

# WEAR IT PROUDLY

bike



City to Shore  
Ride 2013

## I'm Riding For...

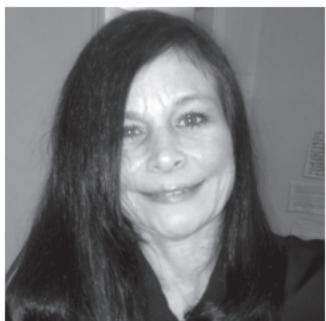
Everybody has a reason for participating in City to Shore, whether they have a personal connection to MS or if it's just for the thrill. Ultimately by riding, you are showing your support for the thousands of people affected by MS.

In addition to promoting awareness, the orange ribbon attached serves as a reminder of why we ride. You can pin it to your jersey or your rider number, or attach it to your bike, either way you are showing your support. **Proudly wear this ribbon City to Shore weekend and show your support in creating a world free of MS.**

If you are riding for someone in particular, have them sign your ribbon or write their name on it, and share your reason for riding with us at [nationalMSsociety.org/bikeMSchampions](http://nationalMSsociety.org/bikeMSchampions).

Even if you may not have a personal connection to MS currently, you are riding for someone by participating in City to Shore. Flip this card over and read how your fundraising dollars are making a difference in the lives of people living with MS in our area.

# Thank you for riding!



## Marcie Cox

Age: 51

Year Diagnosed: 2005

When MS forced Marcie to halt her marketing career, she began to feel uncertain about her future. Job loss, debilitating MS symptoms and dealing with her son's Down syndrome diagnosis left Marcie feeling like her family life was falling apart at the seams. She reached out to the Society hoping to find support and ways to manage the complexity of both her MS and to repair her family's relationship. Through our Quality of Life Grant, Marcie is able to receive counseling services that help her live more positively and helps her reconnect with her family.

Marcie volunteers with the chapter as a way to show her support and to advocate for others living with MS.

How your dollars  
make a difference

**\$1,500**

**\$1,500** helps fund 10 counseling sessions for a person living with MS

# Thank you for riding!



**Thomas  
Cummings**  
**Age: 52**  
**Year Diagnosed: 2003**

If you want to know just how challenging and unpredictable life with MS can be, just ask Thomas Cummings. At only 52, his rapid worsening of symptoms suddenly meant the Newtown, PA resident could no longer walk or even handle the day-to-day tasks like cooking and cleaning that most of us take for granted. Today, he lives in an assisted living facility where he relies on home health aides for his day-to-day care. The money you raise through Bike MS make it possible for him to receive the essential care he needs in a safe environment.

Thomas has a Walk MS team and participates in the annual event at Tyler State Park to advocate and show support for other individuals living with MS.

**How your dollars  
make a difference**

**\$800**

**\$800** provides 10 hours of specialized care for a person living with MS.

# Thank you for riding!



## Andria Williams

Age: 43

Year Diagnosed: 2010

For many people, being diagnosed with MS means unpredictable symptoms that come and go. Andria, however, wasn't so lucky. Her rapid MS progression resulted in a dramatic decline in mobility in her legs and arms, leaving her unable to leave her bed. Today, the mom of two requires the support of a full-time health aide and needs the services of an accessible vehicle equipped with a stretcher to get to her monthly MS treatments.

The funds raised by Bike MS mean that Andria attend her medical appointments as well as receive home health care assistance. Andria's treatments are essential to her care and your fundraising dollars mean she never has to miss another one.

**How your dollars  
make a difference**

**\$500**

**\$500** covers costly specialized transport services for individuals requiring a stretcher.

# Thank you for riding!



**Igor St. Phard**  
**Age: 42**  
**Year Diagnosed: 2008**

Igor St. Phard never expected to be a stay-at-home dad, but life with MS can be full of surprises. Today the former entrepreneur is the primary caregiver to his four children, the youngest of whom has Down syndrome. With only one income and the extremely high cost of two medical issues, Igor's family was in need of financial assistance when he turned to us for help. The MS Society was able to provide temporary help for groceries, home care services and counseling services for Igor and his wife. The dollars you raise through Bike MS help ease the financial and emotional burden of living with MS for people like the St. Phard family.

Igor looks forward to volunteering with the Society to show support to others living with the disease.

**How your dollars  
make a difference**

**\$500**

**\$500** provides emergency funds for families living with MS to help with basic needs including food, rent, mortgage or utilities.

# Thank you for riding!



## Bernice J McDowell

Age: 52

Year Diagnosed: 1994

At age 33 Bernice felt like she was on top of the world. She was a busy mom of two beautiful children. She spent her time cooking, cleaning and caring for them. But a diagnosis of MS changed all of that. Her symptoms got worse over time to the point she is no longer able to move about in her own home. Confined to the first floor of her house, Bernice felt her independence radically decrease and turned to us for help.

Bernice was awarded a HomeABLE grant to make modifications to her home that included the conversion of her laundry room into an accessible bathroom, a modification that had a great impact because access to a first-floor bathroom allows Bernice to remain safe in her own home. Your fundraising dollars allows Bernice to regain some of the independence lost to the progression of her MS.

**How your dollars  
make a difference | \$10,000**

**\$10,000** covers the cost of a bathroom modification.