



# HARMONS BEST DAM BIKE RIDE

PRESENTED LOCALLY BY **HARMONS**

JUNE 24-25, 2017  
CACHE VALLEY FAIRGROUNDS



# 2017 RIDER *guide*

[BIKEMS.ORG](http://BIKEMS.ORG)

*Don't just ride, Bike MS*

# THANKS FOR BEING A PART OF BIKE MS: HARMONS BEST DAM BIKE RIDE!

Are you ready for an amazing time? Because this year's event weekend is better than ever! In addition to two days of rides through beautiful Cache County, you'll kick back and relax with friends over delicious food and beverages. You'll enjoy some country tunes, and you'll do it all knowing, in your big, glowing heart, that you've joined together with a family dedicated to a deeper purpose: to conquer MS once and for all. We're so grateful for your commitment to raise funds and rally together before, during and after Bike MS weekend. Thanks for joining us for this very special weekend!



**Bike MS Director:**  
**Geoff Doiron**  
**801-523-2998**  
**[geoff.doiron@nmss.org](mailto:geoff.doiron@nmss.org)**

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# 2017 EVENT SCHEDULE

## FRIDAY - JUNE 23, 2017

ALL DAY	Riders arriving to set up camp at the fairgrounds
5:00-8:00pm	Hospitality & information tents open Enjoy live music in the Team Village
5:00-9:00pm	Rider check-in open
5:30-8:00pm	150 Club dinner available at the Harmons tent (RSVP required)
7:00-7:30pm	New rider orientation in the first aid building

## SATURDAY - JUNE 24, 2017

4:00am	Set-up for ride begins (If you are camping be prepared to put in your ear plugs!)
5:45-7:30am	Team Photos / On Stage in Team Village
6:00-7:00am	Continental Breakfast served /VIP breakfast served in VIP Tent for 150 Club
6:00-7:30am	Rider Check-In open
6:00am	IRWMS group photo in the Team Village
<b>7:00am</b>	<b>RIDE BEGINS (start line on 500 West)</b>
ALL DAY	Information Tent
9:00am-4:00pm	Riders crossing the finish line all day <b>CHEER THEM ON!</b> Snowie opens! One Free Snow Cone for Cyclists & Volunteers!
10:30am-2:30pm	Lunch at Fairgrounds open for 43 milers (all others receive lunch on the route)
<b>10:00am</b>	<b>43 / 76 MILE SPLIT CLOSES</b>
<b>11:00am</b>	<b>76 / 101 MILE SPLIT CLOSES</b>
4:00pm	Route closes - SAG vehicles will transport remaining riders back to Fairgrounds
4:00-5:30pm	Live entertainment in the Team Village
5:00-7:00pm	Dinner served; VIP dinner served in Hospitality Tent
5:30-6:30pm	Awards Party and Program in the Team Village. Winners for opportunity drawing announced.
7:30-9:30pm	Bike MS Pool Party (Logan Aquatics Center, across the street from the Fairgrounds)

# 2017 EVENT SCHEDULE

## SUNDAY - JUNE 25, 2017

6:00-7:00am	Breakfast served (eggs, pancakes, hash browns)/VIP breakfast in VIP Tent for 150 Club
6:00am-1:00pm	Bike Lock Up
6:30-7:00am	Rider Check-In open
7:00-8:00am	Open start for all riders
9:00am-1:00pm	Riders crossing the finish line – CHEER THEM ON!
10:00am-1:00pm	Lunch at the Fairgrounds for all riders
10:00am	BLACKSMITH FORK CANYON CLOSES (NO RIDERS ALLOWED UP CANYON AFTER 10AM)
1:00pm	Route closes - SAG vehicles will transport remaining riders back to Fairgrounds
4:00pm	Fairgrounds clean-up

THE 2017 BIKE MS RIDE CLOSSES ~ THANKS FOR EVERYONE'S SUPPORT!



## THE RIDE

Riders may choose the Day One routes with 101, 76, or 43 mile options, and/or the Day Two routes with 20 or 50 mile options.

### DAY ONE: SATURDAY

**101 mile option:** This route begins heading east, stopping in Benson, Newton and then taking riders up into Dayton Idaho. Lunch is provided in Lewiston after rider's head back towards Newton and Benson. Please note, century riders who have not reached the mile 40 turn off to head to Dayton by 11am will be redirected to the 76-mile route.

**76 mile option:** This route is similar to the century route but skips the journey after the Newton reach stop towards Clarkston and up into Dayton Idaho. Riders will enjoy lunch at the Lewiston Rest Stop.

**43 mile option:** This route is similar to the 76-mile option but skips the journey up towards Cornish and the Lewiston area. Riders who select this option can enjoy lunch back at the fairgrounds.

### DAY TWO: SUNDAY

**50 mile option:** This route is a classic and one of the most scenic rides in Utah! You'll ride up Blacksmith Fork Canyon to Hardware Ranch and back.

**20 mile option:** This route flows through Millville and Hyrum with none of the climb up Blacksmith Fork Canyon.

# WHAT TO BRING

## EQUIPMENT

- Bike
- Helmet - Required
- Water bottles
- Extra tubes & patch kit
- Bike pump or air cartridges

If camping:

- Towel & shower shoes
- Sleeping bag, pad, and pillow
- Tent

## OTHER

- Prescription medications
- Nutrition bars/gels for ride
- Lip balm
- Sunscreen
- Insect repellent
- Chamois cream
- Toiletries
- Sunglasses
- Camera/phone

## APPAREL

- Jerseys for riding
- Clothing for evening activities
- Socks
- Shorts
- Cycling shoes
- Street shoes
- Undergarments
- Rain gear
- Hat/Cap
- Sleepwear



## IMPORTANT INFORMATION

You will receive a rider number and wristband at check-in/packet pick-up.

### RIDER NUMBER INFO:

Rider numbers will be available at packet pick-up. The top 150 bib numbers will be assigned yearly based on your fundraising level from the prior year and for identification of your bike at the ride.

- Attach the two-sided rider number plate to your bike.
- Attach the large rider number bib to the front of your jersey or shirt. Safety pins are available for your convenience.
- Attach the smaller rider number sticker to your helmet so we can ID you in photos.

### WRISTBAND INFO:

Your wristband and packet items are the keys to the ride. The wristband is your ticket to all services and meals and must be worn at all times during the event.

To preserve the integrity of those who fundraised for Bike MS, cyclists will not be provided services at the start and finish areas, on the route, or at the rest stops unless a rider number and wristband are worn.

### FUNDRAISING MINIMUM: \$250 FOR ALL CYCLISTS

As a fundraising ride that brings in more than \$1.2 million, we rely on the support and contributions of ALL cyclists to help us reach our goals. Each rider must meet the \$250 fundraising minimum before receiving his or her rider packet.

### SAFETY STARTS WITH YOU

The safety of Bike MS participants is our number one priority. However, it is also the responsibility of each individual cyclist to be knowledgeable and adhere to safe practices. Please familiarize yourself with the following safety tips and guidelines.

#### Official Bike MS Safety Initiatives

- The minimum age to participate is 12 years old at the time of the ride. No exceptions will be granted. A notarized waiver must be signed prior to picking up packet.
- Attachments to bikes for transporting children and/or pets are not allowed. This includes, but is not limited to, bike trailers, tagalong or trail-a-bike products, and child carrier seats.

## RULES OF THE ROAD

When you ride a bike on the road, you are a driver; therefore, you have the same road responsibilities as the driver of an automobile. Be sure to follow these rules as you ride:

- **REQUIRED:** Wear a helmet
- Obey all traffic signals and signs
- Never wear headphones or cell phone earpieces
- Ride on the right side of the lane, a few feet from the edge
- Ride in the same direction as traffic
- Ride in single file to allow traffic to pass
- Only ride two abreast when not impeding traffic
- Pass on the left only and allow riders to pass
- Give hand signals when stopping or turning
- When approaching an accident, give plenty of clearance around the rider and medical crew or stop and offer assistance

## RIDING ETIQUETTE

Riders must follow the rules of the road, but it is just as important to follow these cycling etiquette tips:

- Ride in a straight line – do not weave
- Cross railroad tracks at a right angle
- Make eye contact with drivers before turning
- Glance back often, always before moving right or left
- Watch out for yourself—don't depend on other riders to spot hazards
- Talk to your fellow riders—"car back", "on your left", "stopping", etc.
- Before passing, look to be sure it is clear, then signal
- When passing another cyclist, call out "on your left"
- When you hear someone say "on your left", do not turn around—hold handlebars steady and your bike straight and allow them to pass

## RIDING IN INCLEMENT WEATHER

Utah weather can be unpredictable. Bike MS will go on rain or shine. Follow these techniques to stay safe in less-than-ideal conditions:

- Allow for longer braking distances
- Brake more gently on slick surfaces and use the front brake less
- Turn and accelerate more gently to prevent sliding on slick surfaces
- Pay special attention to other slick surfaces such as manhole covers, painted traffic markings, and oil slicks
- Be prepared to put a foot down for balance
- After riding in the rain, lubricate your bike chain to help prevent rusting



## MEDICAL EMERGENCIES

Dial 911 immediately. Inform us at net control at 801-326-0304.

## MECHANICAL BREAKDOWNS

To get a SAG vehicle dispatched to you, please call net control at 801-326-0304. Bike mechanics will also be on-hand during the event at the starting line, rest stops, and along the routes. Repairs are free of charge, but you will need to cover the cost of any parts.

## REST STOPS

Get refueled with water, grab a snack, take a health break, or request mechanical support at one of our numerous rest stops (located every 8-12 miles).

## FIRST AID

Basic first aid will be available at all rest stops and in the SAG vehicles. EMTs will be in team village to support riders with more serious concerns.

## NEED A LIFT?

SAG vehicles, identified by a sign, are happy to give you and your bike a ride. At peak hours, SAG vehicles may be full, and once on, they may not drive directly to the team village. Be patient, we will get you there ASAP.

### **How to Signal SAG Vehicle**

To signal the SAG vehicle: (1) move off the road and out of the path of other riders (2) dismount and stand near your bike and (3) extend your hand and give a “thumbs down” signal so the driver can see you.

In the interest of safety for all of our participants, we must limit the number of motorists on the route. No personal vehicles are allowed anywhere in or around any of our rest stops. If personal vehicles are present along the route or at rest stops, not only can safety be compromised, but also our ability to use those venues in the future will be jeopardized. We provide plenty of SAG vehicles throughout the ride, equipped with HAM radios. They will transport any cyclists in need.

## NEED TO MEET FAMILY?

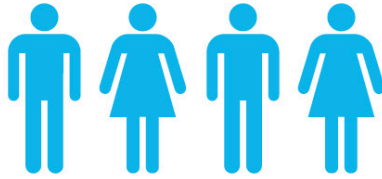
Make plans to meet friends and family at the finish line each day.

## ROUTE MAPS

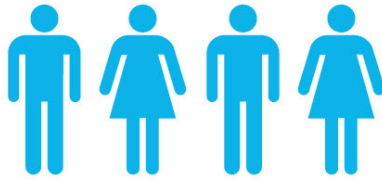
Will be provided at registration/check-in. Occasionally, last-minute changes are made to the route maps after they're printed. To avoid going off course, follow marked route signage and left-turn traffic directors. Detailed maps can be found on our website and downloaded to your mobile phone.



BIKE MS IS THE  
**LARGEST**  
ORGANIZED CYCLING  
SERIES IN THE COUNTRY



APPROXIMATELY  
**100,000 PEOPLE**  
RIDE IN A BIKE MS EVENT EACH YEAR



THERE  
ARE **100 BIKE MS**  
RIDES AROUND THE COUNTRY





## FUNDRAISING CLUBS

### HELP US REACH OUR \$1.2 MILLION FUNDRAISING GOAL!

After event weekend, we strongly encourage you to share your event photos and Bike MS stories with all of your friends. Doing so inspires them to give back to the cause. Plus, you may qualify for sweet prizes, a 2017 Bike MS jersey, and land a spot in our illustrious fundraising clubs. Deadline for fundraising is July 31, 2017. For fundraising tips and incentives, visit our website at [bikeMSUtah.org](http://bikeMSUtah.org). Thanks again for joining us at Bike MS!

## 2017 BIKE MS FUNDRAISING CLUBS

### SPOKES CLUB

\$600 - \$1,199

Bike MS jersey

Summit Group Prizes

### STEEL SPOKES CLUB

\$1,200 - \$2,499

Bike MS jersey

Summit Group Prizes

### CARBON SPOKES CLUB

\$2,500 - \$4,999

Bike MS jersey

Summit Group Prizes

### PASSPORT CLUB

\$5,000 - \$9,999

Bike MS jersey

Passport to participate in any other Bike MS ride through June 30, 2018 for a \$50 registration fee (no fundraising required) - travel paid by participant. Learn more at [bikems.org](http://bikems.org).

Summit Group Prizes

### CHAMPIONS CLUB

\$10,000 - \$24,999

All Passport Club benefits

You and a guest receive tickets to the Dinner of Champions in September 2017

### TOUR OF CHAMPIONS

\$25,000+

All Champions Club benefits

Expenses-paid trip to any other Bike MS passport event OR to the National MS Society Tour of Champions, an event with other top fundraisers from across the nation. Participants raising \$30,000+ may bring a guest at no charge. Trips are not transferable or exchangeable for other goods and services.

## 2016 TOP 150 CLUB

1. Don Ipson	\$34,775	40. Thomas Welker	\$2,760
2. Linda Blocker	\$30,000	41. Steve Hughes	\$2,760
3. Willie Blocker	\$30,000	42. Becky Lyttle	\$2,695
4. Anonymous Rider	\$30,000	43. Bruce Jones	\$2,658
5. Ann Coleman	\$21,046	44. Wayne Sowers	\$2,650
6. Kimberly Gerard	\$15,877	45. Richie Smith	\$2,630
7. Frank Lundquist	\$15,625	46. Emily Fages	\$2,625
8. Christopher Bias	\$14,800	47. Dan O'Brien	\$2,605
9. Mark Jensen	\$14,775	48. Rich Anderson	\$2,565
10. Bob Harmon	\$12,695	49. David Sebesta	\$2,560
11. Kevin Bauer	\$10,000	50. Jackie Bonner	\$2,543
12. Sharon Cahoon-Metzger	\$7,990	51. Anthony Anstine	\$2,505
13. Kendall Robins	\$7,406	52. Mark Purcell	\$2,500
14. Andrea Townsend	\$7,216	53. Jerry Byrne	\$2,470
15. J Greg Spencer	\$6,475	54. N Savas	\$2,405
16. David Deisley	\$6,028	55. Robert Obray	\$2,395
17. Dean Peterson	\$5,800	56. Chris Colgan	\$2,375
18. Greg Jones	\$5,450	57. Rik Dunham	\$2,370
19. Janet Deisley	\$5,335	58. Scott Lyttle	\$2,311
20. Damon Coombs	\$4,500	59. Steven Ferguson	\$2,310
21. Maureen Harte	\$4,279	60. Jack Marcelis	\$2,305
22. Rex Parker	\$4,125	61. Ian Frame	\$2,268
23. Leslie Wood	\$4,070	62. Steven Healey	\$2,225
24. Rachel Taylor	\$4,020	63. Michael Feroah	\$2,185
25. Blaine Blonquist	\$3,755	64. Barbara Wallin	\$2,180
26. Lynn Bohs	\$3,360	65. Drake Fages	\$2,175
27. Gordon Myre	\$3,326	66. Brian Bush	\$2,100
28. Tim Roush	\$3,285	67. Molly Hanrahan	\$2,099
29. Kristin Anderson	\$3,040	68. Bryon Dangerfield	\$2,075
30. Safia Keller	\$3,050	69. Shelley Schwartz	\$2,075
31. Greg Goins	\$2,950	70. Steve Bills	\$2,025
32. Jennifer Jones	\$2,908	71. John Hanrahan	\$2,005
33. Ozeanna Schoeps Hortin	\$2,895	72. Scott Kirkham	\$2,000
34. Ann Hoffman	\$2,890	73. Susanne Muecke	\$2,000
35. Aaron Pauls	\$2,880	74. Abby Staible	\$2,000
36. Raymond Brideau	\$2,850	75. Monica Kirkham	\$2,000
37. Gregory Chapman	\$2,804	76. Laura Wiecks	\$1,925
38. Frank Roskelley	\$2,790	77. Jim Gutzwiller	\$1,915
39. Lars Erickson	\$2,760	78. Barbara Kimball	\$1,881

79. Mark Lavin	\$1,870	117. Todd Oldroyd	\$1,370
80. Michael Robertson	\$1,854	118. Ashantai Yungai	\$1,370
81. Ruth Hoffmann	\$1,849	119. David Smith	\$1,365
82. Tony Hoagland	\$1,825	120. Jenny Sorenson	\$1,365
83. Mary Beth Vogel-Ferguson	\$1,800	121. James Boesch	\$1,365
84. Lynn Gutzwiller	\$1,780	122. Chris Gamvroulas	\$1,350
85. Karen Sanchez	\$1,775	123. Dave Chasse	\$1,345
86. Todd Roane	\$1,750	124. Jonny Atencio	\$1,340
87. Lindsey Welker	\$1,725	125. David Barski	\$1,335
88. Al Leavitt	\$1,715	126. Taylor Moon	\$1,330
89. Jay Spector	\$1,705	127. Jo Garuccio	\$1,320
90. Brandon Dillon	\$1,700	128. Denise Chasse	\$1,320
91. Randy Anderson	\$1,700	129. Kenneth McCall	\$1,300
92. Gale Grover	\$1,700	130. Shannon Gormley	\$1,300
93. Windi Jones	\$1,685	131. Connie Lundberg	\$1,300
94. Margie Madden	\$1,685	132. Andi Bai	\$1,300
95. Brad Hanley	\$1,677	133. Andrea Bai	\$1,300
96. Shaun Sorensen	\$1,675	134. Robert Houk	\$1,280
97. Randy Gunn	\$1,675	135. Andy Fitzgerrell	\$1,270
98. Todd Eppley	\$1,640	136. Terry Sommerdyke	\$1,255
99. Andrea White	\$1,635	137. Jonathon Thompson	\$1,255
100. Kenneth Schaecher	\$1,600	138. Michael Rodriguez	\$1,250
101. Jim Keetch	\$1,595	139. Jackie Rodriguez	\$1,250
102. Zach Knappenberger	\$1,575	140. Todd Groll	\$1,240
103. Renee Welty	\$1,570	141. Candice Bown	\$1,240
104. Julie Davis	\$1,553	142. Ralph Wolfe	\$1,240
105. Linda Peterson	\$1,515	143. Travis Pugh	\$1,225
106. Malinda Sweat	\$1,500	144. David Koenig	\$1,224
107. Ernie Sweat	\$1,500	145. Krista Groll	\$1,220
108. Kenneth Allen	\$1,495	146. Kent Ericksen	\$1,220
109. Ryan Jakeman	\$1,485	147. Damon Fischio	\$1,215
110. John Griffiths	\$1,460	148. Bill Hendrickson	\$1,210
111. Peter Robinson	\$1,425	149. Coy McAfee	\$1,210
112. Troy Callantine	\$1,420	150. Ralph Marwedel	\$1,205
113. Jeffrey Miller	\$1,420		
114. Brian Tustin	\$1,385		
115. Kate Fielder Jenkins	\$1,380		
116. Bill Davis	\$1,378		

## SHARE THE LOVE

### ROUTE PHOTOS

A photographer and videographer will roam Bike MS snapping pics and video. We'll post them after the event.

### SHARE YOUR PHOTOS ON SOCIAL MEDIA

Tag your photos with #bikeMSutah

### BIKE MS TEAM AND GROUP PHOTOS

Saturday 5:45-7:30 a.m.

Saturday 4-6 p.m.

Assemble your team so we can capture those BIG smiles. We'll also take photos of Top Fundraisers, and this year's Team Captains. Listen for directions over the PA system. Location > Team Village Mainstage.

### LOOKING FOR US ON SOCIAL MEDIA?

Facebook: bikemsutah

Twitter: @bikeMSutah

### THE HONORARY "I RIDE WITH MS" LAP PHOTOS

If you're participating in this year's very cool IRWMS ride, join together for a group pic! Location > Team Village Mainstage at 6am.



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# *Bicycling* PRIMAL

PRESENTED LOCALLY BY

**HARMONS**  
NEIGHBORHOOD GROCER™

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xfinity



saltlake  
MAGAZINE

ROCK  
106.7  
MAN UP



*Jerry H. Miller*  
Group of Companies



LOCAL BIKE SHOP PARTNERS



PERFORMANCE  
BICYCLE



TREK  
BICYCLE STORE

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Don't just ride, Bike MS