

# Don't just ride, Bike MS

BIKE MS: C.H. ROBINSON MS 150 RIDE  
150 MILES » RIDE TOWARD A WORLD FREE OF MS



**MS**

National  
Multiple Sclerosis  
Society  
Upper Midwest  
Chapter

## RIDER GUIDE

» JUNE 10-12, 2016

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**MS 150**  
**Ride 2016**

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# EVENT CHECK-IN

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DATE	LOCATION	TIME
<b>Tuesday, May 31 – Friday, June 3</b>	Upper Midwest Chapter Office 200 12th Ave. S. Minneapolis, MN 55415	8 a.m. – 6 p.m.
<b>Friday, June 10</b>	Century College (West Campus) 3300 Century Ave. N. White Bear Lake, MN 55110	1–7 p.m.
<b>Saturday, June 11</b>	Proctor High School Enter in Door 5 131 Ninth Ave. Proctor, MN 55810	5:30–7:30 a.m.

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

- Be prepared with a check or credit card to pay your remaining balance at check-in. **You will not be able to participate without confirmed donations totaling your required minimum of \$300.**
- 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 10

ACTIVITY	TIME	LOCATION
Check-in Buses leave for Proctor continuously as they fill.	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	5-9 p.m.	Proctor High School

## THANKS TO OUR MEDIA SPONSOR



# DAILY SCHEDULE OF ACTIVITIES

## Saturday, June 11

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	5:30–7:30 a.m.	Proctor High School
Breakfast	5:30–8 a.m.	Proctor High School
Route start open	6:30–8 a.m.	Proctor High School
Hinckley Hockey Association concession stand open	9 a.m. – 8 p.m.	Grand Casino Hinckley
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 and Hinckley hotels	11:30 a.m. – 10 p.m.	Grand Casino Hinckley
Acupuncture available	12–6 p.m.	Grand Casino Hinckley
Massage therapists available	12–6 p.m.	Grand Casino Hinckley



# DAILY SCHEDULE OF ACTIVITIES

<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>
Hinckley Softball Association beer stand	12–7 p.m.	Grand Casino Hinckley
VIP tent open — beer sponsored by Summit Brewing Company	1–4 p.m.	Grand Casino Hinckley
Hinckley High School pool open	1–5 p.m.	Hinckley High School
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 (American Bootleg — live band)	4–8 p.m.	Grand Casino Hinckley
Dinner served in food tent	4:30–6:30 p.m.	Grand Casino Hinckley
Route officially closed	5 p.m.	Grand Casino Hinckley
Shuttle for North Branch, Moose Lake and Black Bear hotels leaves	4 p.m.	Grand Casino Hinckley
Shuttle to Century College leaves	7 p.m.	Grand Casino Hinckley



# DAILY SCHEDULE OF ACTIVITIES

## Sunday, June 12

<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>
Hinckley Hockey Assn. concessions	5–11 a.m.	Grand Casino Hinckley
Shower trucks available	5:30–7:30 a.m.	Grand Casino Hinckley
Bike corral	5:30–8 a.m.	Grand Casino Hinckley
Shuttles loop from Hinckley High School and Hinckley 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	6–8 a.m.	Grand Casino Hinckley
Route start open	6:30–8 a.m.	Grand Casino Hinckley
Shuttle to Century College	9:15 a.m.	Grand Casino Hinckley
<hr/>		
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
2017 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



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

## **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 you raised \$1,000 or more in 2015 or by May 15, 2016, 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.

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## **What to do**

- Enter the gym on the West Campus to check in (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 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 bus area with your luggage. You must wear your wristband to board.

**Sunday, June 12** 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.

## **2017 registration (June 9–11, 2017)**

Register at the finish line for \$25, or for free if you raised more than \$1,000.

## **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



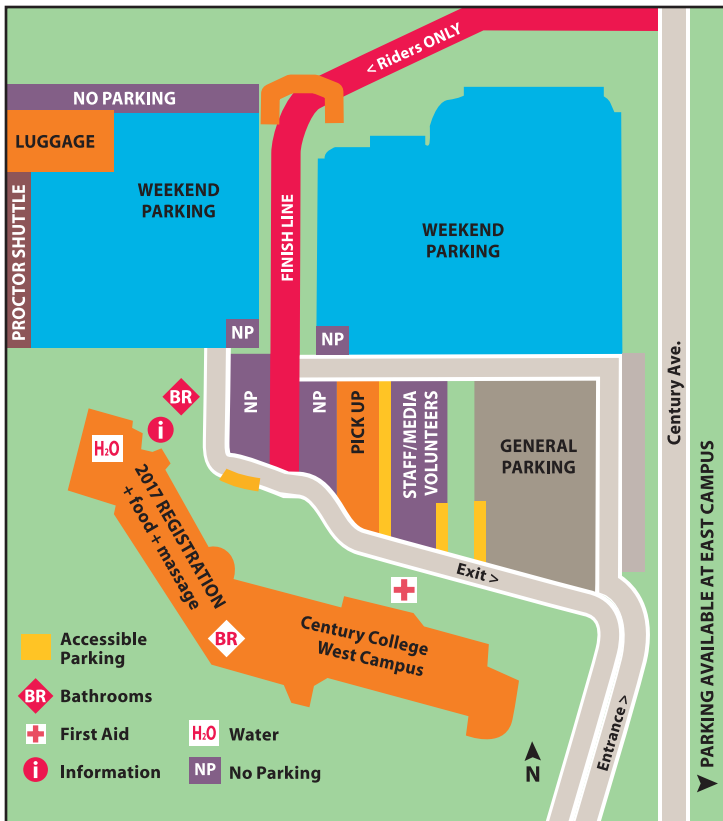
# CENTURY COLLEGE (EAST CAMPUS) » FRIDAY

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# CENTURY COLLEGE (WEST CAMPUS) » SUNDAY

MAP IS SUBJECT TO CHANGE



# CENTURY COLLEGE (EAST CAMPUS) » SUNDAY

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# PROCTOR HIGH SCHOOL DETAILS

**Friday, June 10** See page 15 for a Friday site map of Proctor.

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## 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.

## RV parking

RV parking is available at the Proctor Fairgrounds.

## Camping

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

## Friday evening shuttles

Free 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 Proctor High School 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.

## Tent Services by Brancel Bicycle Charters

Tent services can be reserved through Brancel Bicycle Charters. Services include set-up and tear-down of a two-person tent, mattress pads, chairs, beverages and a phone charging station. Choose one night at \$70 per tent or two nights at \$130 total. Learn more and reserve your tent at [brancelcharters.com](http://brancelcharters.com).

# PROCTOR » FRIDAY

MAP IS SUBJECT TO CHANGE







# GRAND CASINO HINCKLEY DETAILS

**Saturday, June 11** 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 11 a.m. Saturday in the designated loading/unloading area (access from Highway 15). After 11 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 from 4 to 7 p.m.

## RV parking

RV parking with hook-ups is available at Grand Casino Hinckley with a reservation. If no hook-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. 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 also available at Hinckley High School. Note: VIP and Mission Stars Club members receive a complimentary massage.

## Team Acupuncture



Twin Cities acupuncturists will provide free on-site acupuncture treatment at the Grand Casino grounds. Find them on Facebook at [facebook.com/MS150AcupunctureTent](https://www.facebook.com/MS150AcupunctureTent).

# 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 4 and 7 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 8:30 a.m. and transports riders directly to Century College. Bikes are transported with luggage.

## THANKS TO OUR LOGISTICS PARTNERS

### LOGISTICS



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MAP IS SUBJECT TO CHANGE



# SAFETY

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.

## THANKS TO OUR CENTURY COLLEGE FINISH LINE SPONSOR

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## ADDITIONAL SUPPORT



**Schneider**  
Electric

## Route map

Printed route maps are available at each check-in location. To download a map online, visit [bikeMS.org](http://bikeMS.org).

## Alternate route option — sponsored by Polaris

To increase safety and reduce congestion on the Willard Munger Trail, participants may choose an alternate route using Highway 61, starting in Carlton. **Faster riders choosing to ride on the trail instead of Highway 61 should leave by 6:30 a.m. Saturday.**

## On the route each day

- Local fire fighters, EMTs and volunteers from Fairview provide first aid at Hinckley High School, Grand Casino Hinckley, rest stops 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 [bikeMS.org](http://bikeMS.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](http://kimmorris.com). A portion of each photo sale is returned to the National MS Society.

## SATURDAY REST STOPS

### **CARLTON** — sponsored by Walman Optical

Open approx. 7–10 a.m.

In honor of all Mission Star Club members

### **MAHTOWA** — sponsored by Luther Westside Volkswagen

Open approx. 7:30–10:30 a.m.

In honor of Mission Star Club member Greg Lang, who raised \$14,383 in 2015

### **MOOSE LAKE** — sponsored by Pentair

Open approx. 8:30 a.m. – 12:30 p.m.

In honor of Mission Star Club member Jim Byrne, who raised \$11,735 in 2015

### **WILLOW RIVER** — lunch stop; sponsored by Grazzini Brothers & Company

Open approx. 9:45 a.m. – 2:30 p.m.

In honor of Mission Star Club member Mike Schrock, who raised \$22,645 in 2015

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 all Mission Star Club members

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



# SUNDAY REST STOPS

## **SANDSTONE** (Highway 61 alternate route)

Open approx. 9 a.m. – 1:30 p.m.

In honor of all Mission Star Club members

## **PINE CITY** — sponsored by Polaris

Open approx. 7–10 a.m.

In honor of Mission Star Club member John Evans, who raised \$11,305 in 2015

## **RUSH CITY** — sponsored by Comcast

Open approx. 7:15–10:30 a.m.

In honor of Mission Star Club member Randy Ruden, who raised \$13,590 in 2015

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

Open approx. 8:45 a.m. – 1 p.m.

In honor of Mission Star Club member Daniel Young, who raised \$33,310 in 2015

## **WYOMING** — sponsored by Assurant

Open approx. 9:15 a.m. – 2:30 p.m.

In honor of Mission Star Club member David Potts, who raised \$10,200 in 2015

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 Star Club member Andrew Johnson, who raised \$10,560 in 2015

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



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### BIKE SPONSORS



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