

The Essential Guide to the MS150

for

The 2009 Dow - TCC MS150 Team

June 13-14, **West Michigan**
(Holland Ride)

July 11 – 12, **Mid-Michigan**
(Fenton Ride)

September 12, **MS Mountain Bike Ride**
(Island Lake Rec. Area)



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FUNDRAISING

The MS150's primary purpose is to raise funds for MS research, support and education. In 2008, the Dow/TCC team raised over \$149,049. That's an average of over \$828 raised per rider!! We also had 28 riders go over the \$1,000 mark in fundraising! In addition to an outstanding year, we also surpassed the \$1,000,000 milestone in total fundraising since the team started in 1999. Currently we have raised \$1,076, 977.

The minimum amount to participate in the MS150 is \$250 in pledges/ rider so our riders went well above the minimum. Let's see if we can beat last year's total by each one of us raising a minimum of \$750 (which was the team average the past couple years running)!!

Note: You must have \$250 in funds raised to pickup your jersey. Getting sponsors on-line (Society site) and an early start can help a lot here.

Fundraising Tips (see www.tricityms150.com for more tips)

- Collect the money from your sponsors at the time they agree to sponsor you. It is much easier to do it then rather than coming back to them after the ride.
- Put up a sign-up sheet at work in a spot where people gather (e.g., coffee room), with a chart showing fundraising progress. Create a personalized pledge form with your photo, date of the ride, fundraising goal, and why you ride. (You don't need to use the Society's sponsor sign-up sheet – just transfer the necessary information to that form when you hand in the money.)
- Use the on-line pledge tool from the MS Society. That makes it easier to include people who do not live close by, or even those in other countries. It also means that you don't have to collect checks from your sponsors. You can also put pictures throughout the year as you train and write comments on your website to update your sponsors on your progress.
- Explain to people what the ride is and why you're doing it. The more you talk about it (e.g., at lunch, after meetings), the more likely people will be to sponsor you. They'll also remember it from year to year and be more likely to sponsor you in the future. Put up a poster in your office/cubicle or on the door where people can't miss seeing it.
- Wear last year's MS150 jersey to work or hang on your office door – it's bound to prompt comments, which can be turned into opportunities to solicit. Wear last years jersey or the MS 150 t-shirt whenever you can. Not only does it serve to thank our corporate sponsors, but it also generates more awareness, interest, and (hopefully) participation and sponsorship.
- Suggest amounts when soliciting – suggest different amounts depending on your audience. It doesn't hurt to aim high.
- E-mail co-workers, friends, and family. This can be easier than soliciting face to face, if that makes you uncomfortable.
- Ask people to join the ride – most people are intimidated by the thought of bicycling that far. Then when they decline, offer them the less arduous alternative of writing a check.

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- Gently remind people of favors they owe you. Help them out with something so they do owe you a favor, such as take in neighbor's mail, feed their pets, watch their house when they're on vacation.
- Follow up with contributors after the ride with a brief summary, or amusing anecdote of the ride and a thank you.
- ASK EVERYBODY – you never know unless you ask whether people will donate.
- Work as a team, pair up with another participant and fundraise together.
- Don't forget to offer tax receipts. If you need more, you can find them on our website at www.tricityms150.com under "Fundraising".

JERSEYS

Team Jerseys

This year each team member can purchase a newly-designed team jersey for \$20 as in the past. The design will include the team logo on a stylized background. The Dow/TCC team is getting a reputation in the State of Michigan for very noticeable jerseys and this year's design will not disappoint!

Jersey fit

We will simplify the jersey sizing for this year by offering only men's and women's Club Fit (like last year). If you know which size you would like (e.g., if you liked the jersey size you wore last year), please let Jay Romick know by emailing him at (jdromick@chartermi.net) and we will reserve a jersey for you. If you don't know what size you need try on one from a former rider or try one on at the kickoff mtg.

Picking up your jersey

We will be distributing jerseys at the **pre-ride picnic (Date to be announced)** and at the pre-ride dinners (night before the ride). If you have previously requested a specific size then you will be given that size. If not, we will do our best to ensure that you have a jersey that fits, but we cannot guarantee that your preferred size will be available.

We can also make arrangements to get your jersey to you at another time if necessary. To make alternative arrangements please contact Jay Romick at jdromick@chartermi.net.

Jersey Price

With the sponsorship that we have received, we will only be asking each rider to pay \$20 for their jersey (a substantial discount from the regular price of \$70 per jersey). You can pay by cash or check (made out to the Tri-City Cyclists) – payment must be received before, or when, you pick up your jersey.

THE DOW-TCC TEAM NEWSLETTER

You'll be receiving a copy of the team newsletter every few weeks by email. The newsletter will keep you updated on recent developments (e.g., number of registered riders, fundraising) and will provide all the information you need to know about the event itself (e.g., directions to the ride start, hotels, how to prepare for the ride, what to expect on the day of the ride). If you do not have an email address and would like to receive the newsletter by mail, please call Ed Rightor at (989) 636-0221.

TEAM SPIRIT

Buddy Program

The ride can be a bit intimidating, especially for folks who have not done much

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endurance oriented exercise / events. The Buddy Program is intended to provide first time riders with support and encouragement to help make the ride and overall experience as enjoyable as possible. Buddies are more experienced riders who can give advice and encouragement regarding:

1. Training:
 - TCC training rides, other suggested routes, how much/how often.
 - Developing and implementing a realistic training plan
 - Bike set up / optimization
 - Equipment
 - Pre and post-ride practices e.g., stretching
 - Meet in person with rider at least once e.g., Take a ride together
2. Advice for the ride itself:
 - What to take
 - What to expect
 - Pacing, use of rest stops, finding the right group to ride with...
 - Offer to meet at start of the first day
3. Safety and etiquette:
 - Riding in a group / pace lines, hand signaling
 - Bike and equipment maintenance

If you would like to have a buddy, or if you would like to volunteer to be a buddy, please contact Bill Hayes at bill847@aol.com. Even if you're an experienced rider and just want to have someone to train with, or want to talk to someone about the ride, you are more than welcome to join the Buddy Program. The Buddy Program will be as formal or informal as you want it to be – remember, this is for you!

Team Picnic

A few weeks before the West-Michigan ride, we will have a team picnic (The date and location will be announced). The team picnic is a great way to get to know your fellow riders, make car pool arrangements

to West-Michigan and/or Mid-Michigan, discuss ride “tactics”, etc. We strongly encourage everyone to come. Bring your family too!

We will also have some team rides the morning of the picnic. There will be a couple of different ride options to allow for different speeds and distances. Details about the rides and picnic will be in our newsletters, along with directions.

Pre-ride Dinners

The evening before the West-Michigan ride, Friday, June 12th, the team will meet for dinner in Holland (details to follow in the team newsletter). So take off work a little early, drive to Holland, and check into your dorm room(Hope College)/hotel room. Then join us at the restaurant (Dutch treat so don't forget your wallet). Most people arrive between 6 and 7 pm – but get there whenever you can. We'll be handing out jerseys to anyone who hasn't already received theirs and you can pick up your rider number, baggage tag, etc. from the MS Society reps who will be there (i.e., you won't have to check in on the morning of the ride).

We'll look into arranging a pre-ride dinner Friday evening before the Mid-Michigan ride depending on rider interest. More details will follow later.

Team Hospitality Tent

When you finish the ride (on both the first and second day), come to our team's hospitality tent. We'll set it up at the finish, near where you pick up your SAGged luggage. It's a place for the team to congregate, enjoy a cold drink, and talk about the day's ride. The tent will be easy to spot – look for the Dow-TCC MS150 Team, Dow Automotive and/or Accenture banner(s), and all your freshly showered team.

Our Own Massage Therapist!

Peggy Ivan, of Body Mechanics, (one of our sponsors), has generously offered her time to be our very own massage therapist at the West-Michigan ride. Peggy will have a table set up in our hospitality tent at the end of the ride (on both Saturday and Sunday) and will be giving 15-minute massages to Dow/TCC riders on a first-come, first-served basis. One exception to this is Top 100 Fundraisers from 2008 (wearing a yellow rider number) – they can jump to the front of the line! (just another way of saying thanks for doing such a fantastic job fundraising).

TRAINING

Training Rides

Training rides in the **Midland area** are organized by the Tri-City Cyclists (TCC). Their ride calendar for each month is in the club's newsletter, the Pedal Power Press. The current ride calendar can be found at www.tricitycyclists.org/PedalPowerPress.html. For training rides in the Rochester / Lake Orion / Clarkston area, contact Gary Hayes at grhayes@dow.com or 248-391-6324.

Tri-City Cyclists

Although you do not need to be a member of the TCC to join the Dow/TCC team, you should join TCC to participate in their training rides. You will find that it is a worthwhile investment (only \$20/year). It's a great way to meet other cyclists and participate in group rides. TCC is arranging all the Midland-based training rides for the MS150, and they are one of our MS150 team's major sponsors. Membership forms can be found on the TCC website at www.tricitycyclists.org. Or contact Hobart Barker (e-mail: hbarker@chartermi.net).

The TCC offers several organized rides throughout the year, including the Tour de Sore Buns (April, 18 from Freeland High School to Auburn for lunch at Pat and Jerry's Restaurant, see

www.tricityms150.com

www.tricitycyclists.org) and the Liberty Tour (June), both of which are excellent "warm up" events for the two MS150 rides. See the TCC web site for more details and to download a membership form.

Training Tips

- 🚲 **Strength:** Do some weight training for upper body strength. You'll need arm and shoulder strength to fend off fatigue.
- 🚲 **Pedaling:** The up-stroke on the pedal is important. Use toe clips or clipless pedals to optimize each rotation of the crank. Try pedaling with only one foot and then the other. This helps teach smooth cycling technique.
- 🚲 **Rest:** Take a break if you get tired. Even a short break of five minutes will revitalize you.
- 🚲 **Frequency:** You should ride no more than 6 days a week. You will need at least one day a week to recover.
- 🚲 **Intensity:** Alternate hard days with easy days. Allow your body to recover from the hard efforts. On hard days you may only ride half the distance you would ride on an easy day. Alternating intensity not only allows you to be able to sustain hard efforts (like riding all day into a headwind), but also changes the monotony of riding the same speed/distance day in and day out.
- 🚲 **Warm-up:** Use the first few miles of every ride as a warm-up. Especially when it's cool out, this minimizes the chances of injury. Many people make the mistake of pushing too hard early in the season when they are both not in shape and riding in marginal weather. This can result in overuse injuries and put a serious dent into your training schedule.
- 🚲 **Mileage:** There's no alternative to training – get in as many training miles as you can.
- 🚲 **Stretching:** Stretching before you ride can prevent injury, while stretching after you ride can aid the recovery process –

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especially on a two day ride. Stretch until you feel the pull, then back off slightly. Pain while stretching means your body's contracting against the force.

- 🚲 **Find a Buddy or Two:** Remember, misery loves company. The best way to make a bad ride bearable (and a good ride fantastic) is to share it with a friend. At least you'll have someone to complain to.
- 🚲 **Clothing:** Don't under-dress for cool conditions. Tendons and ligaments work best when warm. Wear leg warmers until it reaches at least 60 F. It may look cool to have bare legs at 55 F, however you run the risk of injury. You can always take clothes off if you are too hot, but can't put them on if you find yourself too cold and didn't bring them with you.
- 🚲 Use a **bicycle computer.** Develop a better understanding of what you can do and keep track of your improvement and enter your training accomplishments in a log.

Training Plan

The training plan below is listed in miles ridden each day, and was adapted from a century training schedule from Bicycling Magazine, August 1995. The target is to easily complete the MS150 at the end of 10

weeks of training. One modification you might make is to increase the mileage on Sunday, to get used to doing 2 long days consecutively. But don't worry if you don't stick to this schedule – you don't need to ride this much to complete the MS150 fairly comfortably. The goal is simply to get out and ride whenever you can.

- Take a rest day—here it is on Thursday, but you can adjust to meet your personal schedule.
- Try not to take more than two days off in a week – even a very light 20-minute ride will keep the legs moving and your conditioning improving.
- Don't increase your weekly total more than 10-12%. To do so risks injury.
- “EASY” means relax. This is a recovery period for your body
- “BRISK” means 2-3 miles per hour faster than your desired pace for the ride
- “PACE” means your target speed for the day of the MS150
- The big mileage days on Saturday are critical to the program. It doesn't have to be on Saturday, but they should be more than 4 days apart, and once a week.

Training Schedule to Thrive on the MS150 (a suggestion only!)

Week	Monday (easy)	Tuesday (pace)	Wednesday (brisk)	Thursday	Friday (pace)	Saturday (pace)	Sunday (pace)	Weekly Total
1	6	10	12	Off	10	30	9	77
2	7	11	13	Off	11	34	10	86
3	8	13	15	Off	13	38	11	98
4	8	14	17	Off	14	42	13	108
5	9	15	19	Off	15	47	14	119
6	11	15	21	Off	15	53	16	131
7	12	15	24	Off	15	59	18	143
8	13	15	25	Off	15	65	20	153






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9	15	15	25	Off	15	65	20	155
10	15	25	Off	10	5	75	75	170

Riding in a Pace Line

Riding in a pace line can be great fun when done safely. You are *drafting* when you are riding in the slipstream of another rider. Since air resistance is a major force impeding cycling speed, drafting enables you to go faster, but without the full effort. Periodically (typically 1/2 - 1 mile), the rider who is *pulling* (in the front), will signal and move to the left, letting the second rider take the lead spot. As the line passes, the former leader will "jump on the train," becoming the rear rider. In that way the leader works quite hard for a while, then rests while someone else leads. Sometimes a rider who isn't feeling up to par will also break out of the pace line at the second position, behind the leader. Both will float to the rear of the line. Of course, you have to explain to your friends why you don't want to work hard!

However, riding a pace line can be dangerous. If your front wheel hits the rear wheel of the rider in front, you will surely end up with road rash (or a broken clavicle), and more importantly, your bike might be damaged. You might also hurt the rider in front. To avoid that, **several courtesies are important.**



-  Ride in a straight line. Wobbling back and forth makes it quite difficult on the rider behind you.
-  Don't ride too close unless you *and* the rider in front are quite experienced and agree on it.
-  When slowing down, yell "BRAKE," so the riders behind know you're slowing.
-  When you see a bump in the path, yell "BUMP," so the riders behind know to briefly get out of their saddles.
-  When you see a car behind, yell "car BACK," so the riders know a safety situation is at hand.

-  If a car is ahead, and presents a hazard, yell "car UP."
-  When passing another cyclist, yell "PASS RIGHT" or "PASS LEFT" to let him/her know that you're passing.
-  If you see a road hazard coming up, point at it with an extended arm, so the riders behind you know to be alert for it.
-  Pass the messages back. The rear rider can't hear the messages from the front.
-  Remember, near the end of a long ride, you're tired, and not necessarily thinking quickly. Be more careful as you tire.

BIKE PREPARATION or

How to make sure that your bike survives the MS150

People ride the MS150 on all kinds of bikes - road bikes, mountain bikes, hybrids, comfort bikes, and recumbents. Below are some basic maintenance steps you'll want to take, whatever type of bike you ride. If you're not comfortable doing your own bike maintenance, or would like further advice, take your bike to a bike store. In Midland, we recommend Bicycle Headquarters on Bay City Road at Waldo (Ph: 496-2810).

-  **Rule #1: Never, never, never make adjustments to your bike the night before the ride.** This is known as the guarantee for disaster rule. Give yourself a week to ride the bike after you've replaced equipment, adjusted derailleurs, brakes, etc. This is to make sure that nothing falls off that's not supposed to fall off.
-  **Tires** - Be sure your tires and tubes are

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in good shape, and fully inflated. Under inflated tires create more roll resistance, causing you to work harder. Replace old tires that just might fail (catastrophically!) when you hit a bump in the road. If you have knobby tires, consider replacing them with "slicks", also to reduce rolling resistance. Carry a couple spare tubes, a patch kit, a pump or CO2 cartridges, and tire "irons" so you can fix a flat. There are bike mechanics at some of the rest stops, and SAG wagons patrolling the route, but if you get a flat, you'll be glad you can fix it yourself.

- 🚲 **Derailleurs/Shifters** - Both MS150s in Michigan are hillier than the Tri-City area, so you'll be changing gears more often than you do on a typical ride near home. Be sure your derailleurs are properly adjusted, operate smoothly, and that the cables are not frayed. Lubricate the derailleurs and cables.
- 🚲 **Chain** - Clean and lubricate your chain the week before the MS150. With all the training miles you've ridden, your chain has picked up some grit, and a little effort in cleaning and lubricating your chain will give you a smoother (and quieter) ride. Better yet, if you can't remember the last time you cleaned your chain, it's probably time to replace it - you might be surprised to find out a new chain only costs only \$10-\$20 - a bit more for some road bikes. A new chain is quiet and will reduce the wear on your cassette.
- 🚲 **Wheels** - Check that your spokes are tight, and that your wheels are true. If your brakes rub intermittently, that's a good sign you've got a wobble. You'll probably want to have a bike shop true your wheels, if they need it - trying it yourself, unless you've done it before, usually makes things worse.
- 🚲 **Brakes** - Make sure your brakes operate smoothly, and check your brake cables. If they're worn, frayed or gritty, replace them. Also check that

the cable bolts are tight and that you have some brake pad left (if not, replace them). Make sure that your brakes are adjusted so that you can lock up the wheels without the brake levers contacting the handlebars.

- 🚲 **Hubs:** If you have unsealed hubs, the front and rear hubs should be repacked yearly. Check to see that there is not excess play in the axles, that the cones on the axles are not pitted, and that the bearings are not worn. If any of the above are true, it's time to overhaul the hubs.
- 🚲 **Pedals** - If you use clipless pedals, be sure the cleats on your shoes haven't loosened, and that they are adjusted so your feet are neither canted inward or outward unnaturally. If you feel like your knees are being forced in or out when you're clipped in, you probably need to adjust the cleats on your shoes. Periodic lubrication will help make them easy to get into and out of. Make sure that the pedal axles are not loose.
- 🚲 **Cranksets:** Not much to do here. Make sure that the chain wheel bolts are on tight and that the teeth of the chain rings are not excessively worn.
- 🚲 **Headsets:** Make sure they are properly lubricated and adjusted. Replace the headset if you have pitted races.
- 🚲 **Bottom brackets:** These are typically sealed, so lubrication is not an issue. Make sure that there is not play in the bottom bracket (that it is screwed into the bottom bracket shell securely).
- 🚲 **Handlebars and stem:** Make sure that these are tight and aligned correctly.
- 🚲 **Saddle:** If the one you are riding is not comfortable now, think about what it will feel like after 150 miles. A saddle that fits you is worth its weight in gold. Now is the time to find one that fits.
- 🚲 **Fit** - Be sure your bike is the correct size. A bike that doesn't fit your

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proportions quite right may not bother you on short rides, but your back, neck and bum will complain about it after 150 miles. Have a bike shop check your saddle height, angle, fore and aft position, and handle bar position.

- 🚲 **Safety:** Use a mirror to see behind. Not all cyclists like using mirrors attached to the helmet or bike handlebars but they are helpful for looking for traffic and other cyclists. Always wear a helmet (you must wear one when riding in the MS150).

ACCOMMODATIONS

Holland

If you are going on the West-Michigan ride you will want to come in and spend the evening before, Friday, June 12th, in Holland. We recommend two options:

Hope College Dorms: You can reserve a single or double room dorm at Hope College for Friday. Cost of the double room is \$35 per person (\$55 per single) and includes breakfast in the morning. All riders will be staying in Hope Dorms on Saturday (cost is included in your ride). Staying in the dorms on Friday is a recommended convenient option.

Other Hotels: If you would prefer to stay at a hotel on Friday, there are a number of options on the outside of town.

Microtel

643 Hastings Ave.
Holland, MI 49423
(800) 771-7171

Comfort Inn

422 E. 32nd St.
Holland, MI 49423
(616) 392-1000

Days Inn

717 Hastings St.
Holland, MI 49423

(616) 392-7001

Doubletree Hotel

650 East 24th Street
Holland, MI 49423
(616) 394-0111

Mid-Michigan

For the Mid-Michigan ride, most riders leave early and drive all the way there on Saturday morning. If you want to book a room for the night of Friday July 13th. we recommend:

Holiday Inn Express: 810-232-5300, 6.4 miles from Lake Fenton High School, rooms start at \$90 per night.

Residence Inn by Marriott: 810-424-7000, 6.8 miles from Lake Fenton High School, rooms start at \$139 per night

Courtyard by Marriott: 810-232-3500, 6.8 miles from Lake Fenton High School, rooms start at \$139 per night.

Holiday Inn: 810-232-5300, 6.9 miles from Lake Fenton High School, rooms start at \$139 per night

Mountain Bike Ride

This is a one day ride. Riders traveling from Midland will meet up in the morning and drive to the riding area together. For details on meeting times, contact Doug Todd at 248-613-9639 or dktodd@dow.com.

Saturday Night Accommodations

Saturday night accommodations for all riders are provided in the dorms at Hope College (Holland) or Michigan State University (Fenton).

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Don't forget to send in the roommate card you received in the rider packet from the National MS Society or you may find yourself sleeping in the hallway! Only ONE of the roommates should send in the form.

WHAT TO DO ON THE DAY OF THE RIDE

- 🚲 Eat a good breakfast (don't overload though, avoid bacon and eggs). Take advantage of the free continental breakfast at the hotel (bananas, cereal, bagels, etc.).
- 🚲 Fill up your water bottles, put on jersey and sunscreen, check bike tires and pump, tools and tubes,
- 🚲 Drive to the ride start (in Grand Rapids this is Byron Center High School –For Mid-Michigan, it is in Lake Fenton High School). Try to get there by 7am (but don't panic if you don't make it until later – just drive safely).
- 🚲 Registration opens at 6:30am (in the small gym in the high school (GR) or Lake Fenton High School (M)). If you don't already have your rider number, jersey, etc. you can pick them up at the Dow/TCC team table. **You must hand in the white copy of your sponsor form.** You can hand in \$\$ if you want (at the Society table, not the Dow/TCC table). Put checks (no cash) in an **envelope** with your name, Dow/TCC team, and amount enclosed, as well as the sponsor form. You can also mail the money after the ride. Just don't forget to turn it all in!!
- 🚲 Fill out the health information on the back of your rider number and pin it on the back of your jersey.
- 🚲 Put your luggage tag on your bag and take it to the baggage truck (they'll

throw it in the truck so don't pack anything breakable).

- 🚲 **Team photo** will be taken at the ride start **at 7:15 sharp!!**
- 🚲 Get your bike, helmet, stretch.....
- 🚲 . Our **Dow/TCC team will start at 7:30 (check for updates)**, then the rest of the major teams and other riders. If you've never been at a team start this this is must!. There's lots of excitement and fun so please stick around and join us for the start. But be careful – look out for other bikes, people clipping in, etc. The mountain bike ride starts at 8:00.
- 🚲 Stop at the rest stops as needed for your fitness level (you'll find one every 10-15 miles). It's always a good idea to grab something to eat (bananas, power bars, cookies) and drink (water or Gatorade), stretch a bit, and use the "facilities".
- 🚲 Flag down a SAG wagon if you need help or a ride to the next rest stop.
- 🚲 The lunch stop will be about half way. You'll reach it before "normal lunch hours" but enjoy the food, company and the short rest.
- 🚲 Drink, drink, drink.... Two water bottles or a camelback is a must.
- 🚲 The last rest stop on the Grand Rapids ride will have a good amount of food. Stock up because there won't be any major food available until dinner at Hope College.
- 🚲 You'll see the Dow/TCC team tent as you come around the last corner of the ride. Stop by for cookies and drinks and to be congratulated by your fellow riders.
- 🚲 Pick up your dorm keys, put your bike in the dorm, shower, put on dry clothes, and ahhh... relax with new friends, get a massage, and cheer on teammates pedaling in.

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- 🚲 Rinse out that jersey, squeeze, and hang it to dry in the dorm room. You want it nice and fresh for Day 2!
- 🚲 Dinner starts around 5pm. If you're starving before that check out the Kletz snack bar (at Hope) or the Brody snack shop (at MSU). After dinner most of us head out to celebrate the end of a long day (e.g., at the New Holland Brewery in Grand Rapids or other suitable establishment).
- 🚲 Sunday morning freshen up and get dressed (don't forget to put on your team jersey), turn in dorm room keys (\$25 if you lose them), load your gear on the truck, get breakfast, and by 7:30 you're on the road again!!
- 🚲 Arrive at the end!! Stash your bike, get a drink and dinner, register for a massage, shower (at Grand Rapids – bring a towel), get your massage, tell everyone how you would've ridden 25 mph the whole way but had to wait for your friends.....
- 🚲 The drive home is sometimes the hardest part of the weekend. Make sure your "co-pilot" stays awake to keep you company on the long drive back. Drive safely.

WHAT TO PACK

During the ride:

Tools:

- Spare tube – make sure it's the right size, with the correct type of valve
- Tire "irons"
- Hand pump and/or CO₂ cartridges with inflator
- Patch kit
- Allen wrench set
- Valve adaptor, if you have Presta valves

Clothing:

- Gloves

- Spare gloves
- Rain gear – if it doesn't look like rain, put this in your SAG bag for Sunday
- Windbreaker
- Helmet
- Dow/TCC Team Jersey
- Bike shorts
- Cycling socks – cool max, not cotton
- Cycling shoes

Misc:

- 2 water bottles – fill them at your hotel or at home
- Cash, credit card, ID
- Bike computer, mounted, with many miles of use
- Sunscreen (you don't want to look like a boiled lobster after the ride)

In SAGged luggage:

- Toiletry kit
- Laundry soap to hand wash your Dow/TCC Team Jersey
- A plastic clothes hanger to hang your jersey while it dries
- Clean clothes and comfortable shoes for Saturday evening
- Robe and slippers, or thongs, T-shirt and gym shorts - something to wear to get you from your dorm room to the bathroom down the hall
- Dow/TCC green T-shirt, if you have one from previous years. Attire for dinner.
- **An electric fan** – the dorm rooms are very warm (no A/C) and you WILL need this!!

For Sunday:

- Clean cycling socks and shorts
- Clean sports bra (for those who need it)
- Something to read for the 10 seconds before you fall asleep
- Wrist watch
- Alarm clock

The Essential Guide to the MS150

For Sunday afternoon

Especially for the Holland ride, where there are showers available, have a gym bag in your car, already packed with:

- Towel, toiletry kit, clean clothes, shoes

Mountain Bikers:

As this is a one day ride, pack clothing appropriate for the day of the ride. This ride has a central location where everyone departs and returns to throughout the day. Riders come and go throughout the day on their own schedule. Trials will be outlined for riders to follow. Food will be located at the central tent/pavilion throughout the ride. Use the guidelines on the previous pages for pre-ride preparation, what to bring, etc. We recommend bringing a change of clothes for after the ride, as these trails can be muddy. There may or may not be showers, but there will be sinks/water to help clean you and your bike before you head home for the day. For more details, please contact Doug Todd at (248) 613-9639 or at dk todd@dow.com

DATES TO KEEP IN MIND

April (TBA)	Tour de Sore Buns, Freeland High School
May, date TBA	Season kickoff team training ride, Midland –pick up your jerseys
June (TBA)	Team Picnic and Training Ride, Midland – pick up jerseys
June 12	Pre-ride dinner in Holland
June 13/14	West-Michigan MS150 Ride
June	Liberty Tour, Midland
June 10	Possible Pre-ride dinners in Midland and Lake Fenton area
July 11/12	Mid-Michigan MS150 Ride
September 12	MS Mountain Bike Ride