



MS CONNECTION NEWSLETTER

EVENTS EDITION 2013

NEW AT OUR 2013 BIKE MS

I RIDE WITH MS

PRESENTED BY:



1-855-MSOne2One (1-855-676-6326)



This year, the mission gets a little closer to home at Bike MS, thanks to a new partnership with Genzyme and One to One. The Greater Carolinas Chapter is one of 15 Chapters rolling out this new program designed to connect participants in Bike MS with the mission of our organization.

WHAT IS "I RIDE WITH MS"?

The "I Ride with MS" program provides visibility and support to people living with MS who participate in Bike MS by providing a special jersey with the simple statement, "I Ride with MS." Cyclists both with and without a connection to MS are inspired and motivated when they see someone wearing an 'I Ride with MS' jersey pedaling along the route. It personalizes the disease, connects them to our mission and many times, moves them to increase their fundraising efforts.

Last year, over 80 cyclists with MS participated in Bike MS Historic New Bern and Breakaway to the Beach rides.



PHOTO COURTESY OF: NORTH RALEIGH NEWS AND BLANCHE DEAN

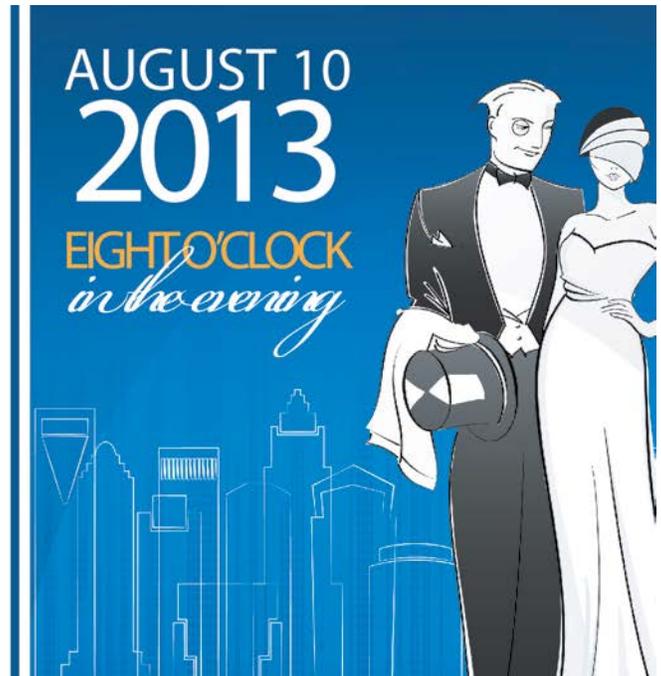
Blanche Dean was one of them. We recently had an opportunity to sit down with Blanche and talk about this exciting program.

THE
GREAT
GATSBY
25th Anniversary
GALA
Charlotte, NC



The Great Gatsby Gala is a 1920's themed black tie, costumed fundraiser to benefit the MS Society.

GOURMET HORS D'OEUVRES • LIVE JAZZ
DANCING • SILENT AUCTION
www.gatsbygala.org



Bike MS Carolinas, Choose Your Challenge



Bike MS Carolinas, Choose Your Challenge

BIKE MS: HISTORIC NEW BERN RIDE
SEPTEMBER 7-8, 2013 » 2 DAYS » 30-200 MILES

Cyclists enjoy two full days of riding through rural eastern North Carolina. At the conclusion of each day's ride, cyclists are greeted by cheerful volunteers, a delicious, hot meal, ice cold beverages, and live entertainment.
bikeMSnewbern.org

BIKE MS: BREAKAWAY TO THE BEACH
SEPTEMBER 21-22, 2013 » 2 DAYS » 35-200 MILES

This ride will once again take you to the beach -- a destination experience with start sites in Monroe, NC and Kershaw, SC, and a fun-filled overnight at Francis Marion University in Florence, SC. Cyclists will ride to the coast, ending at Sunset Beach, NC.
breakawaytothebeach.org

BIKE MS: TOUR TO TANGLEWOOD
SEPTEMBER 28-29, 2013 » 2 DAYS » 15-165 MILES

Choose from road routes in the Yadkin River Valley, or mountain bike trails in Tanglewood Park. After the ride, enjoy a festival with cold drinks, hot food, and live music all weekend.
bikeMSncc.org

www.bikemsnewbern.org
www.breakawaytothebeach.org
www.bikemsncc.org

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Q: WHEN WERE YOU FIRST DIAGNOSED WITH MS?

A: February 1992

Q: WHEN DID YOU BEGIN RIDING IN THE HISTORIC NEW BERN RIDE?

A: This will be our 16th ride

Q: WHY DO YOU RIDE?

A: I started riding to help stay physically fit and fight my MS. Then, as I met more people with MS, I began to ride for them. To find a cure. I am blessed with a very mild case of MS but I see and know so many others whose disease has taken a much more aggressive track than mine. It's heart breaking to see the toll MS is taking on them. I know the funds I raise have helped me and thousands like me to lead more normal lives with fewer and less severe exacerbations. I'll keep cycling until there's a cure or I just can't anymore.

Q: WHAT EXCITES YOU THE MOST ABOUT THE I RIDE WITH MS PROGRAM?

A: I love the fact that people with MS can self-identify and show the world that they're out there fighting this disease. I truly believe "I have MS, MS doesn't have me." I think they must feel the same way. It gives us a chance to talk to people about the disease and gives cyclists a chance to identify a face and person with this disease. I think it will make them more passionate about raising fund to help put an end to this devastating disease once they are able to make that connection.

Q: IS THERE ANYTHING ELSE THAT YOU'D LIKE TO SHARE WITH US?

A: When I was diagnosed with MS I had my family, friends, and faith to help me get through those first terrible months. Then I found the MS Society and I can't say enough times how grateful I am that they were there. Everything from information when I was newly diagnosed to the opportunity to become involved in their sponsored events; meet wonderful, giving staff; and being able to network with others living with MS who had the same positive attitude. It all helps to lead a more normal life and together we're all working towards the same goal – creating a world free of MS.

If you or someone you know with MS is cycling this year, encourage them to sign up for the program. You can learn more by visiting, www.bikems.org.

**challenge
walk**



**Charleston
Challenge 2014**

presented by



REGISTER TODAY
www.challengems.org



**National
Multiple Sclerosis
Society**

Greater Carolinas Chapter
3101 Industrial Dr. Ste. 210
Raleigh, NC 27609

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WHAT DOES YOUR MS BRICK SAY?

Leave your mark forever in stone and help create a world free of MS! Stone Theaters is opening a new location in Morrisville, NC. For \$75 you can have a personalized, engraved brick in the theater's front walkway. The proceeds benefit the National MS Society.

What does your brick say?

Visit us online at
www.bricksforMScarolinas.org

