

TRAININGPEAKS™

We're pleased to introduce you to TrainingPeaks, the official training software of Bike MS! We are excited about this partnership and are inviting YOU to experience it. TrainingPeaks is an interactive, web-based training log and food diary designed to help individuals achieve their health and fitness goals. Subscription to the basic edition is FREE for Bike MS participants, and you have the opportunity to download custom-written cycling training plans, developed exclusively for us by renowned cycling expert Joe Friel, author of "The Cyclist's Training Bible" and the new official coaching partner of the National MS Society. (Learn more about Joe at his website: <http://www.trainingbible.com/aboutJoeFriel.aspx>) These custom plans are also available for FREE to our Bike MS participants! For a sneak peek, please visit: <http://www.trainingpeaks.com/BikeMS>.

FEATURES OF TRAINING PEAKS:

- TrainingPeaks is the ultimate training log and food diary developed to help motivated individuals achieve health, fitness and peak performance.
- TrainingPeaks customers span the entire lifestyle continuum from elite athletes to first time competitors and everyday individuals looking to take control of their personal nutrition and fitness goals.
- In addition to using our custom plans for FREE, our cyclists can purchase additional pre-built training plans, pre-built meal plans, or find a professional for expert training or nutrition advice and motivation. They can also upgrade to the Premium version and use the VirtualCoach, mobile app, more reports and custom planning.
- TrainingPeaks.com is compatible with over 80 different devices like heart rate monitors, GPS devices and power meters. Including those from Polar, Garmin, Timex, Suunto and more. Users can also build routes, track their progress with interactive reports and share their experience via Facebook and Twitter.

We hope you'll find TrainingPeaks to be a great benefit to you as you prepare for your upcoming Bike MS ride. Bike MS is the premier fundraising cycling series in the country — and this is one more tool to ensure you have the ride of your life!

GETTING STARTED WITH TRAININGPEAKS

- Start at the main TrainingPeaks site:
<http://home.trainingpeaks.com/events/cycling/ms-society.aspx>
- Click on "Create a Free Account" and fill out the short form
- Return to the landing page:
<http://home.trainingpeaks.com/events/cycling/ms-society.aspx>
- Scroll down to the list of available plans and click "Buy" next to the plan of your choice (there is no charge! The plans are free to Bike MS participants)
- Enter your login information, and click "Submit"
- Click on "Go to my account"
- On the left side of the screen (near the bottom of the page), click on the "Plans" section.
- Once in the Plans section, you will see your purchased plan listed.
- Click on the plan and choose "Apply" to load it onto your Calendar.
- From the drop down menu, select "End" and then enter your Bike MS event date — and that's it!

For visual step-by-step instructions on how to load a plan, visit:
<http://support.trainingpeaks.com/personal-edition/training-how-tos/how-to-load-a-plan.aspx>

You will receive confirmation emails from TrainingPeaks which include additional details and information on using your plan and the TrainingPeaks software.

Best of luck with your training!