



Rhode Island Chapter 25th Anniversary

# Ride the Rhode 2012

## Ride Guide



Rhode Island  
Chapter

**June 16-17, 2012**

# A note from Catie and the RI Chapter:

Dear Cyclist,

**THANK YOU** for registering for our 25th Anniversary Bike MS ride - Ride the Rhode 2012! This is the largest, most successful event for the National Multiple Sclerosis Society, Rhode Island Chapter, and truly helps us to accomplish our mission *to end the devastating effects of multiple sclerosis*. Your participation helps to improve the quality of life for our 20,000 neighbors affected by the unpredictability of MS.

In this book you will find all the essential information about cycling in Bike MS. From fundraising tips, to nutrition and bike safety, this book should be your "go to" when you have questions about cycling or our event. It will also provide you with all the necessary information about what you should expect for the weekend of Bike MS. If once you've read this handy Ride Guide cover to cover you still have questions, please contact me at [Catie.Fauvelle@nmss.org](mailto:Catie.Fauvelle@nmss.org) or 401.738.8383 option 2.

Also don't forget to check out our website at [www.bikemsrhodeisland.org](http://www.bikemsrhodeisland.org) for information and updates.

Thank you again for registering. We look forward to seeing you on the ride!

Cheers,



Catie Fauvelle  
Director of Development  
[Catie.Fauvelle@nmss.org](mailto:Catie.Fauvelle@nmss.org)

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# Bike MS: Ride the Rhode 2012

## Route Support

- Professional mechanical assistance on the route (all repairs free of charge).
- Support vehicles offering rides to cyclists.
- Professional communications and medical support along the route, at lunch stops and at the Start and Finish.

## Overnight

- Lodging is provided at Wheaton College (Wheaton) in Norton, MA. Your room assignment will be provided at dorm room check-in on June 16th at Wheaton.
- Rooms at Wheaton College are provided to registered cyclists and volunteers who have paid \$60 in advance for a room.
- There will be **no** bed linens provided at Wheaton. Bring a sleeping bag or linens for your bed or you will be sleeping on a college issued plastic mattress. Ewwwwww!
- Unfortunately Wheaton College does not allow camping on the grounds.
- Blocks of rooms have been set up at local hotels. Transportation will be provided to these hotels from Wheaton once an hour, every hour, from 3-8PM. Information on blocks of rooms can be found on the Event Details page at [www.bikemsrhodeisland.org](http://www.bikemsrhodeisland.org)

## Meals & Snacks

- Rest Stops every 10-15 miles with high-energy snacks & drinks. (Plan to bring your own snack if you think you will want snacks between rest stops).
- Sandwiches will be provided for Saturday lunch.
- BBQ and beer at the Wheaton finish line.
- Dinner on Saturday night provided by Wheaton College. Dinner choices will include a vegetarian option and lots of pasta.
- Sunday's breakfast provided by Wheaton College and will include meats and plenty of carbs.
- Sandwiches will be provided for Sunday lunch.
- Sunday finish line barbecue. To purchase tickets for family & friends, contact the Chapter office at 401-738-8383 option 2 by June 1, 2012. The cost is \$15 per ticket.

## Luggage & Bikes

- Luggage is transported via FedEx trucks (Thank You FedEx!) throughout the entire weekend. Prior to the ride, we will send you luggage tags with your rider number. You will be responsible for dropping off your luggage at the designated location both mornings and also picking it up both afternoons. Try to pack lightly PLEASE!
- The National MS Society will not be responsible for lost, stolen or damaged bicycles or luggage.

# What to Bring to Bike MS 2012

- \_\_\_ **2 water bottles (1 is not enough)**
- \_\_\_ Extra tire tubes
- \_\_\_ Sunscreen
- \_\_\_ Jacket
- \_\_\_ **Linens and a PILLOW** (Bedding will NOT provided by Wheaton)
- \_\_\_ Blankets and sleeping bag
- \_\_\_ Casual clothing
- \_\_\_ Extra socks
- \_\_\_ Sunglasses
- \_\_\_ Rain gear
- \_\_\_ Plastic bag for wet clothes
- \_\_\_ Medication (prescription & aspirin, etc.)
- \_\_\_ Toiletries—that includes toothpaste
- \_\_\_ Cycling shoes
- \_\_\_ Identification
- \_\_\_ Extra shoes
- \_\_\_ Towels
- \_\_\_ **Spending money—for cash bar and vendor tables**
- \_\_\_ Bike lock
- \_\_\_ Cycling gloves
- \_\_\_ Vaseline or ointment
- \_\_\_ Sense of humor
- \_\_\_ DEODORANT, please, for the love of all that is holy
- \_\_\_ **CYCLING HELMET**

## Volunteers Needed!

Bike MS: Ride the Rhode 2012 needs volunteers to help before, during and after the event! Volunteers are treated to most of the same amenities cyclists receive, including meals and a T-shirt. We have dispensed with publicly flogging our under-performing volunteers, so all are welcome to sign up.

Corral your non-riding friends, family and co-workers and get them to help us out. Please have them call us, or better yet—sign them up yourself! Register them online at [www.bikemsrhodeisland.org](http://www.bikemsrhodeisland.org)! You'll see a volunteer registration option different from the rider participant type. Or call the office at 401.738-8383 option 2 and we can register them!

# Ride the Rhode Packet Pick Up

## June 9-15, 2012

### ***Bike MS Packet Pick Up—NEW FOR 2012***

Packet pick up will be held at various locations in RI, June 9-15th.

When attending a packet pick up, please be aware of the following:

- You must bring your pledge envelope listing a minimum of \$250 in donations (we encourage you to turn in pledges as you receive them. Make sure any and all pledges list your name and Bike MS). Any registration or dorm fees do not count towards this minimum.
- The National MS Society will keep your pledge envelope as your record of attendance. Consider making a copy for your records and to aid you in collecting any outstanding pledges.
- Please note that registration packets (including bibs, bike tags, cue sheets, etc.) will not be released without receiving a pledge envelope with a signed waiver. Minors under the age of 18 must have a notarized waiver. Contact the office or download this special waiver to have notarized.
- At packet pick up, you will receive a Bike MS packet, T-shirt and other goodies. This packet will contain your bib number, bike number and a bracelet that **MUST** be worn the entire weekend of the ride.
- For those who live outside of New England, an opportunity for packets to be mailed will be available. You will be contacted by Catie to discuss getting your packet. This option will not be available for those living in RI, CT, or MA.
- Friends/Family will be allowed to pick up your packet for you. They must have your signed pledge envelope and signed release stating that you have given them permission to pick up your packet.
- More information on packet pick up will be emailed to you and posted on the website as the event gets closer.





# Ride the Rhode START

## 5:30 a.m., Saturday, June 16

### *START INFORMATION*

The start of Bike MS 2012 begins at Aquidneck Corporate Park at 7am SHARP. Due to timing limitations of crossing the Newport and Jamestown Bridges, our mass start will be at 7am. Cyclists arriving late will be bussed over the bridges. Please arrive promptly between 5:30 am—6:30am to have time to park and drop off your luggage. This will alleviate any last minute scramble. Packet Pick up WILL NOT be available on Saturday morning.

Cyclists should park their cars where National MS Society volunteers direct you at the corporate park. Weekend parking is free but with the amount of cyclists (hopefully over 1000), it is limited. Please carpool if you can! The National MS Society and Aquidneck Corporate Park will not be responsible for lost, stolen, or damaged vehicles.

- You will drop your **TAGGED** luggage at the luggage truck located in two easily accessible locations at the START. The luggage will be transported for you to Wheaton.
- If you are riding on a team, Bike Team photos will be taken in a designated area beginning at 5:30am. Team captains should organize their group and meet in this area.
- **Be sure to bring your cycling helmet to the ride. You will not be permitted to ride without it.**
- If you are a minor, under the age of 18, you must have turned in your permission form signed by your guardian and notarized BEFORE the ride begins.
- **You will not be permitted to ride pulling a trailer full of babies/children/animals/ other cyclists behind you; this is for their own safety. While it is deliciously cute to see large dogs wearing team jerseys on the route, you should abstain from pulling them in trailers behind your bike since they may jump off and cause other cyclists to crash.**

# Ride the Rhode VIPS

We are incredibly lucky to say that our VIP clubs are BUSTING at the seams. Our VIP clubs have seen a huge increase in numbers in the past few years and that is OUTSTANDING! Thank you for all of your hard work!

By reaching one of the following goals, you too can be a V.I.P. when you return for next year's Bike MS.

## TOP 100 CLUB

Our Top 100 Fundraisers from 2011 (who have registered by the early bird deadline date)

- ◆ A Low Rider Number (based on registration date)
- ◆ Preferred Dorm Rooms (if applicable)
- ◆ VIP Check-in

## HIGH ROLLER CLUB

Cyclists raising \$2,500 or more

- ◆ Preferred Dorm Rooms (if applicable)
- ◆ VIP Registration and Check-in
- ◆ A custom *HIGH ROLLER CLUB* jersey

## MISSION POSSIBLE CLUB

Cyclists raising \$5,000 or more

- ◆ Preferred Dorm Rooms (if applicable)
- ◆ VIP Registration and Check-in
- ◆ An exclusive *Mission Possible Club* jersey

Our VIPs will also receive an invitation to a special VIP only reception in the spring, recognition throughout the weekend of the ride and additional perks at the Awards Party in August.



# 2011 VIPS

We're pleased to announce the 2011 top ten riders who will proudly show off their low bib numbers in 2012! Competition was at an all time high and the rankings came down to a matter of mere dollars.

#10	Michael	Caron	\$5,605
#9	Albert	Lessard	\$6,065
#8	Michael	Zabatta	\$7,750
#7	Christopher	Gambardella	\$8,960
#6	Patrick	Butler	\$9,990
#5	Mary	McNamara	\$10,008
#4	David	Schwartz	\$10,255
#3	Doug	Moore	\$12,635
#2	Scott	Kauffman	\$17,857
#1	Lance	Ruffel	\$23,950



# Fundraising 101

*Check out [www.bikemsrhodeisland.org](http://www.bikemsrhodeisland.org) for e-pledging, downloadable letters, and other technological miracles! People who use our online fundraising raise over 50% more! Call or email us if you need help navigating our e-tools.*

1. *Be optimistic.* Positive attitudes are contagious.
2. *Be committed.* Make the first contribution yourself.
3. *Be assertive.* Ask anyone and everyone to sponsor you.
4. *Know the cause.* You are helping our 20,000 neighbors affected by MS.
5. *Make a list or develop a database.* Send personalized letters and follow up with a phone call. Be sure to include a return envelope for their donation.
6. *Follow up.* Donors want to be a part of your success, even after the fundraising and the ride are over.
7. *Where do you spend your money?* Ask vendors, sales people, and doctors. Their contribution is tax deductible to the full extent of the law – so is yours!
8. *Host a party and ask guests for donations.* Make sure invitees know they will be asked to contribute in lieu of a “Hostess Gift” ahead of time.
10. *Keep excellent records* and thank donors individually, noting the amount they donated.
11. *Have a bake sale, silent auction, or car wash.*
12. *Turn a “no” into a “yes.”* Find out why someone is saying no. Find out what would convince him/her to sponsor you.
13. *Educate donors.* Explain the programs the ride supports.
14. *Make a donation jar* for home and/or work.
15. *Ask people for flat donations,* rather than per mile.
16. *Send letters to business contacts.* Many times they may have the ability to secure corporate sponsorship.
17. *Meet with your company’s human resources department.* Matching gift programs can double your dollars!
18. *Ask for donations on payday.*
19. *Wear a sticker on your shirt that reads, “Ask Me.”* Tell others what you are doing and how they will be able to support you.
20. *Collect donations when you ask for them.*
21. *Email your colleagues.* Be sure to ask your employer for permission.
22. *Form a fundraising committee.* Get your family and friends involved – they can all fund raise on your behalf.

# Fundraising 201

## How to Raise \$500 in 9 Days

- Day 1 Start by sponsoring yourself for \$25.
- Day 2 Ask two family members to sponsor you for \$25.
- Day 3 Ask five friends to contribute \$20.
- Day 4 Ask five co-workers to contribute \$10.
- Day 5 Ask five neighbors to contribute \$10.
- Day 6 Ask five people from your place of worship, club or civic organization to contribute \$10.
- Day 7 Ask your boss for a company contribution of \$25. Or better yet, find out if your company will match what you raise.
- Day 8 Ask five clubs or organizations in your community to sponsor you for \$20.
- Day 9 Ask two local businesses you frequent to contribute \$25. This is easy – ask your doctor, your dentist, barber/hair stylist, dry cleaner, or mechanic.

*Do the math and you'll see that it really is simple to raise \$500 in only nine days. Good luck!*

Note—people can use their credit card to donate! They can epledge you online, check the website for details, or they can call our office at 401-738-8411 with a VISA or MC and do it over the phone.

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## Sponsorship— How you can help...and get fundraising credit!!!!

We have a new way you can up your fundraising credit AND ensure more of your fundraising dollars go to directly help our programs and services!

Do you have a connection with a potential corporate sponsor or know a company who may be interested in sponsoring BIKE MS? Please contact Megan Cote ([Megan.Cote@nmss.org](mailto:Megan.Cote@nmss.org) or 401.738.8411) with any questions. If you are instrumental in selling that event sponsorship, you will receive fundraising *credit* for the value of that sponsorship.\*

Sponsorship opportunities range from \$2,500 to \$7,500!

\*Available for new sponsorships only.

# Bike MS Prizes

These prizes are in addition to any V.I.P. perks you may receive. Prizes are based on fundraising totals as of the Deadline Date. The Deadline Date for the 2012 ride is July 27, 2012!

<u>RAISE</u>	<u>RECEIVE</u>
<b>\$1000</b>	Commemorative Cycling Jersey <b>OR</b> \$100 gift certificate
<b>\$1500</b>	Cycling Shorts AND Jersey <b>OR</b> \$150 gift certificate
<b>\$2500</b>	Cycling Shorts, Jersey and Tights <b>OR</b> \$250 gift certificate
<b>\$5,000</b>	Cycling Shorts, Jersey, Tights <b>AND</b> \$250 gift certificate <b>OR</b> \$500 gift certificate
<b>\$7,500</b>	Expense paid trip and participation in Bike MS at a mutually agreed upon location <b>OR</b> \$500 gift certificate, cycling shorts and jersey*
<b>\$10,000</b>	Expense paid trip and participation in Bike MS at a mutually agreed upon location with a guest included <b>OR</b> \$750 gift certificate, cycling shorts and jersey*

Jerseys and other cycling clothing are high quality, commemorative garments purchased through VOmax Cycling Wear. Cycling clothing is specially designed each year and they are limited edition pieces. Gift certificates are redeemed at our sponsoring bike shops or at LL Bean.

\*Restrictions on this prize. Expenses are capped at a maximum amount to adhere to the non-profit expense allowance. This means you either must pay for some of your expenses such as food, shuttle from airport, etc, or you may choose a destination location that is less expensive so the air fare, etc will adhere to the expense allowance. We will be happy to discuss this with you in depth, but we must do this to adhere to our non-profit accounting guidelines with the IRS and our auditor! In addition, our hands have just been slapped, so going forward we need to distribute W-2s for anything worth \$600+. Whoops.

Please note that prizes will be ordered by August 10th and then take 6-8 weeks to come in! We will then mail you your prize. Thank you for your patience!



# Why Ride Alone?

Participating in Bike MS: Ride the Rhode is an incredible challenge – especially if you’re going it alone. So, why not gather three or more friends and form a team for the 2012 ride? Teams get lots of special perks, such as team photos, plaques, extra fundraising assistance and make the ride a true success. Your team can be made up of co-workers, friends, family members or associates from clubs and organizations in which you participate.

Don’t want to take on the task of forming your own team? Contact Megan and she will be happy to put you in contact with one of our amazing Team Captains. We promise you they won’t just use you for your fundraising dollars!

For more information and to keep Megan busy, call her at 401-738-8383, Option 2 or shoot her an email at [Megan.Cote@nmss.org](mailto:Megan.Cote@nmss.org)

## ***2011 Bike MS Top 10 Teams***

#10	ReCyclers	\$15,713
#9	Starkweather & Shepley	\$20,964
#8	Nel's Grey Goose	\$23,596
#7	Team Zabatta	\$27,889
#6	Pedal Pushers	\$30,813
#5	PT Riders (DiPrete Engineering)	\$34,613
#4	Team Fidelity	\$35,386
#3	CU Later MS	\$37,626
#2	Wheels on my Heels	\$41,148
#1	Reservoir Rhodies	\$43,528



Members of the  
PT Riders at a  
Rest Stop

# The Mission

*The National MS Society is dedicated to mobilizing people and resources to drive research for a cure and to address the challenges of every affected by MS.*

Learn as much as you can about multiple sclerosis and the National Multiple Sclerosis Society, Rhode Island Chapter. Donors love to know how their donations are being used.

- Multiple sclerosis (MS) is a chronic, often disabling disease of the central nervous system. Symptoms may be mild, such as numbness in the limbs or severe paralysis or loss of vision. Most people with MS are diagnosed between the ages of 20 and 40 but the unpredictable physical and emotional effects can be life-long. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are giving hope to those affected by the disease.
- There is still no known cure for MS.
- The National MS Society is the largest private donor of MS research in the world.
- The National MS Society is committed to ending the devastating effects of MS and has been for over 50 years.
- The National MS Society is unique because it offers local programs to improve the quality of life for people with multiple sclerosis while also aggressively pursuing research on a national level to identify treatment of the disease.
- The Rhode Island Chapter serves RI and bordering state areas.
- Over 20,000 of our neighbors are affected by this disease.



# Local Programs & Services

The National MS Society, Rhode Island Chapter provides programs for our 20,000 neighbors affected by MS. These programs include:

## **Education:**

- Informational meetings
- Annual MS teleconference
- Quarterly newsletter
- Professional education

## **Self-Help:**

- Peer support groups
- Newly diagnosed group
- MS Therapy group
- MS Spouse group

## **Newsletter:**

- *MSConnection*: a Chapter publication with news of interest to the local MS community

## **Information and Referrals:**

- Information about MS
- Lending library
- Referral to neurologists
- Referrals to community, medical and other resources
- Case Management

## **Research and Advocacy:**

- Funding of national research efforts
- Advocacy on behalf of people with MS

## **Financial Assistance**

- Funding of home/vehicle modifications
- Durable medical equipment
- Adaptive devices
- Respite care
- Crisis counseling
- Homemaker services
- Cooling devices

# Bike MS Training Tips

*There's nothing magical about getting ready for a cycling event. It just takes time and some effort. Every minute invested today will pay big dividends on the ride. If you haven't been active, get a doctor's okay before starting your training.*

**Get your bike in shape!** Visit one of our participating bike shops or your local shop and make sure everything is in good working order. Get professional advice on the size and fit of your bike and how to most effectively use your gears. It's also a good time to learn basic repairs like changing a punctured tube.

**Get yourself in shape.** You don't have to be a super-athlete to complete the ride, but the more you prepare, the more fun you will have. Experienced long-distance cyclists know what they need to do and will adapt their pace to the extent of their training. For those of you training for your first Bike MS, you should get ready with a combination of strength and endurance.

**Keep a training diary.** There is no better way to determine what does and what does not make you a better cyclist.

**Wear quality sunglasses.** More than looking cool, they will protect your eyes from all sorts of airborne objects and harmful sunrays. They also block the rushing wind on descents, which can make the eyes water. Note—under torrential downpour conditions they also act as funnels to allow you to hydrate while riding.

**Equipment:** Purchase two water bottles & cages or a water carrier. Get a spare tube & pump. Wearing a helmet is MANDATORY for all Bike MS events.

**Nutrition:** Drink plenty of water before, during and after riding. During longer rides (over an hour) you may want to drink a sports drink in addition to water. In hot weather, you should be drinking at least two water bottles per hour plus a sports drink. Dehydration is one of the primary but most easily avoided contributors to fatigue. During rides longer than 90 minutes you may want to eat something. Experiment before the ride to see what you like to eat and are able to digest. Some suggestions include fruit, peanut butter crackers, a sports nutrition bar or fig newtons. Nachos and refried beans with easy cheese are not recommended.

# Bike MS Training Tips Cont...

## Safety:

Wear light or brightly colored clothes

Tuck away shoe laces or other strings/cords so they don't dangle

Wear snug clothing, but not *too* snug

Never wear headphones or a weird cell phone ear piece

Wear your helmet the right way

- If your helmet slides around you need to insert thicker pads
- You should see the very edge of your helmet when you look up past your eyebrows,
- The strap should meet right under your ears lobes to form a 'Y'
- The strap should be loose enough so you can insert a finger between the buckle and your skin, but tight enough that if you drop your jaw down you can feel the helmet pull down on top of your head

Replace your helmet if it has been damaged, no longer fits or is more than 5 years old

## Rules of the Road

You are obligated to follow **ALL** traffic laws. Here are some to take special note of:

**RIDE SINGLE FILE & STAY TO THE RIGHT.** Many roads are narrow and automobiles and motorcyclists have little patience with cyclists riding double.

**STOP AT ALL STOP SIGNS AND RED LIGHTS.** You have to do it when you're in your car...the same law applies when you're on your bike!

**YIELD TO PEDESTRIANS.** When you are on foot, there is nothing more frightening than a pack of wild cyclists careening through a crosswalk, especially those laughing maniacally...you know who you are.

**LEARN THE PROPER HAND SIGNALS** (all are done with the left hand/arm so motorists and other riders can see them.

- Left hand turn –Arm straight out, pointed left
- Right hand turn – Arm bent at the elbow with hand towards the sky.
- Stop- Arm straight down toward the ground with palm flat facing backwards.  
Keep your eyes and ears open for the unexpected. (i.e. for a car door opening or someone throwing beer bottles at you)

*Note—extending the middle finger and yelling tends to anger motorists and can lead to altercations. A car can be used as a weapon more effectively than a bike.*

# Bike MS Training Tips Cont...

Check your bike before riding with the *ABC Quick Check*:

- *AIR* – Pinch the tires, they should be hard
- *BRAKES* – Make sure they work and aren't rubbing the chain
- *CRANK/CHAIN* – If there are problems with your gears or the chain is loose, take it to a bike shop.
- *QUICK* – check "quick release levers" and other bolts to make sure they are tight

*Most of you have been riding for a while and training already, but you can use this as a guide.*

**Weeks 1-2:** Try and get on your bike every day even if your rides are only 2 to 3 miles. Stay in your lower gears and concentrate on peddling at a fast rate. Try and ride a minimum of 30 miles a week and by the end of the second week you should be riding 10 miles without stopping.

**Weeks 3-6:** During this time you should increase your total weekly mileage from about 30 miles to 80 or 90 miles in week 6. Let your daily schedule dictate your training schedule. If you have more time on the weekend, plan your longer rides then. If you can commute to work on your bike, go for it; it's a great way to get the miles in. During weeks 3 and 4, keep concentrating on peddling fast while putting in the miles on relatively flat terrain. During weeks 5 and 6, pick a day to ride long (20 to 30 miles at once). Pick another day (later in the week) to ride hard for at least 30 minutes; try and include some hills during this ride. Again, by this time you should be riding 80 to 90 miles a week.

**Weeks 7-11:** Continue to increase your weekly mileage. Pick one day during the week to ride 50 miles. Pick another day to ride 30-to-40 miles. During week 11, these long days should happen on consecutive days to help prepare for Bike MS. Also pick at least one day to ride hard for an hour- include some hills. On the other days you ride, just get on the bike and spin easy.

**Week 12:** Count down to Bike MS. Sunday, ride long, Monday ride easy or take a day off, Tuesday ride some hills, Wednesday ride easy, Thursday and Friday either take these days off or ride short distances (5 miles or so) easy. Saturday-see you at the ride!

## Ride Contacts:

- Narragansett Bay Wheelmen (NBW) – Holds rides in RI and SE MA. 401.435.6343 or [www.nbwclub.org](http://www.nbwclub.org)
- Pequot Wheelmen – Hold rides in SE CT. [www.ctol.net](http://www.ctol.net)
- Charles River Wheelmen – Hold rides in MA. [www.crw.org](http://www.crw.org)
- Check your local bike shops
- Check [www.bikemsrhodeisland.org](http://www.bikemsrhodeisland.org)! We will list rides that our cyclists participate in or hold themselves. (Starting April 2012)

# Bike MS Training Tips Cont...

## **Nutrition for Recovery**

Nutrition is the foundation of post-exercise recovery, because it provides the raw materials with which your body can make physiological adaptations in response to training. If you take in the right nutrients, in the right amounts, at the right time after workouts, you will recover far more quickly and thoroughly than you will if you don't practice proper nutritional recovery.

## ***The Importance of Timing***

Timing is essential with regard to post-exercise nutrition because your body is primed to sponge up needed nutrients at this time. For example, synthesis of muscle glycogen – a form of stored carbohydrate that serves as the body's primary energy source during endurance exercise – proceeds two to three times faster in the two hours immediately following exercise than it does at any other time.

There are three main components of post-exercise muscle recovery. First, it is necessary to restore fluids lost during exercise. When a cyclist sweats heavily, he or she loses a lot of water and electrolytes. Drinking a sports drink during rides can slow the rate of fluid loss, but can't stop it completely. So it's important to make up the deficit by continuing to use a sports drink with electrolytes after exercise. If you do not rehydrate properly before the next workout, you could experience overheating, muscle cramps, and other problems.

The second component of muscle recovery is putting carbohydrate fuel back in the muscles. Again, carbohydrate is the muscles' main fuel source during moderate-intensity exercise. The longer a workout lasts, the lower your muscle fuel supplies become. By using a sports drink containing carbohydrates during rides, you can slow down this process. But it's impossible to take in carbohydrate during intense exercise as fast as it's burned. So you need to continue taking in carbohydrate after exercise, as well. If you don't get your muscle fuel levels back to normal in time for the next ride, you'll be sluggish and sloppy.

## ***Repairing Muscle Damage***

Finally, the third component of muscle recovery is fixing the damage done to muscle tissue during exercise. High-intensity physical activity can cause small tears in muscle tissues. In addition, some muscle proteins are broken down for energy during hard exercise. Also, hard exercise produces damaged molecules known as free radicals, which attack muscle cells. In order to undo all this damage, you need to consume protein after each ride. You should also get antioxidants such as vitamins C and E, which help protect the muscles tissues against damage from free radicals.

If you are hungry after your rides, eating is fine. Just make sure you get all the same nutrients you would get in a quality sports recovery drink without a lot of extra stuff (fat, excess protein) that might slow down the delivery of nutrients to your muscles. Some energy bars are good recovery foods. In any case, you will need to drink some form of fluid to meet your body's hydration needs after workouts.

# Our Partners

Participating sponsors and bike shops are vital to every aspect of the tour, from the route support you receive to the food and beverages you enjoy. Please patronize these businesses whenever you can. Without their help Bike MS would not be possible!

***Harpoon Brewery • FedEx • Blue Knights • Enterprise Rent-a-Car • Delta Dental • AAA • Fidelity Investments • Whole Foods • Navigant Credit Union***

## Visit the MS Bike Shops

**East Providence Cycle**  
414 Warren Avenue  
East Providence, RI

**Your Bike Shop**  
459 Willett Avenue  
Riverside, RI

51 Cole St  
Warren, RI

**NBX**  
1153 Boston Neck Rd.  
Narragansett, RI

**Steadman's**  
196 Main St.  
Wakefield, RI

**Victory Cycles**  
1190 Main Street  
Wyoming, RI

