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BIKE MS: C.H. ROBINSON MS 150 RIDE
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National
Multiple Sclerosis
Society
Upper Midwest
Chapter

RIDER GUIDE

» JUNE 7-9, 2013

SPECIAL THANKS TO OUR SPONSORS

TITLE SPONSOR



GOLD LEVEL SPONSORS



SILVER LEVEL SPONSORS



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Ride 2013**

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EVENT CHECK-IN

Date	Location	Time
Thursday, May 30	Upper Midwest Chapter Office 200 12th Ave. S. Minneapolis, MN 55415	9 a.m. – 6 p.m.
Friday, June 7	Century College (West Campus) 3300 Century Ave. N. White Bear Lake, MN 55110	1–7 p.m.
Saturday, June 8	Proctor High School Enter in Door 5 131 Ninth Ave. Proctor, MN 55810	5:30–8 a.m.

For directions, visit myMSbike.org.

Regardless of where you check in, here's what will happen:

- **You'll not be able to participate without confirmed donations totaling your required minimum of \$300.** Be prepared with cash, check or credit card to pay your remaining balance at check-in.
- Turn in any money or matching gift forms that haven't already been submitted.
- Verify your contact information.
- Collect your rider packet. The packet includes a wristband, which must be worn all weekend, a bike tag and two luggage tags. The wristband and tags each have your rider number printed on them.
- Receive your event T-shirt.
- NOTE: Riders under age 18 must have a minor waiver notarized before or at check-in. A notary will be available at each location.

DAILY SCHEDULE OF ACTIVITIES

Friday, June 7

Activity	Time	Location
Check-in <i>Buses leave for Proctor continuously as they fill.</i>	1–7 p.m.	Century College
Food vendors	1–6:30 p.m.	Century College
Buses arrive from Century College	3–10 p.m.	Proctor High School
Information table open	3–10 p.m.	Proctor High School
Shuttles loop to downtown Proctor and hotels in Duluth and Proctor	3–11 p.m.	Proctor High School
Spaghetti dinner	5–10 p.m.	Proctor High School
Swimming pool open	6–10 p.m.	Proctor High School
First aid available	5 p.m. – 9 a.m.	Proctor High School

THANKS TO OUR MEDIA SPONSORS



DAILY SCHEDULE OF ACTIVITIES

Saturday, June 8

Activity	Time	Location
First aid available	Until 9 a.m.	Proctor High School
Shuttles run from hotels to Proctor High School	5:30–7:30 a.m.	Proctor High School
Check-in open	5:30–8 a.m.	Proctor High School
Breakfast in lunch room	5:30–8 a.m.	Proctor High School
Route start open	6:30–8 a.m.	Proctor High School
<hr/>		
Hinckley Hockey Association concession stand open	9 a.m. – 8 p.m.	Grand Casino Hinckley
Raleigh Erik's bike corral	10:30 a.m. – 6 p.m.	Grand Casino Hinckley
Shower trucks available	11:30 a.m. – 8 p.m.	Grand Casino Hinckley
Shuttles loop to Hinckley High School, Grand Casino and Hinckley hotels	11:30 a.m. – 10 p.m.	Grand Casino Hinckley
Massage therapists available	12–6 p.m.	Grand Casino Hinckley
Hinckley Softball Association beer stand	12–7 p.m.	Grand Casino Hinckley
Hinckley High School pool open	1–5 p.m.	Hinckley High School
Prime Therapeutics VIP tent open	1–6:30 p.m.	Grand Casino Hinckley

DAILY SCHEDULE OF ACTIVITIES

Saturday, June 8 continued

Activity	Time	Location
First shuttle for North Branch, Moose Lake and Black Bear hotels leave	3 p.m.	Grand Casino Hinckley
Team photos in Ceremonial Arbor	4–7 p.m.	Grand Casino Hinckley
Entertainment (under food tent)	4–8 p.m.	Grand Casino Hinckley
The Covers – live band		
Dinner served in food tent	4:30–6:30 p.m.	Grand Casino Hinckley
Route officially closed	5 p.m.	Grand Casino Hinckley
Second shuttle for North Branch, Moose Lake and Black Bear hotels leave	5 p.m.	Grand Casino Hinckley
Third shuttle for North Branch, Moose Lake and Black Bear hotels leave	7 p.m.	Grand Casino Hinckley
Last shuttle for North Branch, Moose Lake and Black Bear hotels leave	9 p.m.	Grand Casino Hinckley



DAILY SCHEDULE OF ACTIVITIES

Sunday, June 9

Activity	Time	Location
Hinckley Hockey Association concession stand open	5–11 a.m.	Grand Casino Hinckley
Shower trucks available	5:30–8 a.m.	Grand Casino Hinckley
Raleigh Erik's bike corral	5:30–8 a.m.	Grand Casino Hinckley
Shuttles loop from Hinckley High School, Grand Casino and hotels	5:30–7:30 a.m.	Grand Casino Hinckley
Shuttle pick-up from North Branch and Moose Lake Hotels and Black Bear Casino	5:30 a.m.	North Branch Hotels, Moose Lake Hotel Black Bear Casino
Breakfast served in food tent	6–8 a.m.	Grand Casino Hinckley
Route open	6:30–8 a.m.	Grand Casino Hinckley
Shuttle to Century College	9:15 a.m.	Grand Casino Hinckley

DJ provided by One Shoe Productions	10 a.m. – 5:30 p.m.	Century College
Finish line meal served	10 a.m. – 5:30 p.m.	Century College
2014 registration open	10:30 a.m. – 4:30 p.m.	Century College
First shuttle from finish line to Proctor High School	2:30 p.m.	Century College
Second and final bus from finish line to Proctor High School	4:30 p.m.	Century College
Route officially closed	5 p.m.	Century College

CENTURY COLLEGE DETAILS

Friday, June 7 *See pages 10–11 for a Friday site map of Century College.*

Parking >>>> New this year!

Parking is limited at Century College. Vehicles parking for the weekend are required to pay \$20 on site, but if you carpool with another rider or raise \$1,000 or more, your parking is free. Upon arrival to Century College, all traffic will enter East Campus, where you'll be directed to the appropriate parking lots.

SITE SPONSOR



What to do

- Check in in the gym on the West Campus (1–7 p.m.).
- If you raised \$1,000 or more, head to the Hoopla Tent for some extra special perks.
- Put your tags on your bike and luggage.
- Load your bike on a Transport America semi-truck. Remember the number of the truck. Bikes are placed in the bike corral at Proctor based on the truck number.
- Proceed to the buses with your luggage. You must wear your wristband to board.
- Pick up your Bike MS and Pentair water bottle on the bus.

Sunday, June 8 *See pages 12–13 for a Sunday site map of Century College.*

Finish line meal

Riders and volunteers eat for free. Guests are welcome for a \$5 donation.

2014 registration

Register at the finish line for \$20, or online for this discount through June 23.

Shuttles returning to Proctor High School

Two coach buses return to Proctor. They depart at 2:30 and 4:30 p.m.

Spectator parking

Free parking is available to friends and family on the East Campus. Accessible parking will be available by the finish line.

CENTURY COLLEGE (WEST CAMPUS) • FRIDAY

MAP IS SUBJECT TO CHANGE



CENTURY COLLEGE (EAST CAMPUS) • FRIDAY

MAP IS SUBJECT TO CHANGE



CENTURY COLLEGE (WEST CAMPUS) • SUNDAY

MAP IS SUBJECT TO CHANGE



CENTURY COLLEGE (EAST CAMPUS) • SUNDAY

MAP IS SUBJECT TO CHANGE



PROCTOR HIGH SCHOOL DETAILS

Friday, June 7 See page 15 for a Friday site map of Proctor.

SITE SPONSOR

Spaghetti dinner

The Proctor High School varsity hockey team will serve a spaghetti dinner and salad bar for \$10 in the cafeteria from 5 to 10 p.m.

Friday evening shuttles

Shuttle buses make a continuous loop between Proctor and Duluth hotels. Only the hotels listed online are included on the shuttle routes. You'll need to make your own plans for getting to and from the overnight grounds if you choose to stay in a different hotel. Buses also make a continuous loop between Proctor High School and downtown Proctor. The last hotel shuttle for the evening picks up at Proctor High School at 10 p.m. Shuttles do a final sweep in Duluth at 11 p.m.

RV parking

RV parking is available at St. Rose Catholic Church on Sixth Avenue.

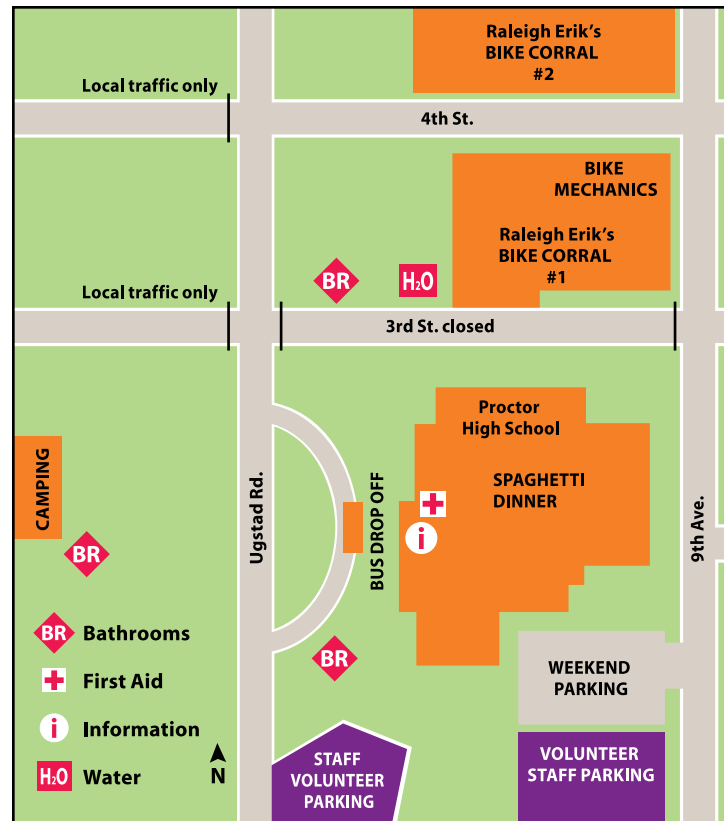
Camping

Outdoor camping is available on the football field. Indoor camping is available in the Field House.



PROCTOR • FRIDAY

MAP IS SUBJECT TO CHANGE



MAP IS SUBJECT TO CHANGE



Saturday, June 8 *See page 19 for a Hinckley site map.*

SITE SPONSOR Team tent village and general camping drop off



You may drop off general camping and team village tent items until 10:30 a.m. Saturday in the designated loading/unloading area (access from Highway 15). After 10:30 a.m., this area is a 15-minute loading/unloading area only. No vehicles are allowed on the grass by team tents or camping areas. Parking is available in any casino lot. On Sunday, vehicles can enter the camping area starting at 8:30 a.m.

Team photos

Team photos are taken at the Ceremonial Arbor on a first-come, first-served basis from 4 to 7 p.m.

RV parking

RV parking with hook-ups is available at Grand Casino Hinckley with a reservation. If no hooks-ups are needed, limited parking is available at the Grand Casino Hinckley parking lot (first come, first served).

Indoor camping, Hinckley High School

Free indoor camping will be available at Hinckley High School. All luggage will be transported to Grand Casino Hinckley. Remember to grab your luggage from the numbered rows before hopping the shuttle to Hinckley High School. The pool at the high school is open from 1 to 5 p.m. (\$3 per adult, \$2 per child).

Massage therapists

Massage therapists are available on the Grand Casino grounds (\$10 for 15 minutes). Therapists are located at Grand Casino and Hinckley High School. Note: VIP and Mission Stars Club members receive a complimentary massage.

GRAND CASINO HINCKLEY DETAILS

Shuttle buses

Saturday, shuttles pick up on the Grand Casino grounds and make rounds to Hinckley hotels, Hinckley High School and local restaurants from 11 a.m. to 10 p.m. Sunday, shuttles pick up riders at Hinckley area hotels and Hinckley High School between 5:30 and 7:30 a.m. approximately every 15 minutes. For riders staying at AmericInn and Budget Host hotels in North Branch or AmericInn in Moose Lake and Resort at Black Bear, designated buses make runs to these hotels beginning at 3 p.m. These shuttles leave Grand Casino at approximately 3, 5, 7 and 9 p.m. Sunday at 5:30 a.m., there will be a bus for each location that picks up riders staying at North Branch, Moose Lake and Black Bear hotels. If you decide not to ride Sunday, a coach bus departs from Grand Casino at 9:15 a.m. and transports riders directly to Century College. Bikes are transported with luggage.



THANKS TO OUR SPONSORS

LOGISTICS



CAMPING



VIP TENT



HINCKLEY

MAP IS SUBJECT TO CHANGE



Safety is a top concern on all Bike MS events. It's the personal responsibility of each and every rider to keep him or herself as safe as possible on this event. Please refer to the safety brochure.

Rider help line

Every rider's wristband has the following number printed on it: 651-925-2525. This number is directed to communication support and can assist riders or volunteers with safety-related needs such as route debris or mechanical difficulties. If there's an emergency, first call 911, then the rider help line.

Bike repair

Sponsoring bike shops are available at each overnight site and rest stops for bike repairs. Riders are responsible for any parts so remember to keep money or a credit card on hand. Bike tune-ups are not available on the event.



ROUTE SAFETY SUPPORT DONATED BY



TELVENT 



Route map

Printed route maps are available at each check-in location. To download a map online, visit myMSbike.org.

On the route each day

- Volunteers from Essential Health-Duluth provide first aid at Hinckley High School, Grand Casino Hinckley, at each rest stop and the finish.
- Food and beverages are available at each rest stop.
- Staff and volunteers patrol the route.
- Riders who leave before 6:30 a.m. on either day are officially unsupported until the route is open. **Riders must be on the route by 8 a.m.**
- The route is officially closed at 5 p.m. — anyone on the route will be asked to ride in a support vehicle to the finish line.
- Sunday is Golden Gears/VIP Jersey Day — show your pride and wear your Golden Gears or VIP jersey.
- For spectator information, please visit myMSbike.org.

Event photos

Photographers are on the route each day to catch riders in motion. Action photos from the route and team photos in Hinckley will be available online at kimmorris.com. A portion of each photo sale is returned to the National MS Society.

THANKS TO OUR ROUTE SPONSORS



SATURDAY REST STOPS

CARLTON — sponsored by Walman Optical

Open approx. 7–10 a.m.

In honor of Mission Stars Club member John Evans, who raised \$11,110 in 2012

MAHTOWA — sponsored by Luther Westside Volkswagen

Open approx. 7:30–10:30 a.m.

In honor of Mission Stars Club member LeRoy Bendickson, who raised \$13,225 in 2012

MOOSE LAKE — sponsored by Pentair

Open approx. 8:30 a.m. – 12:30 p.m.

In honor of Mission Stars Club member Mike Schrock, who raised \$24,436 in 2012

WILLOW RIVER (lunch stop)

Open approx. 9:45 a.m. – 2:30 p.m.

In honor of Denny McGill, who raised \$38,530 in 2012

Looking for a shady spot to eat your lunch? Join the National MS Society in the big tent to take a load off, learn how your dollars make a difference and meet people like you who want to end MS.

FINLAYSON — sponsored by Cummins Power Generation

Open approx. 10:15 a.m. – 3:30 p.m.

In honor of Mission Stars Club member Mike Vitelli, who raised \$10,006 in 2012

Golden Gears, VIPs and Mission Stars: Be sure to stop here for some special treats!



SUNDAY REST STOPS

PINE CITY — sponsored by Polaris

Open approx. 7–10 a.m.

In honor of Mission Stars Club member Andrew Johnson, who raised \$12,686 in 2012

RUSH CITY — sponsored by Comcast

Open approx. 7:15–10:30 a.m.

In honor of Mission Stars Club member Tom Emison, who raised \$15,092 in 2012

NORTH BRANCH (lunch stop) — sponsored by Luther Westside Volkswagen

Open approx. 8:45 a.m. – 1 p.m.

In honor of Mission Stars Club member Greg Lang, who raised \$10,010 in 2012

Looking for a shady spot to eat your lunch? Join the National MS Society in the big tent to take a load off, learn how your dollars make a difference and meet people like you who want to end MS.

WYOMING — sponsored by Assurant

Open approx. 9:15 a.m. – 2:30 p.m.

In honor of all Mission Stars Club members

Golden Gears, VIPs and Mission Stars: Be sure to stop here for some special treats!

HUGO — sponsored by Donaldson

Open approx. 9:45 a.m. – 3 p.m.

In honor of Mission Stars Club members Mario Negri, who raised \$11,515; Rolf Engh, who raised \$11,380; and Ron Schutz, who raised \$14,335 in 2012

Golden Gears, VIPs and Mission Stars: Be sure to stop here for some special treats!



ASSURANT

