



Bike MS: Waves to Wine 2009

an unforgettable ride. an unbeatable destination. a world free of MS.

Established in 1980, the National MS Society's Bike MS Ride is the country's largest organized charity bicycling event series. *Bike MS: Waves to Wine* is now in its 26th year and attracts over 2,000 riders from all over the world. Last year, participants raised \$1.7 million to help create a world free of MS.

Bike MS: Waves to Wine is a two-day fully supported ride that includes six full meals, generous amenities, stocked rest stops every 12 to 15 miles, SAG vehicles, camp sites, spirited festivities and music, a wine and beer garden, massage tent, and more.

Date: September 12 & 13th, 2009, start time is at 6:30 am

Fundraising: A minimum donation of \$350 is required, although the average rider raises \$890.

Course: *Bike MS: Waves to Wine* is one of the most picturesque rides in the country. With route options on Saturday of 40, 75 or 100 miles and Sunday options of 50 or 75 miles, the ride is appealing to a variety of fitness levels. Riders begin at Mission Bay in San Francisco and journey across the Golden Gate Bridge, over Mount Tamalpais and up the Marin coastline. They then head back inland and finish day one in Rohnert Park with the overnight at Sonoma Mountain Village. On day two, they'll pedal along the rolling hills of Sonoma wine country and cross the finish line at Lake Sonoma just north of Healdsburg.

Teams: Over 80% of *Bike MS: Waves to Wine* cyclists rode as part of a team in 2008. Teams offer great opportunities to gather friends and family together, build corporate team spirit and increase your company's visibility, and have more fun! The average membership of teams was 10 members, the average amount raised for riders on teams was \$928. Last year, our top corporate team, Chevron, raised over \$66,000.

Why Ride: Multiple sclerosis (MS) is a chronic, often disabling disease of the central nervous system. MS can cause blurred vision, loss of balance, poor coordination, slurred speech, tremors, numbness, extreme fatigue, problems with memory and concentration, paralysis, and blindness. The progress, severity and specific symptoms in any one person cannot yet be predicted, but advances in research and treatment give hope to those affected by MS.

The National MS Society helps people affected by MS by funding cutting edge research, driving change through advocacy, facilitating professional education, and providing vital

ACCEPT THE CHALLENGE

programs and services designed to help people with MS and their families move their lives forward.

More information: www.wavestowine.org or call 1-800-344-4867.

ACCEPT THE CHALLENGE