

# WEAR IT PROUDLY

bike

~~MS~~  
MS

bike to  
create a world  
free of MS

*I'M RIDING FOR...*

By participating in Bike MS, you are showing your support for the thousands of local people affected by MS — people like the MS Champion featured on the back of this card.

This orange ribbon serves as a reminder of why we ride. *PROUDLY WEAR THIS RIBBON BIKE MS WEEKEND TO SHOW THAT YOU ARE RIDING FOR A WORLD FREE OF MS.*

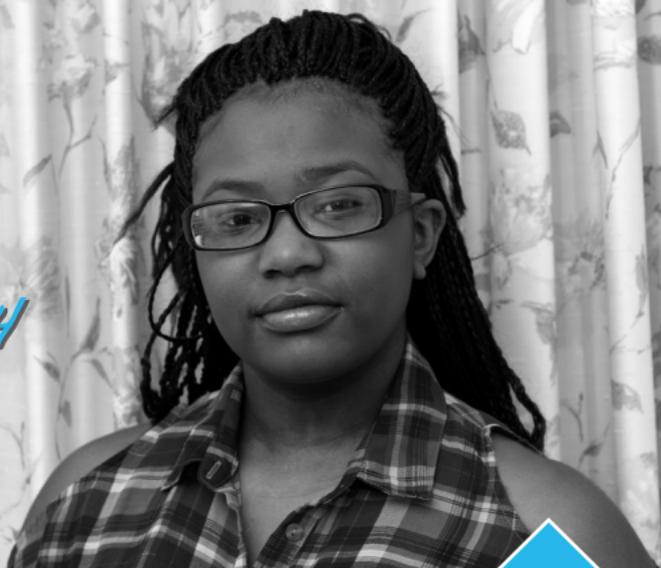
If you are riding for someone, have them sign your ribbon and share your reason for riding with us.

Even if you don't have a personal connection to MS, you are riding for someone. With the money you raise you are making a difference in the lives of our MS Champions and everyone like them. Flip this card over to read one of our MS Champion's stories.

[MSCYCLING.ORG](http://MSCYCLING.ORG) /// 1-800-445-BIKE

# Thank you for riding!

*KHALIDAH  
"PEANUT"  
HARRIS*



At the age of 12, Khalidah "Peanut" Harris was diagnosed with MS, a disease with no known cause or cure. Prior to her diagnosis, Peanut was experiencing symptoms like problems with vision, hearing, and motor skills. Doctors were baffled at first. But while rare, Peanut's story is not unique. Up to 5 percent of all individuals diagnosed with MS experience disease onset before age 16.

Peanut is not going through this alone. When Peanut was having trouble completing writing assignments, the National MS Society worked with the Harrises to get her an iPad. We also continue to be a leading funder of research into pediatric MS, which will hopefully provide answers to Peanut, and others living with MS from an early age.

"The MS Society helps me when I'm in need. They got me a tablet to do my school work, and put a ramp on my father's van for my scooter. Thanks for all the MS Society has done for me."

See more inspiring stories at [nationalMSSociety.org/MSchampions](http://nationalMSSociety.org/MSchampions).

# Thank you for riding!

ELAINE  
BALINSKI



Even though her MS gets in the way, Elaine Balinski can't sit still. In 1992, when her MS caused blindness in her right eye and she had to stop working as a nurse, she started volunteering with the National MS Society and hasn't looked back. She leads a support group that connects people with MS, founded a Walk MS site at Lenape Park, PA and has volunteered for countless hours in the community raising money and awareness for the MS Society.

As much as Elaine has helped us, the MS Society was there for her when she needed a hand. Recently, she was going to physical therapy two times a week but couldn't afford her copay. That's where the MS Society helped out, allowing Elaine to continue her much needed treatment plan.

“It's so nice to know that you're not alone, because MS is a unique disease, and it's a scary disease. But I have so much support. The MS Society is there for me and the rest of the MS community, and I can't say enough about them.”

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# Thank you for riding!



*WILLIAM  
GLASER*

One day in 2006, William Glaser woke up and the entire right side of his body was tingling. Soon after, he was diagnosed with MS. For four years after his diagnosis, William continued his career as a firefighter. But when his symptoms progressed in 2010, he had to stop working.

Now, William uses a wheelchair and experiences numbness in his hands and forearms, lower legs and feet; there's pain as well. However, the National MS Society exists to help people like William. Since 2010, the MS Society has helped him heat his home, provided an occupational therapy evaluation, built a sidewalk wide enough for his wheelchair from his back patio to driveway, and helped him take care of household chores.

“Call the Society because it’s an awesome resource when you wind up out of work. The MS Society helped me by having people to call, negotiate the system and tell me how to live day-to-day being disabled.”

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# Thank you for riding!



*JULIE  
DIBENEDETTO*

It was nearly 13 years ago when Julie DiBenedetto heard the words, “You have MS.” It all started with a tingling sensation, along with numbness and weakness in her limbs; she thought she had pinched a nerve. Within days, she was given a diagnosis that would change her life forever.

Julie’s MS journey hasn’t been easy. When she lost her job six years ago, she quickly needed to find a new insurance plan. Not knowing who to turn to, she called the National MS Society. The MS Society helped Julie find a new plan without experiencing a lapse in coverage. Recently, Julie also turned to the MS Society for help when her mortgage payments were too much.

“I’m usually a strong person, but I’m not ashamed to reach out if I need help. Not only have the people at the MS Society pointed me in the right direction for insurance, and helped me with my mortgage — they are ears to bend if I need anything.”

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# Thank you for riding!

VICKIE  
GEORGE

On a summer day in 1995, Vickie George was diagnosed with progressive MS, the most debilitating form of the disease. With progressive MS, there is no cure, and there are no therapies that can delay progression. Vickie is now a quadriplegic.

On Vickie's long journey of living with MS, she's learned to manage her symptoms by becoming a passionate advocate for people living with disabilities. She volunteers on the National MS Society's Government Relations Committee, a group dedicated to taking action on matters relating to public policy. Vickie works tirelessly to change the way people with disabilities are seen, and she has played an important role in making sure the voices of people affected by MS are heard and drive change wherever it is needed.

“The biggest way the MS Society helps is to make changes in public policy. Whether it's with the healthcare system, barriers that need to be moved, or getting more money allocated for MS research — it's all part of the advocacy that helps not only the MS Community, but the disability community as a whole.”

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