

WE ARE PEOPLE WHO WANT TO DO
SOMETHING ABOUT MS
NOW.

THANK YOU TO OUR SPONSORS



register at www.WeBike4MS.org or
call 914-694-1654

bike MS: Tappan Zee Ride

OCTOBER 18, 2009

ROUTE OPTIONS

> 20 miles > 60 miles

START LOCATION

> **Kraft Foods, Tarrytown, NY**
555 South Broadway
Tarrytown, NY 10591

> **Check-In:** 6:15 – 7:15 A.M.
Ride: 7:30 A.M. Sharp

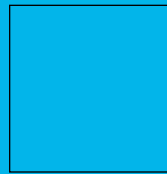
The **Southern New York Chapter** offers a unique bike ride – the *only* opportunity to cycle over the three-mile span of the Tappan Zee Bridge in a traffic-free lane, ride a special combination of roads, view beautiful scenery, meet outstanding people and cycle for a great cause.

Choose between the 20- or 60-mile routes. After an exhilarating ride over the TZ Bridge, 20-milers will stop at the Nyack Alliance Theological Seminary and the 60-milers will stop at River Front Park for refreshments. From the Nyack Alliance Theological Seminary, 20-milers return over the TZ Bridge to the finish line while the 60-milers continue north to the Bear Mountain Bridge. After crossing the bridge, 60-milers ride south along the Hudson River back to the finish line, where food and entertainment will be waiting for you. This ride is fully supported by repair assistance and SAG transportation should you need it for you and your bike.

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Helmets are required.

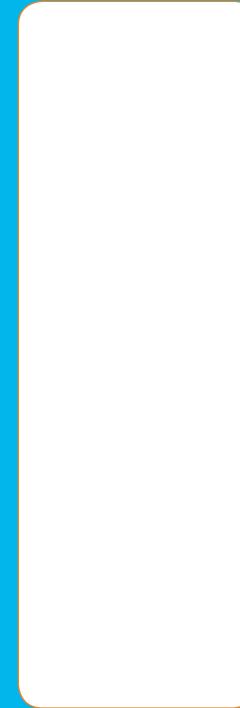
From out of town? The **Doubletree Hotel** in Tarrytown, conveniently located near the start line, will offer guaranteed rooms to TZ Cyclists. To qualify, reservations must be made by September 27th. To book your room, call **800-474-4260** and mention code **MSS** as you are a part of the Bike MS TZ Ride.



Southern New York Chapter
2 Gannett Drive, Suite LC
White Plains, NY 10604



bike
create a world
free of MS



JOIN THE MOVEMENT



Martha Gingrich, diagnosed in 1998, and her team Mighty M have ridden the Tappan Zee Ride for the past 5 years

bike ~~MS~~ Tappan Zee Ride

presented by
D'AGOSTINO
Supermarkets of Distinction
dagnyc.com

1 day. 20 or 60 miles.
October 18, 2009
Tarrytown, NY

register at
www.WeBike4MS.org
or call:
914-694-1654

ACCEPT THE CHALLENGE.

an unforgettable ride.
an unbeatable destination.
a world free of MS.

You're up for the challenge – and ready for the ride of your life! The sense of accomplishment that you'll feel as you cross the finish line can only be matched by the difference you'll be making in the lives of people affected by MS.

Pedal over the Tappan Zee Bridge, while you enjoy a fully supported, fun and truly inspirational experience.

register today & begin fundraising

As soon as you register, you'll have access to our online fundraising tools, making fundraising easier and more convenient than ever. A minimum fundraising goal of \$125 is required, but we hope that you can raise more and we'll be with you every step of the way.

team up for more fun!

Forming a Bike MS team is an opportunity to conquer a challenge and share a great experience with friends, family members or co-workers.

create a world free of MS

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at nationalMSSociety.org or 1-800-344-4867.

Every fundraising \$ helps

78% Programs / Education / Research

22% Fundraising / Administration

* Represents national percentages.



Please fill out the registration below or register online at www.WeBike4MS.org

Name: _____

Email: _____

Street: _____

City/State/ZIP: _____

Country: _____

Phone Number: _____

Gender: Male Female

Date of Birth: _____ / _____ / _____

Emergency Contact: _____

My personal fundraising goal \$_____ (Minimum \$125)

Please check the route you plan to ride
 20-mile 60-mile virtual rider \$50

Enclosed is my non-refundable and non-deductible registration fee: _____
(use the code "bkb" to receive a \$5 discount off the registration).
\$25 before May 31st; \$35 before August 31st and \$50 through October 18th

Yes, I would like to receive important email updates – including event announcements – from the National MS Society.

Send more brochures

I am unable to participate, but enclosed is my contribution \$_____

Please tell us your connection to multiple sclerosis:

- I have MS I have a friend or co-worker with MS
- Relative: Child of person with MS
- Relative: Parent of person with MS
- Relative: Sibling of person with MS
- Relative: Other Other

Fax registration: (914) 694-1656

Mail registration to: National MS Society, Bike MS Ride
Southern New York Chapter
2 Gannett Dr. Suite LC
White Plains, NY 10604

FIGHTING MS HAS ITS REWARDS

Raise \$500 or more and you will be eligible for the following prizes. Please note that only donations received by November 30, 2009 will be included to qualify you for your gift.

- > **Level 7 – \$10,000+**
Tour of Champions OR incentive prize examples – Fuji Finepix Digital Camera or CycleOps Fluid Squared Trainer
- > **Level 6 – \$7,500 – \$9,999.99**
Garmin GPS 60 or iLuv Vertical Hi-Fi System
- > **Level 5 – \$5,000 – \$7,499.99**
Samsonite 4-Piece Luggage Set or Topeak Bikamper
- > **Level 4 – \$2,500 – \$4,999.99**
Cuisinart CleanWater Countertop Filtration System or Grace Digital Outdoor Wireless Speakers
- > **Level 3 – \$1,300 – \$2,499.99**
Brinkmann Cook'N Carry Charcoal Grill or Sonic Groove Retro Radio Cooler
- > **Level 2 – \$800 – \$1,299.99**
Athena Stove To Go or GPX AM/FM Clock Radio with Docking and Recharging for iPod
- > **Level 1 – \$500 – \$799.99**
Everlast Wobble Board or HoMedics Deep Kneading Rechargeable Massager

To view a complete list of prizes go to www.WeBike4MS.org and click on the prizes link.

Incentive prize subject to change for prizes of equal value.

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