



## 2010 MS150 Ride Guide

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# The Ride

## *Ride Options*

### **50 miles:**

- Ride 50 miles Saturday.
- No bussing for short route riders!
- Cyclists will take off from the start line at the Homestead-Miami Speedway with their team then with the 75 mile route at Card Sound Road for the lunch rest stop, continuing to the overnight finish line at the 42 Below Village at John Pennekamp State Park.
- Shuttle service back to the Homestead-Miami Speedway will be provided Saturday evening after dinner and Sunday morning at 9:00 am for those riding Day 1 Only.
- You must register for both of these shuttle options.
  - Bikes will be transported separately to the Homestead-Miami Speedway's secure bike storage area.

### **75 miles:**

- Ride the full 75 miles on Saturday and cross the overnight finish line at the 42 Below Village at John Pennekamp State Park.
- Shuttle service back to the Homestead-Miami Speedway will be provided Saturday evening after dinner and Sunday morning at 9:00 am for those riding Day 1 Only.
  - You must register for both of these shuttle options.
  - Bikes will be transported separately to the Speedway's secure bike storage area.

### **110 miles: TBA**

- Ride 75 miles on Saturday, 35 miles on Sunday and finish the ride at the Homestead-Miami Speedway.

### **150 miles: TBA**

- Ride 75 miles both days and cross the finish line at the Homestead-Miami Speedway to the roaring cheers of volunteers, family and friends.

## ***Rider Numbers***

- All Rider numbers must be displayed on both days as directed in your rider packet.
- The large number is to be affixed to the back of your jersey using the safety pins provided so it is visible throughout the Ride.
- The small number label should be placed on the front of your helmet. This is the only way we can identify you in photos taken by our Ride photographers.
- The medium number must be tied to your bike using the twist ties provided; this will allow bike storage to run smoothly.

- Rider numbers are provided for your luggage. Proper ID is required to remove your luggage or bike from the Luggage/ Bike security areas.
- Riders without rider numbers will not be permitted in any Rest Stop or Start/ Finish location.

## ***Route Marking & Maps***

- Route maps will be posted online for download the week before event date.
- Route maps will be available at the Volunteer/ Info Tent at the Start Line each day.
- Every turn and road hazard along the route will be clearly marked.
- Straight shots will be marked in intervals to let you know you're still on track.
- If you don't see a marker for over a mile, you may be off-course. Check your map; most roads on the route are indicated, so getting back on course should be relatively simple.

## ***Rest Stops***

- Located every 4 – 10 miles.
- Rest stops are fully stocked with energy snacks, fruit and drinks and port-o-lets.
- Rest stops are sponsored and have their own unique, fun, festive atmosphere.
- Energetic volunteers, medical support and professional bike mechanics greet riders at each rest stop.
- Rest stops compete for the Best Rest Stop Award, so be prepared to be pampered!
- Not every rest stop is equipped to handle additional vehicles or people; we request that supporters gather at designated cheering sections only.

## ***Weather***

- Rain or shine the Bike Ride continues.
- No rain dates will be scheduled.
- MS officials monitor the route and will close the route if appropriate.
- Start time may be delayed due to storm, heavy winds, lightning or low visibility. Rain alone will not delay the start time.

## ***Parking***

- Parking will be available at the Homestead-Miami Speedway from Saturday morning through Sunday afternoon for all MS Bike participants.
- Use the entrance specified on the website, and as indicated by venue signs.
- Volunteer parking attendants will guide you to the correct parking area.
- Security is provided for the overnight parking area, but we highly recommend you don't leave any valuables in your vehicle and lock it.
- Neither the National MS Society nor the Homestead-Miami Speedway is responsible for theft of any merchandise.
- In Key Largo, free offsite parking is available for volunteers, friends and family. Parking instructions for Key Largo will be made available online prior to the Ride.

- Shuttles will transport people to and from the offsite parking area and the campground in Key Largo.

## **Luggage**

- Two pieces of luggage per rider will be transported from the Start Line to the overnight site on Day 1 and from the overnight site to the Finish Line on Day 2.
- There is a 35 pound maximum per bag limit for luggage with cumulative total poundage of 70 pounds.
- You will receive two numbered luggage tags at Packet Pick Up.
- Luggage tags must be attached to your luggage in order to claim them at Luggage Pick Up.
- It is advised that you attach a name tag to your items.
- All luggage is available for pick up and drop off at the Luggage Pick Up/ Drop Off areas at the overnight and finish line.
- Luggage is arranged by rider number.
- Please contact us if you have special luggage needs.
- Do not include explosives, firearms, alcoholic beverages, substances prohibited by law, fragile items or valuables with luggage.
- For a list of what you should consider bringing, see the packing list on the website and in the Ride Guide.

## **Free Shuttle Service**

### **Hotel Shuttle**

Shuttle buses are available from John Pennekamp Park on Saturday and Sunday to and from the hotels listed on the MS Bike Hotel List. Shuttles will run continually every 15 to 20 minutes on Saturday from 10:00 am to 11:30 pm and Sunday from 4:30 am to 9:30 am. Please make sure that you have signed up for this service. Your name must be on the hotel shuttle list to use this service. Fill out survey [here](#).

### **Offsite Parking Shuttle**

Shuttle buses to and from the offsite parking lot in Key Largo will be running continuously from 8:00 am to 11:30 pm on Saturday, to allow easy access to the park for volunteers, family and friends.

### **Day 2 Short Route Shuttle**

There will be no shuttle for Day 2 short route riders. All riders will ride from the 42 Below Village at John Pennekamp Parkway and finish at the Homestead-Miami Speedway.

### **Day 1 Only Rider Shuttle**

Shuttle service back to the speedway will be provided Saturday evening for those riding Day 1 Only. Bikes will be transported separately to the speedway's secure bike storage area. There will also be limited shuttle service provided back to the Homestead-Miami Speedway on Sunday morning at 9:00 am. You must register for both of these shuttle options. Please make sure that you have signed up for this service. Fill out survey [here](#).

## ***John Pennekamp Park Rules***

Any vehicle entering the 42 Below Village at John Pennekamp Park is subject to the posted State Park fees. We encourage all volunteers, family and friends to use designated off-site parking and shuttle service - it's free and puts less stress and congestion on the park. As guests at John Pennekamp, riders, guests and volunteers must adhere to Florida State Park rules.

- All plant and animal life is protected in State Parks. Do not remove, deface, mutilate or molest any natural or cultural resources or park facilities.
- Place recyclables in marked containers; other trash in trash cans.
- For your safety, do not feed any animals.
- Intoxicants and firearms are prohibited.

### ***Meals***

All registered riders wearing the 2010 Zimmerman MS Bike Ride Presented by Mack Cycle and Fitness wristbands will be entitled to breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday.

Vegetarian meals will be available only to participants who notify us before the Ride. They will be given a special wristband.

Family and friends are welcome to join us at the cost of \$20, which includes both Ride days. Meal bands will be available for purchase prior to the Ride at all Packet Pick Up locations and daily at the National MS Society office. The wristbands must be pre-purchased and will not be available the day of the Ride.

Volunteers who have registered with the National MS Society and who volunteer for at least a full shift during the MS Bike Ride will receive a wristband that entitles them to free meals.

### ***Ride Photography***

Photographers will be located at different points along the route on both Day 1 and Day 2 of the Ride. Make sure to place the small number on the front of your helmet for easy viewing. Your helmet number is the only way for us to identify you in pictures.

Team photographs can be pre-arranged by team captains. Team captains should coordinate a meeting time with their riders to get a great shot underneath the Start banner.

### ***Alcohol Policy***

The Society reserves the right to remove any participant or volunteer from the event for alcohol consumption or illegal drug use. Riding a bicycle under the influence of alcohol or illegal drugs and/ or riding with an open container of an alcoholic beverage on your person or bicycle is illegal in the State of Florida. For the safety of all participants and the general public,

consumption of alcohol by the MS Bike Ride volunteers and staff are **STRICTLY PROHIBITED UNTIL ALL CYCLISTS ARE OFF THE ROUTE AND UNTIL ALL RESPONSIBILITIES FOR THE DAY HAVE BEEN COMPLETED**. Any volunteers found in violation of this policy will be asked to leave the event. Although alcohol will be available Saturday evening at the Village, all cyclists, guests and volunteers are asked to use good judgment in the amount of alcohol consumed.

## **Route Safety**

The MS Bike Ride Team takes the safety of our riders very seriously. Over 700 volunteers and professionals will be in place throughout the MS Bike Ride to ensure a safe and enjoyable Ride. Your cooperation with our safety team is important for the well being of all our riders.

**Please note: the MS Bike Route is not closed to traffic. All riders must follow the rules of the road.**

## **Communications**

- Amateur Radio Public Service Corps provides radio and cellular support operation which oversees all MS Bike route and traffic notifications.
- We cannot provide updates for family and friends on every rider, but can flag those riders who have medical concerns to our communications volunteers.
- Please let us know prior to Ride weekend the name and rider number of the rider in concern.

## **Medical Support**

- Medical support is provided at the Start/ Finish, every rest stop, the overnight location and along the route.
- Route medical personnel are provided by American Medical Response.
- For minor roadside situations, SAG (support and gear) drivers may transport riders to the next rest stop for medical assistance.
- Never hesitate to ask if you are in need of assistance, whether it's a road rash, allergies or you're just not feeling so great.

## **Rogue Riders & Unsafe Riders**

- Non-registered riders on our route are a major safety issue.
- Aside from adding to the number of riders on the road, these riders do not have the safety information available to MS cyclists nor the support of our safety teams or rest stop access.
- Please do not invite anyone to ride along with you for even a portion of the Ride.
- If you become aware of riders who are not wearing numbers or registered riders who are riding unsafely, please let us know at the next rest stop.

## ***Support and Gear Vehicles (SAG)***

- SAG vehicles patrol the route to provide assistance to riders who need a lift.
- SAGs do not stop to make bike repairs, but they will bring riders to the next rest stop for assistance.
- Don't be shy about taking advantage of them if you feel tired!
- Please follow the following SAG Signal Instructions if you need assistance.

### ***To Signal SAG Vehicle Drivers Follow These 3 Steps:***

1. **OFF ROAD - Move out of the path of other riders.**
  2. **OFF BIKE - Stand or sit nearby.**
  3. **WAVE HELMET - Let the SAG drivers know you aren't just taking a breather.**
- Be aware that some official vehicles on route are medical, staff and communications vehicles and are not equipped to carry riders.
  - At peak hours SAG vehicles may be full. Please have patience, another will be by soon.
  - MS Bike Ride SAG drivers have been trained and work in tandem with a SAG spotter for everyone's safety.
  - PERSONAL AND TEAM SAGS ARE NOT PERMITTED for the safety of all our riders.
  - To become a trained SAG driver or spotter please contact us via email at [ms150bike@fls.nmss.org](mailto:ms150bike@fls.nmss.org).
  - If you have special concerns and require someone to meet you at a rest stop, please contact us for an alternative route map to keep friends and family from disrupting traffic along the route.

### ***Personal or Team SAGs are NOT Permitted***

- Riders agree not to have personal or team SAGs as part of the Safety Pledge included in registration. Driving slowly behind riders can lead other drivers or cyclists to take unsafe chances to get around the slow vehicle. This may endanger the very rider the driver intends on helping.
- The MS Bike Ride cooperates fully with law enforcement, including traffic laws.
- No driver is exempt from local or state traffic law; officers may issue tickets to drivers they observe breaking the law by speeding, obstructing traffic or other actions.

### ***Motorcycle Support Group***

- Motorcycle volunteers patrol the route and are trained to respond to emergencies and traffic situations to keep the MS Bike Ride running smoothly.

## ***Vehicles on the Route and Cheering Sections***

- All family members, friends, photographers and team volunteers are required to stay off the route and use the alternative route. Please contact us for a copy of this map.
- Pulling over, driving too fast or too slow or honking at cyclists can create severe safety hazards.
- The Alternate Vehicle Route Map will be provided at the Volunteer/ Info Tent at the Start/ Finish Lines and will be available online for download a week prior to the MS Bike Ride.
- Designated areas for friends and family to cheer or take photos are available along the Alternate Route.
- Cheering sections will bisect the route but not intersect it to help reduce traffic and congestion for everyone on the road.