



# GEARING UP

2010

[msbiketours.com](http://msbiketours.com)



**HIGHWAY CONDITIONS** Be advised that some portions of the highway through Riding Mountain National Park require heightened awareness. Remember, **this is not a race**. Proceed cautiously to avoid injury to yourself and others. We have been prudent in marking many of these major zones but there may be others. If you are weary and cannot give your full attention to the road we encourage you to utilize the rest stops along the route. Safe cycling~



## GUEST PASSES

Guest passes may be purchased while space is available. Passes are available for the full weekend or for Saturday evening only. Passes may also be purchased from Participant Services at the Dauphin Rec. Complex Saturday morning. If you have already purchased guest passes, they will be included in your rider pack when you check in.

## CYCLIST HANDBOOK

This book is your **guide to the tour** and includes information on everything from a packing list to the weekend schedule of events. Please take the time to go through it and familiarize yourself with this information to make the most of your RMC experience. If you did not receive a 2010 Cyclist Handbook please contact Stacy at (204)622-2941 or [Stacy.Wieb@mssociety.ca](mailto:Stacy.Wieb@mssociety.ca).

## Don't Forget:

- All cyclists must obey all law enforcement personnel, bike tour officials & volunteers.
- All cyclists must wear an approved helmet.
- Headphones, iPods, cell phones, radios or similar audio devices are strictly prohibited while cycling.
- Bring your water bottle. Water/ Gatorade will be available at 5 stops along the route to refill your bottle.
- Let us know if you have any medical conditions we should be aware of; including pregnancy
- Child carriers are *not* permitted on the route. This include pull behind wagons and attached child seats.



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## TOUR SUPPORT

Riding Mountain Challenge has an excellent team of volunteers on route to assist you with everything from bike repair to medical attention to transport for weary cyclists. Volunteer service vehicles are graciously donated by Dean Cooley GM and Kelleher Ford. To fag any of these volunteer teams; safely pull to the edge of the route, get o your bike and hold up your helmet.

## CHECK IN

Check in opens Saturday, September 11 at 7:00am. For those who arrive Friday evening you may store your bike at the Rec. Complex before 8:00pm. Please be advised that although the arena is locked overnight, you are leaving your bike at your discretion and it is not the responsibility of the MS Society or the Recreation Complex.



## BONUS CLUB! \$1,000 +

Don't forget to contact the Parkland Chapter office and reserve your jersey as soon as you reach the \$1,000 level as well as your shorts at the \$2,000 level! Bonus Club items will be available for pick up at the Dauphin Recreation Complex.



### RMC is proud to host the following 33 teams!

- Back Alley Cycle
- Boneshakers
- Chalmchuk
- Clark Cruisers
- Dillion Grupetto
- Greatful Tread
- In'seine'ass'cycle'em
- Iron Legs
- Just Doin' It
- Lounge Cat Relics
- Midland in Motion
- Monsanto Mavericks
- Mosaic
- Northern Spinners
- Parkland Triathlon Club
- Perogiejoes
- Quads of Rock
- Red and White
- Red River Rebel Riders
- Riff Raff
- RONA Riders
- Rona Rural Riders
- Skid Marks
- Slightly Defated
- Spandex Ballet
- The Cheetahs
- The Cyclopaths
- The Flying Dutchman
- The Rolling Bones
- The Vanordan's
- Two Tired

- Where's Jack?
- X-Rated

If you and a group of friends and family would like to enhance your Bike Tour experience by cycling as a team, let us know!

Remember, only teams of 4 or more qualify for bonus prizes and gifts. If you are already a team captain who would like to add members to your team give us a call. (204)622-2941 or [Stacy.Wieb@mssociety.ca](mailto:Stacy.Wieb@mssociety.ca)

# Supporting those who support the Riding Mountain Challenge

# RONA

Doing it right



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"Parkland's best mall - in the center of it all.  
Over 30 stores & services under one roof."



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Be seen wearing it.



**Roncin Sound  
Henry's Cameras  
Western Bakery  
Signal Industries  
City of Dauphin  
Parkland Crossing  
Danceland  
Wellington College**

**Merry Tent Rentals  
Quiet Country Spa  
Dauphin Co-Op  
Hodge Podge  
MTS Volunteers  
RBC Volunteers  
Larry & Sherry Ushkowski**