



## Welcome to Bike MS: Ozarks Ride 2009 September 19 & 20

### The Safety Zone:

Safety isn't just about wearing your cycling helmet and knowing the rules of the road. Those are very important measures, but cycling safety involves much more. It is important that all riders, veteran or newbie, understand the courtesies involved with a ride the size of Bike MS: Ozarks Ride 2009. Follow some of these helpful safety ideas to make your ride more enjoyable.

- Recognize that in a large group there will be riders who ride at your pace. Find these riders at the start through open dialogue.
- No matter what your pace is, do not be in a hurry at the start. This is a tour, not a race! If you purposely ride the first 5 miles at a slower, controlled pace, you will find a comfort zone.
- Riding safely in big groups requires communicating with other riders around you. Call hazards, call when passing and listen to others. Give hand signals when stopping or turning.
- Maintain your personal space. Ride smoothly and predictably. Ride in a straight line. Do not weave. Avoid sudden sideways movements.
- Passing on a bicycle is a two-way event. The passer and the passee both have responsibilities that will make the pass safe and friendly. The passers have the responsibility to ease up as they approach and wait for safe conditions to pass. The passees have the responsibility to listen, hold a steady speed and line, and go to single file to make room for the passers to get around.
- Listen and respect the Ride Marshals and volunteers- they are looking out for your safety.

The bottom line is to ride friendly and respect the communities that we ride through. Enjoy the ride - Remember that this is a fundraiser to find a cure for MS, not a race!

**Register today for only \$20**

## Raise money by sending Bike MS eCards

You're up for the challenge - and ready for the ride of your life! The sense of accomplishment that you'll feel as you cross the finish line can



only be matched by the difference you'll be making in the lives of people affected by MS. Use our eCards to raise money, recruit team members and spread awareness. You can choose and personalize a Bike MS ecard and send it to family, friends and co-workers. Invite them to join the Bike MS movement! [Click here](#) to get started.



## Bike MS Day at the Springfield Cardinals

Join the MS Society and the Springfield Cardinals on Thursday, June 18 for the second annual Bike MS Day!

**Date:** Thursday, June 18, 2009  
(Springfield Cardinals vs. Northwest Arkansas Naturals)

**Time:** Game Time—7:10 p.m.  
Pre-Game Activities—6:20 p.m.

**Bicycling Parade!** There will be numerous activities for bicyclists and their friends and family during the game. Purchase a ticket and you will not only receive entrance to the game, but also the opportunity to ride your bicycle on the warning track. A commemorative T-shirt is available for \$5.

**Tickets:** \$10 for one ticket only, \$15 for one ticket and one t-shirt or \$25 for two tickets and two t-shirts. Tickets must be reserved and paid for by the end of business Friday, May 22. This offer is only available through the MS Society!!!

**Call:** MS Society at 800-344-4867 (press option 2). You will need to provide your name, address, daytime phone number, how many tickets you want to reserve, and shirt size (if purchasing a shirt).

The MS Society will have their own will call table outside the Springfield Cardinals will call window on game day to pick up your reserved tickets and T-shirt. This table will only be for pre-sold tickets. Tickets will not be sold at this table.

**Win a Bike!** You, your family and friends can win a free bicycle for attending the game! Sunshine Bike Shop has graciously donated a bicycle to be given away. Here's how you can win:

1. For every ticket you sell, your name is entered into a drawing. Be sure to have your friends and family let us know who referred them!
2. The ticket holder will also be entered into a drawing too. If your friends or family win, maybe they'll give you the bike!!!

**A Silent Auction** will also take place at the game which includes St. Louis and Springfield Cardinals memorabilia including a signed and framed trio of jerseys (including the STL Cardinals, SPFD Cardinals, and Memphis Redbirds)!!!

**We hope you join us at the game as we take over  
Hammons Field with bicycling and a sea of orange!!!  
Call today to reserve your tickets!**

## Become a Bike MS Mentor:

Remember your first Bike MS event...the many questions, concerns, and worries? Now that you are an experienced Bike MS participant, you can help ease our new riders' worries by becoming a Bike MS Mentor. Contact Debbie Mellentine at [dmellentine@nmsskc.org](mailto:dmellentine@nmsskc.org) if you are interested in being added to our list of veteran cyclists that new riders can contact with questions, concerns or if they need assistance with training.



Phil Keoghan, host of CBS's **The Amazing Race**, is taking on the most physical challenge of his life: a cross-country cycling journey that started last week at the edge of the Pacific Ocean in Los Angeles. Keoghan is trekking east to cross the finish line in New York City and is averaging 100 miles per day for a total of over 3,500 miles, spanning 40 days with stops in over 30 different cities.

During this trip across the country, he is raising awareness for multiple sclerosis and Bike MS by participating in National MS Society Bike MS rallies, hosting meet and greets at local GNC stores, and attending open casting calls for **The Amazing Race**. You can get involved and ride with Phil! To find out where Bike MS rallies will be taking place and how you can ride and support

Phil, visit [philridesacrossamerica.com](http://philridesacrossamerica.com). You can also check out his daily video blogs and track his progress.



Raise money for the Mid America Chapter just by searching the Internet using GoodSearch - it doesn't get any easier than this!

Raising money to fight MS is just a mouse click away! Use GoodSearch.com like any other search engine (they've partnered with a leading search engine, Yahoo, to ensure the best results), and each time you do, money is generated for the Mid America Chapter.

Every time you use GoodSearch, you raise approximately \$0.01 for the Mid America Chapter. Think about how many times people search the Internet each year - the pennies can quickly add up! For example, if 1,000 Chapter supporters searched twice a day, we would receive an estimated \$7,300 per year to help fund our mission to end the devastating effects of MS. If 20,000 of our supporters and volunteers used it twice a day, we'd earn approximately \$400 a day!

[Start using GoodSearch today](#) for all of your internet searches, and help raise much needed funds for the National MS Society, Mid America Chapter!

## Calling all Bloggers!

We are starting a Bike MS blog so our participants can answer each other's questions, share fundraising ideas and training tips. We need experienced, tech savvy Bike MS participants to help blog. If you are interested in blogging about Bike MS and cycling then you are a perfect fit! Please contact Debbie Mellentine at [dmellentine@nmsskc.org](mailto:dmellentine@nmsskc.org) or at 417-882-8128, press 2 with any questions or to become a blogger.



Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at <http://www.nationalmssociety.org/> or 1-800-FIGHT-MS (344-4867).

Our postal address is:  
National Multiple Sclerosis Society  
733 Third Avenue  
New York, New York 10017

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Bike MS - Bike to create a world free of MS

Bike MS Kansas City Ride 25th Anniversary

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