

Don't just *ride*, Bike MS

BIKE MS: BAY TO BAY EVENT GUIDE
OCTOBER 22-23, 2016 » BIKETOFINISHMS.COM



bike
MS

Bay to Bay
2016

PRESENTED LOCALLY BY

Hansen's
Natural



100, 125 & 150-MILE EVENT DETAILS

WELCOME TO THE RIDE!

Thank you for joining us for the 34th Annual Bike MS: Bay to Bay presented locally by Hansen Beverage Company and Monster Energy Company.

We're glad you're joining us to share the experience and celebrate success. For three decades Bike MS has made a difference in the lives of the 51,500 affected by multiple sclerosis in San Diego, Orange and Imperial Counties, and the Hawaiian Islands. Please accept our appreciation for your efforts and contributions to create a world free of MS!



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IMPORTANT RULES

- No use of aero bars
- Helmets required
- No ear buds
- Follow all traffic signs including stop signs
- Police will be enforcing traffic laws

STILL HAVE QUESTIONS AFTER READING THIS?
CALL US » 1-855-372-1331

DAY 1 START MORNING SCHEDULE

IRVINE >> SATURDAY, OCTOBER 22

DAY ONE START LINE

Irvine Transportation Center
15215 Barranca Parkway
Irvine, CA 92618

- 6:00am Irvine Start Line Site Opens
- 6:45am 75 & 100-mile (Day 1) Rider Opening Ceremony & National Anthem
- 7:00am Staggered 75 & 100-mile (Day 1) Start Begins*
- 7:30am Special Team Starts Begin*
- 7:45am 50-mile (Day 1) Opening Ceremony
- 8:00am 50-mile (Day 1) Route Start Begins*
- 9:00am All luggage must be on trucks!
All riders must be on route!

**All starts will be strictly staggered to ease bicycle congestion on the city streets. Please be mindful of these rules and participate in the start as directed. Please get in the 100-mile start (Day 1) ONLY if you are a Century or 75 mile rider (Day 1).*

Step 1

When you arrive at the start line, park your car in the center's state-of-the-art, 3-story parking garage. If you're transporting your bike on top of the car, you will be routed to an unloading zone to accommodate height limitations of the parking garage before parking your car. Riders can leave their cars on-site at no cost. All posted placards are enforced.

Step 2

Check-in your luggage at the FedEx luggage truck. (Make sure your luggage tag is attached!) The luggage will be transported to the Sheraton Celebration site. Each rider is responsible for getting luggage on the truck before 9:00am. Please remember to keep your photo ID with you when you check your luggage, you will be required to show your ID at the entrance into Camp Pendleton!

Step 3

Make sure you pick up a route slip at the start line (at the information booth or the chutes).

START LINE HOST HOTEL

DOUBLETREE IRVINE

Book a room the night before the bike ride, so all you have to do is roll over to the start line!

Go to biketofinishMS.com > About This Ride > Lodging & Transportation to reserve your room!

DAY 1 FINISH FESTIVAL SCHEDULE

CARLSBAD >> SATURDAY, OCTOBER 22

CELEBRATION FESTIVAL

Sheraton Carlsbad Resort & Spa
5480 Grand Pacific Drive
Carlsbad, CA 92008

Complimentary shuttle service is available to all riders for transport to and from Bike MS-preferred accommodations. Please see the shuttle section in this guide to ensure that your hotel is on the list.

11:00am The following areas will be open:
Bike Corral & Bike Mechanic
Pool, Spa & Jacuzzi

11:30am Massage room Open
Top Fundraiser/150 Club Lounge Open
Team Lounges Open
Luggage Trucks Available
Food Service Begins
Beer Garden Open
150 Club Massage Room Open

12:00pm Live Music Begins (Pacific Lawn)

12:00pm Hotel courtesy shuttles begin running

5:00pm All riders swept from route

5:15pm Evening Ceremony Begins including Tour de Fundraising Jersey & Team Jersey Contest winner presentations.

6:00pm The following areas close:
Expo Area
Massage Area
150 Club/Top Fundraiser
Team Lounges
Food Service Ends

7:00pm Shuttle service concludes
Bike Mechanic & Bike Corral close

**The Bike Corral will be secured at 7:00pm and will not open again until 6:30am the following morning. For security purposes participants will not be able to retrieve their bikes once the bike locker is closed.*



BIKE MS: BAY TO BAY TOUR DE STATIONARY

Love to spin but don't own a bike? Like to ride but not with cars on the road? Have balance challenges?

We've got just the ride for you!

Ride the Bike MS route from the convenience of the Sheraton Carlsbad Resort & Spa complete with music and a super energetic instructor, provided by Cycology Studio

Ride for any amount of time you'd like!

Fundraising minimum is \$400 and includes all of the great perks of Bike MS riders!

Saturday, October 22, 2016
Sheraton Carlsbad Resort & Spa
10:00 a.m. - 2:00 p.m.

REGISTER FOR FREE AT **BIKETOFINISHMS.COM!**



Bay to Bay
PRESENTED LOCALLY BY



Step 1

When you arrive at the Day One finish line, check-in your bike at the secured and guarded bike corral. You will not be able to wear your cleats inside the Sheraton so bring comfortable shoes in your luggage.

Step 2

Refuel with some well deserved food and fun. The celebration includes BBQ, live entertainment, expo, beer gardens, pool and a presentation in a festive party setting. Invite friends and family to help you celebrate all that you have accomplished!

Food service starts at 11:30am and is complimentary to all riders. Guests may purchase meal tickets at the Bike MS food tent or information tent; \$20 for adults, \$10 for children.

OTHER FESTIVAL DETAILS

Expo Area

Check out our expo with awesome vendors and giveaways! Visit the Sheraton Patio behind the lobby.

Goody Bags

Includes the commemorative Bike MS: Bay to Bay t-shirt & water bottle! Be sure to pick up your goody bag at the Expo Area on the Sheraton Patio behind the lobby.

Top Fundraiser Jerseys

If you raised \$2,000 in 2016, pick up your jersey in the Top Fundraiser lounge on the Sheraton Conference Center Terrace.

Prize Jerseys

If you raised \$1,000 - \$1,999 in 2016, your prize jersey will be available at the Sheraton.

BE AWARE!
NO CLEATS INSIDE THE HOTEL,
SO BRING YOUR FLIP FLOPS



DAY 2 START

MORNING SCHEDULE

CARLSBAD >> SUNDAY, OCTOBER 23

DAY TWO START LINE

Sheraton Carlsbad Resort & Spa
5480 Grand Pacific Drive
Carlsbad, CA 92008

Please plan an early start and remember to give yourself enough time to get on the shuttle (from your hotel), arrive at the start line and check your luggage back on to the luggage truck.

Complimentary breakfast will be provided at the start line to all riders. Guests may purchase breakfast for \$10. Once you've eaten, retrieve your bike from the bike locker. Route slips will be available at the start line.

Please do not leave prior to the official start time as rest stops will not be prepared and there will be no route support.

- 5:30am Hotel Courtesy Shuttles Begin
- 6:30am Bike Corral Open
Breakfast in the Grand Ballroom
- 7:00am Staggered Start Begins
All starts will be strictly staggered to ease bicycle congestion on the city streets. Please be mindful of these rules and participate in the start as directed.
- 8:30am Breakfast Service Ends
- 8:30am Hotel Courtesy Shuttles Stop Running
- 9:00am All Riders Must Be On Route!
- 10:00am Day 2 Start Site Closes



DAY 2 FINISH SCHEDULE

MISSION BAY >> SUNDAY, OCTOBER 23

DAY TWO FINISH LINE

Hospitality Point
2500 Block of Quivira Way
San Diego, CA 92109

The Sunday finish line celebration includes lunch and a beer garden in an outdoor setting. You may want to invite friends or family to join you! Guests may purchase meal tickets at the Bike MS Info Tent; \$10 for adults, \$5 for children.

10:30am Lunch service begins

12:00pm Buses Begin Departing
For Return to Irvine

3:00pm All Riders Swept From Route

4:00pm Lunch Service Ends
Finish Site Closes



SUPPORT ALONG THE WAY



There will be Safety & Gear (SAG) Vehicles and Ride Safety Marshals to help you along the route. Please be aware and ask them for help if needed.

There will be rest stops every 10-15 miles. Each rest stop will have a bike mechanic and medical personnel, along with hydration and nutrition. While this is not a race, there are certain rider timelines that riders need to meet:

- The Day One 50 & 75-mile route lunch will be served 10:00am-1:30pm at Concordia Elementary School in San Clemente.
- The Day One 100-mile route lunch will be served 9:30am-12:30pm at Buccaneer Park in Oceanside. If you do not reach Buccaneer Park by 12:00pm, you will not receive the route slip to continue onto the 75 & 100 mile route.
- Century Challenge route participants who do not reach the first official Century Challenge rest stop at San Elijo Hills by 2:00 pm will not be allowed to continue on the Century Challenge route, you will receive a 75 mile route slip to get you to the Day 1 Finish Celebration Festival.

If you are still on the route at 5:00pm on Saturday or 3:00pm on Sunday, you will be picked up by a SAG vehicle and driven to the finish. If you choose to stay on the course after this time, you will be on your own and may miss the finish line celebrations.

Thank you to BMW of Murrieta for the SAG vehicle sponsorship and to Wescom Credit Union for Ride Safety Marshal sponsorship!



WHAT TO BRING

ALWAYS CARRY PHOTO ID, EMERGENCY CONTACT INFO, INSURANCE CARD AND IMPORTANT HEALTH DIAGNOSES.

- Helmet (**Required**) – No exceptions!
- Rider numbers (**Required** & Provided in Rider Packet) – Bib number, participant wristband, bike number and helmet number. All are important and required items in identifying you as an official participant by our Bike MS staff and volunteers
- Luggage tag (**Required** & Provided in Rider Packet) – You will have 2 tags. Affix one to your luggage and one to your bike for quick identification at the overnight site and at the finish line (limit one piece of luggage per rider, 30 lbs max weight)
- Photo Identification (**Required**) – It is always important to carry your photo ID; the guards at the gate to Camp Pendleton Marine Corps Base will ask you for it on Day One. Plus, if you decide to have a beer or a glass of wine at the finish festival, you'll need to have your photo ID handy.
- Tire patch kit, spare tubes and tire pump – You should always be prepared with these items on a long ride. Make sure they are compatible with your tires!
- Route slips – Markers along the road will map the course. However, please rely on finalized route slips distributed at the start line on each morning
- Sunglasses, lip balm and sunscreen – Put sunscreen on each morning before you leave and bring more to reapply along the route.
- Nutrition Supplements – You should always carry an extra nutrition supplement with you while on the route. Gels, energy bars and sports drinks are always good to have on hand.
- Water Bottles – Make sure to have at least one water bottle on your bicycle at all times. It is very important to stay hydrated while on the route.
- Cell Phone – While you are not permitted to use your cell phone while riding, it is a good idea to have it with you on the route.
- Change of clothing and shoes – For the Saturday evening celebration and Sunday ride home. Dress for the finish festival is casual so bring your favorite So Cal shirt! A changing tent will be available at both finish lines. Bring comfy shoes for the party, **no cleats are allowed inside the Sheraton!**
- Spending money – Meals and entertainment are included for all registered Bike MS riders. Beer and wine at the overnight celebration are available for a nominal charge, unless you are a Top Fundraiser, and then they're free.

BUS SERVICE TO AND FROM THE EVENT

Transportation of riders and bikes on Saturday, October 22, from San Diego to the Irvine Start Line, or Sunday, October 23, from the San Diego Finish to Irvine is available for \$20. This service may be purchased when you register.

If you have already registered and need bus service, but did not pay for it, you can request service on the website biketofinishMS.com under About This Ride > Lodging & Transportation or by contacting us at (760) 448-8419.

You must make a reservation to ride the bus. We determine the number of buses needed based on how many riders purchase a ticket. There will NOT be space for you if you do not tell us IN ADVANCE that you will need a seat. Please, make your bus reservation

by October 10. Bikes will not be transported if participant is not on the bus.

SAN DIEGO >> IRVINE
PRE-START BUS
SATURDAY, OCTOBER 22

ALL BUSES LEAVE FROM:
Hospitality Point
2500 Block of Quivira Way
San Diego CA 92109

75, & 100-Mile Riders

Arrive at 4:00am to allow ample time to load bikes. Buses depart at 4:30am SHARP for Irvine start line!

50-Mile Riders

Arrive at 4:30am to allow ample time to load bikes. Buses depart at 5:00am SHARP for Irvine start line!

PLEASE NOTE: If you choose to park your vehicle at Hospitality Point, please park in the dirt lot. There will be staff members to direct you. MAKE SURE TO PARK WHERE DIRECTED. Parking is free, but take all of your valuables with you as your vehicles will not be monitored overnight. You will be provided a parking pass for your vehicle window.

SAN DIEGO >> IRVINE
AFTER-FINISH BUS
SUNDAY, OCTOBER 23

Buses will begin departing for Irvine at 12:00pm from Hospitality Point.



TAKING A BUS BACK TO IRVINE?

TRUST US...

FOLLOW THESE STEPS:

1. Once you arrive at Hospitality Point, immediately load your bike onto the bike truck (take note of what color truck you load your bike onto). If you wait to load your bike, it may arrive AFTER you do, in Irvine. And no one wants that. After you unload your bike, you can eat and celebrate.
2. Pick up your luggage. You are responsible for loading it on to your bus.
3. Board a bus. If you made your reservation prior to the event, your name will be on a master list at the bus check-in area. Please wear your rider bib until you arrive back in Irvine as it matches you with your bike number.
4. Busses will depart when full (beginning at 12:00pm) and will continue departing approximately every half-hour until all riders are safely on their way back to Irvine.
5. Since bicycles are returned in moving trucks, and participants return on busses, please be patient if your bike arrives at a different time than your bus.



HOTEL ACCOMMODATIONS AND SHUTTLE SERVICE

IRVINE HOST HOTEL

Friday, October 21
Doubletree by Hilton
Irvine Spectrum
90 Pacifica, Irvine, CA

Our Friday night host hotel offers a reasonable rate to all Bike MS participants. Visit biketofinishMS.com > About This Ride > Lodging & Transportation to book your room online or call (949) 471-8888 and mention Bike MS to reserve your room.

PLEASE NOTE: There is no shuttle service to start line. The Doubletree has a transport van. Contact hotel for more information.

BOOK YOUR HOTEL

RESERVE YOUR
ROOM TODAY! HOTEL
ROOMS
GO QUICKLY!

CARLSBAD HOST HOTEL

Saturday, October 22
Sheraton Carlsbad Resort & Spa
5480 Grand Pacific Drive, Carlsbad, CA

Priority registration for the Carlsbad Host Hotel is given to Top Fundraisers & 150 Club.

SHUTTLE SERVICE TO PREFERRED HOTELS

Hotel shuttle service will be provided to official Bike MS preferred accommodations. Hotels fill up quickly, so reserve your room today! To register online or get a phone number, visit biketofinishMS.com > About This Ride > Lodging & Transportation.

2016 HOTELS:

- Carlsbad by the Sea Resort
850 Palomar Airport Rd, Carlsbad, CA
- Courtyard by Marriott Carlsbad
5835 Owens Ave, Carlsbad, CA
- Hampton Inn Carlsbad
2229 Palomar Airport Rd, Carlsbad, CA
- Hyatt House, San Diego/Carlsbad
5010 Avenida Encinas, Carlsbad, CA
- Grand Pacific Palisades Resort & Hotel
5805 Armada Dr, Carlsbad, CA
- Residence Inn, San Diego Carlsbad
2000 Faraday Ave, Carlsbad, CA
- West Inn & Suites
4970 Avenida Encinas, Carlsbad, CA
- Homewood Suites by Hilton Carlsbad
2223 Palomar Airport Rd, Carlsbad, CA
- Lake House Hotel and Resort
1025 La Bonita Dr, San Marcos, CA

CHECK OUT OUR OTHER EVENTS...

MS DINNER AUCTION

November 19, 2016

Loews Coronado Bay Resort

MSdinnerauction.com

With over 700 silent and live auction items, guests enjoy an evening of fun at San Diego's largest charity auction. Gourmet dinner, complimentary champagne & wine, plus live music make the evening unforgettable!



MS ROCKSTARS

November 6, 2016

MSrockstars.com

Be a part of the glory that is the MS Rockstars! Whether you're a seasoned veteran or a newbie looking for a challenge, we have what you need for training, fundraising, and a rockin' good time! You've never experienced anything like this before as we're not your typical charity training team.



Walk MS

April 8, 2017 - NTC Park

April 22, 2017 - Carlsbad

April 29, 2017 - UC Irvine

walkMS.org

Join us for this family-friendly fun walk in the park! Enjoy the fun of a 1-3 mile walk, with a finish line festival with kid zone, live music, food, drinks, and more!

DIRECTIONS

DAY ONE START LINE

Irvine Transportation Center
15215 Barranca Parkway
Irvine, CA 92618



Traveling Northbound on Interstate 5:

- >> Exit Alton Pkwy and turn Right
- >> Turn Left onto Ada

Traveling Southbound on Interstate 5:

- >> Exit towards Alton Parkway
- >> Keep Right at fork in the ramp
- >> Merge onto Enterprise
- >> Turn Right onto Alton Pkwy
- >> Turn Left onto Ada

Traveling Northbound on 405:

- >> Exit Sand Canyon Ave and turn right
- >> Turn Right onto Barranca Pkwy
- >> Turn Left onto Ada

Traveling Southbound on 405:

- >> Exit Sand Canyon Ave and turn left
- >> Turn Right onto Barranca Pkwy
- >> Turn Left onto Ada

DAY ONE FINISH LINE & FESTIVAL

Sheraton Carlsbad Resort & Spa
5480 Grand Pacific Drive
Carlsbad, CA 92008



Traveling Northbound:

- >> Take I-5 to Palomar Airport Road and turn right.
- >> Turn Left on The Crossing Drive.
- >> Turn Left on Grand Pacific Drive.

Traveling Southbound:

- >> Take I-5 to Palomar Airport Road and turn left.
- >> Turn Left on The Crossing Drive.
- >> Turn Left on Grand Pacific Drive.

No entrance will be available off
Cannon Road.

DAY TWO FINISH LINE

Hospitality Point

2500 Block of Quivira Way

San Diego, CA 92109



Traveling Northbound on I-5:

- >> Take I-8 west toward beaches, make a right onto West Mission Bay Dr.
 - >> Veer right to West Mission Bay ramp
 - >> Make a left at the light onto Quivira Rd.
 - >> Make Immediate left on Quivira Way.
- Please park in the dirt lot on the left-hand side. Parking is free but limited.

Traveling Southbound on I-5:

- >> From I-5, exit 21 Sea World Drive toward Sea World/Pacific Hwy
 - >> Merge onto W. Mission Bay Dr. toward Mission Beach/Ingraham St.
 - >> Continue veering right toward W. Mission Bay Dr.
 - >> Turn left at the Quivira Rd. stoplight. Turn left onto Quivira Way and continue down to Hospitality Point. Please park in the dirt lot on the left-hand side.
- Parking is free but limited.



THANK YOU TO OUR GENEROUS 2016 SPONSORS

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