

Ride Guide

22nd Great Mass Getaway

June 24-25, 2006



Central New England Chapter
Serving Massachusetts and New Hampshire
www.msnewengland.org
800-493-9255

On the road to a cure for multiple sclerosis

At the National Multiple Sclerosis Society's Leadership Conference, Joyce Nelson, our President and CEO, challenged all sixty-two chapters to accelerate the path to discovery for a cure for MS. Joyce challenged all of the Chapters to double our funds raised over the next five years *to find a cure*.

Much progress has been made since the founding of the National MS Society sixty years ago. There are now six FDA-approved therapies for MS, and more are on the way.

We are making good on our promise - to end the devastating effects of multiple sclerosis. There is exciting research happening - the first gene involved in MS has been identified. It has long been believed that an as-yet unknown environmental factor triggers MS in those with a genetic pre-disposition to the disease. By unlocking half of that equation - the genetics of MS - the mystery begins to unravel!

But what if damage has been done to the nervous system? Society-funded projects are underway to determine how to repair the nervous system. Yes, *repair* the nervous system!

Research is the promise for tomorrow, and is one-half of our efforts to make good on our promise. There are over 13,000 people living with MS in Massachusetts and New Hampshire who need our help today. We provide that help through a wide array of programs in education, support, and advocacy that increase knowledge, improve health and wellness, maximize independence, advocate for better public policies, and that increase public awareness of MS.

It's a fact, research and care cost money. That is why we ride the Great Mass Getaway MS 150 Bike Tour - to fund the promise and progress that will lead to a cure for multiple sclerosis. Thanks to you, we are on a record-setting pace for the 2006 Great Mass Getaway. Your fundraising efforts will fuel the effort to reach a record \$1.8 million! Thank you!

Happy Riding,

A handwritten signature in black ink, reading 'John Siemiatkoski'.

John Siemiatkoski
Great Mass Getaway Tour Director '04-'06; Cyclist '91, '00, '01

Your Guide to the Great Mass Getaway

Packet Pick-up	2
Top Fundraisers	3
What to Pack	4
Checkpoints	5
Route Support	5
The Start	
Directions	6
How it Works	7
Saturday's Routes	8
The Bridge	8
Saturday Finish	9
Guests at the Finish ...	9
Sunday's Route	10
Provincetown	
Finish Line	11
Boat, Bus	11
FAQ	12
Official Bike Shops	12

Let us keep you informed about the Great Mass Getaway! Please send any address or e-mail changes to msbike@mam.nmss.org



Registration, Packet Pick-up and Check-in

	What	When
Registration	What you did when you said “Yes, I want to ride the Great Mass Getaway” and paid your registration fee.”	You did it already!
Packet Pick-up	Turn in your fundraising in a completed, signed Contribution Envelope. Sign a Waiver. Get your fundraising prizes and bib number.	Do it the week before the ride (Early Packet Pick-up, see below), or do it Saturday morning. <i>All cyclists must turn in at least \$400 of fundraising in order to ride.</i>
Check-in	You will be asked to Check-in three (3) times during the Great Mass Getaway to say “I am here!”	<p>Saturday Morning - Volunteers will have clipboards as you enter the start corrals to verify that you are riding.</p> <p>Saturday at Heritage Museums and Gardens - Check-in at the Finish Line to get your housing assignment and tell us you are off the road.</p> <p>Sunday in Provincetown - Check-in at the Finish Line to get your boarding pass for the ferry or the bus.</p>

Save valuable time at Early Packet Pick-up

Attend an Early Packet Pick-up Session, and save yourself valuable time on Saturday morning at the start of the Great Mass Getaway. You can turn in your fundraising, and pick-up your bib and fundraising prizes. Please visit our website at msnewengland.org for directions to these locations:

Monday, June 19, 2006 4:30 to 8:30 p.m.
Gourmet Garden Restaurant
430 Paradise Rd., Swampscott, MA 01907

Tuesday, June 20, 2006 4:30 to 8:30 p.m.
Landry's Bicycles
890 Commonwealth Ave., Boston, MA 02215

Thursday, June 22, 2006

10 a.m. to 2 p.m.; 4:30 to 8:30 p.m

National MS Society, 101A First Ave., Waltham, MA

Friday, June 23, 2006

4:30 p.m. to 8:30 p.m.

Sheraton Braintree, 37 Forbes Rd., Braintree, MA

If you do not attend Early Packet Pickup, please arrive in Quincy between 5:30 and 6:30 a.m. to allow adequate time to turn in your fundraising and get your packet. Please come to the start with your Contribution Envelope *completed* and *signed*. Waiver forms will be available on site.

Can I send someone else to pick up my packet?

Yes, but they must bring your ***signed and completed Contribution Envelope, and your signed Waiver.*** Waivers are available for download at www.msnewengland.org. The waiver must be submitted at the same time as your Contribution Envelope. *So, please do not fax or mail them to us.*

Teams lead the way in 2006!



Team Marsh, led by Tom Quigley, was the top corporate team at the 2005 Great Mass Getaway. New teams from Texas Instruments, PWC, and Serono look to grab that honor in 2006!

Each cyclist must turn in at least \$400 of fundraising by June 24, 2006 in order to ride in the Great Mass Getaway. But don't stop there!

Take the extra effort to raise money to help the over 13,000 people and families affected by MS in Massachusetts and New Hampshire. You will qualify for great fundraising prizes and special recognition levels.

How do you do it? That's simple, just tell people *"This is Why I Ride..."* - tell them why you made a personal commitment to help fight MS. Then ask them to support you by making a donation

Whether you know someone who has MS or not, your efforts will improve the quality of life for many people, and will help find a cure. Yes, you can make it happen!

2006 Great Mass Getaway Prizes

<i>If you raise:</i>	<i>You will get:</i>
\$400 to \$649	Tour t-shirt
\$650 to \$999	Tour t-shirt, CD case, Sweatshirt*
\$1000 to \$1749	VIP t-shirt, VIP Jersey, CD Case
\$1750 to \$2499	VIP t-shirt, VIP Jersey, CD Case, and Sweatshirt*
\$2500 to \$3499	VIP t-shirt, VIP Jersey, CD Case, Sweatshirt*, 2500 Club Bag, \$25 Bike Shop Gift*
\$3500 to \$4999	VIP t-shirt, VIP Jersey, CD Case, Sweatshirt*, 2500 Club Bag, \$35 Bike Shop Gift*
\$5000 to \$7499	VIP t-shirt, VIP Jersey, CD Case, Sweatshirt*, 2500 Club Bag, \$50 Bike Shop Gift*
\$7500 to \$9999	VIP t-shirt, VIP Jersey, CD Case, Sweatshirt*, 2500 Club Bag, \$75 Bike Shop Gift*
\$10000 to \$14999	VIP t-shirt, VIP Jersey, CD Case, Sweatshirt*, 2500 Club Bag, \$100 Bike Shop Gift*
\$15000 and up	VIP t-shirt, VIP Jersey, CD Case, Sweatshirt*, 2500 Club Bag, \$125 Bike Shop Gift*

*Sweatshirts available through online fulfillment after event. Bike Shop Gift certificates will be mailed after the tour.

Bike Tour Etiquette

Ride single file.

Always wear your helmet.

Headphones and radios are prohibited while riding.

Use hand signals to signal all turns.

Announce and point out any hazards on the road to cyclists behind you.

Don't taunt motorists. Stay to the right to let them pass. Call out "car back," "car up," or "car right."

When passing, say

"Passing on your left," in a friendly, non-startling tone. Better yet, say "Hello, how's your ride going?"

Ride predictably, in a straight line and at a constant speed. Move off the road if you stop along the way.

If cars honk, just smile and wave!

Help out other cyclists along the way. Be safe and enjoy the ride!



What to pack

Your luggage and camping gear will be transported from Quincy to Heritage Museums and Gardens on Saturday. On Sunday we will transport your luggage from Heritage to Provincetown, and back to Quincy.

Two numbered luggage tags will be given to you when you pick up your packet – one is for your bag, the other is for camping gear or bedding.

You must bring your own towels, sheets, and blanket if you are staying in the NMSS-supplied tents. These items are NOT provided.

1. Each cyclist is permitted ONE piece of luggage, which should weigh no more than 20 pounds each. **PACK LIGHTLY!**
2. Please do not hang items (shoes, etc) from your luggage at anytime during the weekend. This is how items get lost.
3. Every bag will have your bib number on it. Most of the luggage on the tour will be black, so make yours stand out, with brightly colored stripes or tags, so it is easy to find.
4. Attach a luggage tag with your name and address on your bag.
5. Pack each day's riding clothes in a zipper style plastic bag with a scented clothes dryer sheet to keep things fresh.

Check List:

Cycling Gear:

- ☐ Tuned Up Bicycle w/pump & tool kit, and patch kit
- ☐ Inner Tube – make sure it is the right size, width, and stem for your bike
- ☐ Extra Water Bottle
- ☐ Rear flasher – battery operated flashers can increase your visibility to approaching vehicles
- ☐ **Bicycle Helmet - Required**

Cycling Apparel:

- ☐ Shoes
- ☐ Shorts - one pair for each day
- ☐ Lycra tights - leg or arm warmers can be a great compromise for a chilly morning start
- ☐ Jersey - bring one for each day
- ☐ Socks - bring one pair per day
- ☐ Gloves - bring an extra, dry pair for day two
- ☐ Extra cleats for your shoes

Camping Gear or Bedding:

- ☐ Bedding: pillow and sleeping bag or blanket and sheet - *Tip:*

pack light! - just sleep in sweatshirt and sweatpants

- ☐ Towels
- ☐ If camping, your own 2-person tent - we transport it, you must set it up and take it down
- ☐ Sleeping pad, if camping

Outerwear:

- ☐ Raingear
- ☐ Windbreaker - dress in layers!
- ☐ Fanny Pack or hydration packs for additional clothing and gear while riding

Clothing for after the ride

- ☐ Casual Clothes - a fleece or some other comfy clothes for Saturday night and Sunday. It may be windy on the boat.
- ☐ Shoes or sandals

Personal Items:

- ☐ Identification, money credit card
- ☐ Cell phone
- ☐ Sunglasses, Sunscreen, Lip balm
- ☐ Ear Plugs
- ☐ Anti-chafing cream to mini-

mize saddle-sore

- ☐ Prescription Medications --- Please carry with you while cycling. Do not pack them in your luggage. Let us know if you need refrigeration.
- ☐ Waterless hand sanitizer
- ☐ Towels. "Pack towels" (a synthetic towel used for camping) are very absorbent and dry quickly. You can use the same one Saturday and Sunday.
- ☐ Toiletry Kit – put shampoo bottles in zipper style bags so that don't burst and get all over your luggage
- ☐ Plastic Trash Bag(s) - to protect dry clothing in case of rain and to pack wet clothing and towels. A small plastic bag can be handy for putting over your saddle at night to keep it dry from dew or rain
- ☐ Flashlight or headlamp
- ☐ Camera - you will want to capture some memories.

Don't forget to leave room for the t-shirt and other prizes.



Watch the waves roll in at Sunday's lunch stop at Cooks Brook Beach in Eastham. Surf's up!

Rest Stops

Rest Stops are located every 10-15 miles, and have food, water and Gatorade. Lunch stops also have sandwiches. Here are some rest stop tips that will help you get through the day in an efficient manner - leaving you plenty of time to socialize:

- a) Use **Waterless Hand Sanitizer** before grabbing food and after using the porta-potties.
- b) **Go to the food section** of the rest stop **first** and select what you need to eat.
- c) **Fill your bottles or hydration pack** with water and Gatorade.
- d) Remember that every line you are in is another opportunity to **socialize and have fun!**
- f) **Don't stay at a rest stop for too long.** After about 15 minutes you will find that your body and muscles cool down and it will take more energy to get back to your regular riding pace.

Top right: Over 400 volunteers will guide and cheer you along the way. Bottom right: Be on the lookout for our tour photographers. They will catch your smiling face and get some great shots along the way.

Route Support

Bike Mechanics will be at rest stops and drive the route. If you need a mechanic, pull off the road, and invert your bicycle to indicate mechanic needed.

Safety Team - MS staff and volunteers patrol the route in vehicles with orange flags:

- Carry water, snacks, sunscreen
- Carry limited bike repair tools and parts
- Will direct cyclists to ride single file and to follow rules of the road

HAM radio operators provide communication at rest stops and along the route.

Net Control directs emergency and support services on the route. Bring your cell phone, in case you need to call for support. Your wristband will have Net Control's number.

Police Details provide traffic safety at key intersections.

Our first priority is your safety. Please do not start the route early - wait until Route Support is on duty.



The Start

Squantum Point Park - Quincy, MA

5:30 - 7 a.m. Packet Pick-up & Check-in Open

Food: Bagels, Donuts, Fruit, Clif Bars

Beverages: Coffee, Tea, Juice, Water, Gatorade

6:15 a.m. Team Photos start

7 a.m. Early start for 100-mile route

7:30 a.m. Main start for 75-mile route



Dan Clark, "The Singing Trooper," will again sing the National Anthem and other favorites at the start. Recently retired from the Massachusetts State Police, Dan won't be in the full dress uniform, but his performance will amaze you!

Directions

I-93 Northbound

From South Shore, Cape Cod, Rhode Island and points South of Boston

Take Exit 11 "To 203 Granite Ave Ashmont"

At end of ramp, merge onto Granite Ave.

Turn Right onto Route 203 Gullivan Blvd.

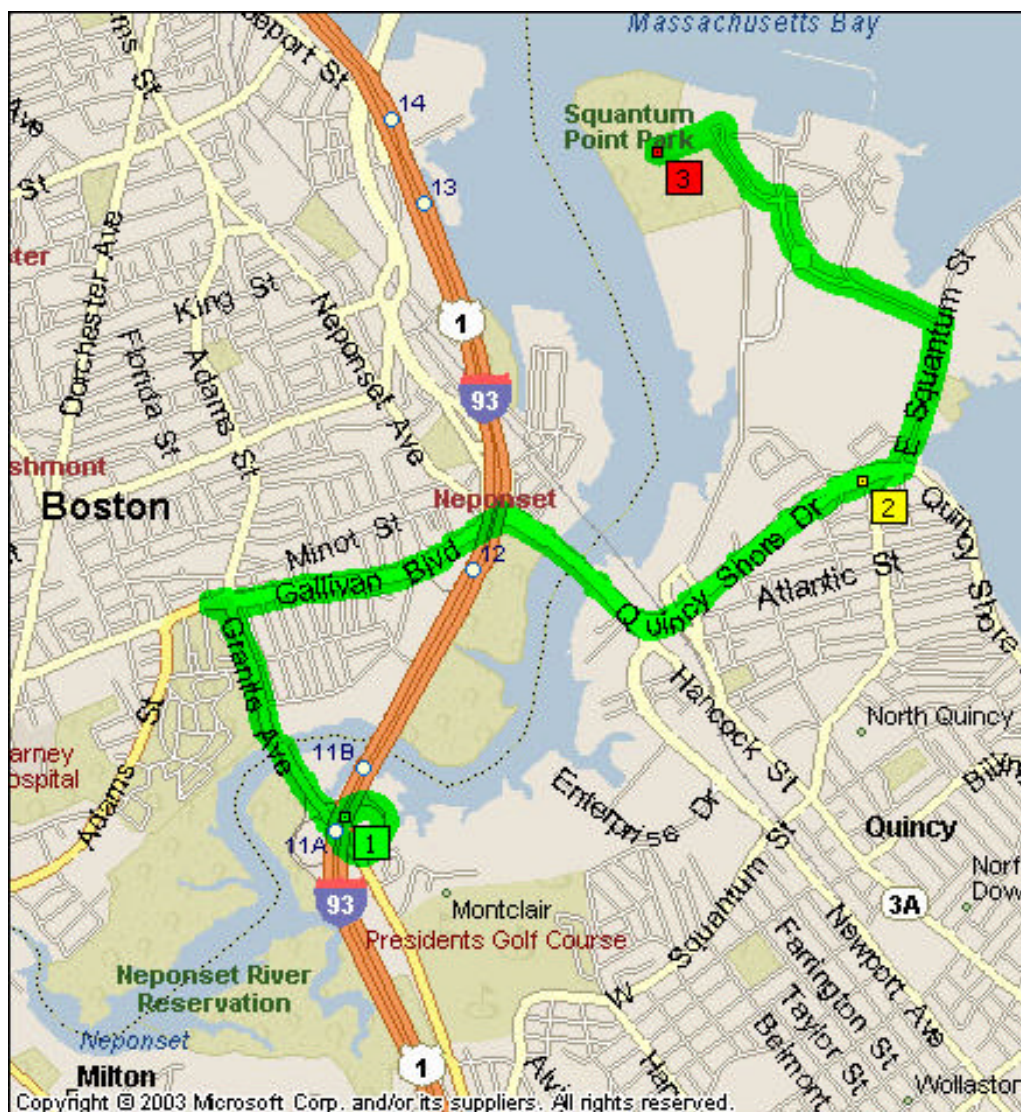
Stay right through rotary, and turn right onto Route 3A, Neponset St.

Merge to left lane as you cross Neponset Bridge

Bear Left for Quincy Shore Drive

Turn Left onto E. Squantum St. at light—Dunkin Donuts on left

Turn left onto Victory Rd. and follow MS signs



Arrive Early, Get Ready to Ride!

Save time at the start by attending Early Packet Pick-up (see page 2), or come early on Saturday morning - Packet Pick-up opens at 5:30 a.m. on Saturday.

All cyclists must turn in at least \$400 of fundraising by Saturday, June 24, 2006 in order to ride

Luggage: Place the luggage tag from your bib packet on your bag and place it on the luggage truck.

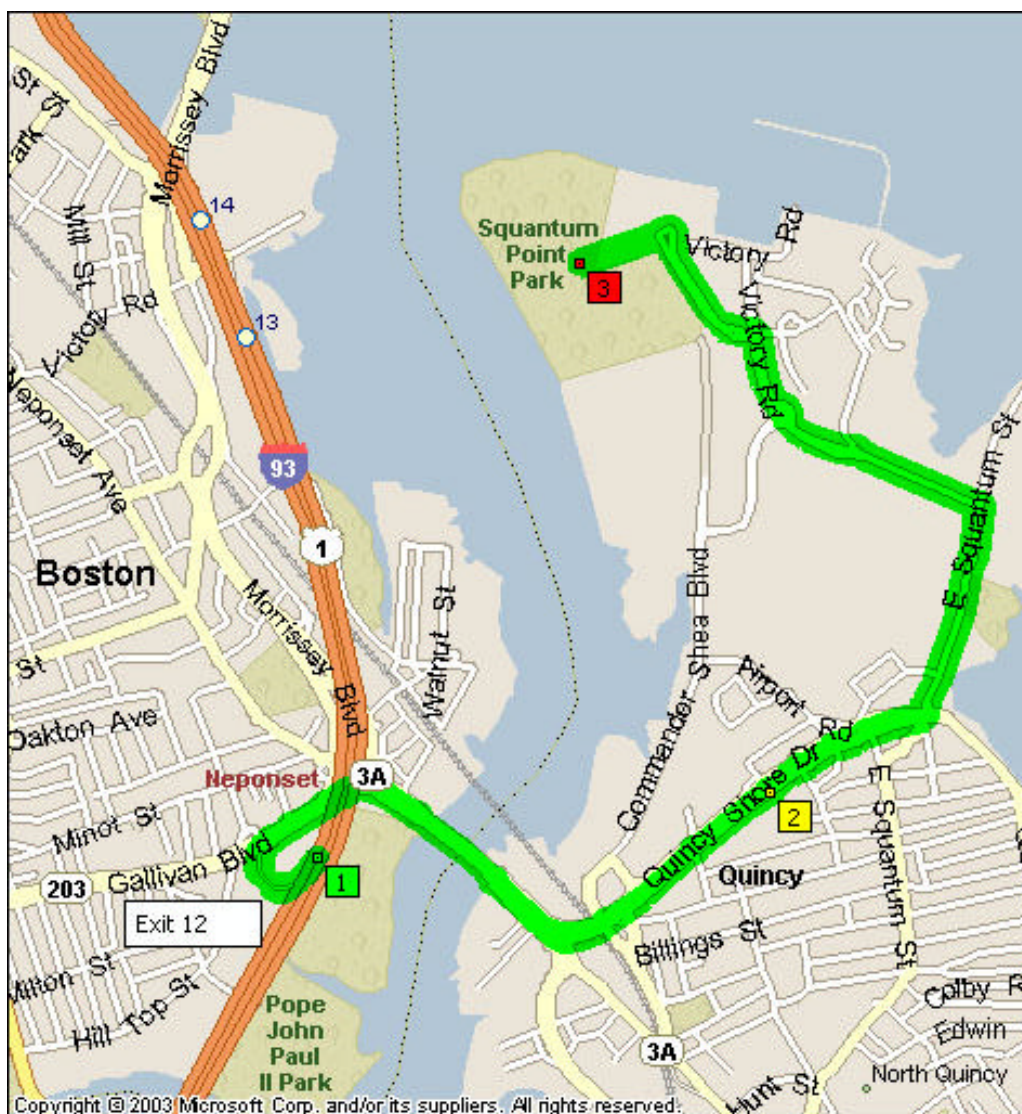
Drop-off: To make parking easier for everyone, we have designated a special drop-off lane. Have your driver follow the signs to stay in the left lane for the drop-off lane.

Free parking for the weekend: Parking lot attendants will guide you to a parking space, for better traffic flow. If you want to park next to someone, then you need to arrive together.

Friends and family are welcome to watch the start. They must park in the WaterWorks lot. Food at the start is for cyclists and tour volunteers.

People with MS who have mobility issues are welcome near the information tent.

Late arrivals will be transported to the first rest stop by SAG vehicles. Please arrive by 6:30 a.m.



Directions

I-93 Southbound
From Boston, Mass Pike
I-90 and points North
and West of Boston

Take Exit 12 "3A South Neponset Quincy"

At end of ramp, merge onto Route 203 Gallivan Blvd.

Stay right through rotary, and turn right onto Route 3A, Neponset St.

Merge to left lane as you cross Neponset Bridge

Bear Left for Quincy Shore Drive

Turn Left onto E. Squantum St. at light—Dunkin Donuts on left

Turn left onto Victory Rd. and follow MS signs

Ride Guide 22nd Great Mass Getaway

Page 8 June 24-25, 2006



7 a.m. Start for 100-mi route
7:30 a.m. Start for 75-mi route
4 p.m. All routes close

Saturday Rest Stops

RS-1 - Mile 14 - 7:45 to 10 a.m.

Sandy Beach, Cohasset
Atlantic Ave. near Nichols Rd.

RS-2 - Mile 23 - 8:30 to 10:45 a.m.

Driftway Medical Building, Scituate
7 Driftway

RS-3 - Lunch - Mile 39

9:15 a.m. to 12 p.m.

Duxbury Middle School, Duxbury
130 Saint George Street

RS-4 - 75-mile route only - Mile 48

9:30 a.m. to 12:30 p.m.

Sacred Heart High School, Kingston
399 Bishops Highway

RS-5 - 75-mile route only - Mile 56

11 a.m. to 1:30 p.m.

Plymouth Cmty Intermediate School
Plymouth 117 Long Pond Rd.

RS-6 - Century Route only - Mile 53

10 a.m. to 12:30 p.m.

Dennett Elementary School, Plympton
80 Crescent St.

RS-7 - Century Route only - Mile 68

10:30 a.m. to 2 p.m.

Not-the-same Country Store
Middleborough 91 Miller St.

RS-8 - Century Route only - Mile 83

11:30 a.m. to 3 p.m.

Decas School, Wareham
760 Main St.

RS-9 - Mile 70 (Mile 96 Century)

12 a.m. to 4 p.m.

Sagamore Recreation Area, Bourne
Canal Street at Hunter's Brook Rd.



Worthy of a celebration! Paul Joyce (left) of Team Everest, and Jagerdog Team Captain Larry Vuolo (right) celebrate a great day of riding for MS.

Saturday's route follows the coast through the beautiful towns of the South Shore of Massachusetts. The State Police provide a motorcycle escort through Quincy, Weymouth and Hingham.

You will admire the stately homes along the water in Cohasset, with stunning views of the ocean. After your first rest stop at the Cohasset's Sandy Beach, make sure you check out the tidal flow as you cross the bridge on Border Road. The power of the water is amazing - almost as powerful as 1,500 cyclists riding to end a devastating disease!

The route heads through Scituate, close to the ocean. A new rest stop greets you at the Driftway Medical Building.

A new loop in Marshfield provides more water views. A police detail will help you cross Route 139, and then you head past the Town Hall, and into

beautiful Duxbury.

After passing some cranberry bogs, you will find the lunch stop at Duxbury Middle School. The 75 and 100-mile routes split just after the rest stop, so be on the look-out for the green (75) and yellow (100) route marking signs.

The 75 takes quiet side roads past a beautiful pond and then heads to another rest stop before entering historic Plymouth.

The 100-mile route takes a new trek along quiet country roads and rejoins the 75-mile route at the Sagamore Recreation Area.

All cyclists must walk over the Sagamore Bridge, and along the grass area in front of the Christmas Tree Shops.

Once across Cranberry Highway, the final three miles to Heritage Museums and Gardens are a breeze. Lots of cheering volunteers will greet you at the Finish Line.



The Polar Type Bears gather for their 2005 team photo. If you miss the team photos at the start, gather up the troops at Heritage and fund one of our photographers. Hey Dave, how about a team photo on Heritage's antique carousel? That will look great on your postcard!

Saturday Finish

All cyclists *must* Check-in when they arrive!

What to do when you arrive at Heritage:

1. Visit the medical tent if you need to.
2. Check-in at the Finish Line—get your housing assignment, campus map, and schedule
3. Stow your bike in the secured area. Police will guard them overnight.
4. Retrieve your luggage - volunteers will be available if you need help!
5. Find your tent, get a shower (you'll need it!)
6. Join the festivities, get some food, have some fun!

Bikes - Saturday: Bikes are stored overnight in an outdoor, guarded, fenced-in area. Remove bike computers from your bike. Neither NMSS or Heritage Museums and Gardens will be responsible for lost bike accessories. No access will be granted during the night. In the morning your bib number will be checked against your bike number. No bib = no bike!

Luggage - Saturday: Our volunteer crew will unload all of the luggage and arrange it by bib number. Just look for your section (i.e. 400-499) and grab your bag. If the ride took a little too much out of you, not to worry, volunteers to help you carry your luggage.

If you are staying off-site: Shuttles will run a loop to Hyannis motels, and another loop to Plymouth and Mass Maritime, to bring you back and forth. If you want taxi service, you will have to make your own arrangements.

You will be given a voice mail number to call, after you check into your motel room. Leave a message with your name and room number, in case we need to contact you. Sunday motel pick-ups will begin at 4:30 a.m. to get you to Heritage, so that you can enjoy breakfast before your ride.

How do you top off a great day of cycling? Why, with a party of course! From the second you turn into the Heritage Museums and Gardens, you'll know there's a whole lot happening.

You will be greeted by enthusiastic volunteers, with a DJ laying down some tunes. Check-in at the Finish Tent, and stow your bike in the secured area. *Three* shower trucks await you. The barbecue starts with the arrival of first cyclist, and will remain open until 5 p.m.

Bike mechanics will be available until 7 p.m. Massage therapists will be available from 1 to 9 p.m. for 15-minute massage appointments.

Wachusett Brewing will be on site, with their beer truck, and Virgin Vines will debut some of their new wines. At press time, we were negotiating with *two* bands, so get ready for a great party! Top fundraisers - over \$1,000 - are welcomed to the VIP hospitality tent.

A full dinner starts at 5:30 p.m. Our evening program will chronicle the highlight the promise and progress of our journey to end the devastating effects of MS. Top fundraisers and teams will be recognized for their achievements.

Volunteers and tour veterans will be honored, and then we'll have our annual team t-shirt and team jersey contests.

Quiet hours will be enforced at 9 p.m. to assure that all can have a good night's sleep. Everyone has a early day on Sunday, so please respect others' right to peace and quiet.

Sunday Morning: Breakfast, Luggage, the Route

- 4:30 a.m.** Motel Shuttles begin - shuttles run a loop until 6 a.m.
- 4:45 a.m.** Wake-up calls begin
- 5:15-** Full Breakfast in Main Tent
- 7:30 a.m.** Continental breakfast for grab-and-go
- 6-8 a.m.** Route opens - all cyclists must start from Heritage Museums and Gardens. All must be on the route by 8 a.m.
- 8:30 a.m.** Those who do not wish to ride on Sunday will be transported by bus to Provincetown.

Yes, it's an early morning on Sunday, June 26. Rise early, have a hearty breakfast, and embark on your journey to Provincetown!

Passing through the historic town of Sandwich, you then make your way to Service Road - it's like a roller coaster - pedal like mad down the first rolling hill, and you will fly up the next one!

Easy routing through Barnstable assures a safe crossing of Route 132. A new location for the first rest stop means plenty of room for everyone.

Enjoy the view along Route 6A through the quaint villages of Cummaquid and Yarmouthport. New routing takes you through a less-traveled stretch into Dennis and Harwich where a new rest stop awaits you at the Bike Depot. Quiet side roads lead you into Brewster, where you will find the next rest stop at Cape Cod Rail Trail Bike & Kayak. You then join the Rail Trail to transit through Nickerson State Park. Be careful on the Rail Trail as you pass

through the tunnel under Route 6A.

Picturesque Rock Harbor in Orleans greets you on your way to Eastham. Cooks Brook Beach plays host to Sunday's lunch stop.

A Wellfleet police officer will help you cross Route 6, and then you will ride in the wide shoulder of Route 6 until you enter the Cape Cod National Seashore at Lecount Hollow Rd.

Two more rest stops await you as you make your way to Provincetown. You will be on Route 6 for most of the way, with a few detours onto quieter roads.

As you enter Provincetown, you will see the sand dunes, and you will know the Finish Line is near!

Please note: If you are attempting to make the early buses from Ptown to Quincy, you must ride in a safe fashion. No one is permitted to ride in a fashion that would endanger other cyclists. Ride at a decent pace, and limit your time at rest stops, you will make it in plenty of time.



Jen Bottomley, a.k.a. "Dr. Tigger," points the way at the 2005 Great Mass Getaway.

Sunday Rest Stops

RS-1 - Mile 14 - 6:30 to 9:30 a.m.

Sears Service Center, Barnstable
1336 Phinney's Lane

RS-2 - Mile 25 - 7:15 - 10:30 a.m.

The Bike Depot, Harwich
500 Depot Rd.

RS-3 - Mile 35 - 7:45 - 11:30 a.m.

Cape Cod Rail Trail Bike & Kayak
Brewster 302 Underpass Rd.

RS-4 - Mile 48 - 8:30 a.m. to 12:45 p.m.

Cooks Brook Beach, Eastham
End of Steele Rd.

RS-5 - Mile 57 - 9 a.m. - 1:30 p.m.

Wellfleet Elementary School
Wellfleet 100 Lawrence Rd.

RS-6 - Mile 64

9:30 a.m. to 2 p.m.

Truro Central School, Truro
317 Route 6

Route closes at 2 p.m.

Provincetown: "You made it!"



Round up your friends and celebrate your accomplishment. You did it!

Crossing the Finish Line in Provincetown is a celebration of a journey you started long ago! When you first registered for the Great Mass Getaway, you accepted a challenge to help people with MS.

With your journey complete, it's time to celebrate. Volunteers will cheer you and place a finish patch around your neck. Pose for a photo at the Finish Line, and check-in at the Finish Tent.

Your family and friends are welcome to meet you in Provincetown. Please let them know that there will be no parking available at the VFW,

Jerome Smith Rd., and Winslow Streets. Just tell them to follow the blue "P" signs to paid public parking lots. Food at the finish is for cyclists and tour volunteers.

Many cyclists head down to Commercial Street to take in the shops and restaurants. Just be at the boat by 3:30 p.m. for boarding. The buses board at 2, 3, and 4 p.m.

You will arrive in Quincy around 7 p.m. Your bike and luggage will be waiting for you. Please drive safely on your way home - we want to see you again at the 2007 Great Mass Getaway!

The Boat, the Bus, and the Trucks



It's a party on the Provincetown II! The DJ gets the party rockin' and everyone gets in the dance frenzy. The Blazing Saddles have issued a challenge to dethrone the Chain Gang as dance champions. Don't count out Dickie's Devils and the Rubbernecks. But please, no wagering!

Hop off your bike in Provincetown, and everything you need is right there. Well, maybe you won't be hopping - you did just ride 150 miles!

Enjoy food and music before you head to the party boat, which boards at 3:30 p.m. Buses depart at 2:30, 3:30 and 4:30 p.m. Check-in at the finish tent.

Wheel your bike over to the Casey and Hayes moving trucks, empty your water bottles, and remove all accessories, including computers and pumps - bags will be available. *If it comes off without tools, take it off!* Neither NMSS nor Casey and Hayes will be responsible for lost accessories. Casey and Hayes will protect your bike with cardboard wrap.

The shower and luggage trucks are your next stop, or feel free to head straight to the food tent. A brief shower will allow everyone to get one. A DJ provides entertainment, and massage therapists will soothe what ails you.



Frequently Asked Questions

If you have questions, please check here for answers, or our FAQ list at msnewengland.org. If the FAQ list does not fully answer your questions, call 800-493-9255 or e-mail msbike@mam.nmss.org.

Weather

What if the weather is bad on either day of the tour? We ride rain or shine and there is no rain date. In the event of severe weather, the Tour Director may suspend or cancel the tour. We will have several shelter areas designated along the route, should they be needed.

Family, Spectators

Where can my family see me during the tour? The best place is the Start on Saturday at Squantum Point Park. They can be there to cheer you as you start the ride. Food will be available at the Start for cyclists and tour volunteers.

Can my family stay at Heritage Museums and Gardens? No. Housing is for cyclists and tour volunteers only.

Can my family visit me at Heritage

Museums and Gardens? Yes, but parking is limited, so they may have to park at an outlying lot. The barbecue is open to cyclists and tour volunteers only. Family members may attend the Saturday Evening Program and Dinner by purchasing a meal ticket for \$15 per person by June 16. Meal tickets will *not* be sold at the event. Call 800-493-9255 for tickets.

Food

What food is provided during the weekend? If you are on a specialized diet, a high protein diet, are a vegan, or know you have a selective palate, bring supplementary food with you. Here is what we expect to have:

Saturday Morning: bagels and other baked goods, coffee, orange juice, water, Gatorade, Clif bars, bananas, oranges

Route, both days: water, Gatorade, snacks (sweet, salty, crunchy, carbs), PBJ, meat and veggie sandwiches (lunch stop only), fruit

Saturday BBQ: Hamburgers, hot dogs, veggie burgers, brownies or cookies, fruit, soda, salads

Saturday Meal: Sit-down dinner at

Heritage Museums and Gardens.

Sunday Breakfast: Full breakfast with Scrambled Eggs, Fried Potatoes, Sausage, Bacon, Bagels, Muffins, Cereal, Coffee, Juice – provided to cyclists and event volunteers only

Sunday Finish: sandwiches, tossed salad, pasta salad, soda, water

Boat, Buses and Trucks

Can my friends and family join me on the boat back to Quincy? No. The boat and the buses are for registered cyclists only.

How does my bike get back? Casey & Hayes moving trucks transport your bike to Quincy. Once a truck is full, it leaves for Quincy.

Housing

I'm camping at Heritage—what do I do? We will transport your tent for you. You have to set it up and take it down. You will have access to the bathrooms and showers at Heritage.

What should I bring for linens? Towels, pillow and sheets and blanket or a sleeping bag. Better yet, sleep in sweatpants and a sweatshirt to save room in your bag.

OFFICIAL MS BIKE SHOPS

Landry's landrys.com

Boston, Danvers, Natick, Norwood and Westborough, MA

Back Bay Bicycles

backbaybicycles.com
Boston, MA

Belmont Wheelworks

wheelworks.com
Belmont, MA

Berkshire Bike & Blade

bikeandblade.com
Great Barrington, MA

Buchika's buchika.com

Salem, NH

Cycle Loft cycleloft.com

Burlington, MA

Cycleworks

Vineyard Haven, MA

Edgartown Bicycles

edgartownbicycles.com
Edgartown, MA

Farina's Bicycle Center

farinas.com
Watertown, MA

Goodale's Bike and Ski

goodalesbikeshop.com
Concord, Nashua & Hooksett, NH

Independent Fabrication

ifbikes.com

Mavic Adidas mavic.com

R.E.I. rei.com

Boston, Framingham, Hingham, and Reading, MA

SRAM www.sram.com

Trek Bicycles www.trekbikes.com

SUPPORTING SPONSORS

Clif Bar

Hilltop Steakhouse

Tulley

Wachusett Brewing

WFNX 101.7 FM

WZLX 100.7 FM