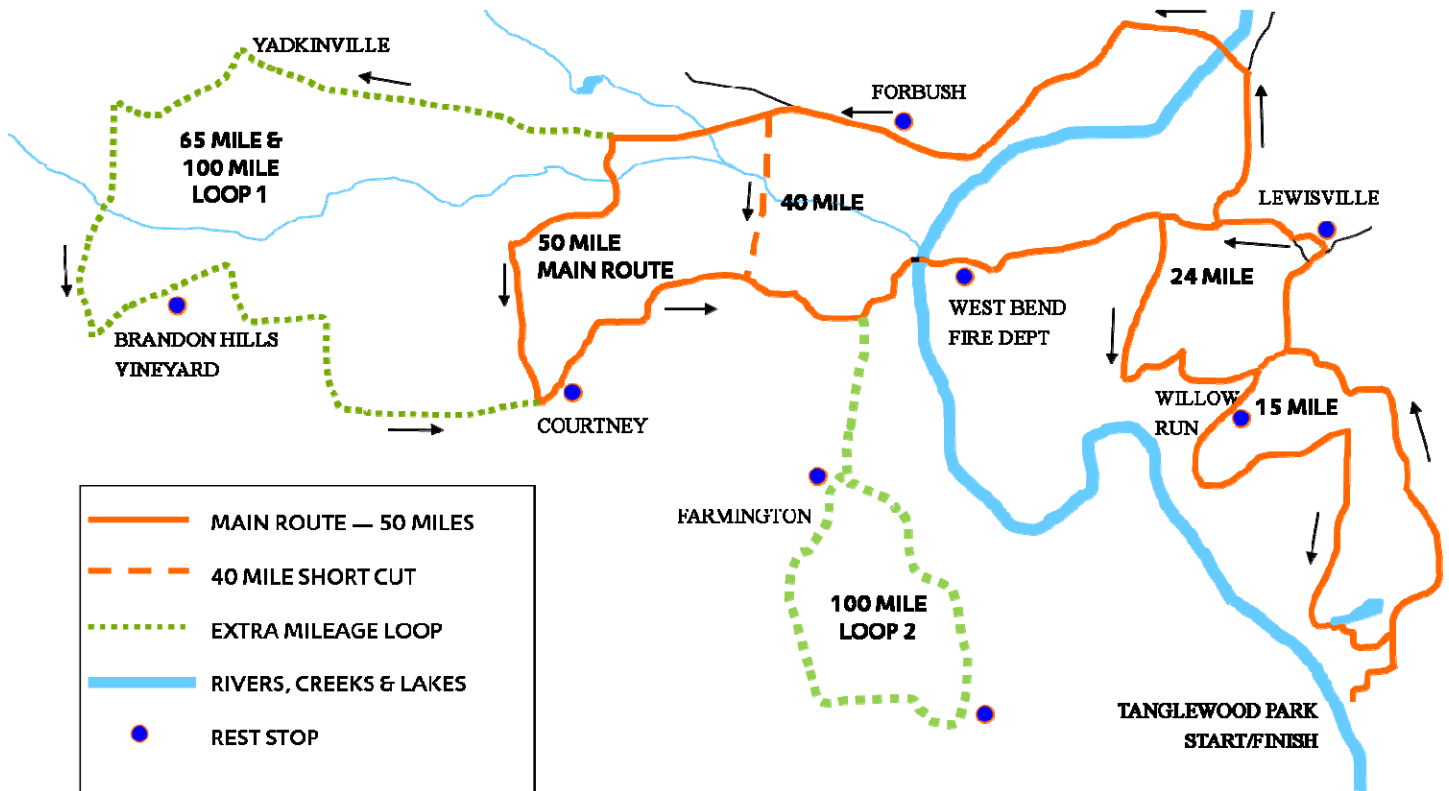
Main Route: Follow Orange Arrows

## 65 Miles

Follow Orange Arrows, breaking off onto Loop 1 marked with Green Arrows at mile 20. Rejoin the main route & follow orange to the finish. You must be on Loop 1 by 10am.

## 100 Miles \*NEW\*

Follow Orange Arrows, breaking off onto Loop 1 marked with Green Arrows at mile 20. You must be on Loop 1 by 10am. Rejoin the main route & follow orange to Loop 2 at mile 44 marked in green. You must be on Loop 2 by 11:45am. Rejoin the main route and follow orange to the finish.



## WEEKEND CHECKLIST

- |   |   |
|---|---|
| <input type="checkbox"/> Rider packet (if mailed)   | <input type="checkbox"/> Any needed medication    |
| <input type="checkbox"/> Helmet (mandatory!)        | <input type="checkbox"/> Cell phone               |
| <input type="checkbox"/> 2 Water bottles            | <input type="checkbox"/> Identification           |
| <input type="checkbox"/> Sunscreen and Lip balm     | <input type="checkbox"/> Any additional donations |
| <input type="checkbox"/> Extra tubes for your tires | <input type="checkbox"/> Minor waivers (under 18) |
| <input type="checkbox"/> Special food (energy bars) | <input type="checkbox"/> Money/checkbook          |
|   | <input type="checkbox"/> Towel and Toiletries     |
|   | <input type="checkbox"/> GREAT ATTITUDE!          |

## PARKING AT TANGLEWOOD

Parking is free to all riders and volunteers. You do not need to worry about a parking pass before the ride, but if you leave the park, you can use your rider number to get back in for free. There is a \$2 entry fee for all guests. Please let parking volunteers know if you need accessible parking.





National MS Society  
Greater Carolinas Chapter  
2211 West Meadowview Road, Suite 30  
Greensboro, NC 27407

Non-profit Org.  
U.S. Postage  
PAID  
Permit No. 2  
Greensboro, NC



Tour to  
Tanglewood  
2014

presented by



www.bikeMSncc.org  
(336) 299-4136  
derrick.huff@nmss.org

RETURN SERVICE REQUESTED

## THANK YOU TO OUR GENEROUS SPONSORS

