

FOR IMMEDIATE RELEASE

Thousands of cyclists will ride to create a world free of MS
Bike MS: City to Shore Ride to be held Sept. 24-25 in South Jersey

PHILADELPHIA -- About 7,000 cyclists are expected to raise more than \$5 million to support research, programs and services for people with multiple sclerosis in the 31st annual Bike MS: City to Shore Ride, taking place September 24-25 in southern New Jersey.

The ride, organized by the Greater Delaware Chapter of the National MS Society, has become one of the foremost cycling events on the East Coast. The vital funds raised by the ride are more important than ever, as 13,000 local people living with MS are turning to the National MS Society for help in record numbers.

City to Shore attracts corporate teams, families and friends of people with MS and individuals to join movement to create a world free of MS. Each cyclist must collect at least \$300 in pledges to participate in the ride, with many raising hundreds or thousands of dollars more. In return, cyclists receive amenities such as bike mechanics, emergency transportation, catered rest stops every 15 miles, luggage delivery and much more.

Cyclists can choose from five different routes, from a one-day, 25-mile ride to a two-day, 175-mile ride. For the 31st year, thousands of cyclists will begin the 75- and 100-mile rides at PATCO's Woodcrest Station on Saturday morning, Sept. 24. Those riding shorter distances will start in Hammonton and Mays Landing, and they'll all ride together to an exciting and emotional finish at the Ocean City Civic Center. Following an overnight stay, the two-day cyclists will return to Woodcrest Station in Cherry Hill on Sunday, Sept. 25 for a festive finish line celebration. For more information on the route or to get involved as a cyclist or volunteer, visit MScycling.org.

About Bike MS: City to Shore Ride

The Bike MS: City to Shore Ride attracts thousands of cyclists and more than 1,000 volunteers, and raises millions of dollars for the National MS Society. Named by Bicycling Magazine as the "Best Cycling Getaway in NJ," riders enjoy the flat terrain of Southern New Jersey as they travel through the blueberry fields of Hammonton, the Pine Barrens and into the sweet smells of salt water taffy and ocean air in historic Ocean City.

About the National Multiple Sclerosis Society

MS stops people from moving. The National MS Society exists to make sure it doesn't. We do this through our home office and 50-state network of chapters by funding more MS research, providing more services to people with MS, offering more professional education and furthering more advocacy efforts than any other MS organization in the world. Join the movement at nationalMSSociety.org or by calling 1-800-FIGHT-MS.

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