



Great Lakes
Breakaway Ride

presented by



Please take a moment to read the following information so you have a safe and enjoyable stay.

Welcome to MSU!!!

MEALS: The dining hall is located on the second floor of Brody Hall. Meal times are:

Dinner Saturday, July 11th -- 5:30 – 7:00pm

Breakfast on Sunday, July 12th -- 6:00 - 7:30am

Brody Hall cafeteria is open to the public so you will need to bring your room key with you to the café as it will act as your meal ticket. If you are not staying on campus then please pick up a meal ticket outside of the cafeteria from the MS Staff or volunteers.

If you have guests attending dinner or breakfast with you, you may pay for their meal as you enter the café.

MASSAGE: To ease your tired muscles, massage therapists will be available on Saturday 12:00–6:00pm in Brody Hall just down the hall from where you pick up your room key.

HOSPITALITY TENT: We invite you to stop by this tent open to all riders at the finish line of day one. Please stop by, introduce yourself and enjoy the refreshments available and register for the 2016 Bike MS Ride for the one-time only price of \$25. We will also have some special merchandise on sale that you won't want to miss.

PRESIDENTS RECEPTION: We hope you'll join us for a celebration behind the Kellogg center on their beautiful patio from 7:30-9:00pm. We'll start with a short program to recognize the efforts of our Bike MS participants. There will be refreshments and a cash bar so please don't forget your ID. The first drink is on us so be sure to come by and spend time with your fellow riders, event volunteers and chapter staff.

BIKE REPAIRS: If your bike needs a little TLC, sponsoring bike shops can help from 4:00-6:00pm outside the Brody Hall entrance. Repairs will also be available on Sunday morning from 7:00-8:00am in front of Brody Hall. All labor from these great shop volunteers is free but you will need to pay for parts should your repair require them.

EVENT PHOTOS: We invite you to share photos you may take during the ride by using #bikems to tag the National MS Society

MOVIE: A movie will be shown in Brody Hall in Auditory Room 112, starting at 8:00pm

TRANSPORTATION: DD's Downtown Taxi, 517-252-4498 services the East Lansing area.

BUILDING SECURITY: The residence hall will be locked at 9:00pm. During this time you will need to use your key to enter the building or go to the mail entrance (faces the parking lot). Please have your room key and photo identification with you to be allowed entrance. The floors are locked 24/7 so please remember to bring your key with you!

SAFETY INFORMATION: A packet is provided in your room with information on what to do in an emergency. Please take a moment to review the materials when you get to your room.

CHECK OUT: Check out is from 6:00-8:00am. Please leave your linens in your room and return your key to the luggage drop area, someone will be there starting at 6am. Remember that you need to do this AFTER you eat breakfast as you will need the key card as your meal ticket to enter the café. There is a \$75 charge for each key that isn't turned in and invoices will be mailed to participants that do not return keys after the event.

LUGGAGE: On Sunday, please place your luggage (with tag affixed) in the classrooms where you picked it up on Saturday afternoon and it will be transported to Milford High School for you.

PARKING: If you have a vehicle that you need to park on campus you may use Lot 75 or park in the Kellogg Center for a fee. **DO NOT** park in a spot that has a sign that indicates it has been leased or your vehicle may be ticketed and towed. Please do not park at the loading docks.

BIKE STORAGE: There will be a room that will be locked in the lower level of Brody Hall (same room where you picked up your luggage and room key) where you may keep your bike overnight. This room will be locked at 5:30pm on Saturday evening and unlocked at 6am on Sunday. Please be aware that the National MS Society is not responsible for damaged or stolen property.

ROUTE: The route will open on Sunday at 7am and we ask that you start no later than 8am

2016 REGISTRATION: Register now and save! A special registration rate of \$25 will be offered only during the weekend of the ride for the 2016 Great Lakes Breakaway Bike MS Rides. This will be the lowest rate offered and you can sign up by visiting the hospitality tent on Saturday, by seeing one of our staff or volunteers located outside of the entrance of the café during meal times Saturday night and Sunday morning or at the Merchandise Sales area at the finish line Sunday afternoon.

QUESTIONS: If you need to reach a National MS Society staff person during your stay or need assistance from our medical team please contact Tammy Willis at 517-281-1308.