



AN UNFORGETTABLE RIDE. AN UNBEATABLE DESTINATION.
BIKE TO CREATE A WORLD FREE OF MS.

Bike MS: Kansas City Ride 2009

Date Change:
September 26 & 27

The Early Bird Gets the Worm!
Register today for only \$20.

Safety Starts with You!

The MS Society has partnered with the League of American Bicyclists to bring you bike education courses to help you get ready for Bike MS. Whether you are a long-time commuter, an avid club rider, haven't ridden in years, or are talking the challenge of Bike MS in September for the first time, these fun, fact-filled courses are sure to increase your knowledge, skill and confidence.

Bike MS Riding Skills Clinic: This clinic is designed to teach key techniques for cyclists in group riding settings. Communication, dodging obstacles, riding in proximity and emergency stopping techniques are covered. For new riders to Bike MS, an overview of what to expect the weekend of the ride will follow the clinic. The clinic will be offered May 27, July 9, August 19 and September 2 from 6:00 p.m. to 9:00 p.m. and June 20 from 8:00 a.m. to 11:00 a.m. Class space is limited so please reserve your spot today!

Traffic Skills 101: This course gives cyclists the confidence needed to ride safely during Bike MS and every day. The course covers bicycle safety, fixing a flat, on-bike skills and crash avoidance techniques. Designed for anyone riding a bike, it prepares cyclists for safely sharing the road. Part of this course is in-class, and part of the course is on-bike and on-road. This is an all-day course and will be offered:

April 29, 30 and May 2: This will be a three-part Traffic Skills 101 course: 6pm-9pm on Wednesday April 29, 8:30 a.m. to 11:30 a.m. on Thursday April 30 and 8:30 a.m. to 11:30 on Saturday May 2. (Day one will be indoor, Day two will be skills, and Day three will be a group ride and test)

May 9, May 23 and August 29 from 8:00 a.m. to 5:00 p.m.

Becoming a League Cycling Instructor (LCI) certified to teach League Safety Courses is a great way to help cyclists in your community. Certified instructors can teach classes to children as well as adults. Help bring the joy of safe cycling to others. If you are an experienced cyclist and would like to teach others please consider taking the next step towards certification. Traffic Skills 101 is a pre-requisite. This course begins on Friday, June 20th from 6pm to 8:30pm, and then continues Saturday June 21st from 8:30 to 5:30 and again on Sunday from 8:30 to 5:30.

To make your reservations for one of the upcoming courses or if you are interested in becoming LCI certified to be able to teach safety training courses such as these on your own, contact Sean Staggs at sstaggs@nmsskc.org or at 913-432-3926, press 2.

MS Day at the K:

Save the Date: Saturday, April 25 at 6:10 p.m.

Join the movement at Kauffman Stadium! The Kansas City Royals will celebrate MS Day at "the K" on April 25 when they face the Detroit Tigers. Go to msmidamerica.org and click on the Royals promo link to purchase your tickets. Tickets are available at three price levels. You can also purchase tickets at Walk MS Johnson County or Walk MS Kansas City Metro directly from the Royals. For every ticket purchased, a portion of the proceeds comes back to the MS Society and you will receive a special MS Day at "the K" t-shirt!

Join us before the game for the Ultimate Tailgate Experience sponsored by Walton Construction Company! Come out and enjoy good food, cold drinks and lots of fun with others who have joined the movement. Keep an eye out for future emails with further details.

We can't wait to join together to "Strike out MS." See you at the ballpark!

Did you get your 25th Anniversary Jersey?

If you raised at least \$800 for Bike MS: Kansas City Ride 2008 and did not pick up your 25th Anniversary prize jersey, don't worry. There is still time! We still have prize jerseys available to be picked up at our office (located at 7611 State Line Rd., Ste 100, Kansas City, MO 64114). Contact Jennifer Anderson at 913-432-3926, press 2 or at janderson@nmsskc.org to see if you qualified or to claim your jersey.

How can your company help you fundraise?

Many companies sponsor matching gifts programs to encourage employees to support charities and non-profit organizations. Most match dollar for dollar, and some may even double or triple match a donor's gift. Inquire with the Human Resources Department of your company to see if they participate in a matching gift program. [Click here](#) to see the Five Easy Steps To Receive A Matching Gift and other fundraising tips.

For more successful fundraising ideas and tips, [visit our website](#).

Reserve a spot in the overnight Village:

Join the Village! A World Free of MS starts with a village. Everyone is invited! — cyclists, volunteers, donors, Bike MS Champions, family and friends — to the overnight Village in Sedalia for a celebration of our achievements in creating a world free of MS. We had so much fun at our Village last year that we want to make it bigger and better for 2009. So get your groups together and stake out a tent. The village again will host the overnight rally, live bands, giveaways, and the all-important beer tent, sponsored by Boulevard Brewing Co. Relax and unwind after the day's ride. As always, camping and full RV hook-ups are available throughout the Fairgrounds.

[Click here](#) to download your 2009 Tent and RV Reservation Form to reserve your spot. All forms must be submitted to Jennifer Anderson no later than **Friday, July 31st**.

Contact Jennifer Anderson at 913-432-3926, press 2 or at janderson@nmsskc.org with any questions or to submit your form.

Mark your Calendar for these Important Dates:

April 4: [Walk MS Johnson County](#)

April 18: [Walk MS Kansas City Metro](#)

April 25: [Walk MS Sedalia and Marshall](#)

May 11-15: [Bike to Work Week](#)

May 31: Last day for early bird registration for Bike MS.

September 11: Online registration closes for Bike MS: Kansas City.

September 19-20: [Bike MS Ozarks Ride 2009](#)

September 26-27: [Bike MS Kansas City Ride 2009](#)

September 26-27: [Bike MS Eastern Kansas Ride 2009](#)

Are you looking for a different way to get involved with the MS Society?

Want to help shorten the road to a cure for MS year round? There are several ways to get involved with the Mid America Chapter. Find out more by clicking on one of the areas below that you are most interested in getting involved with.

events

Volunteer for any of the Mid America Chapter's great events

advocacy

Let your voice be heard! There are many ways to be an advocate for the MS community and yourself

programs

Directly improve the lives of those with MS by volunteering with our programs

This is Why...

What can your fundraising dollars provide for an area resident living with MS?

- \$200 can provide support for a self-help groups annual stipend and materials.
- \$500 can provide rent and utility assistance to help a person with MS waiting for Social Security to come through or one week of home care for a person with MS.
- \$1,000 can provide a weekend getaway program joining together families dealing with MS or a mailing to health care professionals with information about improving the quality of people with MS.
- \$5,000 can provide support for the chapter's loan closet to fund 10 wheelchairs, 10 walkers and a variety of other assisted living devices.
- \$20,000 can provide support for a year of the chapters quarterly publication, MS Connection, for people with MS, their families and health care professionals.

Where do we get all that stuff?

[The Mid America Chapter's Wish List is here.](#) It has all the items we need to plan events, set up programs, supply our office and more. Every item counts, and each branch location has a tab on the spreadsheet. So check out how you can help us save on expenses. Contact us at 1-800-344-4867, press 2, if you can help with securing anything that's listed!



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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http://bikeksg.nationalmssociety.org/site/TR/Bike/KSGBikeEvents?fr_id=9950&pg=entry

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