

# FAQ's:

## Questions about Bike to the Bay

### *How long is the ride?*

For cyclists who choose the 2-day ride, the route is either 100 (century option) or 75 miles from DelTech's Terry Campus in Dover to Seashore State Park on Saturday and 75 miles back on Sunday. Cyclists who only want to ride on Saturday, can choose from a 100 mile route from DelTech's Terry Campus in Dover to Seashore State Park, a 75 mile route from DelTech's Terry Campus in Dover to Seashore State Park, a 45 mile route from Lake Forest High School in Felton to Seashore State Park, or a 17 mile route from Uncle Ted's Rest Stop in Milton to Seashore State Park.

### *What time does the ride start?*

#### *Saturday Start Time*

-DelTech Terry Campus in Dover's 75 mile one-day, 100 mile one-day, 150 mile two-day, or 175 mile two-day route: 8:00 a.m. Start.

-Lake Forest High School in Felton's 45 mile one-day route: 11:00 a.m. Start.

-Uncle Ted's Rest Stop in Milton's 17 mile one-day route: 1:00 p.m. Start.

#### *Sunday Start Time*

The route opens at 7:00 am on Sunday. There is no "official" start site on Sunday. Cyclists can start from their hotels, or from the Seashore State Park site. However, cyclists are asked not to begin their ride on Sunday before 7:00 a.m. or after 9:00 a.m.

### *What should I bring with me the day of the ride?*

- Contribution form or envelope and any funds raised
- Helmet (MANDATORY!!!)
- ID Card/Driver's license/Insurance Card
- Cycling Apparel (shorts, jersey, jacket, shoes & gloves)
- Water bottle
- Pump and patch kit
- Sunglasses, sunscreen and lip balm
- Light jacket/rain gear (Just in case!)
- Prescription medicine, band-aids, toiletries
- Street Clothes (shirt, pants, socks, shoes, etc.)
- Money
- Don't forget your bike!!!

### *Will the ride be cancelled due to rain?*

Be prepared to ride, rain or shine, warm or cold. Bike MS: Bike to the Bay Ride will go on! Bring appropriate clothing because no matter what the weather is, we'll ride! Mornings can be cool and, as the day progresses, get warmer, so please dress accordingly.

In the event of severe weather (like tornadoes or severe thunder and lightning), the MS Staff may temporarily stop the event by holding you at rest stops until the storm passes over, or may call off the event for the day and provide transportation for those on the route. MS Officials will be in contact with the National Weather Service and base their decisions on information provided. We ask for your cooperation. Your safety is our number one priority.

### *Is food provided on the ride?*

Yes, food is provided. In fact, many veteran riders call the ride “Buffet to the Bay” because of all the food that is served! The rest stops all offer some food and beverages for riders. Lunch will be served at the half-way point on both days. Saturday dinner will be served at the Seashore State Park finish line. Breakfast will be provided Sunday morning for those that leave from Seashore State Park. There is an all-day barbecue at the Finish Line at DelTech’s Terry Campus on Sunday.

#### *How far apart are the rest stops? What if I can’t finish?*

The rest stops are placed every 10-12 miles along the route. They will be fully stocked with energizing snacks. SAG (support & gear) vehicles will pick you up and transport you to the next rest stop or to the finish line if you are unable to complete the ride.

#### *Is there route support?*

Don’t worry. Support vans from our sponsoring bike shops will be at the start, on the route, and at the finish lines to provide assistance. SAG vehicles will also be traveling the route all day long to keep our riders safe. They can be recognized as those driving Winner Automotive cars or with a placard on their automobile that says MS OFFICIAL VEHICLE.

First Aid Kits will be available at every rest stop, lunch, and in every support vehicle. In addition, EMT’s will be available on the course. If you need medical assistance at any time, see a volunteer or a SAG driver to get help, or call 911 for emergencies.

#### *Are there shuttles on Saturday and Sunday?*

Yes, the MS Society is providing a shuttle back to all starting locations on Saturday night. The cost will be \$25 per person. You must reserve a spot by mailing the form on our website to our office with your payment of \$25, or by reserving a spot when you register for the ride (just choose “Cyclist + Shuttle”). The shuttle will leave promptly at **6:00 PM** and we ask that all riders be on time.

Sunday morning shuttles only go from Seashore State Park back to the DelTech starting line in Dover, DE, but are FREE to all riders. Shuttles begin to depart at 7:00 AM. The last shuttle will leave for Dover at 9:00 am. They are first come, first serve. The first shuttle will leave as soon as it fills up. Please be aware that you and your bike may not arrive to Dover at exactly the same time.

#### *Can I make hotel arrangements for Saturday through the MS Society?*

For \$45, you may book a hotel room with the MS Society. We place riders four to a room with two beds. On Saturday morning at DelTech’s Terry Campus, we make the room assignments. If you know who you want to room with, get in the hotel line together at registration. If you have paid for a room, but are riding in the 45-mile or 17-mile rides, you must still check-in and receive your room assignment at the DelTech Terry Campus on Saturday morning before heading to your ride start location.

#### *Do I have to ride as a member of a team?*

You do not have to be on a team, but the encouragement and camaraderie among team members can make the ride more enjoyable. There are also special team prizes and incentives available. Teams consist of four or more cyclists. Contact our Teams Coordinator at 302-655-5610 if you would like information about how to start a team. You will receive a complete team captain’s kit with everything you’ll need to recruit team members, raise pledges and generate enthusiasm!

#### *May my child participate?*

Children under the age of 12 may *NOT* participate in Bike to the Bay. The safety of our Bike MS cyclists is a top concern for the National MS Society. Based on the collective consultation and feedback from national cycling organizations, event participants, and Society staff, the decision was made to implement a minimum age requirement of 12 to participate. It is designed to not only

protect younger cyclists, but all cyclists that participate in Bike MS events. As the sport of cycling carries inherent risk, we believe that it is critical that cyclists possess not only basic bicycle-handling skills, but also the maturity and ability to respond quickly and appropriately when riding in a Bike MS event.

Children ages 12 - 17 may participate, however, everyone on the course **MUST BE A REGISTERED PARTICIPANT** and are, therefore, responsible for raising the **\$300 pledge requirement**. Of course, parents are welcome to assist their children with fundraising. In addition, any participants ages 12 - 17 must have a NOTARIZED waiver signed by a parent or guardian.

#### *Can my family follow me on the route?*

No. To help ensure the safety of everyone involved, we ask that families and friends stay off the route. Download the Alternative Directions to the Rest Stops under the Event Details tab at [BiketotheBay.org](http://BiketotheBay.org).

#### *How will my luggage get to the beach?*

Drop it off at the luggage truck in the designated spot at DelTech Terry Campus on Saturday morning. Each rider will be given a luggage tag, with their rider number on it at registration. We will deliver the luggage to your hotel. If you are staying at a friend's home or a hotel we don't deliver to, your luggage will be dropped off at the Saturday finish line.

On Sunday morning, the luggage that was delivered to the hotels will be picked up. Others that are riding on Sunday may drop off their luggage at the Sunday start location, The Towers at Seashore State Park. All luggage will then be taken back to DelTech Terry Campus to be picked up after you finish.

## **Questions about Fundraising for Bike to the Bay**

#### *If I can't participate, will I get reimbursed for my registration fee? Will I still be required to raise the \$300 minimum pledge?*

Unfortunately, the registration fee is non-refundable. You will not be required to raise the minimum pledge if you do not pick up your rider number. If you pick up your rider number, the MS Society will assume you rode.

#### *What is the minimum amount I must raise to participate?*

All registered cyclists in Bike MS: Bike to the Bay are responsible for turning in a minimum of **\$300** in donations. This amount must be turned in prior to picking up your rider number. If you have not raised the \$300 by this point, you will be asked to submit payment via cash, check, or credit card. You will NOT receive your rider number, and thus will not be able to participate in Bike to the Bay until your balance is paid.

#### *Where does the money go?*

Your pledges provide hope for the more than 1,550 Delawareans living with MS. Every mile that you ride and every dollar that you raise brings us closer to a world free of MS. Besides funding important research into the cause of MS, the development of more effective treatments, and, eventually, the cure, these funds support programs and services for those Delawareans living with MS.

#### *Who sponsors me?*

Anyone can sponsor you! Riders can sponsor themselves or can ask family, friends, co-workers, neighbors, and local businesses for their support. Many companies sponsor their employees. Be sure to ask if your company offers a matching gift program. For fundraising tips or for more information on how to start a team of four or more people, contact our Teams Coordinator at 302-655-5610.

#### *What do I need to do to receive my company's matching gift?*

First, check to see if your company has a matching gifts program. If so, are there restrictions? Some companies limit the types of gifts they'll match and/or the amount that an employee can submit each year. Check with your human resources department to find out more about your company's matching gifts program and to obtain a matching gift form. Complete the form and email, mail, or fax it to our office. Matching gift funds help you qualify for prizes and can help you become a Top Fundraiser or Top Team.

#### *Can I turn in my pledges before the day of the ride?*

Yes. In fact, we encourage you to turn in pledges before the day of the ride, so that you aren't worried about this detail on ride day. You may mail or drop off your contributions. Our address is: Two Mill Road, Suite 106, Wilmington, DE 19806. Our regular office hours are Monday through Friday 9 am until 5 pm, but please note that from Memorial Day to Labor Day the office closes on Fridays at 1 pm. Checks can be made payable to NMSS or National MS Society.

Don't forget that online fundraising is the easiest and most secure way to raise funds. If you need help with online fundraising contact our office at 302-655-5610.

#### *How should my sponsors make out their checks?*

Please make all checks payable to "NMSS" or "National MS Society." Sponsors should include your name in the memo section or include a note stating that their donation should be credited to your account.

#### *What can I give my sponsors who want a receipt?*

For pledges over \$100, we will automatically send your donor a receipt for tax purposes. Contact our office at 302-655-5610 if you need a receipt for a lesser donation.

## **Questions about Your Participant Center**

#### *What is a Participant Center?*

Your Participant Center is an online promotional tool for your use when asking your friends and family to join your team or to sponsor you by making a donation. Once you sign up for an event and provide your email address, by default, you will have a personal page created for you. A compelling personal page attracts and engages supporters. You will be able to customize images and text, and send emails out from your Participant Center that contain a link to your page. **Visit [BiketothBay.org](#) to download a Participant Center Guide under the "Fundraising Ideas" tab.**