

# RIDER NUMBER INSTRUCTIONS

## Cyclist Bib



Pin this number to the **back of your jersey** or shirt with the enclosed safety pins.

**The number should be always visible.**  
It identifies you as a participant.

**You must fill out the emergency information** on the reverse side prior to the start of the ride on Sunday morning.

## Bike Plate



Attach this bike Plate with the enclosed ties to the front handlebars of your bike with the route are you participating in facing out prior to your arrival on Sunday Morning.

## Bag Restrictions

For the safety of our participants, **large bags are not allowed on the course** including bags with shoulder straps (including backpacks, hydration packs, drawstring bags, messenger bags), panniers or bags that hang on side of your bike, covered baskets, or any bag over 420 cubic inches. Approved bags include saddle bags, frame bags, fanny packs and uncovered baskets. Visit website for full details of restrictions.

## Wristband

All New York City cyclists must wear the enclosed wristband to access all New York City finish line festivities, including the lunch from Bareburger and t-shirt pick up. Most importantly, **YOUR WRISTBAND IS IMPRINTED WITH A MEDICAL EMERGENCY CONTACT NUMBER.** Use this during the ride if you encounter an incident. In the case of a true emergency, call 911.



## "I Ride for..." Ribbons

Everybody has a reason for participating in Bike MS. The orange ribbon enclosed serves as a reminder of why we ride. Proudly wear this ribbon Bike MS weekend. Tie to your bike or pin it to your jersey. Your ribbon provided by New York City mission sponsor Evernorth.



## Stickers at the Start

### Team Captains, Top Fundraisers and Rookie Riders!

Pick Up your designated sticker at the start line and wear with pride. **All cyclists** help us ensure that our Rookie Riders feel welcome by connecting with them. Plus, thank Top Fundraisers and Team Captains for going above and beyond



# IMPACT CORNER

YOUR LIFE-CHANGING IMPACT AT A GLANCE



“For many years, progressive MS patients have been told there is nothing else that can be done for them, but now there is something else we can try—**there is hope!** It’s beautiful to hear that we have **new options.**”

— Brian, diagnosed in 1999

Together, we’ve achieved more breakthroughs for MS than the world has seen for any other neurological disease. With your help, the Society has been the driving force for the progress the world has seen so far for MS and is the best investment you can make to get us closer to a world free of MS. Together, we can be the generation that ends the disease and changes life for millions of people affected by MS.

Funded over  
**\$1.1 billion**  
IN RESEARCH since 1946

**24,905 ANNUAL PROGRAM PARTICIPANTS**  
People who participate in Society programs live better lives — they are less isolated, better informed and happier



Paved the way for **ALL**  
**MS TREATMENT OPTIONS** that exist today

**100%**   
**OF PEOPLE AFFECTED BY MS**  
nationwide have access to a MS Navigator — a dedicated partner for overcoming challenges

## FUNDRAISING INCENTIVES

We know you ride for a world free of MS, but who does not love some friendly competition and appreciation along the way?

Reach **\$1,000 by ride day** to receive the **commemorative 2022 New York City top fundraiser jersey** and other great ride day perks.

Keep the fundraising momentum going until **November 23** and qualify to receive some additional Bike MS gear.



**\$500** Bike Socks or a stainless-steel sports bottle.



**\$1,000 Club K**

Your choice of a Bike MS sport jacket (zip-up knit thermal) or a Bike MS blanket (with double-sided soft and warm Sherpa fabric).



**\$2,500 High Rollers**

Waterproof Bluetooth speaker or The North Face® vest.



**\$5,000 Passport Program**

**Ride in any additional Bike MS event for free!** Plus, receive an exclusive Bike MS Passport Jersey and your choice of a Gravenhurst insulated jacket or Thule® Subterra duffel.