GEARING UP
The official Beyond the Beltway Magazine

June 12-13, 2010
Middleburg, VA
(202) 296-5363, option 2
MSandYOU.org/BIKE
MAKE THE MISSION REAL
Become a Bike MS Champion

The Bike MS Champions program connects people living with MS and Bike MS participants. If you don’t have a personal connection with someone with MS, we’ll match you with an inspirational Bike MS Champion to help make the ride a more meaningful experience. Dedicating your efforts to an individual will have a profound impact on both of you, giving you a connection and giving your inspirational Bike MS Champion reassurance that he or she is not alone in their fight against MS.

Let us know who inspires you or contact us to be connected with a Bike MS Champion. Find more information online at www.MSandYOU.org/Bike or email us at BikeMS@MSandYOU.org
Fundraising Deadline

Each cyclist is required to turn in your Bike MS waiver and fundraising minimum of $300 by June 12 or at packet pick-up in order to participate in the ride.

Online fundraising

It’s paperless, time-saving and easy! Check out everything you need to know about online fundraising on page 6.

Ask boldly for support

We know that everyone is being impacted by the recession, but we need you to continue to ask boldly for support. While most of your regular donors will contribute, some may not be able to donate as much. Be enthusiastic and don’t apologize when asking for money. MS doesn’t slow down when the economy does.

Policy for cyclists under 18

Our priority is to provide a safe ride experience for all participants. Cyclists must be at least 12 years old to ride and accompanied by an adult. Please see page 16 or visit www.MSandYOU.org/Bike for more details on the minor policy. Contact us with questions at (202) 296-5363, option 2.

Wristbands

Included with your rider number is a Bike MS wristband. You’ll need to wear this for access to all finish line activities: dinner, beer garden, and more. Most importantly, your wristband will be imprinted with a help line phone number. Call this number during the ride if you spot an accident, get lost, or need a SAG.

Bike inspection

You’re going to spend lots of time training, and it would be a shame if your bike isn’t ready to perform for the ride. While this is not required, we highly recommend getting your bike inspected! Contact our list of fabulous supporting bike shops about setting up your inspection.

Team up

Recruit a team and ride together to create a world free of MS. This is your opportunity to enjoy a great ride with friends and family members, bond with your co-workers, boost office morale, and receive some great team perks. Visit the Team pages for more information at www.MSandYOU.org/Bike.

Learn more about your bike

Our focus is on providing a high quality, safe and fun bicycling experience. We encourage you to check out the Washington Area Bicyclists Association (WABA) website (www.waba.org) for classes on everything from the basics to riding in large groups. They go over safe riding techniques and important rules of the road. For more information you can also check out our Safety page at www.MSandYOU.org/Bike.

Go online for rookie resources

The Rookie Rider webpage provides great support and training for our first-time Beyond the Beltway cyclists. See page 7 for tips just for you, then visit our Training and Safety pages at www.MSandYOU.org/Bike to learn more about our free training program from Training Peaks, cycling tips and rules of the road, our rookie fundraising award and more.
PRIZES & CLUBS

The more funds you raise, the more rewards you can receive!

$500  Bike MS Cycling Socks

$750  Official 2010 jersey for Bike MS Beyond the Beltway

$1,000  TOP FUNDRAISER status at Bike MS 2011, AND the 2010 Bike MS jersey

$1,500  $50 bike store gift certificate, Top Fundraiser status at Bike MS 2011, AND the 2010 Bike MS jersey

$2,000  $100 bike store gift certificate, Top Fundraiser status at Bike MS 2011, AND the 2010 Bike MS jersey

$3,000  $150 bike store gift certificate, Top Fundraiser status at Bike MS 2011, AND the 2010 Bike MS jersey

$5,000  $200 bike store gift certificate, Top Fundraiser status at Bike MS 2011, AND the 2010 Bike MS jersey

$10,000  You choose either: $400 bike store gift certificate OR an invitation for one to join us at the National Fundraiser’s Rally in Chicago (Fall 2010); Top Fundraiser status at Bike MS 2011, AND the 2010 Bike MS jersey

$15,000  You choose either: $600 bike store gift certificate OR an invitation for one to join us at the National Fundraiser’s Rally in Chicago (Fall 2010), plus a $150 bike store gift certificate; Top Fundraiser status at Bike MS 2011, AND the 2010 Bike MS jersey

$25,000  You choose either: $1,000 bike store gift certificate OR an invitation for two to join us at the National Fundraiser’s Rally in Chicago (Fall 2010); Top Fundraiser status at Bike MS 2011, AND the 2010 Bike MS jersey

Fundraising Prizes and Mission First Club Prize Deadline Friday, July 23, 2010

www.MSandYOU.org/bike

5  |  202-296-5363, option 2
JOIN THE MISSION FIRST CLUB!
Join our MISSION FIRST CLUB by donating your prize back. By donating your prize, you help us reduce our expenses AND provide more funding to local programs, advocacy, and research. ALL Mission First Club members will be thanked on our website and in an eNewsletter for Bike MS 2010.

*Top Fundraisers: you keep your jersey and 2011 top fundraising status when donating prizes back!

Online fundraising tools
Log into “My Participant Center” at MSandYOU.org/Bike to take advantage of:

> **Your Own Personal Fundraising Page:** Customize your page. It was automatically set up for you when you registered

> **E-mails:** Send recruitment, solicitation, thank you and follow-up e-mails to everyone in your address book

> **“My Progress”:** See sponsors who have made pledges to you

> **Follow-Up Reports:** Track all electronic correspondence

> **Other Tools:** Send solicitation reminders and track thank you notes

**Don’t forget about Matching Gifts!**
Ask your employer about its matching gifts program. Matching gift pledges cannot count toward the minimum $300 but can help bump you to the next prize level. Visit www.MSandYOU.org/Bike for more information.

**Become eligible for the Bike MS National Passport Program** when you raise $5,000 or more, and you can take part in as many Bike MS rides as you like for one year. Visit the prize page of www.MSandYOU.org/Bike for more information.

FUNDRAISING TOP 50 CLUB & TOP FUNDRAISER CLUB

BIKE MS TOP 50 CLUB
Did you know that in 2009 the highest 50 fundraisers raised a cumulative $239,737.37? WOW!

To recognize their success, we’ve started a new club: the Top 50 Club! Each year, the top 50 fundraisers will be honored with special benefits at the following year’s ride.

**Top 50 Club benefits include:**
Recognition online and in Gearing Up, our new Bike MS Magazine

**Weekend of Event benefits including:**
> VIP Parking at Meadowkirk
> Opportunity to reserve a room at The Inn, the onsite hotel at Bike MS (limited rooms available, priority given to the highest 2009 fundraising totals)
> Two Saturday evening dinner passes for friends & family
> Commemorative Top 50 Club item to be given out during the Saturday night awards ceremony
> Free registration for Bike MS 2011 (registration only valid during the 2010 Bike MS weekend)

These benefits are all in addition to Top Fundraiser benefits (for those who raise $1,000 or more), which include a special bib number, long sleeve t-shirt, and our never-ending appreciation.

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A few tips to help you get started:

**Start Fundraising Today**

It’s easy to put it off until tomorrow, but people with MS need you now. Plus, you’ll want to turn in your $300 minimum donation early so you can pick up your packet before the ride.

**Preparation & Training**

Train with someone who’s cycled before. Don’t know anyone? Get to one of the training rides hosted by our supporting bike shops this spring or check out the Teams page online to join a team and find a friend.

Training is very important for this ride. Here are some helpful training tips:

> Start training NOW and ride regularly
> Use your free Training Peaks subscription
> Get involved with a supporting bike shop - check out the training rides and the cycling 101 classes
> Set realistic goals
> Keep track of your mileage
> Don’t forget water bottles and energy bars
> Drink before you become thirsty
> Have your bike inspected
> Buy padded shorts and gloves
> Visit our resources on the Training & Safety pages online

**ROOKIE RIDER TIPS**

We’d like to welcome the Bike MS cyclists who are riding Beyond the Beltway for the first time. Whether you’re a cycling novice, a veteran cyclist or have participated in another chapter’s Bike MS event, you are new to Beyond the Beltway and we want to make sure your first experience is the best it can be.
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.

Expect challenging hills throughout the ride. Make sure you have a good variety of gears to make the hills a little easier.

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. Check out the list of supporting bike shops. Take your bike in for 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 weekend.

Accessorize Before You Exercise

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. While you train, get comfortable grabbing and returning your bottle as you ride. Consider a Camelback for hydration efficiency during a potentially hot ride weekend. Beyond the Beltway is a “cup-free” event, so bring your water bottle to the rest stops to fill up on water or sports drinks.

Seats – The seat that comes with your bike is great for riding around the neighborhood. Don’t even think about using it on a long-distance ride. Invest in a higher quality seat. 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 a lot with your clipless pedals, so you’re comfortable with the adjustment.

Clothing – Cycling shorts are a must. Plus, 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 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.
The approach is simple: Get outside and start training. The Beyond the Beltway terrain is challenging, so be sure to train properly.

Consider these helpful training tips from Bicycling Magazine:

- **EMPHASIZE QUALITY:** A quick, 30-minute ride that keeps your heart rate in the target training zone (60-85% of your maximum heart rate) can really enhance fitness.

- **MINIMIZE YOUR MILEAGE:** A good rule of thumb is that you can generally handle a distance that’s three times as long as your average training ride.

- **TAKE DAYS OFF:** Even if you miss a day or two, simply plan a more intense session before or after the days you miss.

- **RIDE AT DAWN:** The advantages include cool, calm air, minimal traffic and a great start to the day.

- **RIDE AT LUNCH:** Get a great workout by sandwiching an intense ride between a quick warm-up and cool-down.

**WEB RESOURCES**
Check out the free subscription to Training Peaks at [www.MSandYOU.org/Bike](http://www.MSandYOU.org/Bike) along with additional training tools and recommended rides - click on Training.

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**PREPARE FOR HILLS**

Although Beyond the Beltway is one of the most beautiful and scenic local rides, it’s also very challenging, with terrain that includes the hills of Loudoun and Fauquier counties. To prepare for this, you should incorporate hills into your normal training regimen. Below is an adaptation of an article on hill climbing techniques from the Cycling Performance Tips website (cptips.com):

- Climbing should always be done in your comfort zone. Ride at your own pace, know your limits and listen to your body. If you’re nearing exhaustion on a hill, slow slightly, breathe deeply and continue at a speed within your ability.

- If you start to breathe irregularly, take a deep breath and hold it for a few pedal strokes. Try synchronizing your breathing with your pedal stroke; start by taking a breath every time one foot reaches the bottom of a stroke. Then try one and a half, and finally every two strokes. You will actually deliver more oxygen to your system with a controlled rate than an irregular panting or gasping one.

- Gear down before a hill. The goal is to avoid producing large quantities of lactic acid and then pedaling through the pain. You want a sustainable rhythm. Try to keep your cadence above 70 RPM – any slower puts excess stress on your knees. Use the right gears and shift early to balance the work of your muscles and aerobic system. New riders often make the mistake of pushing their muscles until they cannot push any more. When they decide to shift to an easier gear – if they have one – it is often too late. The muscles are exhausted and unable to continue.
PREPARE FOR HILLS (continued)

- Although you develop more power while standing, you also use 10 - 12% more energy and cause more work for your core and back muscles. On short climbs, the length of a football field or less, it makes little difference. But on longer climbs, stay in the saddle and spin at 80 – 85 RPM. Staying in the saddle will also use your bigger gluteal (butt) and hip muscles to your advantage.

- Consider this drill to train for climbing hills while seated: Go hard up short hills while seated. Find a climb that’s moderately steep and takes about 30 seconds to crest. Hit it hard at the bottom in a fairly large gear. Beware of letting your cadence slow by the top. Use a gear that lets you pedal at 90 RPM or more all the way up. Start with two or three reps and increase as your strength improves.

- On long, fairly steep climbs, alternating sitting and standing can employ different muscle groups and give you a break. Just before you stand, shift to the next smaller cog, then shift back when you sit. These gear changes will help you maintain a steady pace during cadence changes.

- And if you are going to stand, let the bike rock side to side under you - an arc of maybe 6 inches side to side. And don’t lean too far forward. Stay back so that your weight is directly over the crank.

A GOOD EXERCISE TO PREPARE YOURSELF FOR HILL RIDING:

- Find a hill that’s 1/4 to 1/2 mile long – not too steep.
- Find the gear that lets you spin at 100 RPM all the way to the top. Keep your breathing steady. If you start panting, the gear is too high.
- Then find a higher gear that reduces your cadence to around 50 RPM, but again without causing you to have labored breathing.
- Now climb the hill in the low gear with a fast cadence. Work on spinning smoothly.
- Coast back down and then climb the hill in the higher gear (slow cadence) concentrating on applying an equal force all the way around the pedal stroke.
- Repeat the cycle (four total climbs).
1. Obey all traffic laws, including stop signs and traffic lights
2. Always wear a helmet! 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. Use hand signals to indicate turns (see below)
5. Pass only on the left and always call out “on your left,” only after looking to make sure it’s clear
6. Leave space between you and the rider ahead
7. Ride on the right, following the direction of traffic
8. Thank the police officers and residents who you pass along the route. They are kind enough to let us share their town for the weekend
9. Yield to emergency vehicles on the route

**VERBAL & HAND 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 and stopping.

“**Stopping**”: This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals as you prepare to come to a complete stop.

Beyond the Beltway’s reputation rides with you and every other participant. You can help retain our positive image by showing courtesy to the residents of the communities we pass through and your community of fellow cyclists. That means following basic cycling safety rules, as well as being considerate to cars, neighbors and other cyclists on the route.
### GOOD PRACTICES IN CYCLING
*(not in any particular order)*

1. Ride predictably
2. Cross railroads/grooved surfaces at a right angle
3. Make eye contact with drivers when turning
4. When you hear someone say “on your left,” ride steadily and don’t look back
5. When stopping, pull completely off the road
6. Watch out for road hazards
7. When riding next to parked cars, look for opening doors
8. Pacelines can be dangerous. Never ride in a paceline with cyclists if you are not accustomed to their riding patterns
9. Glance back often and always before moving right or left

### RIDE MARSHALS NEEDED
We need your help keeping cyclists safe on ride weekend. Join us as a Ride Marshal in 2010.

Ride Marshals are experienced Bike MS cyclists who ride as model cyclists during the ride, following state traffic laws and Bike MS rules. They are part of a team along the route that helps lead our cyclists safely across the finish line. Participants are to follow their example and respect their requests to ensure safety for all cyclists.

All Ride Marshals must participate in one training session with Chapter Staff, and are required to meet the $300 fundraising minimum in order to participate. Please contact us by emailing BikeMS@MSandYOU.org if you are interested in participating.

### BECOME A STRONGER, SAFER CYCLIST
Cyclists need to possess basic bike-handling skills and safety knowledge in order to keep themselves and others around them safe, especially while participating in group cycling activities like the Bike MS ride. Our focus is on providing a high quality, safe and fun bicycling experience. For this reason, we encourage you to sign up for one of the free classes provided by WABA to help our cyclists with the knowledge and resources to cycle safely. More information can be found at www.WABA.org or www.MSandYOU.org/Bike.

Had enough riding for one day? Lost? Spotted an accident? Call the help number listed on your wristband!
While you ride, you should only be concerned about two things: having fun and riding safely! We take care of all the rest. Here are just a few of the volunteer groups you can count on during your weekend adventure.

**Goldwings Moto Crew**
These motorcycle volunteers can be found at potentially troubling intersections and along the route. They monitor and guide cyclist traffic, but are not permitted to stop vehicular traffic. When you see a Goldwing ride with caution. They’ll be wearing bright-colored vests and waving flags so you can’t miss them.

**Medical Support**
Medical support travels the entire route in the event that a cyclist may be injured. A phone number will be printed on the wristband included in your rider number packet. Use this number during the ride if you spot an accident or need medical support. If it is an emergency you should call 911 first!

**Mechanical Support**
Get your bike inspected prior to ride weekend to identify major issues. Our supporting Bike Shops will provide minor repairs at the Start/Finish Line and at rest stops on ride weekend. If you encounter a mechanical problem while riding and need assistance, move completely off to the side of the road and turn your bike upside down. Call for SAG support via the number on your wristband and they will transport you to the nearest rest stop with mechanical support.

**Route Markings to Look For**
We make every effort to ensure you won’t get lost. Follow the arrows every pedal of the way. You’ll see our route signs at each turn and even on straightaways, so you’ll know you didn’t make a wrong turn. **Don’t forget to pick up your cue sheet at the start each day - it will indicate what color arrows to follow to stay on your route of choice!**
Staff
Bike MS staff and key volunteers will be monitoring the route, and cheering you on! Staff will be in blue polo shirts at the Start/Finish and Lunch if you need assistance.

Police, Fire, and the Communities Who Welcome Us
Every effort is made keep you safe. Where possible, local police have been recruited to help you travel through hazardous intersections and on busy roadways. **Be mindful, just because there is police presence does not mean the road is closed to traffic.** You must still obey the rules of the road. Remember to be courteous, as they help you travel safely through their communities.

Ride Marshals
This team of experienced cyclists aims to help you reach the finish line safely. All are trained in the rules of the road, the ride, and Virginia bike laws. PLEASE contribute to your safety and the safety of those around you by adhering to the rules of the road. Contact us or visit [www.MSandYOU.org/bike](http://www.MSandYOU.org/bike) if you’re interested in being a Ride Marshall. See page 12 for details.

SAG Wagons
Just can’t push another pedal? Flip your bike upside down and look for the first SAG wagon to come your way. Give the thumbs-down signal if you want to be picked up. You can also call the number on your wristband and one will be dispatched to you. You and your bike will be transported. NOTE: The trip into the finish line is rarely direct. Be patient as we pick up other cyclists in need. If you only want a ride to the next rest stop, let the driver know.

HAM Radio Operators
Returning every year to assist with communication, HAMs can be found at every rest stop and along the route. These volunteers are crucial to communicating cyclist location, route issues, etc. You may never see or notice them during the course of the weekend but they are there making sure the lines of communication are open.
We are excited to have the support of the fantastic shops below. Not only will they be out the weekend of the ride to support you, they also offer training rides, cycling clinics, and all the advice you could ever need. They will be promoting Bike MS in their shops as well so be sure to identify yourself as a participant when you go in for supplies or activities.

Take advantage of what these shops have to offer. They will make sure you and your bike are prepared for the challenge that awaits you on June 12-13! For complete information on dates for training rides and clinics, visit www.MSandYOU.org/Bike.

### Partnering Bike Shops

#### PLATINUM LEVEL PARTNERS

**Spokes, Etc.**
spokesetc.com  
1545 N. Quaker Lane  
Alexandria, VA 22302  
(703) 820-2200  
1506 Belle View Blvd.  
Alexandria, VA 22307  
(703) 765-8005

**Revolution Cycles**
revolutioncycles.com  
2731 Wilson Boulevard  
Arlington, VA  
(703) 312-0007

### GOLD LEVEL PARTNERS

**Trail’s End Cycling**
trailsendcycling.com  
201 23rd Street  
Purcellville, VA 20132  
540-338-2773

**A-1 Cycling**
a1cycling.com  
2451-I3 Centreville Road  
Herndon, VA 20170  
703-793-0400  
7705 Sudley Road  
Manassas, VA 20109  
(703) 361-6101

**The Bike Lane**
thebikelane.com  
info@thebikelane.com  
11943 Democracy Dr.  
Reston, VA 20190  
703-689-2671  
9544 Old Keene Mill Rd.  
Burke, VA 22015  
703-440-8701

**Big Wheel Bikes**
bigwheelbikes.com  
3119 Lee Highway  
Arlington, VA  
(703) 522-1110

**2 Prince Street**
Alexandria, VA  
(703) 739-2300

**1034 33rd Street, NW**  
Washington, DC  
(202) 337-0254

**6917 Arlington Road**  
Bethesda, MD  
(301) 652-0192

**GOLD LEVEL PARTNERS**

**Revolution Cycles**
revolutioncycles.com  
2731 Wilson Boulevard  
Arlington, VA  
(703) 312-0007

1066 Rockville Pike  
Rockville, MD  
(301) 424-0990

100 Susa Drive  
Stafford, VA  
(540) 657-6900

3411 M St. NW (Georgetown)  
Washington, DC, 20007
There are three pieces of business you must complete prior to riding in Bike MS: your minimum $300 in donations, your emergency form, and rider bib information.

1. YOUR MINIMUM $300
All cyclists must turn in at least $300 in donations prior to riding. This can be submitted in advance or at packet pick-up. You will not receive a rider number until we receive your minimum requirement.

2. WAIVER
All cyclists must sign a waiver and emergency form prior to riding. You can download a waiver online at www.MSandYOU.org/Bike and bring it with you when you pick up your packet. You will need your insurance card to complete the emergency form.

3. RIDER BIB
In addition to the waiver and emergency form, there is an emergency contact form on the back of your rider bib. It is crucial that you fill this out before the ride. While we hope it never needs to be used, it provides immediate information to emergency personnel should they need it.

Minor Policy
The National MS Society has a policy that no one under the age of 12 will be permitted to ride in Beyond the Beltway. Participants ages 12-17 must be accompanied by a parent/guardian (at least 21 years old) at all times (including in SAG vehicles). Both the child and the parent/guardian are required to fulfill the $300 fundraising minimum in order to participate.

Parents/guardians of children ages 12 to 17 must sign and have notarized a special waiver for minors. Download the waiver for minors at www.MSandYOU.org/Bike or call us at (202) 296-5363, option 2.
PACKET PICK-UP: June 5, June 8, and June 11-13

You only need to raise $300 to get your number, but remember to aim higher! You can also pick up for your friend(s) or teammate(s). As long as they have raised the minimum and give you a copy of their waiver form to turn in (which is available online), you can grab their packet for them.

PACKET PICK-UP LOCATIONS

**Saturday, June 5**
A-1 Cycling
2451-I3 Centreville Road
Herndon, VA 20170
10:00 a.m. - 1:00 p.m.

**Tuesday, June 8**
National MS Society Office
1800 M Street, NW
Suite 750 South
Washington, DC 20036
8:00 a.m. - 8:00 p.m.

**Saturday, June 12**
Medowkirk
38012 Delta Farm Lane
Middleburg, VA
7:00 a.m. - 9:00 a.m.

**Friday, June 11**
Medowkirk
38012 Delta Farm Lane
Middleburg, VA
5:00 p.m. - 8:00 p.m.

**Sunday, June 13**
Medowkirk
38012 Delta Farm Lane
Middleburg, VA
7:00 a.m. - 9:00 a.m.

Donations are accepted at Packet Pick-up, or:

**Pay or raise the minimum online.**
It’s the fastest, trouble-free way to fundraise. No paper, no mail. You don’t even have to leave your computer! Visit [www.MSandYOU.org/Bike](http://www.MSandYOU.org/Bike) to start fundraising today!

**Mail the minimum with a deposit slip to:**
National MS Society
1800 M Street, NW
Suite 750 South
Washington, D.C. 20036
Choose your challenge! We offer a route for everyone. Choose from three route options on one or two days.

One-day (Saturday-only) options

- 30 miles with 3 fully-stocked rest stops, and lunch at the finish
- 60 miles with 5 stops, including lunch
- 100 miles (century) with 8 rest stops, including lunch

One-Day (Sunday-only) option

- 50 miles with 3 rest stops, and lunch at the finish line

Two-day Challenge!

- Choose the 30, 60, or 100 mile Saturday option plus the 50 miles on Sunday for the full Bike MS: Beyond the Beltway challenge!

All Saturday riders have until **5:00 p.m.** to be through the final rest stop. All Sunday riders have until **1:00 p.m.** to be through the final rest stop. If you have not reached or departed by these times, you will be transported to the Finish Line. (Average cyclists pedal about 13-15 miles/hour.) Check your participant center for cue sheets.

**First-Class Support**

Every 10-15 miles you’ll find a rest stop featuring:

- Fun, festivities, and smiling faces of fabulous volunteers!
- FOOD! FOOD! FOOD! Including snacks and lunch for 60 & 100 mile riders (30 mile riders eat at the Finish)
- First aid kits at all rest stops and medical volunteers along the route
- Mechanical support from supporting Bike Shops
- Sunblock and other amenities
IMPORTANT TIMES & INFORMATION

START LOCATION & TIMES
Meadowkirk Retreat
38012 Delta Farm Lane
Middleburg, VA
SATURDAY:
100 mile - 7:30 a.m.
(必须 be on route by 8:00 a.m.)
60 mile - 8:00 a.m.
(必须 be on route by 8:30 a.m.)
30 mile - 8:30 a.m.
(必须 be on route by 9:00 a.m.)
SUNDAY:
50 mile - 8:00 a.m.
(必须 be on route by 9:00 a.m.)

SATURDAY & SUNDAY MORNING CHECK-IN
When you arrive at the ride, follow these steps to prepare for your adventure:
>
Pick up your packet & turn in your waiver form (if you have not done this already)
>
Put your rider bib (make sure emergency info is filled out!), your wristband, and the bike # on
>
If you have luggage please make sure it is clearly marked with your name & rider #, and drop it off at the luggage drop
>
If you’re on a team, find your teammates and go to the team photo area
>
Have a great ride!

For directions to Meadowkirk go to www.MSandYOU.org/Bike

PARKING
There is only one entrance and exit to Meadowkirk, as such there are strict parking regulations enforced in order to control the flow of vehicles for the safety of all our participants, volunteers, friends and families who join us during the weekend. Please be observant and respect these regulations at all times. Thank you.

FRIDAY, JUNE 11
5:00 pm- 8:30 pm  Cars may enter/exit the site; parking in designated areas only
8:30 pm  Cars may enter only and park in designated areas only
9:00 pm  Site closed

SATURDAY, JUNE 12
5:30 -9:30 am  Cars may ENTER ONLY, parking in designated areas
9:30 -8:30 pm  Cars may Enter & Exit, parking in designated areas
NOTE: cars will be entering alongside the Finish Chute - please be aware and mindful of cyclist traffic!
8:30 pm  Site Closed - EXIT ONLY

SUNDAY, JUNE 13
5:30 -9:30 am  Cars may ENTER ONLY, parking in designated areas
9:30 -2:00 pm  Cars may Enter & Exit, parking in designated areas
NOTE: cars will be entering alongside the Finish Chute - please be aware and mindful of cyclist traffic!
3:00 pm  Site Closed
Sleeping Arrangements
Holiday Inn at Carradoc Hall
1500 East Market Street
Leesburg, VA 20176
703-771-9200
National MS Society Rate: $115/night
Reservations must be made by May 14, 2010.
The Holiday Inn is about 20 minutes from Meadowkirk.

Camping at Meadowkirk
If you have your own tent and gear, you are welcome to come early and camp out Friday and Saturday nights, free of charge!
Site opens Friday at 5pm.

Meadowkirk Inn
This on-site hotel is reserved for members of the Top 50 Club. For more information see page 6.

Transportation
There will be a shuttle available Saturday evening from Meadowkirk to the Holiday Inn as well as a return trip on Sunday morning to Meadowkirk. It will run at limited times so be sure to check the weekend schedule in your rider packet for more information.

Route Opening:
All cyclists must be on the route 30 minutes after it opens. For route times see page 19.

Route Closing:
All Bike MS participants MUST be through the final rest stop no later than 5:00 p.m. on Saturday and 1:00 p.m. on Sunday. We will make every effort to work with you to complete the ride. However, all cyclists who have not reached this point will be picked up and transported to the finish.

Weather:
Beyond the Beltway happens regardless of the weather, so be prepared for rain or (hopefully) shine. In the event of rain, bring garbage bags to protect your gear and line your suitcase with a garbage bag. You should also have a waterproof jacket or windbreaker with you.
Your weekend experience

Saturday Finish Line!
CONGRATULATIONS! You made it! Grab your stuff, enjoy a shower, massage, a cold beer, tasty food, and plenty of festivities. Be sure to check out what is going on in Team Village. Celebrate everyone who makes the ride a success at the awards ceremony in the evening.

Saturday Swimming – 1-4 p.m.
The Meadowkirk Retreat pool will be open from 1-4 p.m. for your enjoyment. Appropriate attire required, no alcohol allowed.

Saturday Dinner – 4:30-7 p.m.
Chow down on a delicious meal donated by Waterford Receptions. They will be providing a carb and protein boosting meal!

Bike parking
A bike corral will be set up onsite at Meadowkirk. It will be guarded overnight by security personnel. The corral is not covered, please come prepared with trash bag, tarp, or other means to cover your bike if needed.

Luggage
Make sure your luggage is clearly labeled with your name and rider # prior to dropping it at the luggage drop when you arrive in the morning. You can pick it up when you finish the ride. You can also leave it in your car if you choose.

Massages – 2-8 p.m.
Located in the Welcome Center, you can pay $20 for 15 minutes or $1.50 per minute for a massage. Mark Bell of National Capital Area Sports Massage Team is generously donating 10% back to the chapter.

Beer Garden – 3-8 p.m.
Celebrate Bike MS with an ice cold beer! You must be at least 21 years of age to enter the beer garden.

Sunday Breakfast – 6:45-7:45 a.m.
An energy-boosting breakfast will be served on Sunday morning.

Shower Truck
Available behind the pool house the entire weekend.

Sunday Ride Times
The route opens at 8:00 a.m. all cyclists must be on the route by 9:00 a.m. All riders must be through the final rest stop by 1:00 p.m. or they will be picked up and taken to the finish. The route closes at 2:00 p.m.

SUNDAY RIDE PARTY

After finishing the second day of this great ride, join the party! Celebrate your achievement with a Subway donated lunch, music, and the adoration of your fans. Invite your friends and family along to cheer for you at the finish line!
Be a part of the best party at Bike MS: The Team Village!

The Team Village is like a Bike MS block party with all of the teams hosting their own team tent. When all of those party tents are gathered together, it creates one huge celebration! Teams can reserve space and either rent or bring a tent, table and chairs. After that, the possibilities are endless! Teams can bring food to feed hungry cyclists, pick a theme and decorate, set-up games and activities and show their team spirit! Under your tent, your team’s cyclists, volunteers, and special guests can gather to celebrate your team’s accomplishments, toast your team’s physical and philanthropic victory, and spur you on to the next day’s ride.

NEW LOCATION: The Team Village is THE place to be! Last year, you told us that the Team Village felt distant and too far from the main party. We listened and made a huge change to better suit your needs: The Team Village will be located at the heart of the overnight celebration, directly next to the hotel and just steps from the meals, beer garden, pool, and DJ! You’ll be side by side with your fellow teams to celebrate an awesome Bike MS weekend!

To find out more about the Team Village and how your team can be a part of it, contact Teams@MSandYOU.org and request the official Bike MS Team Village Guide today!
**DON’T FORGET...**

**WHAT TO HAVE AS YOU RIDE:**
- Bicycle (duh!)
- Helmet (required)
- Patch kit & spare tube
- Mini-air pump
- Rider number
- Energy bars
- Cycling shoes
- Camera
- Cycling gloves

**WHAT TO PACK:**
- First aid kit
- Jersey & padded cycling shorts
- Sunscreen & lip balm
- Windbreaker
- Rain gear
- ID & money
- Sunglasses
- Water bottle (all rest stops will be "cup free")
- Advil/Tylenol
- Medication
- Toiletries
- Clothes for Saturday night - comfy shoes, outerwear (it gets chilly)
- Alarm clock
- Garbage bags (use these to line your bag in case of rain)
- Swimming suit
- Linens (towel and blanket)
- First aid kit
- Camping items

While we provide more than enough food at each rest stop, we suggest that you bring extra energy bars with you as fuel supplies for emergencies (or if you don’t like what we have!).

**YOUR FRIENDS AND FAMILY**

Make sure your key support groups are there to cheer you on! Invite your friends and family to spend the day or weekend with you as you tackle this challenge. We encourage them to volunteer with us at the Start/Finish location or host a rest stop. If they are staying the weekend, there will be a small fee for them to join us for meals and activities. Find out more about how they can get involved at [www.MSandYOU.org/Bike](http://www.MSandYOU.org/Bike) or call us at (202) 296-5363, option 2.
BIKE MS: BEYOND THE BELTWAY WOULD NOT BE A SUCCESS WITHOUT THE DEDICATION, HARD WORK, AND SUPPORT OF VOLUNTEERS.

Make your mark by encouraging relatives, co-workers, and friends to support you by volunteering at Beyond the Beltway. Are your kids in any school or civic groups? Would your company like to support its team? All volunteers receive a volunteer t-shirt.

We offer numerous opportunities to get involved in ways that best fit the talents, abilities, and interests of each volunteer or group.

And by joining together with friends, family members and coworkers, volunteers can share the Beyond the Beltway experience and make an even bolder mark against multiple sclerosis.

Ask your family, friends and co-workers to visit www.MSandYOU.org/Bike or call (202) 296-5363, option 2 to register as volunteers, start a volunteer team or learn more.
SPECIAL THANK YOU to the **Beyond the Beltway** Planning Team

Beyond the Beltway’s success is due to the hard work of the planning team. These cyclists consult with our staff all year round to assist with planning the ride. Thank you!

**WE WANT YOUR INPUT**

We are always looking for ways to improve the ride and you can help. Become a part of the planning team and assist us in planning the Bike MS: Beyond the Beltway. Simply call **(202) 296-5363**, option 2 or e-mail us at BikeMS@MSandYOU.org.
What is MS?

Multiple sclerosis is a chronic, unpredictable neurological disease with no known cause or cure that affects the central nervous system.

In MS, a person’s immune system attacks the fatty tissue called myelin that surrounds their nerve fibers. When myelin or the nerve fiber is destroyed or damaged, the ability of the nerves to conduct electrical impulses to and from the brain is disrupted.

This causes symptoms such as:

- Fatigue
- Numbness
- Walking, balance & coordination problems
- Bladder dysfunction
- Vision problems
- Dizziness
- Pain
- Cognitive issues
- Emotional changes
- Depression
- Spasticity

Someone living with MS may experience unpredictable acute attacks, progressive decline or both.

Who gets MS?

Approximately 400,000 Americans have MS, and every week more than 150 people are diagnosed. The National Capital Chapter is home to more than 6,500 people living with MS in the D.C. metropolitan area.

Up to four times as many women have MS as men. Most people with MS are diagnosed between the ages of 20 and 50. A small but growing number of diagnoses are being made among children and teens.

What treatments are available?

There is no cure for MS, only treatments that stall the course of the disease for many people. The six FDA-approved disease-modifying therapies, which all require daily or weekly injections, were developed with the help of the National MS Society and the support of events like Bike MS.

People also may take a dozen other drugs to control their MS symptoms. The lifetime cost of living with MS is nearly $3 million for medications, home modifications and lost wages.
If you or someone you know has MS, please contact the National Multiple Sclerosis Society today at www.MSandYOU.org to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. The National MS Society’s medical advisors recommend that people with MS talk with their health care professional about using one of these medications and about strategies and effective treatments to manage symptoms. The National MS Society is committed to ensuring that people with MS have the information and quality care they need to live healthy, productive and independent lives.
MS STOPS PEOPLE FROM MOVING.
WE EXIST TO MAKE SURE IT DOESN’T.

THANK YOU TO OUR SPONSORS

SPECIAL THANKS TO:
Andrew McCasker, Loudoun County EMA, Loudoun County Sheriff’s Department, Fauquier County Sheriff’s Department, Loudoun & Warrenton VDOT, Gold Wing Road Riders Association, volunteer HAM Radio Operators, the many jurisdictions police support, Jason Meyer, the Orleans Market, and rest stop hosts.

ABOUT MS
Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis.

ABOUT THE NATIONAL MS SOCIETY
MS stops people from moving. The National MS Society exists to make sure it doesn’t. We do this through our home office and 50-state network of chapters by funding more MS research and providing more services than any other volunteer-driven health organization.

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. National MS Society medical advisors recommend that people with MS talk with their health care professional about using one of these medications and about strategies and effective treatments to manage symptoms. If you or someone you know has MS, please contact the Society today at www.MSandYOU.org or 202-296-5363 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.