

Spirit Connection



Ed's Corner...

The former co-worker diagnosed with MS in 1993 was headed to a wheel chair decades ago, but is now preparing for his first MS Walk. The first



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treatment for progressive MS joins a dozen treatments for relapsing remitting MS. Treatments for myelin repair are reversing the effects of MS. Although highly improbable, research supported by Bike MS and related fundraisers are truly making a difference in the lives of people with MS. So whether you've ridden every year, missed a few, or this is your first year I look forward to riding with you and continuing our impact for those with this devastating neurological disease.

I hope to see you at the kickoff on March 27.

Jerseys of the Past

Looking for a sharp training jersey? We have a few leftover jerseys from past years with limited sizes available.

If you'd like one, they're \$25 (awesome deal!). Contact Ed at egrighthor@dow.com



TEAM KICKOFF: March 27

Let's get this team going! Join us for craft beer and awesome food in the newly refurbished MBC, meet fellow riders and informally hear about the rides. The MS Society will be there with posters, brochures, free registration coupons for first year riders, and you can even sign up for the rides.

Mark it on your calendars and invite friends to find out more about the rides.

Team Kickoff Event
March 27 • 5:30-7pm
Midland Brewing Company
5011 North Saginaw Road



#1 Bike MS Winners

The DowTCC team again scored the top fundraising trophy at the Michigan Chapter awards ceremony (our 12th year at the top). We also received the Mission Possible Award for raising over \$1 for each person in Michigan with MS (\$18,000).

The DowTCC team had 12 riders on the top 100 fundraiser list! The Michigan Chapter committed \$100,000 to the Direct Assistance Program, helping 330 people with utilities, access, trips to doctors etc. The Bike team's grant from the R.M. Gerstacker Foundation seeds this program.

It's awesome to know that by riding your bike, pursuing your fitness goals, and by having fun you're also helping support those with a major neurological disease and to help find a cure?

New 2017 Team Jersey

We've got a great design created by a SVSU student. Every rider gets ONE jersey courtesy of the team and our sponsors and you'll be able to order your size on the website.

Also available to order are arm or leg warmers, shorts, and other gear on the website (using your credit card).

It's a great opportunity to LOOK GOOD on the road or trails and promote the team.



MS Walk April 29 in Midland



If you'd like to join the 3 miles Dow MS Walk team, contact **Helen Myers (hemyers@dow.com)**. It's a fun event, you can do some cross training, and the whole family can participate (even the dog).

Fundraising

It's time to register, recruit friends to ride, and start contacting sponsors via your personal page at the MS Society.

Ask friends, relatives, colleagues, etc. to join you. All rides except the September 1 day mountain bike ride have a \$250 minimum. The September 1 ride has a \$100 minimum. Raising the minimum \$250 is relatively straight forward if you use the personal page, follow the fundraising tips on the Society's page, and pursue a fundraising goal.

Our team goal this year is to raise \$65,000 total so set your goal high and reach for it!



FACEBOOK



Would you like to share your experience or hook up with informal riding groups? Facebook is a great way to interact with your team mates. Follow us by liking our site at....

www.facebook.com/groups/DowTriCityRideforMS/

We love our sponsors!

Sponsors that have committed so far for 2017 are listed below. A round of applause and thanks to all our sponsors.

Please let them know of your appreciation whenever you connect with these organizations.

- Accenture
- Emco Wheaton
- Midland Brewing Company
- R. M. Gerstacker Foundation
- Tri-City Cyclists
- CWM Financial
- Barnes, Chase & Davis, Inc.
- Ray's Bike Shop



Time to Train!

For those with lower temperature thresholds (below 50F), you may have already gotten in some road miles. For those still in spin classes or on the trainer (yea, basement miles), it's time to think about getting out on the road where you may find the wind giving you additional challenge.

Now would be a good time to get your bike to team sponsor Ray's Bike shop for a tune up before they get really busy. You should also check the screws on your cleats, tire integrity, lube the chain, ... and oh yes take it easy starting out and increase mileage gradually.

We'll start mid-week training rides in April.



2017 Rides

- **June 3-4, Holland.** The figure 8 loops starts & ends at Hope College where riders can stay overnight. After the ride, BBQ lunch affords the opportunity to swap stories and relax with team mates.
- **July 15-16, Lansing.** East Lansing where you overnight at MSU. After a massage and dinner, riders can stroll out for ice cream, a brew, or a stroll on campus with friends.
- **September 9, Mountain Bike Brighton.** For dirt lovers, there's this one day event at Island Lakes recreation center. There's also a road ride option – one route takes you around the GM proving grounds. The minimum fundraising level is only \$100 for all of these 1 day rides.
- **September 23-24, Frankenmuth.** Two loop course. Day 2 takes you west of Frankenmuth. Overnight camping is available and there's the nearby hotel/waterpark for family fun. There are some excellent breweries nearby as well

How to Register:

www.nationalmssociety.org/Chapters/MIG/Join-An-Event

Team Name: *dowtcc*

Tri-City Cyclists (TCC)



We're fortunate in having an active, local cycling club as a foundational sponsor of the DowTCC team. Members also generously provide help for new riders, have route maps, and promote local cycling.

You are encouraged to become a member for a cost of only \$20 individual, \$25 family.

www.tricitycyclists.org