



What is the BIKE MS: TEXAS MS 150?

The BIKE MS: TEXAS MS 150 is a two-day fundraising bike ride with 13,000 riders organized by staff and volunteers from the National Multiple Sclerosis (MS) Society South Central Region and is the largest of 100 Bike MS events in the United States. The money raised supports the mission of the National MS Society to create a world free of MS.

The 2023 Texas MS 150 will be held April 29, 2023 – April 30, 2023

For more information, contact our Harris Health System MS 150 Team Captain, Bill Howard, at [\*\*William.Howard@harrishealth.org\*\*](mailto:William.Howard@harrishealth.org)

Who is eligible to join the Harris Health System MS 150 Team?

- Harris Health System Employees and Retirees
- Spouses and dependents of Harris Health System Employees and Spouses of Retirees

What are the benefits of being a member of the Harris Health System MS 150 Team?

- Free “team” registration (i.e. there is no fee to join our team other than the MS 150 Registration fee)
- Camaraderie with the Harris Health System cycling team
  - FREE training rides (Email Bill Howard at [William.Howard@harrishealth.org](mailto:William.Howard@harrishealth.org) for more information)
  - FREE cycling tips from our experienced riders
- FREE Harris Health System Team Jersey if you join the team AND return the “Harris Health System 2023 Texas MS 150 Rider Information Sheet” to the Employee Wellness Team on or before **January 7, 2023**.

What will I be responsible for as a member of the Harris Health System MS 150 Team?

As a member of the Harris Health System 2023 MS 150 Team, you will be responsible for:

- Purchasing, renting or borrowing equipment:
  - Bicycle (Ensure proper fit; Ensure safety)
  - Cycling attire (Helmet, Jersey, Cycling Shorts, Cycling Gloves, Cycling Shoes)
- Paying your MS 150 registration fee upon [registration](#).
- 2023 MS 150 Registration Fee schedule:
  - \$100 starting fee
  - \$110 on October 31, 2022
  - \$120 on December 26, 2022
  - \$130 on March 6, 2023

**Bike MS : Texas MS 150**  
**Harris Health System Team**  
**“2023 FAQs”**



- \$140 on April 17, 2023
- Online registration closes on April 30 at noon.
- If you use the code **TEAMUP**, you will save 15% on the registration fee. Please select team “Harris Health System.”
- All riders are responsible for booking their own [lodging and transportation](#) in advance to and from your alternative accommodations. Please check the Texas MS 150 website for updated information.
- Fundraising a **minimum** of \$400 **prior to** packet pickup in April (Please note: you will NOT be able to pick up your packet if you have not raised a minimum of \$400; without your packet you will NOT be allowed to ride in the 2023 Texas MS 150)

How do I register for the Texas MS 150?

- Go to the MS 150 site and click on [Registration](#)
- Select the second box “Join A Team”
- Under “Search for Team” enter “Harris Health System”
- Click “Join Team”
- Enter personal information and follow prompts
  - If you use the code **TEAMUP**, you will save 15% on the registration fee.

When are the deadlines associated with the MS 150 ride?

- For more information regarding packet pick up, fundraising deadlines and transportation, please visit the [Bike MS: Texas MS150 2023 website](#).