

2011 BIKE MS THE CITRUS TOUR Volunteer Handbook



bike to
create a world
free of MS





Volunteering: What You Need to Know

Enthusiastic, committed volunteers are key components of the annual Bike MS ride. This year, the Mid Florida Chapter needs 400 volunteers to assist during the ride. Volunteering is a great way to help thousands of people living with MS. You'll meet new people, enjoy the fresh air and sunshine, learn new skills, and enjoy the largest Bike MS Ride Mid Florida has had yet. All volunteers will get a t-shirt, snacks, and all the Gatorade you can drink!

What should I bring?

- Signed and completed Volunteer Agreement Form (available at check-in)
- Water bottle or small cooler
- Sunglasses and sunscreen
- Insect repellent
- Extra clothes, including shoes and jacket

How Should I dress?

Please dress comfortably and weather appropriate. Shorts and sneakers are appropriate. You will be given a volunteer t-shirt at check-in

When should I arrive?

Arrive 15 minutes before your shift begins. This ensures time to park, check in and find your volunteer location.

FREQUENTLY ASKED QUESTIONS

Ride Related:

When is the Bike MS Ride?

Saturday May 14 & Sunday May 15

Where is the Bike MS Ride?

The bike MS ride starts at Bok Tower Gardens in Lake Wales and finishes at the Caribe Royale Resort.

What time does the Bike MS Ride start?

Registration begins on Saturday morning at 6am and the ride begins at 7am.

What if it rains?

The Bike MS ride takes place rain or shine.

-Safety and Medical-

Are there special emergency numbers for the event?

A special emergency hotline number will be printed on route maps. We strongly recommend riders and volunteers bring cell phones for additional safety measures.

Will there be informational and/or route marking signs?

Directional signs are placed at every turn along the route.

Will there be medical support?

Medical personnel will be available throughout the ride including the overnight stay and finish line. In the case of minor roadside situations, SAG drivers may transport riders to the next rest stop for assistance. If a volunteer is not feeling well, please notify the volunteer check-in area so that medical assistance can be contacted.



...ies to Orlando, the allows paved
 cue sheet and route map are available both days. Please note: this
 route is subject to modification as the ride nears.

Are there rest stops along the ride?

Yes, there are rest stops every 8 to 12 miles. Please refer to the route map for rest stop locations per route option. Every rest stop is supported with beverages and energizing snacks.

What if someone wants to meet me along the ride?

For everyone's safety, we need to eliminate as much vehicular traffic as possible. Please meet riders at the start or finish lines.

-Hotels-

Caribe Royale Resort Orlando- 1.800.823.8300

<http://www.thecaribeorlando.com/Caribe-Royale/>

8101 World Center Drive

Orlando, FL 32821

Mention Bike MS to receive a special \$110 rate!

Reservations must be made by April 23rd to receive discounted rate.

Additional nearby hotels: 407.239.8588

Buena Vista Suites-

8203 World Center Drive

Orlando, FL 32821

Mention Bike MS to receive a special \$110 rate!

Reservations must be made by April 23rd to receive discounted rate.

Holiday Inn Express & Suites Lake Buena Vista East- 407.997.1700
3484 Polynesian Isle Blvd
Kissimmee, FL 34746

Shuttle service will be provided from the Caribe Royale to the Buena Vista Suites and the Holiday Inn Express & Suites Lake Buena Vista East. Shuttle service will begin around 11:00 AM on Saturday and will continue through the Victory Dinner Saturday evening. Shuttle service will begin around 5:30 AM on Sunday.

-Lake Wales Area Hotels-

Hampton Inn & Suites Lake Wales

22900 Highway 27 South
Lake Wales, FL 33859
1.863.734.3000

Green Gables Inn

21380 Highway 27 South
Lake Wales, FL 33859
1.863.676.2511

-Winter Haven Area Hotels-

Best Western Admiral's Inn & Conference Center

5665 Cypress Gardens Blvd.
Winter Haven, FL 33884
1.800.247.2799

Clarion Inn Winter Haven

1150 SW 3rd Street US 17
Winter Haven, FL 33880
1.863.294.4451

Holiday Inn Winter Haven

200 Cypress Gardens Blvd.
Winter Haven, FL 33880
1.863.299.9251

Hampton Inn Winter Haven

202 Cypress Gardens Blvd.

Winter Haven, FL 33880

Volunteer FAQ

Where Do I Park?

Parking will be available at Bok Tower and the Caribe Royale Resort for all volunteers. Please follow the signs directing you to the parking area.

Where Do I Go When I Arrive?

Volunteers should go directly to the Volunteer Check-In tent. At Bok Tower, the Volunteer Check-In Tent will be located near the registration tent and the start/finish line. At Caribe Royale, the Volunteer Check-In tent will be located inside the event pavilion.

Will Meals Be Provided?

All volunteers will have access to snacks and drinks on site, but please eat before or after your shift. Feel free to bring additional snacks and a refillable water bottle. If you volunteer for more than 6 hours, please alert someone at Volunteer Check-In so that you receive a wristband for our celebration dinner in Orlando.

* Please note, if you are volunteering for the dinner program, you will be able to enjoy the meal. However, you will not be able to do so until your volunteer duties are complete.

How Do I Get There? (Directions)

Bok Tower: 1151 Tower Blvd. Lake Wales 33853

www.boksanctuary.org/

From Orlando and Tampa, take I-4

Proceed on I-4 to Exit 55. Take Exit 55 and proceed south on U.S. Highway 27 for approximately 23 miles. Proceed two traffic lights past Eagle Ridge Mall. Turn left on Mountain Lake Cut Off Road. At the caution light, turn right (south) onto County Road 17 (also known as Scenic Highway). Proceed on CR 17 for 3/4 miles. Turn left (east) onto Burns Avenue (also known as County Road 17-A). Proceed on Burns Avenue for 1.3 miles. On your left you'll see a main entrance sign to Bok Tower Gardens. Turn left and proceed to the entrance gate.

Caribe Royal Resort: 8101 World Center Drive Orlando, 32821

www.thecaribeorlando.com/Caribe-Royale/

I-4 Westbound- Take exit #68 and turn left onto S.R. 535 (Apopka/Vineland Road). Go to the 3rd light and turn left onto World Center Drive. The Caribe Royale is the 2nd hotel on the left hand side.

I-4 Eastbound- Take exit #68 and travel east on S.R. 535 (Apopka/Vineland Road). Go to the 3rd light and turn left onto World Center Drive. The Caribe Royale is the 2nd hotel on the left hand side.

*On a final note, please leave large purses, valuables etc. at home or locked in your car as there are no safe places to store them on site.