



**bike to  
create a world  
free of MS**

# Cycle Chatter Ride Brief

## bike MS Two-Day Ride Information

National MS Society  
Hampton Roads Chapter  
760 Lynnhaven Pkwy, Ste. 201  
Virginia Beach, VA 23452  
757.490.9627

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## Bike MS 2009 Early Check-In

Save time on Saturday morning by taking advantage of the early check-in opportunities the week of the ride. Simply stop by the Chapter office, turn in your pledge money, and get all of your ride materials immediately. You will be given a purple early check-in card to be dropped off in the purple box Saturday morning at Cape Charles. This card tells chapter staff and volunteers that you are present and participating in the ride. If you do not drop off the card, we will not know to look for you, will assume you are not riding and may give away your bed!

When you turn in your minimum pledges of \$250 or more, you will receive your necessary Bike MS ride materials. And now there is even a bigger incentive to check in early!

Participants who turn in at least **\$1,200** will also receive the **2009 Thousandaire Jersey!**

### Early Check-In Details

**Tuesday, May 26**

8:00 a.m. to 3:00 p.m.

Chapter Office

**AND**

**on the Peninsula**

5:30 p.m. - 7:30 p.m.

BikeBeat

Kiln Creek, 120 Ottis Street, Ste. 118  
Newport News, VA

**Wednesday, May 27**

9:00 a.m. - 7:00 p.m.

Chapter Office

**Thursday, May 28**

8:00 a.m. - noon

Chapter Office

**Early Check-in will close at noon on  
Thursday, May 28.**

**No one can check in on Friday- THAT'S PACKING DAY!**

### Directions to the Chapter Office

760 Lynnhaven Pkwy, Ste. 201  
Virginia Beach, VA 23452

- Exit off of I-64 onto Route 264 East toward Virginia Beach.
- Proceed to the Lynnhaven Pkwy South exit.
- As you come down the exit ramp, stay in the left-hand lane.
- Follow Lynnhaven Pkwy to N. East Mall Drive.
- Turn Left into the Global Building Parking lot.

### Directions to BikeBeat Peninsula Check-In

- Exit off of I-64 #256 B for Victory Blvd/171 E
- Turn right on Commonwealth Drive
- Turn right on Ottis Street

### Team Money

To save time during check-in, we ask that you please pre-divide all team money between members. This will help expedite the check-in process. If you should have any questions, please contact the Chapter at 490-9627. Thanks in advance for your help.

## Wear Your Wristband!

Cyclists and volunteers will receive one wristband to wear the entire weekend. Those who are participating the entire weekend will receive blue bands. The blue wristband allows you access to every meal and activity: the Silver Beach Dining Hall, the Silver Beach Swimming Pool, the beer truck (if you're at least 21 years of age) and the picnic at the Marina on Sunday.

**One-Day Cyclists will receive a red wristband. This will allow access to the Silver Beach Dining Hall and the Silver Beach Swimming Pool. For liability purposes, One-Day participants will not have access to the beer truck. We appreciate your cooperation with this matter.**

For liability purposes, we must have an account of everyone on the tour, therefore, we are limiting the number of people at the camp to cyclists and volunteers. For this reason we will not be selling tickets for meals for non-participants. Festivities at the camp and the marina are for registered volunteers and cyclists only.

## Medical Note

We understand that some cyclists may have special medical conditions. If this applies to you, please contact Kathy Whitlock.

Additionally, if you have special medication requiring refrigeration, please let us know. We will make sure the medications are refrigerated.

## Your Rider Packet

Everyone who participates in the MS Bike Ride will get a rider packet at check-in. The packet contains:

- **Frame Number and Ties** - Attach the frame number to your bike for identification after you arrive at Cape Charles.
- **Luggage Tags** - Each cyclist will receive tags pre-printed with your name and overnight information. On Saturday morning at Cape Charles, leave your tagged luggage in clear sight at the foot of your vehicle. Our volunteers will pick it up and transport it to Silver Beach.
- **Wristband** - Wear your wristband at all times! It provides you access to the dining hall for dinner and breakfast at Silver Beach, as well as the picnic at the marina on Sunday. Additionally, to have access to the swimming pool, the beer truck and the cookout, you must have your wristband on.
- **2009 Bike MS t-shirt**. Everyone receives a t-shirt, but if you have participated for five or more years, you will receive the special **Bike MS Blue Big Wheel t-shirt!** For every 5 years you've participated, you will receive a big wheel.
- **Bib Number** - This identifies you for the weekend and helps the support team keep track of you. Bib numbers are to be worn only on your back and must be visible at all times.

If you leave the Ride for any reason, please turn in your bib number to a Chapter Staff person or lead volunteer.

## Tag Your Luggage

This year, the luggage tags are different colors to help us better sort it at the camp and at the finish. If you rode last year and forget to change out your tags it will not be delivered to the right location. Remember to park your vehicle in the designated area in Cape Charles and leave your tagged luggage in clear sight at the foot of your vehicle. As soon as the ride has started, volunteers will load your luggage for transport!

## Team Member Registration

To be a team, four or more people had to register under the team name by May 1, 2009. If you registered to be part of a team and it is not listed below, it may have been dissolved because of too few members. In this case, you will check in by your last name. Participants of the following teams should check in under the team's name unless you were a Thousandaire last year.

"Heroes Live Forever"	Land of the Misfit Toys	Team Ciba Cycling
"Knights of the Square Wheel"	Nancy's Our Boss	Team Creek
Baha'i Bikers	No Brakes	Team Dendrite
Blazing Saddles	Pedalin' with GP	Team Leatherneck NMITC
CLOES	RAMS	Team Munden
Eileen's Angels	Ready, steady, Go	Team Portsmouth
EMD Serono	Red Eyed Riders	Team Resourceful
Expedition	Rehab Health Care	Team Shaklee
FRIENDS Cycling for a Cure	Ring of Fire	Team Tesoro
Fast Lane	SU MKC	The Noblemen
Feet 2 Beat MS Bike Team	Spiker, Hiker, Bikers	Tiem Dysfunctional
Gone Coastal	Squids	Tred Avon
Insane Clown Posse	sPROCKET Protectors	Useless Wankers
Josie and the Pussycats	TBA CLAMS	Woodrow's Warriors
Killer Bees	Team 5:20	

## On Your Mark...

Every cyclist must check in Saturday morning. There are several ways to do this. Simply follow the instructions below based on your situation. Please note: ONE DAY CYCLISTS START THE RIDE FROM SILVER BEACH ON SATURDAY MORNING.

**EARLY CHECK-IN:** If you participated in Early Check-in at the Chapter Office or BikeBeat, just drop your early check-in card in one of the purple boxes located near the tents on Saturday morning. Make sure your waiver is signed.

### ALL OTHERS:

- If you are a Thousandaire cyclist from 2008, look for the Thousandaire sign and get in line by your last name. Thousandaire status overrides anything else including teams.
- If you are on a TEAM, and registered as a member of a team, look for the TEAM section (list on page two) and get in line according to the team's name.
- If you are an INDIVIDUAL CYCLIST, get in line by your last name.
- WALK-ON registrants (people who have not pre-registered for the ride) must go to the WALK-ON check-in area to pay the \$45 registration fee, \$7 accommodation fee and turn in a minimum of \$250 in pledges before they can ride.

## Get Set...

On Saturday morning, cyclists will leave from the Bay Coast Railroad Station property in Cape Charles on Mason Street.

Do not stop along the street to unload your vehicle for any reason! It's hazardous! Follow the directions of the parking crew.

Registration begins at 6:00 a.m. Cyclists may start the ride at 7:00 a.m. after cue sheets have been distributed. If you leave before 7:00 a.m., rest stops and road support will not be available to you. Please wait those few extra minutes until 7:00 a.m.

Everyone MUST be out of Cape Charles by 7:30 a.m. This will ensure that there is not too much of a spread on the road between riders. Please allow yourself enough time to get to the Bay Coast Railroad property, prepare for the ride, and get on the road by 7:30 a.m. We reserve the right to sag any late starters to the rear of the pack. Volunteers will be on-site to show you where to park. There is plenty of space available for parking. Volunteers will be on-hand to deliver your luggage to the luggage truck.

## Go!

The following information about the route will help you while you're on the road:

### Route Marker Arrows!

The route is marked with ORANGE arrows. The orange arrows will be positioned along straightaways and at every turn and intersection. Signs marking possible road hazards will be placed where necessary. While we will make every effort to mark hazards, cyclists should be aware of their surroundings at all times. The century route will be marked with YELLOW arrows. Saturday Century Riders must sign up at Rest Stop #4 by 11:00 a.m.

Bike MS 2009 will begin at the property of Bay Coast Railroad Station in Cape Charles, travel along the backroads of the Eastern Shore through Northampton County and the lower part of Accomack County then turn south to finish at Silver Beach. You will return to Cape Charles on Sunday.

### Cue Sheets

Prior to the start, cue sheets will be distributed to all cyclists. They are a source of information concerning mileage, rest stops, and other areas of interest. The net control phone number for emergencies is 757-490-1335.

## On the Route...

For the nineteenth year, motorcyclists from the Virginia Touring Society will be Route Marshalls on the ride. They will have radios and will be able to access support staff in case you should need mechanical, medical, or SAG support. Route Marshalls also have the authority to enforce Ride rules regarding helmets and headphones.

SAG vehicles, medics and bike mechanics will also be traveling the route to help cyclists. Mechanics donate their labor for the weekend but have the option of charging for various services and parts. It is recommended that you carry a spare tube for your bike, especially if it's odd-sized. Personal SAG vehicles are strictly prohibited!

Medics will be accessible the entire weekend both along the route and at the Silver Beach Medical Center. Medics cannot dispense pain relievers, so if you think you might need it, bring it with you.

Finally, keep a look out for our Ride Mentors. They are cyclists with great skills at ALL PACE LEVELS! During the Bike MS weekend, look for cyclists with RIDE MENTOR tags attached to their rider numbers. They will be mentoring those cyclists who are not as familiar with cycling techniques and etiquette as well as assisting other route support vehicles to ensure a safe and fun ride!

## Jamis Trail/Road Bike Raffle!

Thanks to **Cycle Classics**, we have a bike to raffle this year! It's the "Ready to Ride Anywhere" 2009 Jamis Nova Pro Trail/Road Bike valued at \$1,500!

The Jamis features a lightweight double-butted 7005 frame, carbon fork and rear stays, replaceable derailleur hanger, Alex AKX-R2.0 "trail" wheel set, a high performance "road" wheel set, Shimano's 105 20-speed precise shifting drivetrain, and a 2nd pair of horizontal brake grips for trail riding assuring a comfortable ride.

Raffle tickets are one for \$5 or five for \$20 and may be purchased via telephone at 757-490-9627, at the chapter office or at this year's ride. The drawing will be held on June 1, 2009. Good luck!

## Need to Re-Energize?

There will be six rest stops along the 75-mile route on Saturday and seven on Sunday. For your convenience and information, here is a tentative list of the foods that will be available at the rest stops and is subject to change. Water and Shaklee Performance Sports Drink will be provided at all stops.

### Saturday

Stop 1	Cereal Bars, Bananas
Stop 2	Peanuts, Oranges
Stop 3	Pasta Salad, PB&J, Cookies, Bananas, Oranges
Stop 4	Cookies, Bananas
Stop 5	Trail Mix, Bananas, Oranges
Stop 6	Oranges, Crackers

### Sunday

Stop 1	Cereal Bars, Bananas
Stop 2	Peanuts, Oranges
Stop 3	Cookies, Bananas
Stop 4	Pasta Salad, PB&J, Cookies, Bananas, Oranges
Stop 5	Trail Mix, Bananas
Stop 6	Oranges, Crackers, Bananas
Stop 7	Oranges, Cheese-Itz

Bananas, water and Shaklee Performance Sports Drink will be available at Cape Charles prior to the start.

**Don't forget to drink before you're thirsty and eat before you're hungry.**

## Thanks to our Bike Shop Sponsors!

We have been fortunate to have the continuous support of many bike shops in Hampton Roads. Each year the shops sign on as sponsors and do much more than promote the Bike MS Ride.

Our sponsoring bike shops agree to provide free safety checks to all of our registered cyclists. Additionally, our Gold Sponsors agree to send mechanics to the ride for the weekend. You will notice bike shops at the start of the ride, along the route and at the finish of each day.

Finally, once the ride is over and all the donations are turned in, the Bike Shop sponsors provide the gift certificates at a discount to the Hampton Roads Chapter.

As you can see, the Bike MS Ride is a well-supported ride because of our local bike shops. They help to make your ride more enjoyable. Be sure to shop at these fine stores throughout the year and as you prepare for the tour:

### Gold Sponsors

- All About Bikes
- BikeBeat
- Bike West
- Conte's Bicycle and Fitness Equipment
- Cycle Classics
- East Coast Bicycles
- North End Cyclery, Ltd.
- Scat Bikes
- Seashore Bike and Fitness

### Silver Sponsor

- Fat Frogs Bike & Fitness

## Thousandaire Perks

We went out to all 200 Thousandaires from 2008 and requested suggestions for a new name for our cyclists who raise at least \$1,200. When the vote went to committee, the decision was to keep the name: Thousandaire Club. After all, you're a millionaire if you have \$1.2 million dollars! So, you're a Thousandaire if you raise \$1,200 or more!

So set your goals and keep on fundraising! To become a Thousandaire in 2009, you must raise at least \$1,200. Here's what you get for your hard work:

- **Exclusive 2009 Custom Thousandaire Jersey**
- **\$100 Bike Shop Gift Certificate**
- **Free registration for Bike MS 2010- Our 30th Anniversary!**
- **First choice of lodging at Bike MS 2010**
- **The satisfaction of knowing that you are helping to FREE THE WORLD of MS!**

## At Camp Silver Beach

When you first arrive at Silver Beach, please stop and check in with a volunteer at the entrance to the camp. To get directions to your accommodations, please visit the Silver Beach Concierge, located at the Outdoor Pavilion. Luggage will have already been delivered to an area near your accommodations. The concierge will have camping information as well.

Camp Silver Beach takes no responsibility for the safety or welfare of the cyclists. On the property of the camp all participants are requested to walk bicycles or ride with helmet properly attached.

There are two campgrounds: Camp Wheel and Camp Spoke. Cyclists who are tent camping can pick up their luggage at the outdoor pavilion at Camp Wheel. You will be able to set up at Camp Spoke or Camp Wheel or wherever space is available throughout the camp. CARS are NOT PERMITTED near the campground. Open fires are not permitted and cyclists are responsible for the removal of their trash. Trash bags will be provided at the Silver Beach Concierge Table located at the Outdoor Pavilion.

Cottage occupants are responsible for leaving the cottages in the same condition as they were found. They are also accountable for bagging their trash. When leaving the cottage on Sunday, please remember to close the door and leave the bagged trash on the cottage porch.

Camp Silver Beach permits alcohol. They ask you to drink responsibly and not give alcohol to minors. The National Multiple Sclerosis Society supports this policy. Remember, alcohol causes dehydration and could effect your cycling the next day.

## Bike MS Store

When you're relaxing at Camp Silver Beach after your successful ride, stop by the Bike MS Store! Located at the Outdoor Pavilion, where you'll find Bike Naked shirts. These items are available while supplies last, so check it out!

## bike MS Musts!

- Cyclists must turn-in at least \$250 on or before May 30 to participate.
- Helmets MUST be worn and strapped at all times.
- Headphones are prohibited while on the road.
- All cyclists must be on the road by 7:30 a.m. and off by 5:00 p.m. each day.
- Cyclists must be at least 18.

## Time for a Cool Down

As always, every rider will receive a chilled towel when they check in at the camp and at Bay Creek Marina. What a refreshing way to conclude a day of riding!

Massage therapists will be on-hand at Silver Beach thanks to the support of the Therapeutic Massage by Darryl. Therapists will be set-up in the Environmental Program Lodge. An \$8 fee is required for each 15 minute time slot and \$16 for each 30 minute time slot—a portion of which is donated to the National MS Society. Of course, the therapists always appreciate tips!

If you know you will be arriving at Silver Beach later in the afternoon, we will have a sign up sheet at the Bay Coast Railroad property for massages beginning any time after 4:00 pm. You will be asked to pay when you sign up for a massage at the camp.

Please do not sign-up for more than one time slot. Massages will be available according to the following schedule:

Massage schedule	Sign-up begins at:
1:00 p.m. - 2:00 p.m. -----	1:00 p.m.
2:00 p.m. - 3:00 p.m. -----	1:30 p.m.
3:00 p.m. - 4:00 p.m. -----	2:00 p.m.
4:00 p.m. - 5:00 p.m. -----	2:30 p.m.
5:00 p.m. - 6:00 p.m. -----	3:00 p.m.
6:00 p.m. - 7:00 p.m. -----	3:30 p.m.
7:00 p.m. - 8:00 p.m. -----	4:00 p.m.
8:00 p.m. - 9:00 p.m. -----	4:30 p.m.

## Kids and Canines

For liability purposes, children under 10 years of age and dogs are not permitted at this event. While we love both children and dogs, we must ask you to leave the event if you do not abide by this requirement.

## Remember the CBBT Toll!

As you may know, it costs \$12 each way to travel across the Chesapeake Bay Bridge Tunnel. Therefore, it will cost \$24 to cross the bay for the Bike MS Ride Weekend. We recommend carpooling to the event to save on gas and bridge tunnel tolls. Remember to allow time for traffic at the toll plaza and at the Cape Charles turn-off.

## Different Start Locations

If you are registered for the two-day ride and decide to ride the one-day instead, please take note that the **one-day route begins at Camp Silver Beach**. Check-in at Silver Beach begins at 8:00 a.m. and the ride at 9:00 a.m. The route is 60 miles. If you start at Cape Charles, there will not be transportation to return you to your vehicle. Please advise a Bike MS staff member if you are changing rides so we may give you all the proper information.

## What to Pack

Don't forget! You must turn in a minimum of \$250 prior to or at the start of the ride!

### For the ride:

- HELMET - No helmet, no ride, no discussions!!!
- 2 FILLED water bottles
- Rain and cold weather gear. We ride rain or shine
- Comfortable clothes for Silver Beach on Saturday
- Money for incidentals including massages at Silver Beach, bike parts and the Bike MS Store
- Personal ID and medical insurance cards
- Sunscreen and bug repellent
- Petroleum jelly and/or pain reliever
- Basic bike tools - Mechanics will be available on the route, but being able to handle your own minor repairs will speed things up
- If you have odd sized tires or tubes, bring a spare

### For the overnight:

- Casual clothes for Saturday after the ride
- Towels, toiletries, personal hygiene items
- Bathing suit and towel (if you want to use the pool)
- Any medications you need
- Pain reliever if you think you'll need it (Medics will NOT provide these)
- Chemical cold packs and/or ace bandages, if you are prone to aches and pains
- FLASHLIGHT...Silver Beach gets dark when the sun goes down!
- Insect Repellent

### Campers:

- Tent
- Sleeping bag
- Other camping equipment

### Cottage dwellers:

- Linens or sleeping bag
- Pillow
- Robe or cover-up. You will have several cottage mates!

We recommend you pack your gear in plastic bags and then put it inside your luggage. **DO NOT PUT YOUR LUGGAGE IN TRASH BAGS. IT WILL BE MISTAKEN FOR GARBAGE AND THROWN AWAY!**

**Cellular phones are allowed for use ONLY when stopped. Be aware though, that phone reception is spotty and you may not get reception anywhere on the Eastern Shore.**

## Directions to Cape Charles

### From Norfolk/Portsmouth:

- I 64 E toward Virginia Beach
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North)
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way)
- Follow Route 13 for 11 miles
- Pass a McDonalds on the right and cross railroad tracks.
- Move to the left lane and turn left at the traffic light onto 184 West.
- Follow 184 West
- Turn Left onto Parsons Street
- Turn right onto Route 642
- There will be a sharp right turn
- Parking is at the bottom of the bridge
- Follow direction from law enforcement and parking crew

### From Virginia Beach:

- I 264 W toward Norfolk
- I-64 W toward Hampton
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North)
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way)
- Follow Route 13 for 9.5 miles
- Pass a McDonalds on the right and cross railroad tracks
- Move to the left lane and turn left at the traffic light onto 184 West
- Follow 184 West
- Turn Left onto Parsons Street
- Turn right on Route 642
- There will be a sharp right turn
- Parking is at the bottom of the bridge
- Follow direction from law enforcement and parking crew

### From Newport News/Williamsburg:

- I-64 E toward Hampton Colliseum
- Take the Chesapeake Bay Bridge Tunnel/Northampton Blvd. exit (Highway 13 North)
- Travel north across the Chesapeake Bay Bridge Tunnel (\$12 toll each way)
- Follow Route 13 for 11 miles
- Pass a McDonalds on the right and cross railroad tracks.
- Move to the left lane and turn left at the traffic light onto 184 West
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# What's Up for the Weekend?

## Saturday, May 30, 2009

- 6:00 a.m. Two-Day ride Registration begins at the Bay Coast Rail road Property in Cape Charles.
- 7:00 a.m. Cue sheets given out. Two-day cyclists may depart when ready.
- 7:30 a.m. Two-day registration closes. No one may register after this time.
- 7:30 a.m. Last cyclists leave Cape Charles. Everyone must be on the road by 7:30 a.m.
- 8:00 a.m. One-Day Ride Registration begins at Silver Beach.
- 11:30 a.m. **Texas Roadhouse** Cookout at the Cabana by the pool. Pool opens.
- 1:00 p.m. Massages start in Environmental Lodge. Fee change: \$8 for 15 minutes and \$16 for 30 minutes.
- 3:00 p.m. 2009 Thousandaire Club Jerseys available for pick-up outside YMCA Silver Beach Main Office.
- 4:00 p.m. Dinner is served in the Dining Hall. Clam Bake begins on Bayside Deck. Please make sure you are wearing your wristband (received at registration) for entry to the dining hall. Wristbands will NOT be available for purchase.
- 5:00 p.m. All cyclists off road. Anyone still out will be sagged in with no exceptions.
- 6:00 p.m. Cabana Closes.
- 7:15 p.m. Dinner ends in Dining Hall.
- 7:30 p.m. Saturday Night Ceremony begins at the Amphitheater.
- 10:00 p.m. Pool closes.

## Sunday, May 31, 2009

- 5:30 a.m. Hot breakfast in Dining Hall. Please make sure you are wearing your wristband for entry to the dining hall.
- 6:30 a.m. Turn in your rider number at the Concierge Table at the Outdoor Pavilion if you are not riding.
- 7:00 a.m. Cue sheets available at Main Gate - If you leave before this time, medics, route marshalls or rest stops will not be available.
- 7:30 a.m. Last cyclists leave Silver Beach.
- 11:00 a.m. Finish festivities begin - Bay Creek Marina. Wristbands required.
- 5:00 p.m. Last cyclist off road. No exceptions!

## Sunday Morning

Breakfast begins at 5:30 a.m. You must wear your wristband to be served in the cafeteria or you can hit the "Grab and Go" at the Cabana. Cue sheets will be given out at the front gate beginning at 7:00 a.m. If you start before 7:00 a.m., you will not have road support and will accept responsibility for you own safety. All cyclists must be on the road by 7:30 a.m.

If you decide not to continue the Ride on Sunday, please report to the front of the Program Lodge by 6:30 a.m. and turn in your rider number. We'll arrange to transport you and your bike back to Cape Charles. You may have to become a volunteer before reaching Cape Charles, so thank you in advance for your cooperation and support.

If you or someone you know has transportation with space for other passengers, and either of you are planning to return to Cape Charles early, please let a staff person know. We may need your help getting other people back to Cape Charles.

We hope you will all join us for a festive food finish, sponsored by the Bay Creek Marina in Cape Charles. The marina is a beautiful setting for relaxing after a long ride. Visit the shops or walk along the pier for a nice cool down!

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## Century Rides

Saturday's century ride will leave from Rest Stop 4. If you plan on riding the additional 25-miles, you MUST SIGN IN by 11:00 a.m. We've added a pit stop for you as well! When you return to Rest Stop #4, please sign back in before continuing the ride.

Sunday's century will be between Rest Stops 5 and 6. There is no need to check in as you will be on the same route as your fellow cyclists.

Both century routes will be marked with Yellow Arrows. If you are not riding a century, follow the Orange Arrows!

# bike MS

National Multiple Sclerosis Society  
Hampton Roads Chapter  
760 Lynnhaven Pkwy, Ste. 201  
Virginia Beach, VA 23452

Non-Profit Org.  
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