

bike

MS

Waves to Wine  
2017

# Bike MS News

2017 RIDERS PACKET: BRING THIS TO BIKE MS!

## Waves to Wine Weekend Timeline

### FRIDAY, SEPTEMBER 22<sup>ND</sup>

#### PACKET PICKUP

#### NMSS OFFICE IN SAN FRANCISCO

4:00 - 7:00 p.m. at

1700 Owens St, San Francisco, in the lobby

### SATURDAY, SEPTEMBER 23<sup>RD</sup>

#### BRISBANE MARINA

400 Sierra Point Pkwy, Brisbane, CA 94005

#### 86 & 100 mile routes start

- 5:30 a.m. – 7:00 a.m. Registration, luggage drop-off, mechanics available and breakfast
- 7:00 a.m. Team start
- 7:00 a.m. Ride out starts
- 7:25 a.m. All cyclists must be out on the route or will be SAG to RS1

### SATURDAY, SEPTEMBER 23<sup>RD</sup>

#### SONOMA MOUNTAIN VILLAGE

#### 20 & 50 mile routes start and finish

#### Sonoma Mountain Village

1400 Valley House Dr, Rohnert Park

- 7:30 a.m. – 8:45 a.m. Registration and breakfast
- 8:30 a.m. Ride out starts
- 9:00 a.m. Ride out ends
- 9:00 a.m. – 9 p.m. Bike Corral hours
- 11:00 a.m. – 8:00 p.m. Shower trucks open
- 12:00 p.m. – 5:00 p.m. Sponsor Row
- 12:00 p.m. – 7:00 p.m. Beer and wine garden open, massage tables open
- 2:00 p.m. Shuttle service to hotels begin (running approx. every half hour or when full)
- 2:00 p.m. – 5:00 p.m. VIP Lounge hours
- 3:00 p.m. – 6:30 p.m. Team photos
- 3:00 p.m. – 7:00 p.m. Dinner hours
- 4:30 p.m. Jersey fashion show
- 5:00 p.m. Team awards and Program
- 5:00 p.m. All routes close, riders must be off the course
- 5:30 p.m. – 9:00 p.m. Karaoke on the Stage
- 8:00 p.m. Showers close, shuttle services ends, quiet hours begin
- 9:00 p.m. Lights out

### SUNDAY, SEPTEMBER 24<sup>TH</sup>

#### SONOMA MOUNTAIN VILLAGE

#### 40 & 62 mile routes start and finish

#### Sonoma Mountain Village

- 5:15 a.m. Luggage drop-off, showers open and shuttles from hotels back to Sonoma Mountain Village (shuttles end at 7:30 a.m.)
- 5:30 a.m. – 7:00 a.m. Breakfast and mechanics available
- 5:30 a.m. – 7:30 a.m. VIP Lounge hours
- 5:30 a.m. – 7:30 a.m. 2018 Registration Hours
- 6:00 a.m. Bike Corral opens
- 6:45 a.m. – 7:30 a.m. Team Photos
- 7:00 a.m. Ride out starts
- 8:00 a.m. Ride out ends
- 10:00 a.m. – 1:30 p.m. VIP Lounge Reopens
- 11:00 a.m. – 5:30 p.m. Food, massage, entertainment, beer and wine garden
- 1:00 p.m. Shuttles back to San Francisco begin (buses run approx. every half hour or when full)
- 4:00 p.m. Route closes
- 5:15 p.m. Showers close
- 6:00 p.m. Last shuttles leave Sonoma Mountain Village



### FOLLOW THE ROUTE ARROWS FOR OUR 6 ROUTES:

#### Day 1

1. 20 mile - Green
2. 50 mile - Yellow

3. 86 mile - Orange
4. 100 mile - Blue

#### Day 2

1. 40 mile - Blue
2. 60 mile - Orange

## Weekend Packing Check List

### APPAREL

- Jerseys for riding
- Clothing for evening activities (temperatures can drop, so please pack accordingly)
- Socks
- Shorts
- Cycling shoes
- Street shoes
- Undergarments
- Rain gear
- Hat/cap
- Sleepwear
- Gloves
- Other cycling apparel you use

### IF CAMPING

- Towel
- Shower shoes
- Sleeping bag & pad
- Pillow
- Tent
- Flashlight
- Ear plugs
- Eye mask

### OTHER

- Prescription medications
- Nutrition bars/gels for ride
- Lip balm
- Sunscreen
- Insect repellent

### EQUIPMENT

- Chamois cream
- Toiletries
- Sunglasses
- Camera
- Cell phone
- Portable cell phone charger
- Bike
- Helmet
- Water bottles
- Extra tubes & patch kit
- Bike pump or air cartridges
- Headlight (optional)

## DONATIONS ARE EQUALING RESULTS

The National MS Society is the largest private funder of MS research in the world; we have invested more than \$974 million to date, with an investment of \$42 million funding 380 research projects in 2016 alone.

## POWERING LIFE-CHANGING BREAKTHROUGHS

We respond to the unique needs of each person affected by MS through a nationwide network of staff who serve as personal advocates, connecting more than 180,000 people each year to lasting solutions.



*Get prepared for a great weekend!*

## Accommodations

### Camping & Hotels

There is plenty of space at Sonoma Mountain Village for all campers! The 30 largest teams (by number of registered riders) will have areas set aside for them. Please look for the sign posted in the ground designating these area. Smaller camping groups will have the ability to pick their spots in the camping field. Please review our website for a current list of available hotels.

### Shuttles

Rider Shuttles From Sonoma Mountain Village to Brisbane Marina:

We will be providing Shuttles from Sonoma Mountain Village to the Brisbane Marina on Sunday afternoon. Our shuttles will run from 1:00PM to 5:30PM. Tickets are \$25.

## Route Options and Changes

**Day 1** offers four different, but equally beautiful, cycling options for our riders: 20, 50, 86, and 100 miles. Our 86 and 100 mile riders begin their journey at Brisbane Marina and head across San Francisco to the Great Highway experiencing sweeping ocean views. Riders will then climb into the Presidio where they will come to the first rest stop overlooking the Golden Gate Bridge. The 100 mile route will turn off and climb the "Marshal Wall." Riders will return to the 86 mile route in Marshal and continue North into Sonoma County, where they will join the shorter routes and finish at Sonoma Mountain Village.

Our 20 mile and 50 mile riders will start and end their day at Sonoma Mountain Village in Rohnert Park, where they will join the 86 and 100 milers for an evening of food, massages, music and fun!

Riders head out on **Day 2** after enjoying a hot and delicious breakfast and continue north up the beautiful West Sonoma County out towards Healdsburg and onto Sebastopol with 40 or 62 mile routes. Both routes are brand new this year with more sights to explore! Celebrate accomplishments as friends, family and volunteers cheer you across the finish line.



## Waves to Wine! A Community Tent

Are you traveling to Bike MS: Waves to Wine from another state? Join us in our Community Tent and relax with other travelers after the ride. You'll have a chance to speak with other cyclists who have traveled and hear about the rides they participate in back home. Everyone who comes by the tent will be given a lei to show that they have traveled for the event. Bike MS is the perfect place to meet new friends, so come by the Community Tent this weekend and expand your social circle!

## We Still Need Volunteers!

This ride would not be possible without our dedicated volunteers. We are always seeking volunteers for the weekend of the ride. If you have a friend who wants to volunteer, please contact Heather at [heather.kiuttu@nmss.org](mailto:heather.kiuttu@nmss.org) or call 1-800-344-4867 to discuss opportunities.

## CHAMPS

**Not only does the MS society provide the research for this to happen for us MS patients but they provide the materials to keep us moving when our bodies try to stop us. With Fundraisers like Bike MS Waves To Wine the MS Society can continue to provide us the freedom to "Always Keep Moving!"**

Bonnie Lim



Find other CHAMPS signatures on your MS Champions bandanna in your packet. Visit with your Champs at the Champs tent after the ride!



## On-Course Rider Services



**Bike MS Emergency  
Number: 408-430-7484**



**Medical services are  
available at all rest stops.**



**Pick up route maps at  
the Info & Registration  
Tents!**



**SAG Vehicles are around  
to help riders in need.**



**Bike Mechanics are on  
hand for assistance &  
repairs.**



**Rest Stops are spread  
every 10 - 15 miles on  
the course.**

## Rider Safety

Bike MS: Waves to Wine is not held on a closed course so all cyclists are required to stop at red lights, stop signs, and for pedestrians in crosswalks. Police will be present and will ticket cyclists not following the rules of the road. As a participant in Bike MS: Waves to Wine, you not only represent yourself and your team, but the National MS Society and the cycling community, as well. Please exhibit safe and responsible riding behavior so we can continue to enjoy Waves to Wine for years to come.



## Parking

Parking is available for free at the Brisbane Marina and at Sonoma Mountain Village. To minimize traffic congestion, we highly encourage carpooling. Please cooperate with the parking crew and follow all instructions and signs as they direct you to your appropriate parking destination. If you are being dropped off for the event, please notify parking staff and you will be directed to the Cyclist Drop-off Area. The National MS Society is not responsible for any lost or damaged property including your vehicle and/or any contents within.

## Luggage Service

When arriving at the Brisbane Marina parking lot on Saturday, please drop your luggage at one of the luggage trucks. Make sure your bag has your luggage tag (included in your rider packet). Bags may be claimed at the luggage area near the finish line. Bags will need to be dropped off at the luggage area on Sunday morning and will be available for pick-up when you return to Brisbane Marina. Our luggage shuttles are sponsored by UPS.



*Remember to pick up  
your medal on Saturday  
at the Info Tent if you  
are not riding Sunday!*

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## SPOTLIGHT: TOM KUHN, TEAM GOOGLE

Tom Kuhn started riding in Bike MS: Waves to Wine in 2000 when a family friend was diagnosed with MS.

He was so moved by his experience that he began to form corporate teams to get more people involved in the MS movement. Tom has headed three teams since 2001, most recently in 2007, when he formed Team Google. Having ridden for almost two decades, Tom remains determined and committed to the ride's mission.

"I come back every year knowing that I am a part of the cure by riding and connecting fellow bikers to this event, who then continue to connect others to the cause," he says. "The least I can do is physically push myself for a few days to advance research to end MS."



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