What is Multiple Sclerosis?
Multiple sclerosis is a chronic, often disabling disease of the central nervous system. Most people with MS are diagnosed in the younger adult years, but the unpredictable physical and emotional effects can be lifelong. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are giving hope to those affected by the disease. Symptoms of MS may include weakness or fatigue, cognitive difficulties, visual impairment, numbness and tingling.

Our Mission
We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS. We provide the following programs, services and information:

Health
- Physical activity programs and scholarships
- Self-help groups
- Professionally-led support groups
- “Someone to Listen” peer support

Independence and Long Term Care
- Medical equipment loans
- Employment consultations
- Care management assessments
- Medical transportation

Knowledge
- Information and referral
- Educational programs for clients and families
- Professional education
- Publications and website

Advocacy
- Educate federal, state and local legislators
- Promote public policies that benefit people with MS
- Individual advocacy to empower chapter members

For more information on programs and services offered by the Connecticut Chapter, please contact us at 1.800.FIGHTMS (344.4867) or visit www.ctfightsMS.org
Founded in 1998, Priam Vineyards is a solar powered and sustainable vineyard and winery that sits in the Salmon River watershed area, just minutes from Mohegan Sun Casino, Moodus Resort area, The Goodspeed Opera House, and a number of state parks, as well as the Airline Hiking Trail. The seasonally beautiful surroundings of the area offer a number of outdoor activities from hiking, fishing, bicycling, canoeing and golf, to horse-back riding and cross-country skiing.

Priam Vineyards’ 40 acre farm has 24 acres of grapes in production, with a breathtaking 35 mile view of the New England countryside. The vineyard benefits from the unique microclimate of the hills of New London County, just 15 miles from Long Island Sound, where they grow classic European varietals: Cabernet Franc, Cabernet Sauvignon, Gewurztraminer, Chardonnay, Riesling, Muscat and Merlot as well as French-American hybrids: Cayuga and St. Croix. The rich gravelly soil mimics that of Graves, France.

The climate is very similar to the Alsation region of Northern France and Germany. This combination along with the sloping hillside and constant breeze provide the perfect climate for these varietals.

www.priamvineyards.com
Directions to Priam Vineyards (start/finish line)
11 Shailor Hill Road
Colchester, CT 06415

From Hartford, CT:
Take I-91 S to Exit 30 (I-84 E). Take Exit 55 (CT-2 E) toward Norwich/New London. Once on CT-2 E, take Exit 16 (CT-149) toward Westchester/Moodus. Take a right off of the exit, and after 1.6 miles, turn right on Shailor Hill Drive. Look for “bike MS” signs for parking.

From New Haven, CT or New York, NY:
• Take I-95 N to I-91 N to Exit 25 and merge onto CT-3 N.
• From CT-3 N, take the exit for CT-2 E.
• From CT-2 E, take Exit 16 (CT-149) toward Westchester/Moodus.
• Turn right at the end of the exit ramp and go 1.6 miles, turn right on Shailor Hill Drive. Look for “bike MS” signs for parking.

From Boston, MA:
• From I-90 W, follow signs to I-395 S.
• Take I-395 S to Exit 81, CT-2 E/CT-32 S.
• Take Exit 28N onto I-395 N then take Exit 81W (CT-2 W).
• Once on CT-2 W, take Exit 16 (CT-149) toward Westchester/Moodus.
• Take a right off of the exit, and after 1.6 miles, turn right on Shailor Hill Drive. Look for “bike MS” signs for parking.

From Providence, RI:
• Take US-6 W to CT-695 W.
• From CT-695 W, take the ramp onto I-395 S.
• Take I-395 S to Exit 81, CT-2 E/CT-32 S.
• Take Exit 28N onto I-395 N then take Exit 81W (CT-2 W).
• Once on CT-2 W, take Exit 16 (CT-149) toward Westchester/Moodus.
• Take a right off of the exit, and after 1.6 miles, turn right on Shailor Hill Drive. Look for “bike MS” signs for parking.
THE STARTING LINE

Sunday, August 28th
Check-in for riders at Priam Vineyards

<table>
<thead>
<tr>
<th>Ride</th>
<th>Check-in</th>
<th>Start Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>75-Mile</td>
<td>7:30 a.m.</td>
<td>8 a.m.</td>
</tr>
<tr>
<td>50-Mile</td>
<td>8:30 a.m.</td>
<td>9 a.m.</td>
</tr>
<tr>
<td>25-Mile</td>
<td>9:30 a.m.</td>
<td>10:00 a.m.</td>
</tr>
</tbody>
</table>

*All mileage is approximate

Once you are on the route, you will have the full support of our SAG (support and gear) vehicles, motorcycle escorts and bicycle marshals. Rest stops are located every 10-12 miles and have everything you need to replenish your body while on the route. Feel free to stop, rest, enjoy some food and socialize with the enthusiastic volunteers running the rest stop.

Support & Gear (SAG) patrol the route in clearly marked vehicles for your safety. They carry water, snacks and first aid supplies. If you have a friend or family member who is interested in driving a SAG vehicle, please contact Patrick Byrne at 860.913.2550, ext. 227.

Bike mechanics will be available at rest stops along the route. If you need a mechanic while on the route, pull off the road and call the rider hotline (860.913.2580). SAG vehicles will transport you to the nearest bike mechanic.

HAM radio operators provide communication at rest stops and along the route to Net Control.

Net Control directs emergency and support services on the route. Should you need help on the route, call the rider hotline number, 860.913.2580, also written on the back of your rider bib, and a staff member will assist you. Local police will provide assistance at key intersections.

Should you need assistance at any time throughout the weekend, please feel free to call 860.913.2580 to be directly connected with Bike Ride staff.
THE FINISH LINE

As you roll across the Finish Line at the end of bike MS: Cardio Express Ride and into Priam Vineyards, enjoy a warm welcome from cheerleaders and proud volunteers. After you’ve had a chance to wipe the sweat from your brow, feel free to enjoy a bbq lunch which will also include many vegetarian options, massage therapy, beautiful surroundings and a wine tasting.

Bike mechanics will be available at Priam Vineyards should your bike need adjustments.

**IMPORTANT: So we know you are off the roads and safely back at Priam Vineyards, please proceed through the finishing chute, grab a finishers medal, and make sure we have checked your bib number**

- Live music 11:30 a.m.- 4:30 p.m.
- Lunch 12- 4 p.m.
- Massage therapy 12- 4 p.m.
- Wine tasting of Priam Vineyard’s wines 12- 4 p.m.
- Team photos 2- 4 p.m.
WHAT TO BRING

>Cycling Gear:
- Tuned-up bicycle with pump, patch and tool kit
- Extra water bottle
- Bicycle helmet - required
- Rear flasher - battery operated flashers can increase your visibility to approaching vehicles
- Inner tube - make sure that it is the right size, width, and stem for your bike

>Cycling Apparel:
- Shoes
- Padded bike shorts
- Lycra tights - leg or arm warmers can be a great comfort for a chilly morning start
- Jersey
- Socks
- Gloves
- Sunglasses

>Outerwear:
- Rain gear - check the forecast the week of the Ride
- Windbreaker
- Fanny pack, hydration pack or bike pack

>Clothing for after the Ride:
- Casual clothes for the post race celebration - completely up to you, if you’re comfortable in biking clothes, keep them on
- Shoes or sandals

>Personal items:
- Identification, money and credit card
- Cell phone
- Camera
- Sunscreen
Is the bike MS: Cardio Express Ride a race?
No! The Ride is a fun experience for cyclists to ride with friends and family for a great cause while enjoying the beauty of eastern Connecticut wine country.

Am I required to wear a helmet during the Ride?
Yes. Riders must wear a helmet at all times when cycling.

Do I have to bring my pledge money to the event?
We ask that all riders turn in their minimum fundraising donation of $150 before Bike Ride day by mailing donations to the chapter at 659 Tower Ave., First Floor, Hartford, CT, 06112-1269 and fundraising online at www.bikeMSConnecticut.org. If you receive any last minute donations, we would be happy to accept them at Check-In on Sunday, August 28, at the Priam Vineyard Start Line. You may even fundraise after the ride to let your supporters know what a great time you had; the fundraising deadline is September 23, 2011.

Does the Bike Ride happen if it rains?
Yes! The Ride will take place RAIN or SHINE.

What time do I have to be there?
This will vary depending on which route you are riding. Please view our Event Schedule on pages 4 & 5 for more details.

Where is the Start/Finish and how do I get there?
The Start/Finish line is located at Priam Vineyards in Colchester, CT. For directions, please turn to page 3.

Will there be rest stops with food, water and restrooms?
Yes! Rest stops will be stocked with snacks and drinks, and bathroom facilities will be available.

What if I cannot finish the ride?
If for any reason you are unable to continue during the ride, a SAG (Safety And Gear) vehicle will bring you and your bicycle to the nearest rest stop or finish line. Please call the Rider Hotline for assistance along the route at 860.913.2580.

Will bike mechanics be available during the Ride?
Sponsoring bike shops will provide mechanical assistance on the route as well as at the Start/Finish location, Priam Vineyards. Bike mechanics are not able to provide full services during the Ride, so be sure to get a tune up and have your bike ready before you arrive on Sunday.
Accessories

Helmet – Helmets are required on the ride – no ifs, ands or buts. If you are not wearing a helmet, you will be asked to leave the ride.

Water Bottle & Cage – Don’t leave home without it. It’s important to drink before you’re thirsty so you stay hydrated. When you buy your bike, be sure it’s outfitted with a water-bottle cage and at least a 20 oz. bottle. While you train, get comfortable grabbing and returning your bottle as you ride. Consider a Camelbak for hydration efficiency.

Seats – Gel seats are highly recommended. Trust us, your bum will thank you!

Seat Bags – Great for ID, sunglasses, a spare tube, rain gear and whatever else you may need with you on the ride.

Cycling Shoes/Clipless Pedals – Cycling shoes offer stiff soles to prevent foot flex and fatigue. “Clipless” pedals add to cycling efficiency. Commit yourself to your bike and clip-in for the best ride possible. If you go this route, be sure to train often with your clipless pedals, so you’re comfortable with the adjustment.

Clothing – Cycling shorts are highly recommended. Cycling jerseys offer pockets for easy access to energy bars, gels and bananas. Tights and rain gear are recommended for inclement weather. Socks, gloves and sunglasses may come in handy, too.

Speedometer/Odometer – Track your progress as you train and monitor yourself during ride weekend. It’s important to know your riding ability and how far you can push yourself.

Choosing a Bike

Most bike MS cyclists ride road bikes or hybrids. If you choose to ride a mountain bike, switch the fat, knobby tires for thin road slicks.

It is of utmost importance that you are fitted for your bike before you start your training for the season.

DO NOT make any adjustments the week prior to the ride – believe it or not, this can have a terrible impact on your comfort during the ride and may even cause injury.

Bike Inspection

After a season of training or, worse yet, a season of hanging in a garage, your bike is due for an inspection. Visit our local sponsoring bike shops for an inspection, and have them give your bike a “once-over.” After all your preparation, we’d hate to see you get on the road with an ill-prepared bike and ruin your ride experience.
We’re pleased to announce that TrainingPeaks, the official training software of Bike MS, will once again be available to all chapters and all cyclists for the 2011 event season. We are excited about this partnership and are inviting you to experience it.

TrainingPeaks is an interactive, web-based training log and food diary designed to help individuals achieve their health and fitness goals. Subscription to the basic edition is FREE and you have the opportunity to download complimentary custom-written cycling training plans, developed exclusively for bike MS by renowned cycling expert Joe Friel, author of “The Cyclist’s Training Bible” and the official coaching partner of Bike MS. For a preview, please visit: http://home.trainingpeaks.com/events/cycling/ms-society.aspx

Features of Training Peaks:

• TrainingPeaks is the ultimate training log and food diary developed to help motivated individuals achieve health, fitness and peak performance.

• TrainingPeaks customers span the entire lifestyle continuum from elite athletes to first time competitors and everyday individuals looking to take control of their personal nutrition and fitness goals.

• In addition to using our custom plans for FREE, our cyclists can purchase additional pre-built training plans, pre-built meal plans, or find a local professional for expert training or nutrition advice and motivation. They can also upgrade to the Premium version and use the VirtualCoach, mobile app, more reports and custom planning.

• TrainingPeaks.com is compatible with over 80 different devices like heart rate monitors, GPS devices and power meters. Including those from Polar, Garmin, Timex, Suunto and more. Users can also build routes, track their progress with interactive reports and share their experience via Facebook and Twitter.

• New for 2011 are some great new features regarding routes. Build routes, find routes on our public searchable map (https://www.trainingpeaks.com/routesearch/), and a host of nice new graphing features as well.
1. Obey all traffic laws, including stop signs and traffic lights – police will be ticketing.

2. Always wear a helmet and never use a cell phone or headphones when riding.

3. Never ride more than two abreast and always ride single file on narrow shoulders.

4. Check before passing other cyclists.

5. Use hand signals to indicate turns.

6. Pass only on the left and always call out “on your left.”

7. Leave space between you and the rider ahead.

8. Thank police officers and residents who you pass along the route. They are kind enough to let us share their town for the day.

9. Yield to emergency vehicles on the route.

In the event of an emergency, call the emergency number listed on the back of your bib.
860.913.2580

**Hand and Vocal Signals**

**Left turn**: Left arm straight out.

**Right turn**: Left arm straight up and bent up or right arm straight out.

**“On your left”**: This means a rider is approaching your left side. Allow room to pass.

**“Car back”**: This means a car is approaching from the rear.

**“Gravel – Pothole – Sand – Tracks”**: Each of these messages is to alert the riders behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.

**“Flat”**: This indicates that a rider has suffered a flat tire.

**“Slowing”**: The cyclist in front of you is slowing down. Many cyclists use the palm of their hand toward riders behind them to indicate slowing.

**“Stopping”**: This indicates that a rider ahead is stopping. Many cyclists use a closed fist behind them to indicate they are stopping. Do not forget to unclip from your pedals.
Bike MS: Cardio Express Ride, is more than just a bike ride – it is a mission of hope! The minimum pledge amount is $150, but the average participant goes above and beyond that amount and you can too!

Be optimistic!
Excitement is contagious. It is important for potential sponsors to feel, and see, how enthusiastic you are about their sponsorship.

Be committed!
When you raise funds for the National MS Society, you are directly helping people with MS and funding research for this unpredictable disease. Make the first pledge yourself. When your friends and family members see your name and contribution, they will see how serious you are.

Ask anyone and everyone!
Fundraising is contagious; ask family, friends, and branch out to clients, co-workers, clubs, and everyone you meet!

Ask for a specific amount!
Tell sponsors your average pledge amount and ask them to beat it!

Use online fundraising tools!
Once you register for bike MS: Cardio Express Ride you will gain access to our online fundraising tools. You can create your own webpage, use Facebook, Twitter, and even YouTube. Send e-mails inviting your friends and family members to join your team or pledge to you online using our secure website.

Make a list of great places where you spend money!
Great places to solicit pledges are doctor's and dentist's offices, the dry cleaners, auto repair shops and your favorite restaurants!

Send letters!
Send an announcement of your plan to ride in bike MS: Cardio Express Ride to friends, business associates, church members, family and old acquaintances. Don't forget company, organization and school newsletters. Ask for their support in writing.

Sell Paper Spokes!
Sell paper spoke cutouts to fellow employees. Post these with the employee's name on your office wall. This is a great way to get everyone's involvement. Contact Patrick (pbyrne@ctfightsms.org) to order your paper spokes!

Double your pledges!
Contact your Human Resources Department to find out if your company has a corporate matching gift program. If it does, secure and complete a form for each donor from your company to turn in with your pledges. This is an easy way to double your total! Encourage your sponsors to ask their companies for matching gift forms.
boundless Fundraising™ is a Facebook application that enables you to extend your fundraising efforts beyond your account. Once registered for Bike MS, you are given the option to add boundless Fundraising to your Facebook page. Once you have added the application to Facebook, your fundraising progress is displayed on your Facebook page where your friends can check your totals, donate toward your efforts, and even join your team!

My Participant Center is a customizable personal webpage that lets you share your story and connection to MS, and helps to tell others why they should join the movement. It includes tools and features that allow you to upload your personal address book, send e-mails to family, friends, co-workers or anyone else you would like to ask to sponsor you for Bike MS, and send thank you e-mails to those who have donated to your fundraising efforts. Personalize your link to make it even easier for people to donate directly to you! For help with log-in or questions about your username or password please call 860.913.2550.

STAY CONNECTED

Facebook: The Connecticut Chapter of the National MS Society is on Facebook! Become a fan today to connect with other fans, event participants, and staff members!
Go to www.facebook.com/ctfightsMS and become a fan today!

Facebook Connect is a tool which allows you to log into your Facebook Account from My Account and take action to publish or share stories to your Facebook wall and to your friends’ Facebook feeds. This is a great tool to create awareness about MS and the Society all year long, even after Bike MS season is over.

Twitter: You can also follow the Connecticut Chapter on Twitter. Follow us at http://twitter.com/ctfightsms for continuously updated event information, chapter and national news and other chapter information.
It can be helpful to break your fundraising down into specific steps. As you complete each step, you draw closer to your fundraising goal in support of more than 6,000 Connecticut residents affected by MS. Educate your sponsors about the Bike Ride and the National MS Society. Giving is easier when you understand the reasons.

**STEP ONE: Identify your prospects**
Determine who to add to the list of people you will ask for support. Make a list of people who are willing to help (friends, family, co-workers, and businesses). Use your holiday list. Enclose an envelope with postage asking them to support you in the fight against multiple sclerosis.

**STEP TWO: Select your approach**
- **Face-to-face:** This is the best and most direct approach when you anticipate large pledges or when the opportunity presents itself. Asking is easier than you think. Approaching someone face-to-face garners positive results and support.
- **Letter or e-mail:** This can be one of the most efficient ways to reach a large quantity of prospects and convey important information. Remember to follow up with anyone who receives one of your letters or e-mails.
- **Telephone:** Calling someone is effective as a follow-up to a letter or e-mail if you are unable to approach them face-to-face.

**STEP THREE: Craft the style of your message**
If you take a serious approach, discuss the mission of the National MS Society and the role of the Bike MS in helping the 6,000 Connecticut residents affected by MS and the importance of your goal for the Bike MS: Cardio Express Ride. A light and humorous approach can also be effective with family and close friends. It allows you to discuss the mission of the Society while adding your own personal flavor to the message.

**STEP FOUR: Select the format**
- **Form letter or e-mail:** This simply means that the same letter or e-mail goes to every individual. If you are using this format, consider a mail merge to make your communication more personal.
- **Personal letter or e-mail:** This can be a much more effective approach than a form letter. A personal touch can make all the difference.
- **Solicitation card:** More simplified than a letter, a solicitation card provides an opportunity for a creative touch.
- **Helpful hint:** You can always personalize a form letter by adding a handwritten P.S. note.

**STEP FIVE: Suggest the level of pledges**
- **Set a challenging goal. Test your limits; see how far you can go.**
- **Amount:** Let donors know the contribution amount that you would like them to consider.
- **Aim high:** Don’t underestimate the donor’s willingness to give.
- **Ask your donors if their place of work offers a matching gift program, which can double their donation.**
Ideas to help grow your team

Publicize your Team Distribute ride materials throughout your company and neighborhood. Announce your team in a company or organization newsletter. Inform any cycling clubs about the ride - they may be interested in joining your team. Be sure to include your name and contact information on all team recruitment materials. Some other information you may want to include: your team name, how to register, your team goals, and information about multiple sclerosis (MS).

Ticket to Ride Program If you register for the bike MS: Cardio Express Ride, you will be able to register up to THREE people for the ride, who have never participated before, for FREE! This is a great way to get a team together. As a part of the program, each registered rider will still be responsible for raising the fundraising minimum of $150.

Form a Team Committee Depending on the size of your team, you may want to form a team committee. Committee members are great for recruiting new team members, planning fundraising events, leading training rides, following up with fundraising goals and providing support. Invite current and potential teammates to join you for an informational meeting at work, an after-work happy hour, a summer barbecue, or any other gathering. A bike ride staff member is available to come to your recruitment event to encourage your co-workers, friends and family to participate. We will register them right on the spot. Encourage your team members, new and old, to invite potential riders and volunteers.
WE WANT YOUR INPUT

We are always looking for ways to improve our ride and you can help! Become a part of the committee and assist us in the planning of bike MS: Cardio Express Ride. Simply e-mail Patrick Byrne at pbyrne@ctfightsMS.org or call 860.913.2550, ext. 227.
VOLUNTEER!

**EVENT SET-UP & CLEAN UP**: Aid with any set-up or clean-up such as tables, chairs, signs, food, trash barrels, supplies and any other items.

**RIDER CHECK-IN**: Check in riders as they arrive at Priam Vineyards.

**FINISH LINE**: Cheer on riders as they complete the ride. When the riders return, check off riders’ bib numbers to ensure they are off the route.

**FLOATER**: Will be able to fill in for any of the positions as needed and will work with staff.

**RIDE MARSHAL**: Volunteer cyclists serve as safety monitors along the route giving general guidance on rider safety, etiquette and emergencies.

**MOTORCYCLE MARSHAL**: Uses own motorcycle to patrol the route. Maintain radio communications with safety and support personnel.

**SUPPORT & GEAR (SAG)**: Use own van, SUV, truck, etc., to patrol the route. Respond to requests from safety personnel and Motorcycle Marshals for rider pick-up. Transport riders and bikes to nearest rest stop, medical station or bike repair location. Maintain radio communications with safety and support personnel. Must have a valid driver’s license and proof of auto insurance. The MS Society will reimburse the cost of gasoline upon written request.

**REST STOPS**: Rest Stop volunteers run locations on the route where riders can stop for light refreshments. We provide you with the food; all you need to bring is a folding table, chairs and decorations. This is the best way to see the riders in action! Volunteers pick up their rest stop supplies the day before the event at our Start/Finish line, Priam Vineyards, in Colchester, CT.

**HAM RADIO OPERATOR**: Provide communication to aid in the safety and welfare of all participants. Volunteers should have their own radio equipment with enough backup batteries to last the entire day.

To register as a volunteer for the Bike Ride, please visit us online at www.ctfightsMS.org or contact Patrick Byrne, Development Coordinator at 860.913.2550, ext. 227, or pbyrne@ctfightsMS.org. Thank you again for your continued support of the National Multiple Sclerosis Society, Connecticut Chapter. Together we can create a world free of MS.
Thank you to our 2010 Top Fundraisers!

A very special thank you to all of our top fundraisers from the 2010 bike MS Ride! This hardworking bunch of riders and one guest will receive the following:

> Food line “cut” privileges
> Top ten cyclists will receive bib numbers 1-10 in our top fundraising color!

<table>
<thead>
<tr>
<th>Raise</th>
<th>Prize</th>
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<tbody>
<tr>
<td>$15,000</td>
<td>Bike MS Jersey, Bike MS Shorts and $500 Visa Gift Card&lt;br&gt;OR Bike MS Jersey, Bike MS Shorts, CycloComputer and $350 Visa Gift Card</td>
</tr>
<tr>
<td>$10,000</td>
<td>Bike MS Jersey, Bike MS Shorts and CycloComputer</td>
</tr>
<tr>
<td>$7,500</td>
<td>Bike MS Jersey, bike MS Arm Warmers and CycloComputer</td>
</tr>
<tr>
<td>$5,000</td>
<td>Bike MS Jersey and Bike MS Shorts</td>
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<tr>
<td>$2,500</td>
<td>Bike MS Jersey and Bike MS Cycling Gloves</td>
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<tr>
<td>$1,250</td>
<td>Bike MS Jersey and Bike MS Arm Warmers</td>
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<tr>
<td>$800</td>
<td>Bike MS Jersey</td>
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<tr>
<td>$250</td>
<td>Bike MS Socks</td>
</tr>
<tr>
<td>$125</td>
<td>Bike MS T-Shirt (Given out on Ride Day)</td>
</tr>
</tbody>
</table>

TOP FUNDRAISERS

Peter Rusconi
James Lehn
Steve Walbridge
Tracy Henderson
Kathy Rowe
Kiara Longo
Jeff Rowe
Susan Schuster
Pam Chudzik

How can you be a top fundraiser?
See page 13 or call us at 860.913.2550.
### Pledge Sheet

Keep a copy for your records

<table>
<thead>
<tr>
<th>Donor's Name</th>
<th>Donation</th>
<th>Donor's Name</th>
<th>Donation</th>
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<tbody>
<tr>
<td>Johnny Cyclist</td>
<td>$20</td>
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|                |          |                |          |

Total: $_______  Total: $_______

Please mail donations to:
National MS Society, CT Chapter
Attn: Cardio Express Ride
659 Tower Ave., First Floor
Hartford, CT 06112-1269
2011
bike M S: Cardio Express Ride

Ticket to Ride
Registration Form
All cyclists are required to wear a helmet.
To participate in the ride you must raise
a minimum of $150.

PERSONAL INFORMATION

Name: ______________________________________
Email: ______________________________________
Address: _____________________________________
City, State, Zip: _______________________________
Home Phone: (       ) ____________________________
Work or Cell Phone: (       ) _______________________
Employer: ___________________________________
Occupation: __________________________________
Gender:   M    F    Date of Birth: ____/_____/________

TEAM INFORMATION

Will you be riding on a team?     YES       NO
Team Name: _________________________________
Team Captain: ________________________________
HELP ME FIND A TEAM TO JOIN:   YES             NO

FUNDRAISING GOAL

$150 minimum
What is your personal fundraising goal? $____________

ROUTE OPTIONS

Please choose one:
(Please note that distances aren’t exact.)
25 miles
50 miles
75 miles

MATERIALS REQUEST

After we receive your registration, we will send you a
packet with details about the ride. Select additional
materials below by circling your choices and quantity.
Additional brochures____
Bike Pin-Ups_____

FEES AND DEADLINES

$45.00 - includes ride experience, bib number, post ride
lunch, massages and other great amenities
If you register at the Bike Ride you will be required to pay
$195 at that time ($45 registration fee plus $150
minimum contribution.)

Check (no cash or COD)
Visa    MasterCard   AMEX
“Ticket To Ride”(No payment)

Card Number: ________________________________
Exp. Date: ___/___  CVV Code: ___

GUARDIAN INFORMATION

Cyclists under 18 years of age must ride with an adult. If
you are under 18, please provide this person’s name:

____________________________

Cyclists under 18 years of age must have waiver notarized

RIDE HISTORY

How many years have you ridden in this tour? _____
(0 if this is your first).

TEAM INFORMATION

Will you be riding on a team?     YES       NO
Team Name: _________________________________
Team Captain: ________________________________
HELP ME FIND A TEAM TO JOIN:   YES             NO

FUNDRAISING GOAL

$150 minimum
What is your personal fundraising goal? $____________

ROUTE OPTIONS

Please choose one:
(Please note that distances aren’t exact.)
25 miles
50 miles
75 miles

MATERIALS REQUEST

After we receive your registration, we will send you a
packet with details about the ride. Select additional
materials below by circling your choices and quantity.
Additional brochures____
Bike Pin-Ups_____
WAIVER AND RELEASE FROM LIABILITY (Adults)

With respect to the Bike MS event to be held on August 28, 2011 with the National Multiple Sclerosis Society ("NMSS"), Connecticut Chapter, for consideration of participation, I freely accept and voluntarily assume the risks of personal injury or property damage that may result from this potentially hazardous activity.
I further agree to waive and release from all claims and liabilities of any kind arising out of my participation and agree to hold harmless the National MS Society, corporate sponsors, cooperating organizations and all parties connected with this event from any liability as a result of my participation.
I will permit emergency treatment in the event of injury or illness while participating and give permission to use my image and photo taken during the event in any promotional material, publication, or on the website.
I do agree and accept full responsibility to obey the traffic and rules of safety for the event and understand that the National Multiple Sclerosis Society withholds the right to dismiss anyone that may cause disturbance during this event or disregard the rules with respect to safety.

I certify that I have read and understand the intent of this waiver and release.
Please print.

Participant Name: _______________________________________ Participant Signature: ____________________________________
Date: ________________

WAIVER AND RELEASE FROM LIABILITY (Minors)

With respect to the Bike MS to be held on August 28, 2011 with the National Multiple Sclerosis Society ("NMSS"), Connecticut Chapter, I hereby grant my child _____________________________________________________, permission to participate in this event.

For consideration of participation in the Bike MS, I freely accept and voluntarily assume the risks of personal injury or property damage that may result from this potentially hazardous activity on behalf of my child.

I further agree to waive and release from all claims and liabilities of any kind arising out of my child's participation and agree to hold harmless the National MS Society, corporate sponsors, cooperating organizations and all parties connected with this event from any liability as a result of my child's participation. I understand that it is the Society's policy that every child must be accompanied by a responsible adult over the age of 21 at all times.
I will permit emergency treatment in the event of injury or illness while participating and give permission to use my child's first name only and photo taken during the event in any promotional material, publication, or on the website.
I accept responsibility to inform my child that the National Multiple Sclerosis Society withholds the right to dismiss anyone that may cause disturbance during this event. I also understand that it is my responsibility to ensure proper training has occurred and that he/she has been instructed on the event and traffic rules. I agree to accept any responsibility for disregarding these rules. I certify that I have read and understand the intent of this waiver and release.

Participant Name: ____________________________________________________________ Age of Participant: ________
Signature is required by Parent or Legal Guardian for all participants between the ages of 12 to 18. Witness of signature provided by Notary Public is also required.

Parent/Legal Guardian Name (please print): ______________________________________________
Parent/Legal Guardian Signature: ______________________________________________________
Date: _______________________________
Notary Public: ________________________ Date: ____________ Seal: ___________________________

*A notary will be on-site at the Priam Vineyard Check-In to complete this portion of the waiver.*