Bike MS: Tour de Farms 2017

June 10 & 11

Know Before You Go

SAFETY FIRST! TOUR DE FARMS RULES OF THE ROAD

Your safety is our number one priority at Bike MS Illinois! Prepare yourself for a fun, SAFE and enjoyable weekend:

- ✓ Wear a helmet at all times – NO EXCEPTIONS.
- ✓ Ride as far right as reasonable
- ✓ Obey all traffic lights, signs and regulations.
- ✓ Rules of the road apply: same rights/duties as the driver of any other vehicle.
- ✓ Pass on the left only, and announce "passing" or "hello" or "on your left."
- ✓ Use hand signals to indicate road hazards, stopping, slowing and right/left turns.
- ✓ Carry ID and relevant medical information.
- ✓ Do not impede traffic.
- ✓ Ride single file when necessary, with max. two abreast when conditions allow
- ✓ Prepare properly with nutrition, hydration, training and sudden weather changes.
- ✓ Respect others: riders, volunteers, host communities, motorists, pedestrians, law enforcement and the environment.
- ✓ Riding safely and considerately is vital to your enjoyment and the safety of other riders. The future of cycling events depends on your cooperation with the rules above

If these rules are not followed, a system has been put in place that could lead to the National MS Society's right to refuse participation on BIKE MS.

THE DO'S & DO NOT'S OF THE ROAD

DO:

- ✓ Make eye contact with drivers.
- ✓ Never assume motorists see you or that you have the right- of-way.
- ✓ Expect the unexpected; your first responsibility is to avoid a crash.
- ✓ Cross railroad tracks at a right angle.
- ✓ Give ride marshals and police your full cooperation.
- ✓ Pull off the road completely when you stop – remaining on the road, especially at rest stop is a hazard for riders and drivers.

DO NOT:

- ✓ Wear headphones
- ✓ Use Aero Bars
- ✓ Draft behind cars
- ✓ Pull "Burley" style trailers

EVENT ALERT SYSTEM (EAS)

The health and safety of all participants is, of course, the top priority for the "Bike MS: Tour de Farms" event. We established a color-coded system to advise participants about issues that could potentially affect the event. The Event Alert System (EAS) is for communicating event conditions and hazards to participants and event organizers.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW EVENT OFFICIAL INSTRUCTION/CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/ BE ALERT

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EVENT SITE SERVICES

RIDE PHOTOS: Photos will be taken throughout the weekend by our volunteer photographers and posted to bikemsillinois.org within a month of the event.

TEAM PICTURES: Team photos will take place between 6 and 8 a.m. at the "bell" in front of the NIU Convocation Center. Team photo times will be determined before the event.

LODGING: Camping is available on the NIU campus. Discount lodging is available at partnering hotels, NIU campus rooms and the NIU Student Holmes Center. Visit bikemsillinois.org for additional details.

PARKING: All event parking is located at the Convocation Center, 1525 West Lincoln Highway, DeKalb, IL, in Lots C2 and C3. If you are staying at Stevenson Towers, you can park right outside the dorm in Lot P. To reach the parking lots from I-88, please follow the directions to Stevenson Dorms.

SHOWERS: Participants will have access to indoor restrooms and showers located in the NIU Convocation Center, but please note that you must bring your own toiletries and towel. In addition, portable toilets and sinks will be available at the camp site. Schedules for indoor restrooms and showers vary per day: Fri 6–8 p.m. (only bathrooms available), Sat 5 a.m.–10 p.m. and Sun 5 a.m.–6 p.m.

MEALS: Fatty's will be serving dinner on Friday (dinner TBD). Lee & Eddie's Catering will be serving Saturday and Sunday's breakfast lunch and dinner . All meals onsite are available free of charge for all Bike MS participants with a rider wristband. Rest stops throughout the route will offer snacks and drinks both days.

CONCIERGE: Staff/Volunteers will be available to answer questions, oversee lost a& found, and best rest stop voting. Located near the Start/Finish line.

BLUE RIDER WRISTBAND: Must be worn for the duration of the event. No wristband, no service. Used for meals, rest stops, entry and more.

MASSAGE: Massages will be available throughout the day on Saturday & Sunday (TBD) for Bike MS participants. Be sure to take advantage of this free service!

GOLD SPOKES CLUB: This privileged group of the top 150 fundraisers from the prior year's ride receives several benefits throughout the weekend. On Friday beginning at 6:30 p.m. is the VIP Program & Reception.

I RIDE WITH MS: This program celebrates Bike MS cyclists who are also living with multiple sclerosis. Members of the "I Ride with MS" program may enjoy special day-of-event benefits, and they will receive a complimentary "I Ride with MS" jersey. Look for these jerseys on the route to bring the mission into focus during the ride!

LOOKING TO GET INVOLVED? If you or any others want to volunteer last minute throughout the weekend, stop by the volunteer registration tent to help out with any tasks. You can also register to be a volunteer for next year's ride or any other MS events.

ON-COURSE RIDER SERVICES

SAG VEHICLES*: Need a lift? SAG wagons are available on the course each day to take you and your bike to the next rest stop or back to the main site. SAG vehicles are available on route and at rest stops. If the SAG vehicle is full, another SAG vehicle will be by soon; otherwise, you may call the route assistance number on your rider bib. **Personal SAG vehicles are prohibited*.

HOWTO SIGNAL A SAG VEHICLE: (1). Move off the road and out of the path of other riders. (2) Dismount and stand near your bike. (3). Give the SAG vehicle a "thumbs down."

REST STOPS: Take a break! Located every 10–15 miles throughout the route, rest stops have food, drinks, restrooms and bike mechanics available.

BICYCLE MECHANICS: Need assistance with your bike? Mechanics are on hand throughout the event at the main site and at rest stops.

MEDICAL SERVICE: First aid is available at all rest stops and at the main site. Emergency vehicles are at the main site, as well.

RIDER COMMUNICATION: In an emergency, always call 911. For non-emergency situations, such as route assistance and support, call the route assistance number listed on your rider bib or contact the nearest MSC or SAG.

SUPPORT: Motorcycle Safety Crew, SAG Vehicles, police and other event staff are available on route Saturday and Sunday for assistance.