



Ottawa-Kemptville RONA MS Bike Tour

Saturday, August 6 & Sunday August 7, 2011
Carleton University & Kemptville College



THANK YOU for volunteering for the 2011 RONA MS Bike Tour! Because of YOU, we are able to accomplish one of the Ottawa Chapter's largest fundraisers for people living with multiple sclerosis.

Below are a few things to keep in mind for Bike Tour weekend. Thanks again, and HAVE FUN! ☺

Please go to <http://www.mssociety.ca/ottawa/biketour/volunteerinfo.htm> to download your job description. **Please note that some times may have changed.**

Also, you are welcome to stay for the evening ceremonies, corn roast and dinner at Kemptville College. Please request a dinner seating at the **Volunteer Check-in at Kemptville Collage** to receive a wristband.

If you have any questions during your volunteer shift, look for lead volunteers.

Things to keep in mind for all volunteers

- Please ensure you arrive **on time**
- Please check in at the "**Volunteer Check In**" table upon arrival at each location.
 - o Carleton - located in the Norm Fenn gymnasium (bldg 8) of Carleton University
 - o Kemptville - beside Cyclist Check-in (#1) at the finish line at Kemptville Campus.**You must check in and check out.** If your volunteer position is only at Kemptville, go directly to Kemptville College
- You will receive your volunteer t-shirt, your name tag and further instructions at volunteer check-in
- Don't forget to bring your t-shirt and name tag if you are volunteering for more than one day!
- The bike tour goes rain or shine so please dress accordingly.
- Please check out when you are finished your shift

Things to keep in mind if you are under 18

- **Please ensure that you have handed in your signed Parental Consent form.**
- If you would like your school volunteer form signed, please bring it to the bike tour (we will also have some forms on hand) and it can be signed at the Volunteer Check in table once your shift is complete

What we have for you

- A terrific volunteer t-shirt!
- Coffee, water, juice and pop
- Light breakfast and/or lunch

Questions you might get asked or need answered:

During our weekend, direct your questions to the "Lead Volunteer" identified on your volunteer job description. On our weekend, each lead volunteer will be wearing an identifier to signify they are a lead volunteer.

Where are the washrooms?

There are washrooms located inside at Carleton University and at Kemptville College. Portable toilets will also be around the site at Kemptville. Washrooms are also available in the dormitories, cafeteria and the gymnasium at Kemptville.

Where can you park?

You can park on lots #5 at Carleton University. Public transit is preferred for Carleton. Please park in the parking lot indicated on the included map. There is lots of parking on the Kemptville Campus.

Where can you get a map of the route?

These will be located at the Check-in tables and the Volunteer Check-in tables.

I've lost my keys/book/sweater etc!

Lost and Found is at Volunteer Check-in table at Carleton University and Kemptville College.

Where is first aid?

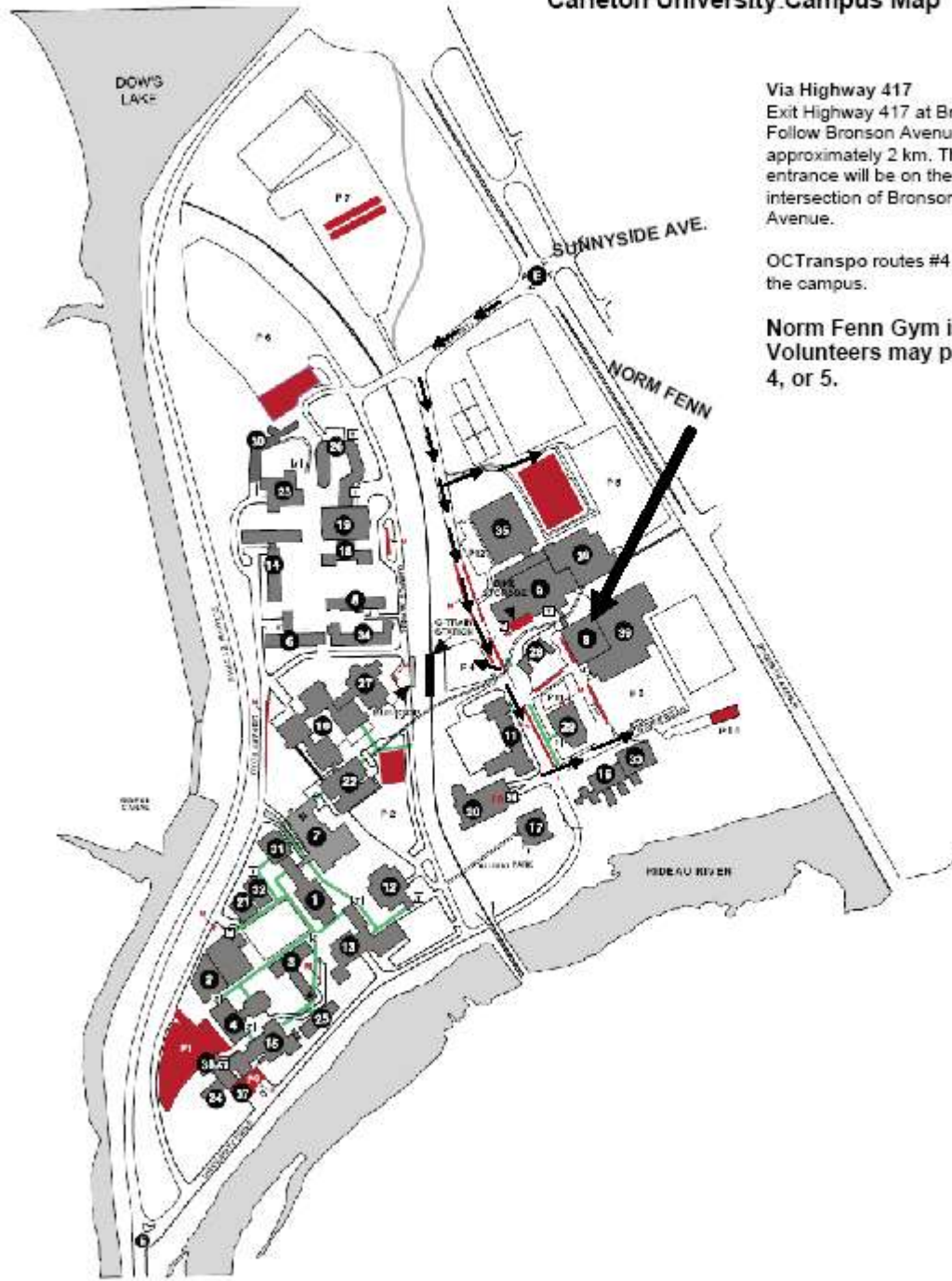
The Canadian Ski Patrol will be looking after first aid throughout the tour weekend. They will be on site in the gymnasium at Carleton University and at Kemptville College on Saturday evening. They will also be out travelling the route during the tour. A first aid kit will be available at the Volunteer check-in tables and at each check point.

I still have a question!

Contact Michelle Davis @ 613-728-1583 ext. 235 or michelle.davis@mssociety.ca if it is **before** the Tour, OR on tour weekend 613-407-1968. You can also ask a lead volunteer.

Maps of both Campuses is on Volunteer Page of Ottawa Bike Tour web site:
www.mssociety.ca/ottawa/biketour

Carleton University Campus Map



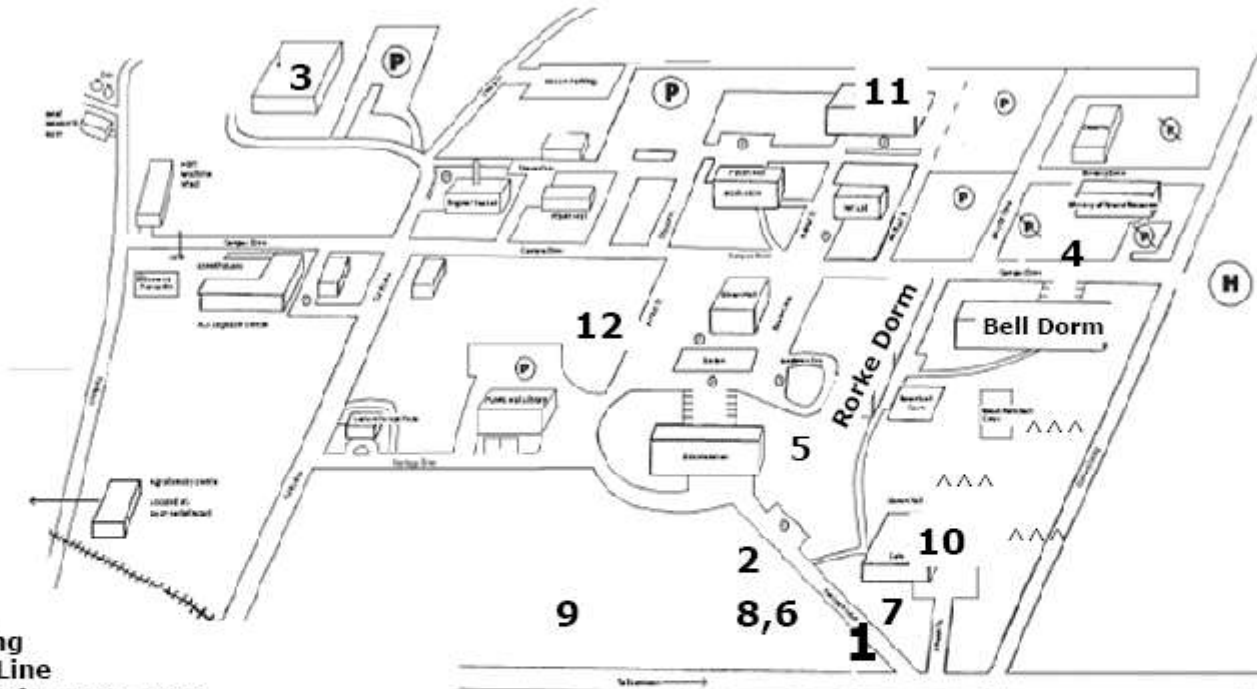
Via Highway 417

Exit Highway 417 at Bronson Avenue
Follow Bronson Avenue south
approximately 2 km. The campus
entrance will be on the right at the
intersection of Bronson and Sunnyside
Avenue.

OCTranspo routes #4 and #7 both enter
the campus.

Norm Fenn Gym is building 8
Volunteers may park in lots 3,
4, or 5.

Welcome to Kemptville Campus!!!



- ^^^ Camping
1. Finish Line
 2. Sign up for Extra Loop
 3. Bike Storage
 4. Volunteer Check-In / Accommodation
Check in & Luggage Pick up
 5. Corn Roast, TeamMS photos
 6. Massage Therapists
 7. Beer Garden and Entertainment
 8. Bike Trade Show Expo, Silent Auction,
Snail Race
 9. Medieval demonstration
 10. Dinner and Breakfast
 11. Evening Ceremonies
 12. Campfire - Weather permitting
 13. Bicycle Jousting and Bocce ball



This way to Beautiful Kemptville
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Kemptville Campus
830 Prescott St.
Kemptville, On K0G 1J0