



Bike MS: Tour to Tanglewood 2023 Rest Stop Locations

Click on the links below the rest stop you would like to support and sign up in our registration system. The times listed below include set-up and tear-down. *Times and locations are subject to change.* **If the link no longer works or there is not one present, it is because the spot has been filled—please choose another one!**

Still have questions? Contact the Volunteer Engagement Specialist, Bonita at bonita.jones@nmss.org

Saturday, September 23, 2023

Rest Stop 1: ABC of North Carolina

Location: 905 Friedburg Church Rd. Winston-Salem, NC 27127

Time: 7:45-9:45a.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)

Rest Stop 2: Wallburg Academy

Location: 5444 Gumtree Rd. Winston-Salem, NC 27127

Time: 8:15-11:00a.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)

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Rest Stop 3: Community Mosque of HP

Location: 222 Spring Hill Church Rd. High Point, NC 27262

Time: 9:00a.m.-12:30p.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)

Rest Stop 4 (LUNCH): Lake Tom-A-Lex Park

Location: 700 Yokley Rd. Lexington, NC 27292

Time: 8:15a.m.-1:15p.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)

Rest Stop 5: Beulah United Church of Christ

Location: 2828 Arnold Road Lexington, NC 27295

Time: 8:45a.m.-2:15p.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)

Rest Stop 6: Welcome Elementary

Location: 5701 Old US Hwy 52 Lexington, NC 27295

Time: 9:15a.m.-3:30p.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#) (2 shifts available)

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Rest Stop 7: Yadkin River Farm

Location: 8506 Hampton Rd. Clemmons, NC 27012

Time: 7:45a.m.-4:45p.m. (multiple shifts available)

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)

Sunday, September 24, 2023

Rest Stop 1: Willow Run Pool

Location: 9601 Styers Ferry Rd. Lewisville, NC 27023

Time: 7:30-9:30a.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)

Rest Stop 2: Dollar General

Location: 4109 Old US 421 Hwy E Yadkinville, NC 27055

Time: 8:00-11:00a.m.

Volunteer Links:

- Captain
- [First Aid](#)
- General Support

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Rest Stop 3: Ragapple Lassie Vineyard

Location: 3724 Ragapple Lassie Ln. Boonville, NC 27011

Time: 8:45a.m.-12:45p.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)

Rest Stop 4 (WATER STOP): East Bend Elementary School

Location: 205 School Street East Bend, NC 27018

Time: 9:30a.m.-1:45p.m.

Volunteer Links:

- [First Aid](#)
 - Medical will support ensuring water is stocked/available

Rest Stop 5 (LUNCH): Old 421 River Park

Location: 7695 Yadkinville Rd. Lewisville, NC 27023

Time: 8:15a.m.-2:30p.m.

Volunteer Links:

- [Captain](#)
- [First Aid](#)
- [General Support](#)