



10 years of partnership in the movement to end MS

# GEARED UP TO END MS

ACTON TO WATERLOO  
AUGUST 14-15, 2010  
PRE-EVENT NEWSLETTER

Gearing Up: Pre-Event Newsletter

msbiketours.com

## THE COUNTDOWN IS ON!!

The RONA MS Bike tour—Acton to Waterloo is quickly approaching and this newsletter contains valuable information about **what to bring, where to go and how to hand in your pledges.**

### Check-In Times

**AVOID LINES—HAND IN YOUR MONEY EARLY!**

#### Early Check-in at the MS Society

Wednesday, August 11th, 2010 6-8pm  
MS Society of Canada  
175 Bloor Street East, North Tower, Toronto

#### On-Site Check-in at the event

Saturday August 14th, 2010 7-8am  
Prospect Park, Acton  
(Start/Finish Location)

#### TeamMS Pick Up and Check-in

Is available at your home or office to teams who raise \$10,000 or more. Contact [andrea.davidson@mssociety.ca](mailto:andrea.davidson@mssociety.ca) to make arrangements



### Parking Information:

#### 100 Club Members Only :

**Park at Prospect Park: Hang your Yellow 100 Club badge on your rearview mirror to let parking attendants know you are a 100 club member**  
(30 Park Avenue, Acton, L7J 1Y5)  
Take HWY 401 to Regional Road 25  
North (turns into Main St.) to Acton  
Turn left on Knox Street  
Follow Knox Street until it joins Park Avenue  
Enter Prospect Park on the right

#### Other parking areas:

**Fraser Direct Transport**  
(122 Guelph Street, Acton)  
Take HWY 401 to RR # 25  
North (turns into Main St) to Acton  
Turn left on Guelph Street (also HWY 7)  
Enter parking lot on left

**Halton Hills Hydro**  
(43 Alice Street, Acton)  
Take HWY 401 to RR # 25  
North (turns into Main St) to Acton  
Turn right on Mill St. E  
Turn left on Willow St. N  
Turn right on Bower St  
Turn left on Alice St  
Halton Hills Hydro is on the Right

**All parking areas are less than 1K from Prospect Park and there is luggage drop off at each parking area.**

### WHAT TO BRING!

We've made it easy for you: Use the checklist here to make sure you don't forget anything!

#### RIDING GEAR

- Helmet (REQUIRED)
- Spare tubes for your bike
- Water bottles
- Rain gear (We ride rain or shine)
- Comfortable cycling clothes
- Sunglasses, sunscreen and lip protection
- RONA MS Bike Tour passport\*

\*Rookie riders will receive their Bike Tour passport at the finish line

#### REGISTRATION SUPPLIES

- Pledge envelope with monies collected to date
- Pledge slips/sheets completely filled out
- Rider bib and bike number\*

\*included in this package if you submitted your minimum pledge of \$250 by July 14th 2010.

#### PERSONAL ITEMS

- ID (including your health card)
- Pocket money
- Any required medications
- Change of clothes for the evening ceremonies

#### Enclosed in this package:

1. Pledge envelope
  2. Rider bib and pins\*
  3. Bike number and ties\*
  4. Bib instructions
- \*if you've submitted your minimum pledge of \$250 by July 14th, 2010.

#### GET YOUR FAMILY OR FRIENDS INVOLVED!

We're looking for volunteers to assist at the Start Line with check-in, breakfast, parking, as a greeter or help along the route at a Rest Stop. The Finish Line needs a cheering section, as well as help at the BBQ, lunch and gift bag areas. Additionally, the team who recruits the most volunteers will win a pizza party! For more information and volunteer opportunities please contact

Clarinda Brandão at [clarinda.brandao@mssociety.ca](mailto:clarinda.brandao@mssociety.ca).

## JERSEYS & SHORTS!!

Reserve your Jersey (\$1000+) and/or shorts (\$2000+) sizes early.

Contact Laura Franklin at  
[laura.franklin@mssociety.ca](mailto:laura.franklin@mssociety.ca) or  
1-800-268-7582 x 3124



## EVENT SCHEDULE

### SATURDAY, AUGUST 14TH 2010

7:00-8:00am: Check-in at Prospect Park  
8:00am: First group of cyclists leave  
8:45am: All cyclists must be on route  
12:00-6:00pm: Massage  
12:00-8:00pm: Silent Auction and Scrambler  
12:00-11:00pm: Beer Tent  
3:00-5:00pm: VIP Lounge  
5:00-8:00pm: Dinner (3 sittings)  
7:30-9:30pm: Movie (Up) in West Lounge  
8:00-9:00pm: Awards Celebration  
9:00-11:00pm: Dance

### SUNDAY, AUGUST 15TH 2010

6:00-8:30am: Breakfast  
7:00-8:00am: Check out  
7:30am: First group of cyclists leave  
8:30am: All cyclists must be on route  
12:00-5:00pm: BBQ at Prospect Park  
12:00-4:00pm: Massage  
5:00pm: Route Closes

## BIKE HOTLINE

If you have any questions regarding the Tours  
or if you are NOT staying overnight at the

University please contact us:

416-967-3038 or

1-800-268-7582 x3038 or

[candice.stevens@mssociety.ca](mailto:candice.stevens@mssociety.ca)

## Joke of the Day...

Q. Why can't a bicycle stand up on its own?

A. Because it's two tired!

If you are a past participant or  
volunteer, don't forget to bring your  
RONA MS Bike Tour  
**passport** to get the 2010 stamp! If  
you are a rookie, we'll have them  
on-site for you at the finish line!



## FREQUENTLY ASKED QUESTIONS

### How does my luggage get transported?

We will take your luggage from the parking areas on Saturday and the start line on Sunday. Please ensure that your luggage is tagged with your name and contact information.

### What happens if it rains?

We ride rain or shine! You may want to bring rain gear with you just in case!

### Where do I leave my car?

We leave all of our vehicles in the parking areas in Acton, where you will return to on Sunday. If you can car-pool with friends, please do!

### How will I know which way to go?

The route will be signed with bright arrows to direct you. You will also receive a copy of the route map at the start line.

### What happens if my bike breaks down?

We have Support vehicles along the route, who can take you to a rest stop where bike mechanics can help with basic repairs. We STRONGLY recommend that you take your bike in for a tune-up before the tour.

### Will there be water/snacks along the route?

Rest stops are located every 15km (or so) along the route. They have port-a-potties, water and other drinks and snacks. Please bring your own water bottle(s).

### Do I need to bring any linens/bedding?

No-the university will provide towels and bedding!



Be front and centre of all the fun by bringing your own tent or renting one from the MS Society. Embrace the space and decorate, bring loungers, snacks, activities and more! Teams who raised \$5000 or more in 2009 and/or 2010 will be awarded tables and chairs in the village!

### Recruit to WIN!

5 new members— a framed photo for each team member

10 new members— a 10 X 10 tent for Team MS village

15 new members— Team name printed on your event t-shirt\*

20 new members— RMT in your team tent\*

\*members must be registered by July 16 to qualify

Contact Andrea Davidson

[andrea.davidson@mssociety.ca](mailto:andrea.davidson@mssociety.ca)

by **August 2nd** for details or tent reservations.