

What are the dates of the 2011 Tour?

The 2011 Tour takes place on June 11 & 12.

How much money am I required to raise?

The minimum amount that each cyclist must raise is \$295. Cyclists will not be allowed to participate if they do not raise at least \$295 before the Tour begins.

How long is the Tour?

The RONA MS Bike Tour is a 2-day, 170 km road bike tour, including the challenge loop on Day 1. There are rest stops with food and refreshments located every 11 – 15 km throughout the Tour route. You can choose to ride only 1 day if you wish.....which day is up to you.

I'm not an avid cyclist. Will I be able to complete this event?

Yes! The RONA MS Bike Tour is a recreational event – you don't need to be Lance Armstrong to finish this Tour! Cyclists as young as 10 and as old as 100 can participate. If for some reason you are unable to finish, we have marshal trucks that will take you to the finish line.

What are the registration fees?

Registration fees are \$40 for participants choosing the 2-day ride, with your own accommodation. Registration fees are \$60 for cyclists choosing to stay overnight in Red Deer College dorms. If you choose the 1-day ride, the registration fee is \$25. Fees include all of your meals.

Where does the Tour start?

The RONA MS Bike Tour – Red Deer begins and ends each day at Red Deer College. There is plenty of parking in Parking Lot K on south side of campus. Upon arrival Saturday morning, cyclists check in at Registration Station turning in additional pledges raised, help themselves to a continental breakfast, and line up at the start line. The start line of the bike tour is an emotionally charged beginning to the weekend...so many cyclists choosing to participate in the Tour and help end MS!

What does my registration fee include?

Your fees include:

- Breakfast each morning at Red Deer College, inside the Cafeteria located next to Parking Lot K.
- Checkpoints every 11 to 15 km with hydration and energy snacks.
- Lunch Stop each day with hot soup, **SUBWAY** sandwiches, veggies, fruit, and drinks.
- Saturday night celebration dinner in Red Deer College's FarSide Bar & Grill - for those who cycle Day 1. You will not want to miss this evening of great food, camaraderie and opportunity for prizes.
- Wind-up BBQ at Finish Line on Day 2 with live entertainment
- Massage therapists at the end of each day

What kinds of prizes are offered at this event?

There are many prizes offered for fundraising achievements at this event! Our most popular items are our \$1000 and \$2000 Club MS jerseys and shorts. Cyclists who raise at least \$1000 receive our elite cycling jerseys – and can proudly wear these jerseys at the Tour. [Click here to check out all of our 2011 prizes!](#)

I've never fundraised before...do you have any tips?

We have tons of fundraising ideas to help you achieve your goal. [Click on this link to learn all about how to fundraise!](#)