

# WHAT'S IN A NAME: ROOKIE RIDER

Rookie Rider = A cyclist participating in the Wyoming Bike MS for the first time.

**But I've been cycling for years, am I a Rookie Rider? Yes!**

Whether you're a veteran cyclist or you're new to the sport, you are new to the Wyoming Bike MS ride and we want to ensure your first experience is the best it can be.

Check out the resources and links below that help you connect with fellow cyclists, provide more information on the event, and help you prepare for the weekend.

If you have any questions or needs, please email us at [wyomingbikems@nmss.org](mailto:wyomingbikems@nmss.org) for more information.

## ROOKIE RIDER RESOURCES:

### ACCOMMODATIONS

We overnight in beautiful Sundance, Wyoming on Saturday August 16. Cyclists have the option at staying at a local hotel or camping (both tent and RV spaces are available). Reservation information for both local hotels and camping will be available on January 6, 2014.

### RIDER PACKET

Your packet will include bib numbers that must be displayed on your bicycle, helmet and jersey. It will also include a wristband that provides access to meals and the beer garden (for those riders 21+).

Packets will be available for pick-up at the Friday Night Gathering or the morning of the Ride.

**All riders must present photo ID at the packet pick-up, must have met their fundraising minimum and may only collect packets for riders living at the same address - NO EXCEPTIONS.**

### FUNDRAISING

Don't let the \$300 fundraising minimum (in addition to the registration fee) intimidate you. It's not hard to get there, and we're here to help you along the way. Once you start telling people why you are riding and where their money goes, you will be surprised at how giving they can be. Set a goal and let our Fundraising Ideas help you get there.

If you have not turned in the minimum donation by the start of the event, the National MS Society will discuss payment options with you, including charging the balance on a credit card.

No need to stop at the minimum, though - you have until **September 19, 2014** to be eligible for fundraising prizes, and until **September 30, 2014** to turn in donations.

### ON-COURSE RIDER SERVICES

The Wyoming Bike MS is fully supported. There will be rest stops every 10 to 15 miles each day and vehicles equipped with first aid and mechanical support will be on the route at all times. If you need assistance, let a volunteer know and they will find someone to help you.

### JOIN A TEAM

Being part of a team for the Wyoming Bike MS is a great way to build camaraderie with people who share your interest in cycling and a desire to create a world free of MS. Plus, it makes the weekend of the ride even more fun! Join a local team or start your own team. If you have already registered but would like to join a team, please contact us.

### SAFETY & TRAINING

Training is a journey in itself and is essential to a successful ride, helping you prepare mentally and physically for Bike MS, and reviewing safety guidelines will ensure an enjoyable ride for everyone. As a Bike MS participant, you'll also receive a free subscription to TrainingPeaks, the official coaching software of Bike MS.

