Join Team Lube-Tech for the opportunity to change lives – including your own!
Eivind Stenerson
SLT Lead 2016 - 2019
Amanda Brine
2019 Bike Team Captain
Join Team Lube-Tech

Head to our Team Lube-Tech page and select “Join Team” to register as a rider or ‘virtual’ rider.

*25% Off Registration Discount Codes
For new riders: NewRider
For alumni riders: BikeVIP
Bike Clinic & Training Schedule

• Bike Clinic w/ Trainer: Todd Olson
  – Wednesday, March 13, from 5-6:30 pm in the Gopher Hole
  – Adjust bikes for optimal riding
  – Learn helpful safety / riding tips, and rules of the road
  – Receive discount at Erik’s – Bike Board Ski Shop (Minnetonka)

• 6 Week Group Bike Training
  – Interested? Sign up for dates on the Sign-Up Genius
Lube-Tech Team Gear

Deadline: March 10th
Pick-Up: May 30th

Lube-Tech will cover half of the jersey costs. Your cost is what shows up on the website where you place your order:

teamstore.ascendsportswear.com/store/lube-tech/
Volunteer Leads

Cyndie Leary
Carlton Lead

Breana Sevilla
Hinckley / Food Lead
Volunteer Opportunities

Hand out packets to Team Lube-Tech Riders that raised the minimum of $300
Where: Golden Valley 900
When: May 30th
What: Help pass out the rider packets (1 hour slots)

Food Planning Committee
What: Plan a menu and arrange pick up and drop off of food/grills for the Lube-Tech bicyclists at Hinckley rest stop
When: This Spring (meeting dates TBD)

Lube-Tech will be sponsoring two check-point during the race-
Carlton, Minnesota
When: June 8, 2018. 5:30 AM-12 PM
What: Serving snacks to all MS 150 bicyclists as they come through
Hinckley, Minnesota
When: June 8, 2018. Slots run from 9 AM-1 PM, 1 PM-5 PM and 5 PM to 9 PM
What: Cook and serve a meal for Lube-Tech MS 150 bicyclists at team tent

Sign Up Here!
What is Multiple Sclerosis (MS)?

A chronic, often disabling disease that attacks the central nervous system (brain and spinal cord).

There is no known cure.
There is no known cause.

Symptoms of MS

• Fatigue
• Vision problems
• Stiffness
• Sensory problems (numbness, tingling, pain)
• Motor difficulties (weakness, imbalance)
• Cognitive changes (attention, memory, processing)
• Bladder/bowel dysfunction
Multiple Sclerosis stops people from moving. We exist to make sure it doesn’t.

- Nationwide MS Navigator services

- Programs and online connections

- Advocacy network dedicated to passing legislation in support of MS research and funding at both the state and federal level

- MS Society is the leading supporter of MS research worldwide

- Fellowship and training awards for MS healthcare providers

National Multiple Sclerosis Society
People affected by MS are relying on us to do whatever it takes to accelerate breakthroughs.

Together, we will raise $1 billion to fuel breakthroughs that will change the world for people with MS.

Every breakthrough matters.  
Every dollar counts.  
Give your best gift today.

TOGETHER WE WILL BREAKTHROUGH MS

#BREAKTHROUGHMS

National Multiple Sclerosis Society
BIKE MS: THE FACTS

- Bike MS is the largest organized cycling series in the country
- The MS 150 is the 3rd largest bike event in the series
- There are 80 Bike MS rides around the country
- Approximately 100,000 people ride in Bike MS events each year
- Bike MS raises $60 million each year
BIKE MS:

Team Lube-Tech

Team Results

2016: 25 team members raised $12,417
2017: 25 team members raised $19,021
2018: 25 team members raised $25,454

Team total = $57,017

Sponsorship

<table>
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<tr>
<th>Year</th>
<th>Dollars</th>
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<tbody>
<tr>
<td>2017</td>
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<td>2018</td>
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<tr>
<td>2019</td>
<td>$10,000</td>
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<tr>
<td>Total</td>
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Bike MS: C.H. Robinson MS 150 Ride 2018 Stats

<table>
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<tr>
<th>Participants</th>
<th>Teams</th>
<th>Volunteers</th>
<th>Dollars Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,635</td>
<td>224</td>
<td>1,000</td>
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</table>

$300 fundraising minimum
- The average participant raises Over $750

Fundraising Clubs
- Prize jersey level - $1000/1K
- Golden Gears - $1k
- VIP - $3k
- Mission Stars - $10k
Duluth, MN-Fri

Day 1-Sat

Hinckley, MN

Day 2-Sun

75 mi

White Bear Lake, MN-Sun

June 7 – 9

bike MS

MS 150
Ride 2018

presented locally by

C.H. ROBINSON
Bike MS: MS 150 Ride Presented Locally By CH Robinson

Get ready for the ride of your life!

- Friday, June 7th to Sunday, June 9th
- Two day, 150 miles – Duluth to White Bear Lake
- Fully supported rest stops every 10 – 15 miles
- Overnight stay at Grand Casino Hinckley
Together, We’re Stronger!

Next steps... Register or Volunteer

• Contacts
  – Amanda Brine amandabri@lubetech.com
  – Cyndie Leary cyndielea@lubetech.com
  – Breana Sevilla breanasev@lubetech.com