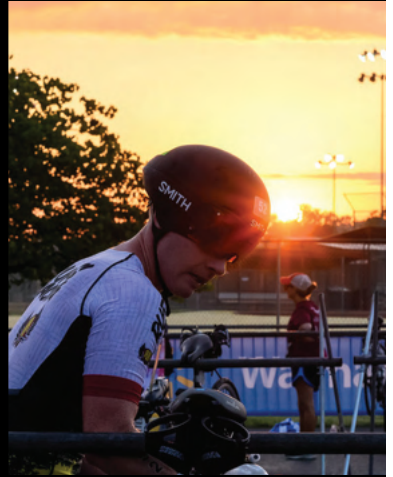


12TH ANNUAL



TRIFEST FOR MS

SWIM BIKE RUN ENCOURAGE

SCHEDULE OF EVENTS

SEPTEMBER 1 - 3, 2023



PRESENTING SPONSORS



BENEFITTING RESEARCHERS





SILENT AUCTION COSTA RICA VILLA

Explore Costa Rican beaches, Lake Arenal, and surrounding volcanoes in one unforgettable vacation.

7 Nights of Accommodations with Personalized On-Site Service (Does Not Include Airfare or Rental Car)

BIDDING STARTS AT \$3,900

(Bid increments of \$250)

Don't miss out on this opportunity!
Bidding closes September 3rd at 9am

WWW.COSTARICAVISTAS.COM

Option 1:

**Pacific Coastal Villa
Magnifica**



Option 2:

**Mountain/Lake
Villa Bonita Arenal**



**Rental subject to availability for balance of 2023 & 2024.*

SILENT AUCTION ALL-IN-ONE BIKE

Sport the Allied Carbon Echo with Electronic Shifting Gravel & Road All-in-One Bike

Retail Value \$8,000

OPENING BID \$4,900

(Bid increments of \$250)

Includes custom paint upgrade and tour of Allied manufacturing plant and your bike build.

Includes 700-30 & 700-40 tires.



Like everything we do, the stem is MADE HERE in our Bentonville factory. A 100mm stem weighs 184g. The ECHO isn't an everyday racing beast. It's actually two everyday racing beasts, each with a distinct personality. The SRAM Rival AXS brings precision, gear range, and simplicity of AXS to a much more affordable price point than what was possible before with Force. Our standard configuration comes paired with Industry Nine's sturdy and wide 1/1 GRCX wheels and the all-new WTB Vulpine ultra fast-rolling tubeless gravel tire in 700x40, but you can select the exact wheel and tire combo to build your beast as you please.

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EVENT SCHEDULE

FRIDAY SEPTEMBER 1

- 2:00 - 6:00 PM** Packet Pickup
- 5:00 PM** Youth Transition Opens
- 6:00 PM** 5-8 Year Old Youth Triathlons
- 6:30 PM** 9-12 Year Old Youth Triathlons
- 7:15 PM** Kids Awards

SATURDAY SEPTEMBER 2

- 5:30 AM** Transition Opens, Body Marking, and Late Packet Pickup (No Registration)
- 6:30 AM**  Corporate Relay Sprint Challenge
- 6:45 AM** AG Olympic Triathlon
- 3:00 PM** Transition Opens, Body Marking, and Late Packet Pickup (No Registration)
- 4:30 PM** AG Sprint Triathlon
- 7:30 PM** Awards

SUNDAY SEPTEMBER 3

- 4:45 AM** Transition Opens, Body Marking, and Late Packet Pickup (No Registration)
- 6:00 AM** AG Super Sprint
- 8:30 AM** Bike Course Closes
- 9:00 AM** AG, Trifesta and Tri-Club Championship Awards



RULES & OTHER INFO

USA Triathlon

The Trifest for MS is a USAT sanctioned event. Each participant must have a current USAT membership card to participate in the event. If an athlete is not a current USAT member, they are required to purchase a one-day membership at packet pickup (\$10 youth, \$15 adult, Cash or Check). You **MUST** show your USAT membership card and photo ID at packet pickup or you will have to purchase the one-day membership.

If you are not a USAT member you must sign a race waiver to be allowed to race. USAT members do not need race waiver as long as you have updated valid member number.

For more information on becoming a member of USA Triathlon, please visit them at www.usatriathlon.org.

Parking

We have parking near race venue and will fill spots closest to venue first and farthest last. DeShields Avenue, Moberly & MLK drive will be closed during the races. Police have final decision on when the roads open back up to traffic.

- **DO NOT** Park in Wal-Mart Neighborhood Market parking lot.
- **DO NOT** Park in grass at the Westrock Dental office south of pool.

Athlete Check-In & Packet Pick-up

Athletes are **STRONGLY** encouraged to check in prior to race day. See times for the day of your race when packet pick up is available on page 5.

All athletes must show USAT card or pay one-day pass and sign waivers. USAT members do not need to sign waiver.

Timing Chips

Timing chips will be a disposable ankle chip for the triathlons and be distributed in race packets.

Body Marking

Athletes are advised not to apply sunscreen before body marking. Body marking will begin at listed race day schedule times, see page 5.

Music/Headphones

Not allowed during any portion of bike and run legs.

This is a time penalty under USAT rules for sanctioned events.

**Thank you Trifest for MS
for 12 years of encouragement.**



Ozark
Foundation

  [ozarkoutdoorfoundation](https://www.facebook.com/ozarkoutdoorfoundation)
[ozarkfoundation.org](https://www.ozarkfoundation.org)



Race Numbers

BIKE: Bike frame and helmet numbers will be included in your race packet. The number must be attached to your bike and be visible from both sides before you will be allowed to bring your bike into the transition area.

RUN: Each participant will receive a race number in their race packet and it is to be worn on the front of your running shirt or shorts. The number **MUST** be visible when you start the run. Do not cut, fold, or alter your race number in any way.

Bike Inspection

It is up to each individual to make sure his or her bike is in safe and in proper working order. Phat Tire Bike Shop will have mechanics on site during packet pickup. Phat Tire Bike Shop will be available race day to assist with any needed minor repairs. Please ensure your handlebars are plugged. Chinstraps must be buckled at all times while on the bike before, during and after the race (Hint: clean chain and inflate tires to recommended pressure).

Race Results

Fleet Feet Timing will provide results.

Awards Ceremony

Awards will be given to the winner overall Male and Female for Super Sprint, Sprint and Olympic. Awards will be given to the top 3 finishers in each age group for the Super Sprint, Sprint and Olympic races including Clydesdale/Athena. Relay teams will be awarded top three places for super sprint, sprint and Olympic. The Kid's awards will be 3 deep in boys and girls per age-5,6,7,8,9,10,11,12. Race age is determined as of Dec 31, 2022. Youth Tri Race age is determined by age on race day.

PRIZE PURSE FOR SS/S/OLYMPIC WILL BE AWARDED FOR TOP 3 IN MALE AND FEMALE DIVISION.

	SS	SPRINT	OLYMPIC
1ST	\$200	\$450	\$750
2ND	\$100	\$200	\$400
3RD	\$75	\$100	\$225

We will have 5 division club team champions to the top teams earning the most points accumulative for the weekend. Tri Club championship will be member weighted based on the size of your club.

See **RESEARCHMS.ORG** for Team Point Breakdown.

Relay Teams

CHIP TIMING: Team members will transfer the ankle bracelet to their team member upon completing their particular event(s) After the swim starts, the relay members are allowed back in transition and they should wait at the bike. When the swimmer comes to the bike, they pass off the chip then the biker puts on their helmet and un-racks their bike. Only after the biker returns to the transition area AND after racking the bike, then the chip is passed off to the runner.

Race Rules

This is a USAT certified Race. All rules will apply. Please see www.usatriathlon.org for complete list of race rules.



Photographs

Dave and Kate Austin Photography. Tri-Fest for MS is purchasing all race photos for you to download for free post-race. Photos will post to www.kateaustinphotography.com

#TRIFEST4MS | @WERESEARCHMS



Bank On The Go!

Convenient access to your accounts anytime, anywhere!

- FREE Online Banking & Bill Pay
- FREE Mobile & Text Banking
- FREE Signature Bank MasterCard™ Debit Card
- FREE Xpress Deposit (mobile check deposit)
- ATM Fees Refunded Nationwide

Signature
BANK OF ARKANSAS



Dr. Paul D. Drew

Paul D. Drew, PhD, is a Professor in the Department of Neurobiology and Developmental Sciences at the University of Arkansas for Medical Sciences. After receiving his PhD in Zoology (Cell and Molecular Biology) from the University of Maryland, Dr. Drew received postdoctoral training in the Neuroimmunology Branch of the National Institute of Neurological Diseases and Stroke, National Institutes of Health.

Dr. Drew's research has been steadily funded by the National Institutes of Health, the National Science Foundation, and private funding agencies including the National Multiple Sclerosis Society and the Rampy MS Research Foundation. Dr. Drew's research expertise concerns modulating innate and adaptive immune responses as potential treatments for multiple sclerosis.

His work is well published and he has been an invited speaker in a variety of national and international forums. Dr. Drew is on the editorial board of a variety of journals and plays an active role in a variety of scientific societies. He reviews grants regularly for national and international societies including the National Institutes of Health and the National Multiple Sclerosis Society.



Dr. Patricia Wight

Patricia Wight, PhD, is a Professor of Physiology and Biophysics College of Medicine at the University of Arkansas for Medical Sciences. She received her PhD in biochemistry from the University of California at Riverside. She then did postdoctoral training in developmental neurobiology at the University of California at Los Angeles. Dr. Wight is currently the

Director of the Biochemistry, Cell, and Molecular Biology Core of the Neuroscience Research Center Core Facility. She has served as a peer reviewer for several journals and serves on multiple grant review committees including committees for the National MS Society. She has received a number of awards and grants in the MS field and contributes to MS education in the community.



Brian Popko

Brian Popko has thirty years of experience examining myelinating glial cell development, the myelination process, as well as factors associated with demyelination and remyelination. His laboratory has made important contributions to the understanding of myelinating glial cell development, the lipid and protein components of the myelin sheath, the role of the myelination process in establishing axonal domains, the importance of endoplasmic reticulum stress on the viability and function of oligodendrocytes, as well as the influence of the immune system on myelinating cells. In addition to contributing to a basic understanding of the myelination process, Popko's work has provided considerable insight into disease processes that functionally disrupt this critical component of the nervous system.



Robert Archer

*Chairman of Department of Neurology
Medical Director of Neuroscience Service Line
Recipient of the Major and Ruth Nodini Endowed Chair*

Dr. Robert L. Archer is a Professor of Neurology at the Jackson T. Stephens Spine and Neurosciences Institute at the University of Arkansas for Medical

Sciences (UAMS). He works hard to provide relief to patients dealing with neurological challenges from multiple sclerosis (MS). Dr. Archer is board certified in Neurology by the American Board of Psychiatry and Neurology.



Jonah Chan

Jonah is currently the Rachleff Professor of Neurology at the University of California, San Francisco. He is the Vice Chief in the Division of Neuroimmunology and Glial Biology and Co-Director of the Innovation Program for Remyelination and Repair. His laboratory has had a long-standing interest in understanding the fundamental molecular mechanisms that regulate myelination especially in the context of remyelination in MS. In 2017, Jonah and colleagues completed the first successful Phase 2a remyelination trial — demonstrating that repair in MS is possible. With three ongoing clinical trials at UCSF, the Chan Laboratory is poised to contribute to the collaborative efforts to promote repair and remyelination in MS.



Ruth Sawkins

Race Director

Ruth Sawkins is owner/founder of Rufus Racing, LLC based in Joplin, MO. Sawkins is a work from home mom of three. She has been a triathlete since high school, enjoys racing with the Rufus Racing Team of 200+ endurance athletes and produces five to ten endurance events a year. As a past racer of Trifest for MS, Sawkins wishes all the racers a great event!



Keurig DrPepper

Keurig Dr. Pepper
proudly supports the
2023 TriFest for MS.

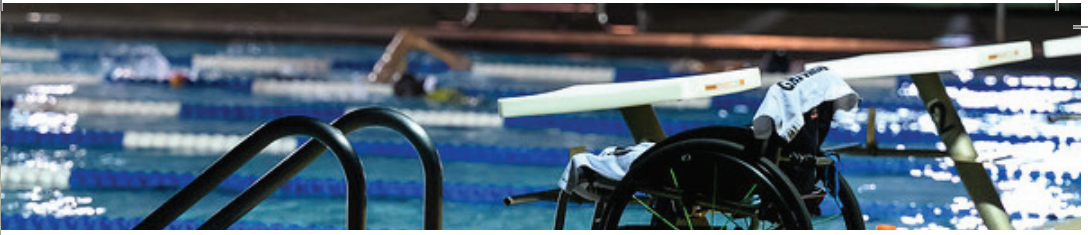
Good luck all participants and encouragers.



One of CEI's Guiding Principles - We believe in a profitable, growing business should, from its abundance, invest in the communities that sustain it; therefore, we will make corporate and encourage individual investment in selected charitable activities in these communities.



A proud supporter of
TRIFEST FOR MS
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WWW.CEIENG.COM

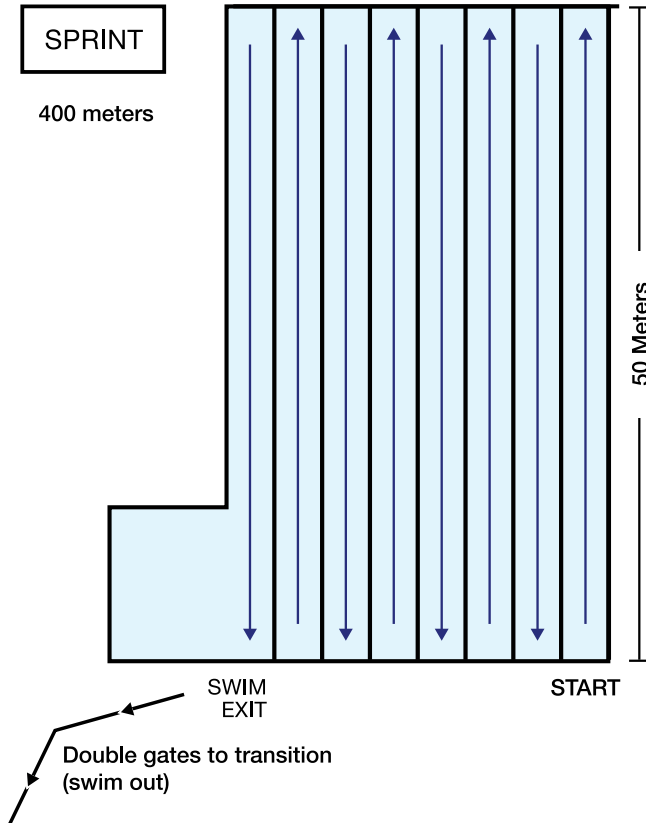


RACE MAPS

Sprint

400M SWIM | 13 MILE BIKE | 5K RUN

Representative map only. Course may be altered on race day by race director.

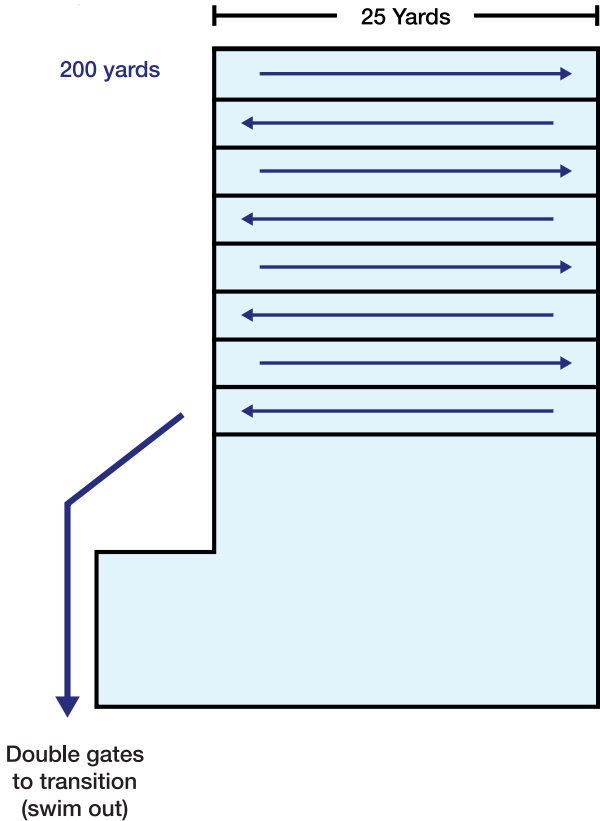


Tri2Encourage Super Sprint

200 YARD SWIM | 3.75 MILE BIKE | 1 MILE RUN

1 Mile Run dedicated to honor Pat Carroll, Trifest participant and friend who lost his battle to cancer June '19. Pat will have a bike transition memorial set up to honor his love of Trifest and triathlon!

Representative map only. Course may be altered on race day by race director.



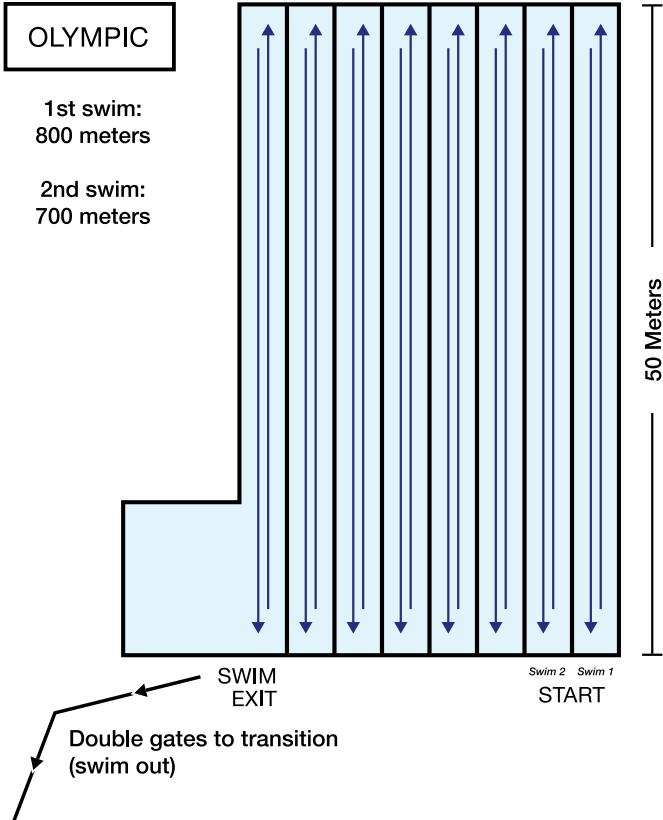
Olympic Full F1 Format (S/B/R/S/B/R)

800M SWIM | 13 MILE BIKE | 5K RUN

700M SWIM | 13 MILE BIKE | 5K RUN

Representative map only. Course may be altered on race day by race director.

MERTES MILE: Named after swim starter, Randall Mertes.



A BIG THANK YOU TO THIS YEAR'S SPONSORS!

Presenting Sponsors



Co-Presenting Sponsors



Gold Sponsors



Sponsorship is available for our 2023 event calendar. If interested reach out to Kristen (kc.rampyfoundation@gmail.com), Dan (dstoecklein@marwins.com), or Clark (ctedricko1@gmail.com)

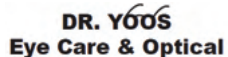
Silver Sponsors



Bronze Sponsors

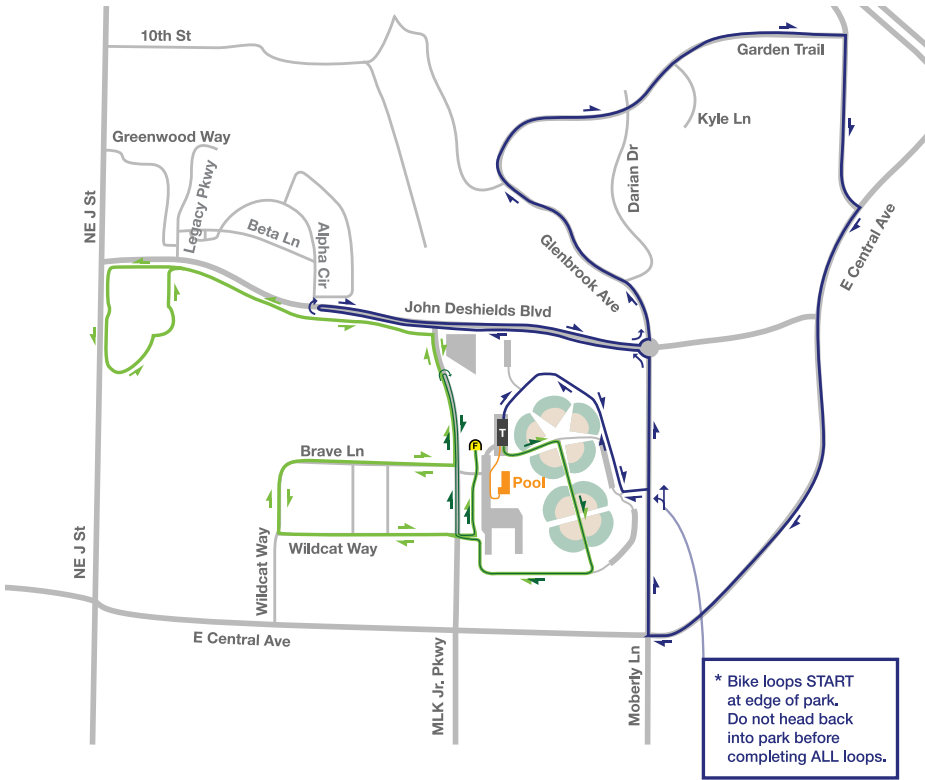


Partner Sponsors



Bike & Run Map

Representative map only. Course may be altered on race day by race director.



Swim
 Olympic 800+700 meters —
 Sprint 400 meters —
 Super Sprint 200 yards —

Bike
 Olympic 26 miles (4+4 outer loops*) —
 Sprint 13 miles (4 outer loops*) —
 Super Sprint 3.75 miles (1 loop*) —

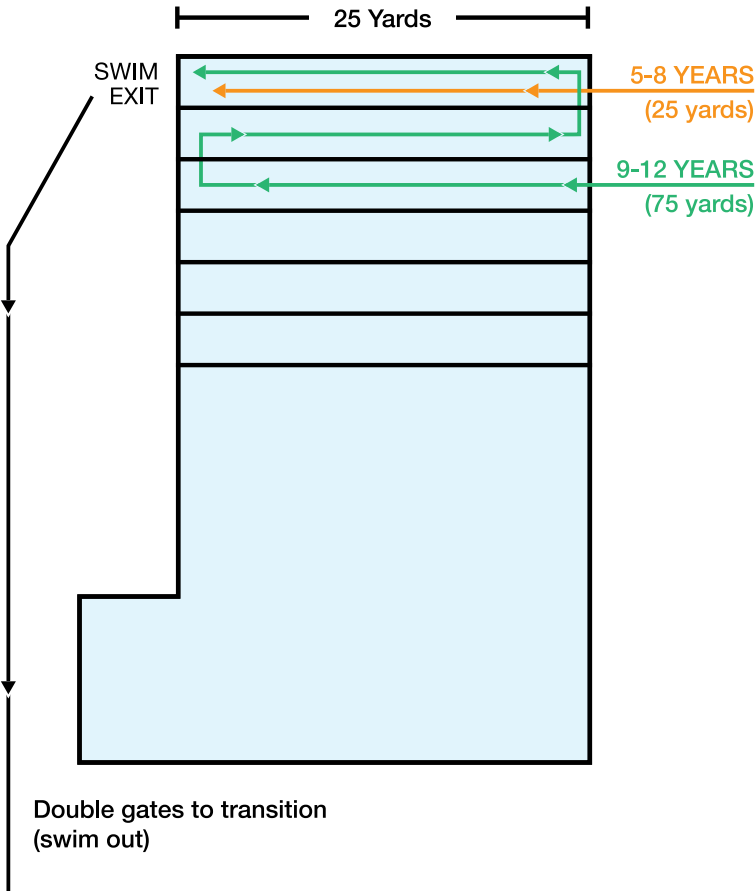
Run
 Olympic 10k (5k+5k) —
 Sprint 5k —
 Super Sprint 1 mile —

Kid's Triathlon Pool Map

5-8 YEARS OLD | 25 YARDS

9-12 YEARS OLD | 75 YARDS

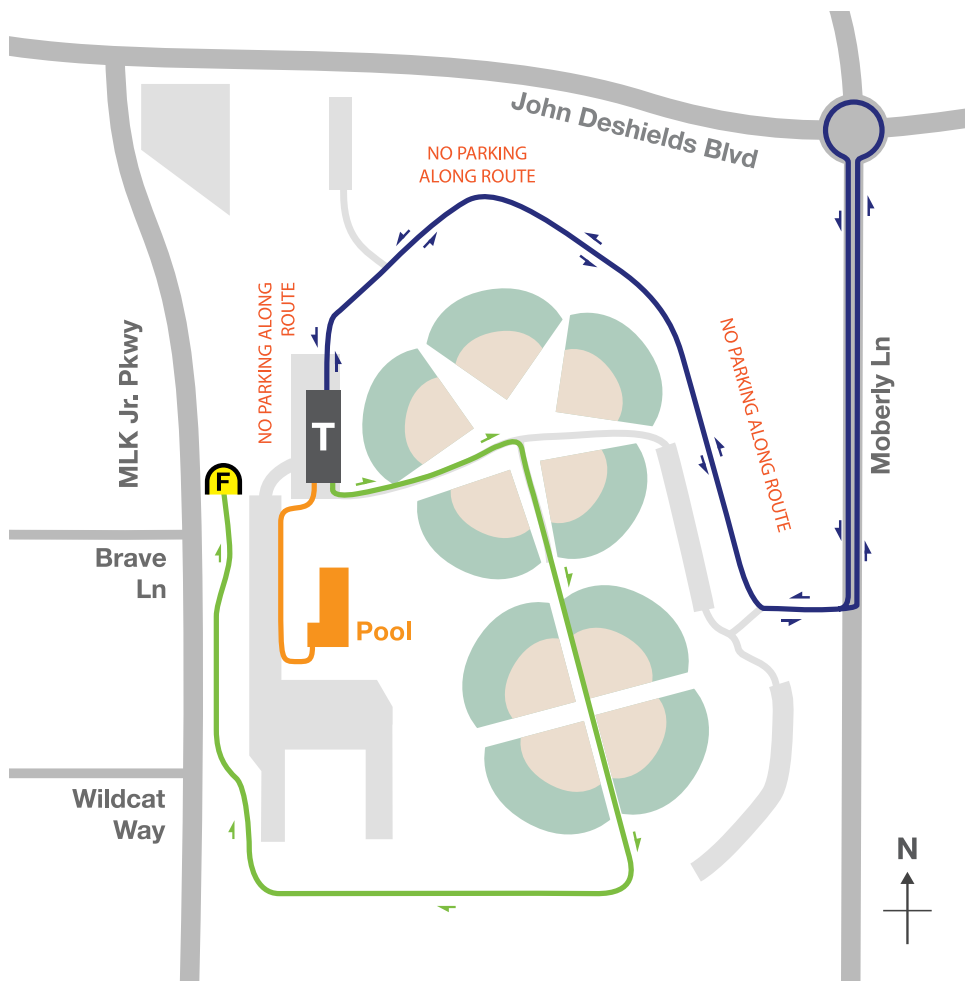
Representative map only. Course may be altered on race day by race director.



Kid's Triathlon Ages 5-8

25 YARD SWIM | 1 MILE BIKE | 0.5 MILE RUN

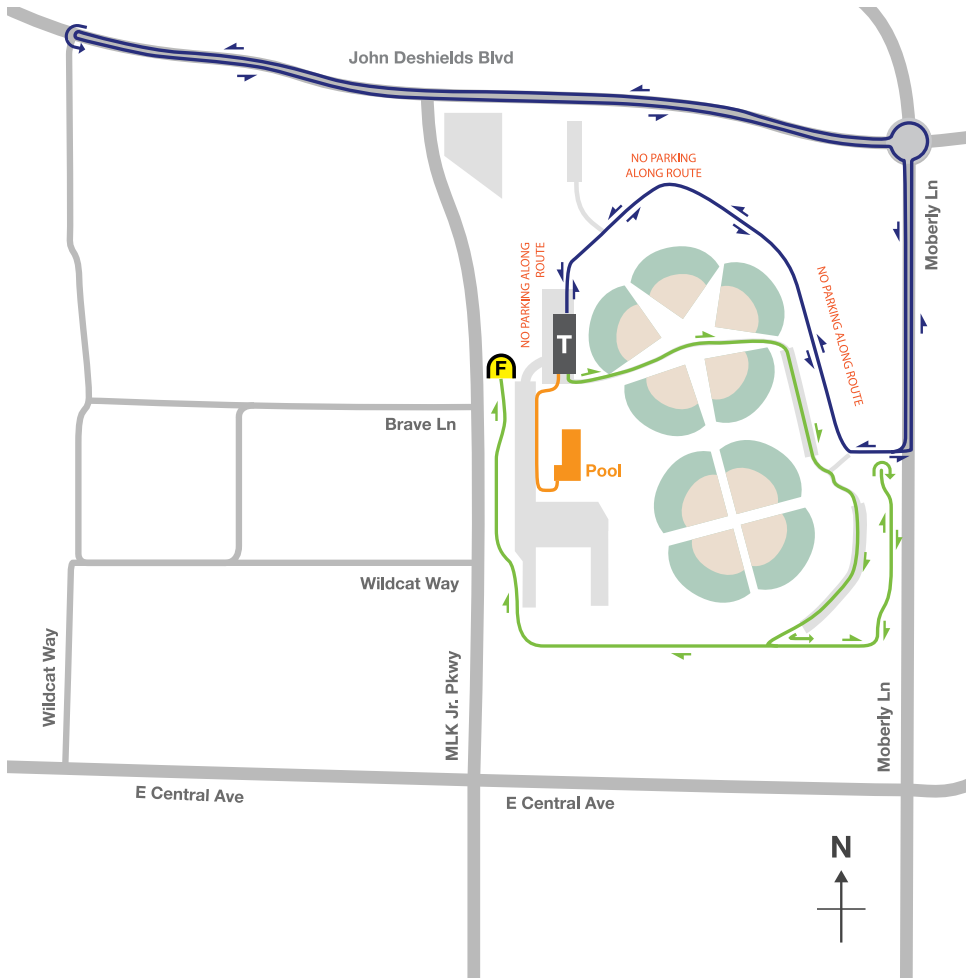
Representative map only. Course may be altered on race day by race director.



Kid's Triathlon Ages 9-12

75 YARD SWIM | 2 MILE BIKE | 1 MILE RUN

Representative map only. Course may be altered on race day by race director.





TRIFEST GEAR

Available at the official Trifest for MS Gear Merchandise Tent.

Fashion Tees
Tanks
Tri Shorts
Swim Caps

Race Belts
Cycling Jerseys
Goggles
Tri Tops

These companies will be catering food to athletes and encouragers all weekend.



9/1
PM



Downtown Bentonville
West Walnut

KIDS ONLY

9/2
AM



9/2
PM



9/3
AM



PLANNING COMMITTEE

SCOTT RAMPY

President - RMSRF

JO RAMPY

CEO "Chief Encouragement
Officer RMSRF"

ALEX BORNKESSEL

Silent Auction Chair

STEPHANIE BRYANT

Marketing, Communication,
& Special Projects

SHARA McMURTEY

Volunteer Coordinator

THERESA YORK

Volunteer Assistant Coordinator

RUTH SAWKINS

Race Director /
Race Committee Management

RYAN DAGLEY

Foundation Board Member
(Treasurer)

BLAKE & ALEX BORNKESSEL

Foundation Board Members

RICK ROGERS

Foundation Board Member

SONYA JIN

Foundation Board Member

SUSAN STEGEMAN

Foundation Board Member

DAVE AND KATE AUSTIN

Event Photographer

BOB BROWN OF BOCA ENTERPRISES

Event Announcer

FLEET FEET

Race Timing

DAN STOECKLINE AND RANDALL MERTES

Pool Deck Captain

DANIEL BECKER

*Bike Traffic Control &
Bike Course Manager*

TERESA BURY

*Official Printer of the
Trifest for MS
(Summit Litho)*

TAMMY DANNELS

Packet Pick Up

WYLEY ELLIOTT

*Celebrate Arkansas
Corporate Relay Founder
and Awards Director*

ADAM FORTIN

*Para Training
Series Coach*

PATTY PITTMAN

*Adult Training Series
Coach*

LAURA RUSH WALMART SENIOR VICE PRESIDENT ENTERTAINMENT, TOYS AND SEASONAL

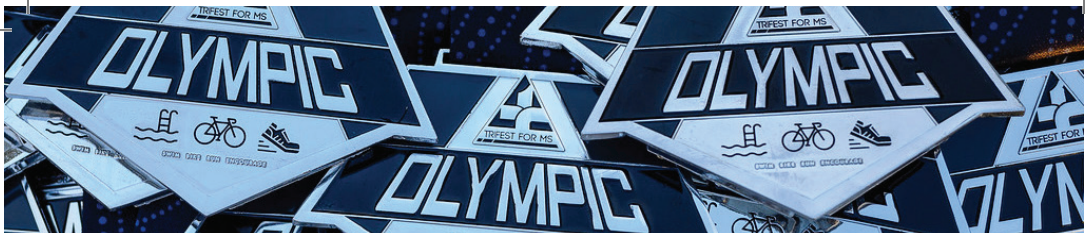
*Celebrate Arkansas
Corporate Relay
Award Chair*

C.J. NEFF AND MARLENA BOND

*Celebrate Arkansas
Walmart Corporate
Relay Captain*

COLLEEN EDWARDS AND KARMA RASICO

*Blake Street Training
Series Coaches*



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Community Benefits:

- Includes Kids & Adults
- Sponsor & Business Discount Card
- Personal, Online Fundraising Page
- Fundraising Resources
- Facebook Group
- Foundation Event Discounts
- Incentive Levels with Rewards
- Community and Encouragement



NWA'S LARGEST FUNDRAISING FOR MS COMMUNITY

VISIT WWW.RESEARCHMS.ORG

FOLLOW US ON SOCIAL MEDIA

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 @WeResearchMS



SCAN TO JOIN!

26

TOTAL IMPACT THROUGH 2022:

\$409,700

Celebrate!

ARKANSAS 

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SUBARU

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2022
SPIRIT AWARD
RECIPIENTS



SAVE THE DATES!



GravelFest for MS

APRIL 18 & 19, 2024



Trifest for MS Texas

MAY 25 & 26, 2024



Kid's Splash & Dash

JUNE 15, 2024



Open Water Swim Challenge

DATE T.B.D.



STOUTSTUFF™



**Stout Stuff
Proudly Supports the
2023 TriFest for MS.**

Good luck all participants and encouragers.



MD

McLARTY DANIEL

**Proudly Supports the
2023 TriFest for MS.**

Good luck all participants and encouragers.



GOOD LUCK TRIFEST FOR MS ATHLETES!

Drawing for a Team Dynamics
Birkman Session - Must be
present to win at Corporate
Relay Awards.



PROGRAM OFFERINGS

TEAM DYNAMICS
BIRKMAN SESSION

SENIOR TEAM
ALIGNMENT

STRATEGIC
PLANNING

LEADERSHIP
ACADEMY

LEADERSHIP
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the wonderful volunteers
and participants in the
TriFest events



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