

WHY I RIDE

By Lisa King, Team Captain for Hearts for MS



Left to right - Mackenzie Kelly, Rosean Coon, and Lisa King

When I was asked to write why I take part in the MS ride, I thought "Oh that's easy." Then, I started thinking. The more I thought, the more I realized it was not that easy to answer. Yes, I ride because it's great exercise,

and the cause for the event is something I feel deeply about, but its more than that. I think most importantly, it is my friends that I ride for - those I grew up with and live with here in my community who have MS. And, as much as that, its the people who I've met who also do this ride. Linda, who drove here last year from Michigan to ride. Kirk, who takes pictures all along the way. Bruce, who helped me last year when I cramped up. All the folks who live along the way cheering us on with cowbells and signs. It's my friend who flies here from Virginia to encourage me. The folks on the recumbent bike that make me feel I can push harder than I ever thought I could. The gentleman on the motorcycle who slowed and said, "Only a little more till lunch, you're doing great!" Its all of that..... and the sense of freedom I get as I ride those roads with all my senses firing like crazy. The smells, the sights, and the sense that everything seems just a little bit brighter and smells a little bit stronger. Riding in the event makes everything seem a little more "right" in the world. I have to admit, it is a little of an addiction now. I feel the need to do a bit better with the fundraising I do for MS, but the ride.....that is a gift I give to myself.

Do you have a story that you would like to share? Please email it to Heather Orlando at heather.orlando@nmss.org.

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MS National Multiple Sclerosis Society Maine Chapter
170 US Route 1
Suite 200
Falmouth, ME 04105
1-800-526-8890

Thank you to our 2009 bike MS Sponsors!



Winter Spokenotes

ACCEPT THE CHALLENGE

bike
MS

SAINT JOSEPH'S COLLEGE
Bike to the Breakwater
2010

July 31
&
August 1
2010

The snow is still falling, but bike MS will be here before you know it! This brochure includes important information about the ride, things to remember and fun tips to motivate you to ride and fundraise! Remember to check our website often for updates and contests to win great prizes!
www.bikeMSmaine.org

TEAMS

Being a part of a team is the best way to get the most out of your bike MS experience! If you would like to start a team or join a team, simply call Heather at 800.526.8890. We have teams from all over the country and they want you to join in the fun! **It's as easy as 1, 2, 3 to start a team.**

Follow these easy steps and you'll be on your way.

Step 1: Get five or more co-workers, friends or family members together.

Step 2: Choose a team captain and a team name.

Step 3: Set your team fund-raising goal.

TEAM VILLAGE

2009 marked the first year for Team Village and what a huge success it was! The top two teams of 2008, Velo Express and Team Jo-Joe, were provided a tent. Kelly's Kruisers and Cycling Friends won their tents during team week. Casco Bay Cycling Club provided their very own tent. Team Moxie and Steezy Riders rented their tents. Each tent was decorated and filled with food and friends. Thank you to all teams that helped make the first Team Village a success.

Congratulations to the 2009 top two teams, they will receive their very own tents in 2010!

KELLY'S KRUISERS AND VELO X-PRESS

Keep a look out for team weeks and more information on how your team can get a tent in the 2010 Team Village at www.bikeMSmaine.org.

fundraise with facebook

Boundless Fundraising™ is a Facebook application that enables you to extend your fundraising efforts beyond your Participant Center. First you register for the bike MS event and, once registered, you are given the option to add Boundless Fundraising to your Facebook page. Once you have added the app to Facebook, your fundraising progress is displayed on your Facebook page where your friends can see your progress and donate to your fundraising efforts. To get started visit www.bikeMSmaine.org.



important things to remember...

TOP 100 FUNDRAISING CLUB

As a member of this group you will receive the following benefits:

- * Name on your bib
- * Parking space close to your dorm room or Alford Center
- * Different color long sleeve tee
- * Day of event speedy check in
- * Registration fee waived for the following year

MAKE THE TOP 100 CLUB YOUR GOAL FOR 2010!

The Top 100 page is updated daily at www.bikeMSmaine.org.

BIKE SHOP SPONSORS

Check out the following bicycle shops for possible discounts, free inspections and/or training rides for all bike MS cyclists.

Back Bay Bicycle	Portland	207.773.6909
Belfast Bicycles	Belfast	207.338.0008
Birgfeld Bike Shop	Searsport	207.548.2916
Cyclemania	Portland	207.774.2933
Ernie's Cycle Shop	Westbrook	207.954.4090
Goodrich's Bicycle Shop	Sanford	207.324.1381
Jerry's Bike Barn	Berwick	207.752.0580
Northwoods Outfitters	Greenville	207.695.3288
Rose Bicycle	Orono	207.866.3525
Wildfire Human Powered Vehicles	Arundel	207.423.7360

VOLUNTEERS

Bike MS is always looking for dedicated volunteers! Volunteer opportunities are listed on our website at www.bikeMSmaine.org! Please let your friends and family know that bike MS is a great way to get involved in a community event and to share your expertise!

SAVE THE DATE

MS Awareness Week & Team Captain Celebration Week

MARCH 8-14, 2010

Bike to Work Day

MAY 21, 2010

World MS Blitz Day

MAY 26, 2010

Team Recruitment Week

MAY 24-28, 2010

Bike MS Blitz Day

JUNE 18, 2010

Early Packet Pick up

JULY 13-14, 2010