

2013 Johnson MS BIKE TOUR - Red Deer

Tour Weekend Schedule of Activities

Start and Finish each day at FESTIVAL HALL

*Out-of-town participants – Your best option is to arrive early (suggested 7:30 am) the morning of Day 1, June 9th to check-in, turn in your pledge money, and receive your T-Shirt, cyclist pinnie and wrist band, plus the jersey/shorts you may have earned.

DAY 1 – Saturday, June 8

- Check in, submit pledges and enjoy a light, nutritious breakfast.....7:30 am
- Tour begins.....9:00 am
- **Intuition** Massage Therapists available at Finish Line1:30 to 4:30 pm
- Door Open at Festival Hall – cash bar, Day 1 slideshow5:00 pm
- Evening Dinner, Festival Hall.....6:00 pm

Non-cyclists require \$25 ticket. Make arrangements with Ellen Geddes, Events Co-ordinator, 403-346-0290 prior to June 6th.

DAY 2 – Sunday, June 9

- Check in, submit pledges and enjoy a light, nutritious breakfast.....8:00 am
 - 2nd day begins. Cyclists starting earlier will not have any support (safety, food) 9:00 am
- The distance is a 120 km (72 miles) for the day. You will cycle east of the City on the historic Coal Trail, also known as the Delburne Highway; south on Hwy 21; west on 42; then back into Red Deer on Hwy 2A. Embrace the challenge while cycling past the lush fields and parklands of picturesque Central Alberta.
- **Intuition** Massage Therapists available at Finish Line.....1:30 pm to 4:30 pm
 - Finish Line BBQ at Festival Hall.....1:30 pm to 4:30 pm

WE PROVIDE everything you need for a safe, organized ride: checkpoints every 12 - 18 km with refreshments, a nutritious lunch stop, safety personnel, bike mechanics, great prizes, newsletters and more.

YOU PROVIDE a reliable bike and safety approved helmet, passion, enthusiasm and minimum \$295 in pledges to make this a fun event and help us **end MS!**