For more than a decade after he was diagnosed with relapsing-remitting multiple sclerosis, Richard Fuller’s day-to-day life didn’t change much. He kept going to college, hitting the gym and playing softball as often as he could. Weekly self-injections of disease-modifying medications made his MS manageable.

A few years ago, after getting laid off from his insurance industry job, Richard’s symptoms worsened, and his neurologist suggested he consider applying for disability insurance. At first, he wasn’t sure about a long-term exit from the workforce.

When it became clear that would be the best thing for his family, Richard reached out to the National MS Society, which quickly connected him with a law firm that helped him apply for Social Security Disability Insurance, or SSDI.

“When I called, the Society said they’d have somebody contact me soon,” Richard says. “Two hours later, the phone rang.”

Within a week, the law firm was able to fill out and submit Richard’s application, which was approved less than two months later.

If you or someone you know is experiencing challenges related to MS, the Society can connect you to many resources to help you live your best life with MS — including financial assistance for emergency expenses.

Making ends meet, continued on page 3
EVENTS

Walk MS

Thousands stepped out together at Walk MS in 23 communities throughout the Chapter this spring to support a world free of multiple sclerosis. Together, they raised nearly $2.1 million and connected more than 11,600 people in the MS movement. Next up for community fun and fundraising? Bike MS! Learn more on pages 10, 11 and 16.

The National MS Society is proud to be a source of information about MS. The content is based on professional advice, review of independent research, published experience and expert opinion. The National MS Society makes no warranties regarding the information provided and the information is provided for your educational purposes only. Any provided medical information is of a general nature and should not be substituted for the individual therapeutic recommendation or prescription by a medical professional. For specific information and advice relating to your personal medical condition, always consult your personal physician.
Making ends meet, continued from page 1

consultations with financial planners and insurance experts, support for hiring help at home and more.

Sometimes the process of applying for benefits goes smoothly, sometimes not. Regardless, you don’t have to go it alone. The Society is always here to help.

In Richard’s case, disability coverage has not only allowed him to start saving for his son’s college education, it will soon qualify him for health insurance that will keep him covered even if his wife loses her medical insurance. That extra peace of mind means a lot, considering the $20,000-per-month cost of his MS prescriptions.

Many people living with MS continue working long after their diagnosis. But two out of five must turn to disability insurance for help.

With the unpredictability of MS, it’s good to know that you can always count on the Society to find the right solutions for you.

If you have questions about disability insurance or any other challenges related to managing life with MS, visit us online at nationalMSsociety.org or call speak with an MS Navigator at 800-344-4867 and press 1.

WHERE TO FIND EMPLOYMENT HELP

Thinking about changing jobs? Returning to the workforce after taking time off? Need guidance about disclosure or requesting workplace accommodations? Here are some resources that can help you answer those and other questions:

- **Call an MS Navigator** at 800-344-4867 to get answers to employment-related questions and referrals to helpful resources, or visit nationalMSsociety.org/employment.

- **Contact the Job Accommodation Network**, a free service of the U.S. Department of Labor Office of Disability Employment Policy at 800-526-7234 or visit askJAN.org.

- **Find a local one-stop employment center** that assists job seekers, with or without disabilities. For the center closest to you, visit servicelocator.org.

- **Learn about employers recruiting qualified people with disabilities** through websites including the Equal Opportunity Publications Career Center (eop.com/career.php).
Deanna McCann knew little about the ins and outs of public policy the first time she got the opportunity to talk to a member of Congress. She quickly figured out that was hardly a hindrance.

Lawmakers listened intently when she talked about the impact MS has had on her life and about the vital role federal funding has played in paving the way for MS medications that weren’t on the market when she was first diagnosed.

A Montana native and active volunteer, Deanna serves as chairwoman of the Chapter’s Government Relations Committee in Montana and is one of more than 320 people who attended the Society’s 2014 Public Policy Conference in Washington, D.C. this past spring.

It was Deanna’s third time attending our annual gathering of advocates from all over the country who meet with members of Congress to raise awareness about issues such as the need for funding to advance MS research, speed approval of new treatments and allow for Medicare coverage of complex rehabilitation technologies such as tilt controls on wheelchairs.

Deanna got her start as a public policy activist when she was “trying to retire.” She loved volunteering at Bike MS and other events but was eager to do more.

She participated in the Public Policy Conference from afar, reading up on key legislation through the Society’s action alerts, which make it easy to send emails to lawmakers.

Since then, she’s built strong relationships with lawmakers by visiting when she can, following up with phone calls and writing thank-you cards.

During a meeting with Deanna, former Montana Sen. Max Baucus once said: “One person’s voice makes a huge difference.”

Deanna lives by those words every day, and so can you.

Anyone can be an MS activist. To learn more, visit nationalMSsociety.org and click “Advocate for Change.” If you have a great story about the impact MS has had on your life, share it at nationalMSsociety.org/mystory.
Research study will ‘GET Smart’ about exercise

Regular exercise makes everyone healthier, whether you have MS or not. But what type of exercise works best to help people living with multiple sclerosis reduce the negative effects that the disease can often have on thinking, reasoning and memory?

That’s the question that Charles Bombardier, PhD, at the University of Washington hopes to answer in a new research study funded by the National MS Society. The Graduated Exercise Training study — nicknamed GET Smart — will examine the impact of aerobic exercise and stretching and toning on cognitive function in people with MS.

“We want to learn whether one or the other or both might help improve people’s cognition, especially the speed with which they process information,” Dr. Bombardier explains. Participants in the study will undergo neuropsychological testing and will then be randomly assigned to one of the two exercise regimens. Under supervision by the research team, they will exercise for one hour, three days a week, over a period of six months. Then, they’ll be tested again to determine whether aerobic exercise or stretching and toning exercises improved their cognitive ability and if any improvement is retained after the exercise period ends.

Joining Dr. Bombardier in the project are Rob Motl, PhD, from the University of Illinois Urbana-Champaign and Ralph Benedict, PhD, from the State University of New York at Buffalo.

With the goal of recruiting 125 men and women with MS in the Seattle area, the study is one of the largest of its kind and could add important evidence for a non-pharmaceutical approach to improving cognitive abilities in people with MS.

To learn more and to see if you might be eligible to take part, call 855-320-7926.

WOULD YOU LIKE TO PARTICIPATE IN A RESEARCH STUDY?

Researchers are committed to finding solutions for everyone who lives with MS — the very people who hold the key to the answers. Without participants in research studies, MS research would come to a standstill.

You, and sometimes family members, can make a difference by volunteering for clinical treatment trials and other research studies, or by donating DNA from blood samples. There are other ways to participate in future studies through arrangements for tissue donation.

Learn more about how you might help to advance MS research by visiting nationalMSsociety.org/research/participate-in-research-studies.
One of the National MS Society’s priorities is to drive research on wellness and lifestyle, where advancements could make a difference in the quality of life for people living with multiple sclerosis. These studies are also offering clues to risk factors that could help determine who is more likely to develop MS, which could lead to preventive strategies to end MS forever.

**EXERCISE AND MEMORY**

Aerobic exercise has been shown to increase the volume of an area of the brain associated with memory, called the hippocampus, so Victoria Leavitt, PhD, of the Kessler Foundation Research Center in West Orange, N.J., and her colleagues conducted a small pilot study to determine the effects of aerobic exercise on two people with MS who experienced memory impairment.

One person was randomly assigned to an aerobic exercise program involving stationery cycling, and the other was assigned to a non-aerobic exercise program of stretching. Each program consisted of three 30-minute sessions per week for 12 weeks. Before and after the program, MRI images were taken to assess the size of the hippocampus; functional MRI images were taken to assess real-time brain activity; and memory assessments were also conducted.

The researchers found that aerobic exercise resulted in a 16.5% increase in hippocampal volume, a 53.7% increase in memory and a significant increase in hippocampal activity. No significant changes occurred in the person doing nonaerobic exercise. (Neurocase, published online October 4, 2013) These preliminary results need further confirmation, but are in line with an emerging body of evidence showcasing the potential of exercise to provide broad benefits for people with MS. The Society is funding several studies exploring the potential benefits of exercise, including a trial of aerobic exercise as a strategy to treat cognitive dysfunction.

**FATTY FISH AND MS**

Fatty fish, such as herring, mackerel, tuna, salmon and trout, are a major source of vitamin D, which has been associated with decreased MS risk. Maria Bäärnhielm, PhD, and colleagues from the Karolinska Institutet in Stockholm studied whether fatty fish intake was associated with whether or not a person develops MS. They looked at a sample of 1,879 people with MS and 4,135 people without the disease; both groups had answered questionnaires as part of the Epidemiological Investigation of MS, a study comprising Swedish-speaking subjects between ages 16 and 70 from certain areas of Sweden.

The team analyzed survey answers concerning fatty and/or lean fish intake, sun exposure and other factors, as well as blood samples to analyze vitamin D levels. They found that frequent fatty fish intake was associated with decreased occurrence of MS and that no significant association was found between
intake of lean fish and MS. Among 1,178 people with MS and 1,410 without MS for whom blood samples were available, vitamin D levels were higher in those with high fatty fish intake. This work was supported by the Swedish Medical Research Council and other agencies. (Multiple Sclerosis Journal, published online October 24, 2013)

This study adds to the growing body of research suggesting the possible benefits of vitamin D for people with MS and the role of vitamin D in lowering risk of developing MS. A Society-funded clinical trial of vitamin D supplementation is ongoing in people with relapsing-remitting MS. Read more about vitamin D research at nationalMSsociety.org/vitaminD.

LOOKING AT LIFESTYLE

The Ausimmune Study, partly funded by the Society with the National Health and Medical Research Council of Australia and others, was launched to investigate whether increased exposure to sunlight and vitamin D may be protective against MS in people who had not yet been diagnosed with MS, but who had experienced a first neurologic episode that often leads to MS (called CIS, or clinically isolated syndrome).

Anne-Louise Ponsonby, PhD (Murdoch Childrens Research Institute, Melbourne) and her colleagues used information from this unique study to research whether various lifestyle factors were associated with the development of CIS, including current and past tobacco, marijuana and alcohol use, physical activity patterns, blood pressure and body measurements. They found that risk of developing a CIS increased by 79% in people who had ever smoked, lending further evidence to the harmful effects of smoking in people with MS. None of the other factors in the study were associated with increases in risk. (Multiple Sclerosis Journal 2013;19:1717).

AEROBIC EXERCISE MAY HELP MEMORY.

Did you know?

Confused, overwhelmed, uncertain or stuck? A knowledgeable and compassionate social worker will partner with you over the phone or in your home to more fully understand your situation, determine your needs and create a personalized plan. To learn more about care management, call 800-344-4867 and press 1.
Has Multiple Sclerosis (MS) Affected You?

Join us for this free and interactive live event for people with MS, their families and care partners

- Interact with a leading MS expert and others living with MS
- Learn about a therapeutic option for MS

Space is limited so RESERVE YOUR SPOT TODAY!

ONLINE: livemsevent.com
PHONE: 1-800-297-8082

Presented by

Roopa Bhat, MD
Neurologist - Puget Sound Neurology MS Center

Peiqing Qian, MD
Neurologist
Swedish Neuroscience Institute

Roopa Bhat, MD
Neurologist - Puget Sound Neurology MS Center

Peiqing Qian, MD
Neurologist
Swedish Neuroscience Institute

Johnny’s Dock
1900 East D Street
Tacoma, WA 98421

Friday, July 11, 2014
12:00 PM

Wild Ginger at the Bravern
11020 NE 6th St, Ste 90
Bellevue, WA 98004

Wednesday, July 23, 2014
12:00 PM

Silver Cloud Hotel-Broadway
1100 Broadway
Seattle, WA 98122

Friday, August 29, 2014
10:00 AM

Platti Italian Restaurant
University Village,
2695 NE Village Lane
Seattle, WA 98105

Saturday, October 4, 2014
10:00 AM

Light meal will be served.

Sponsored by Acorda Therapeutics, Inc.
New look, better ways to connect online

We’ve rolled out lots of exciting changes to our website, MSnorthwest.org, that make it easier than ever to:

- Find relevant information, programs, services and resources
- Connect with others, share information and get support
- Participate in events, advocate for change, raise awareness, champion MS research, and discover more ways to engage

Thanks to everyone who shared great ideas about improving our online content and provided suggestions on making it easier to find what you’re looking for faster.

We hope you enjoy exploring the site and please be sure to let us know what you think, by visiting nationalmssociety.org/Helpful-Links/Contact-Us.

Visit MSnorthwest.org to check out new features, including a mobile-friendly design that makes the site simpler to navigate from smartphones and tablets.

CONNECT WITH THE CARE YOU NEED

EVERY CONNECTION COUNTS

Managing MS is an ongoing process, beginning with your very first symptoms and continuing throughout your life. Let us help connect you with highly-skilled professionals knowledgeable about MS.

- Connect with MS Specialty Care – doctors, counselors, social workers, physical therapists and more!
- Ask an MS Navigator® for help navigating the challenges of MS and get personalized answers to your unique needs, up-to-date information, referrals and practical resources.
- Learn more about research and clinical trials.
- Advocate for better health care, research funding and policy initiatives that are important to you.

Find the care you need. Get connected! 1-800-FIGHT-MS (344-4867) nationalmssociety.org/NWcare
When I was diagnosed with multiple sclerosis four years ago, I cried. I cried a lot. Not in public, and not in front of my three young children. But I cried privately, mourning the loss of the woman I once was. I was distraught and angry, and everything in between. Most of all, I was scared. Scared that MS was taking my healthy body and mind, and with them, my hopes and dreams. Yet today, in spite of those emotions, I also feel lucky. Lucky, because I have hope.

This gives me hope that someday soon we will find a way to end MS forever and repair the damage already done. With this hope, we may all be scripting a different ending to our stories.

To truly understand hope, I need to tell you a story about a special woman named Ida. I participate in Bike MS with her photo in my pocket. It was taken in April 1937 when she was just 23 years old—a beautiful girl, vibrant and alive. She had been spring skiing at Tuckerman’s Ravine, and is leaning on a clunker of a car facing into the sun. She’s wearing a halter top and shorts, and black boots with dark socks, which accentuate her strong muscular legs. She had an unruly mane of dark curly hair in those days.

A talented painter, Ida had a funky style all her own. She smiled like a lady, but had her hand on her hip and her chin lifted, giving the camera a bit of attitude. This woman is my grandmother, but not the grandmother I knew. The picture was taken six months before she married and went on to become a mother of six. It was taken a whole decade before MS turned her life upside down, chiseling away at her hopes and dreams. Piece by piece. Attack by attack. With nothing to stand in its way.

Ida’s diagnosis took a while without MRIs and the understanding of the disease we have today. At first, she didn’t tell anyone. But soon, she wasn’t able to hide her symptoms. Why did she choose to say nothing, to do nothing about her MS? Because there was nothing she could do. Because back then, there was nothing anyone could do—no research, no treatments,
no disease-modifying drugs. Back then, there was no hope.

I knew Ida simply as Grammy, and I remember driving to the nursing home with my father to pick her up one Thanksgiving. I can still see her waiting for us, like a snapshot in my mind, lying in her hospital bed, staring silently toward the window. I watched as my father lifted her from her bed to her wheelchair, carrying her the way you’d cradle a helpless child, or the way you’d hold a mother who was living with MS.

This is the grandmother I knew, the MS I knew. And the line was so blurred that they were one and the same. I even remember asking my father, if I was going to get MS someday. I don’t remember his exact words, but here we are today, thirty-something years later.

I was diagnosed with MS at age 36 — the very same age as Ida. The similarities in our stories are unnerving, but I focus on the differences in our stories instead. I am lucky that my doctors caught my MS early with the help of today’s MRIs. And I am grateful for choices — for the wide selection of medications available to slow progression by injection, infusion, even oral pill, and also for the drugs to manage symptoms and attacks. All of these treatments were only discovered in the last two decades, and over half were discovered in the last decade alone.

This gives me hope that someday soon we will find a way to end MS forever and repair the damage already done. With this hope, we may all be scripting a different ending to our stories.

When one of my children raises that dreaded question, ‘Mommy, am I going to get MS?’ I hope to answer with conviction, ‘No. Absolutely not.’

Hope is a beautiful thing. And today we have hope. Hope that my grandmother didn’t have. And hope that all of our children will know a world free of MS.

These Opening Remarks were delivered by Marleigh Brown at the 2013 Bike MS Cape Cod Getaway. Brown lives in Massachusetts, where she participates in the I Ride with MS program, which has expanded across all 100 Bike MS events in 2014, thanks to the support of Genzyme, a Sanofi company, and Primal Wear. Learn more at bikeMS.org.

Did you know? Join the Movement® today and make a difference in the lives of nearly 15,000 people living with MS in Alaska, Montana, Northern Idaho and Washington. Whatever your passion is, it can help us achieve a world free of multiple sclerosis. Find out about volunteer opportunities by visiting MSnorthwest.org and clicking Volunteer.
PROGRMS

Living and learning with MS

The Greater Northwest Chapter offers many opportunities to improve your health, enhance your relationships and learn new things. All National MS Society programs are free. Each requires preregistration and some have limited space, so sign up early. To register, visit the Chapter website at MSnorthwest.org or call 800-344-4867 and press 1. You can also access videos anytime from MS Learn Online at nationalMSsociety.org/MSlearnonline.

Making Treatment and Lifestyle Decisions: Thinking Clearly About Benefits and Risks

Learn about significant progress in the development of new treatments for multiple sclerosis and how people with MS weigh benefits and risks when making treatment and lifestyle decisions. A 40-minute DVD will feature healthcare professionals from the Mellen Center and the Montreal Neurological Institute and Hospital. A health care provider with knowledge and experience in MS will answer questions and lead a group discussion.

LONGVIEW, WA
Wednesday, July 9, 6:30 – 8:30 p.m.
Cowlitz County Regional Conference Center, 1900 7th Ave
SPEAKER: Dr. A. Scott Nielsen
with Virginia Mason MS Center

OLYMPIA, WA
Monday, August 11, 6:30 – 8:30 p.m.
The Olympia Center, 222 Columbia St. NW
SPEAKER: Dr. Roopa Bhat
with Puget Sound Neurology

MOSCOW, ID
Friday, September 5, 2:00 – 4:00 p.m.
Best Western Plus University Inn, 1516 Pullman Rd.
SPEAKER: Dr. Louisa Lavy
with Kootenai Medical Center

EVERETT, WA
Tuesday, September 9, 6:30 – 8:30 p.m.
Holiday Inn, 3105 Pine St.
SPEAKER: Dr. Patti Brettell with
Skagit Valley Hospital and Regional Clinics

YAKIMA, WA
Thursday, September 18, 6:00 – 8:00 p.m.
Hilton Garden Inn, 401 E. Yakima Ave.
SPEAKER: Hui Juan Zhang, MD, PhD
with Kadlec Neuroscience Center

WALLA WALLA, WA
Wednesday, September 24, 2:00 – 4:00 p.m.
Marcus Whitman Hotel, 6 W. Rose St.
SPEAKER: Dr. Roger Cooke
with Providence MS Center
MS Center partner programs

We are pleased to help promote and share these free educational opportunities.

**VA MS CENTERS OF EXCELLENCE**

Montana Health Care System, Conference Space, 3700 Veterans Drive, Fort Harrison, MT
REGISTRATION (or to sign up on the interest list): 800-329-8387, ext. 62433 or email marsha.tarver@va.gov

Balanced Care for Individuals with Multiple Sclerosis
Saturday, August 2, 9:30 a.m. – 2:45 p.m.

**TELECONFERENCES: PARTICIPATE FROM HOME**

FREE AND AVAILABLE TO EVERYONE IN THE GREATER NORTHWEST CHAPTER AREA — AND BEYOND!

Stress and MS
Call in to learn about strategies for minimizing stress and tending to your emotional health and well-being while living with MS.

OVER THE PHONE
Thursday, August 7
6:30 – 7:30 p.m. PDT
7:30 – 8:30 p.m. MDT
5:30 – 6:30 p.m. AKDT

**UW MEDICINE MS CENTER**

Northwest Hospital,
1536 N 115th St., Seattle, WA
REGISTRATION: contact Kelly at 206-598-3894 or email msevents@uw.edu

Neurogenic Bowel and Bladder
Wednesday, July 16, 6:00 – 7:15 p.m.

Embracing and Enjoying Sexuality with MS
Wednesday, August 20, 6:00 – 7:15 p.m.

Managing Your Mood
Wednesday, September 17, 6:00 – 7:15 p.m.

Can’t make it to these UW Medicine events?
Join our webinar by logging into uofw.adobeconnect.com/neurology

**UW MS RESEARCH STUDY**

Mind Training to Overcome MS Pain
The University of Washington is conducting a study about mindfulness, including education about chronic pain and learning skills on how to change how a person thinks about their pain, as a way to overcome pain for people living with MS. Contact 800-570-5576 or mindtops@uw.edu to learn more.
**SWEDISH MS CENTER**

Swedish Neuroscience Institute, 1600 East Jefferson St., Level A, Seattle, WA

REGISTRATION: call Haley Herr at 206-991-2099. Email mscenter@swedish.org (unless otherwise noted), or visit swedish.org/msclasses

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**SUPPORT GROUPS**

**Young Adults with MS**
Third Thursday of every month, 6:30 – 8:30 p.m.
RSVP: Janice at 206-220-3200 or mscenter@swedish.org

**MS Club Cherry Hill:**
A Support and Self-Help Group
Third Friday of every month, 1:00 – 3:00 p.m.
RSVP: Robin Mazna at robinmazna@hotmail.com

**LGBT MS Connection**
Second and fourth Tuesday of every month, 6:30 – 8:30 p.m.
RSVP: Shelly Henry at 206-250-5002 or LGBTMSConnection@gmail.com

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**Yoga and Wellness Skills**
Tuesdays 11:00 a.m. – 12:15 p.m. and 1:00 – 2:15 p.m. through July 29
Classes resume September 2
Suggested donation of $12/class or $40/4-week series
Care Partner Support Group  
Third Tuesday of every month,  
6:30 – 8:30 p.m.  
RSVP: John Daughters at 206-937-9604 or j.daughters@hotmail.com

**EVERGREEN HEALTH MS CENTER**

Multiple Sclerosis Center at Evergreen,  
12039 NE 128th St., 3rd Floor, Kirkland, WA  
REGISTRATION: 425-899-3000 or online at evergreenhealth.com

**NEuro-Nutrition Class**  
Fourth Friday of every month,  
9:00 – 10:30 a.m.

**VIRGINIA MASON MS CENTER**

Neuroscience Institute at Virginia Mason  
Medical Center, 1201 Terry Avenue,  
Lindeman Pavilion, Seattle, WA  
REGISTRATION: Piper Paul at piper.paul@vmmc.org or call 206-341-0314

**MS Newly Diagnosed Seminar**  
Saturday, August 16, 10:00 a.m. – 2:45 p.m.  
Lunch will be provided.

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**Did you know?**

The Society has free booklets that help you guide conversations, ease fears and respond to concerns when speaking with children about MS. Find a list of publications on many topics at nationalMSsociety.org by clicking on Resources & Support and then Library & Education Programs.

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**THE NATIONAL MULTIPLE SCLEROSIS SOCIETY IS DEDICATED TO CREATING A WORLD FREE OF MS.**

The National MS Society, Greater Northwest Chapter educates, inspires and empowers those affected by multiple sclerosis. We create innovative programs to meet the needs of people with MS and their families, host exciting fundraising events to give supporters a meaningful role in the MS movement, and fund cutting-edge research into treatments and a cure. With a passion for bringing about a world free of MS, we help everyone affected by the disease to live richer, healthier, more independent lives.

**IF YOU OR SOMEONE YOU KNOW HAS MS**

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional or contact the National MS Society at nationalMSsociety.org or 800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

**GRUPO DE APOYO EN ESPAÑOL**

La Sociedad Nacional de Esclerosis Múltiple ha comenzado un grupo de apoyo en español, por teléfono, para las personas con EM. El único requisito para participar es haber sido diagnosticado de esclerosis múltiple. Este programa es totalmente gratis. Para más información, o para registrarse, por favor llame al 800-344-4867, y oprima el número 3.

The National MS Society does not endorse or recommend specific products, services or manufacturers. The Society assumes no liability whatsoever for the use or contents of any product or service mentioned herein. We reserve the right to refuse advertising that is deemed to be inconsistent with the Society’s mission.
INSPIRE BIKE MS CYCLISTS:
Become an MS Champion

More than 2,500 cyclists will hit the road this fall at Bike MS events across the Northwest, experiencing an unforgettable journey with an unbeatable destination: a world free of MS.

Some ride in honor of their husband or wife, daughter or son, friend or coworker, but everyone is also matched with an MS Champion — someone living with MS who inspires their every mile.

“People love the personal connection that MS Champions bring to the ride. It’s not easy to ride 22 miles, or 100, and our Champions give each cyclist that extra bit of purpose behind every mile.” says Cara Chamberlin, Volunteer Engagement Manager at the National MS Society’s Greater Northwest Chapter.

Join us in cheering at the finish line or signing bandanas for cyclists to wear during Bike MS weekend. Contact cara.chamberlin@nmss.org or 800-344-4867, ext. 40205 for more details.

THE RIDE OF YOUR LIFE... TOWARD A WORLD FREE OF MS

Bike MS cyclists enjoy a thrilling, well-supported ride, while Bike MS volunteers and MS Champions support them every mile of the way. Learn more, register, volunteer or donate at bikeMSNorthwest.org.

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Bike MS: Ride the Sky
August 16-17, Bozeman, MT

Bike MS: Deception Pass Classic
September 6-7, Mount Vernon, WA

Bike MS: Cycle the Silver Valley
September 13-14, Kellogg, ID

Bike MS: Hope to a Cure
took place in Girdwood, AK, on May 31.