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Over 7,000 cyclists joined the movement to create a world free of MS

PHILADELPHIA – More than 7,000 cyclists joined together with a common goal – to create a world free of multiple sclerosis. Cyclists from all over the country and some coming as far away as Alaska took part in the National MS Society's annual Bike MS: City to Shore Ride on September 29 and 30.

The Philadelphia region's largest cycling event, now in its 32nd year, attracted more than 7,000 cyclists and raised \$5.2 million to support medical research, programs and services for 14,000 local families living with multiple sclerosis.

The bike ride, which is ranked as one of the top 50 rides in the United States by Bicycling Magazine, gives cyclists the opportunity to ride from Cherry Hill to Ocean City, N.J. on Saturday and then return on Sunday. Participants choose from five different routes, from a one-day, 25-mile ride to the traditional two-day, 150-mile course. Cyclists ride through the blueberry fields of Hammonton, the region's Pine Barrens and into the crisp ocean air in historic Ocean City.

Each cyclist must collect at least \$300 in pledges to participate in the event, with many raising hundreds or thousands of dollars more. The funds raised through this event are vital to support the chapter's many programs and services for families affected by MS.

"City to Shore brings the community together," said Tami Caesar, president of the Greater Delaware Valley Chapter of the National MS Society. "Whether it's by riding one or two days, volunteering at a rest stop or cheering on the cyclists as they arrive at the finish line, everyone gets a chance to join the movement to fight MS."

Among this year's cyclists were a team of visually-impaired riders on tandem bicycles with the Pennsylvania Center for Adaptive Sports; a group of cyclists riding ElliptiGO outdoor elliptical bikes and Jersey's Team, a group of about 100 cyclists who over the years have raised \$1 million in honor of Gerald "Jersey" Rosenthal who was diagnosed with progressive MS.

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 flat terrain as they travel through the quaint towns and back

roads of Southern New Jersey, pedal through the blueberry fields of Hammonton, experience the serene beauty of the Pine Barrens and listen to the waves as they roll into 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.