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Register at [bikeMSconnecticut.org](http://bikeMSconnecticut.org) or call 860.913.2550

REGISTER TODAY  
[BIKEMSCONNECTICUT.ORG](http://BIKEMSCONNECTICUT.ORG)



Mike Marques Photography

JOIN THE MOVEMENT®

A WORLD FREE OF MS

The money you raise will help fund research and provide support for people affected by MS. Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about options by talking to your health care professional and contacting the National MS Society, Connecticut Chapter at [ctfightsMS.org](http://ctfightsMS.org) or 800.344.4867



Mike Marques Photography

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30<sup>TH</sup>  
Anniversary!

bike MS: **bkm / Steelcase**  
**RIDE**  
Presented by Louis Dreyfus Commodities

ACCEPT THE CHALLENGE

JUNE 5 /// GRIFFIN CENTER /// WINDSOR, CONN.

JUNE 12 /// SHERWOOD ISLAND /// WESTPORT, CONN.



left:  
Jeff Faul, Danbury  
diagnosed in 2001

right:  
Darren Kramer  
News Anchor  
News 8

bike  
**MS**



30<sup>th</sup> Anniversary Ride 2011  
presented by  
Louis Dreyfus Commodities

Al Ferreira Photography LTD



REGISTER OR VOLUNTEER TODAY  
BIKEMSCONNECTICUT.ORG OR CALL 860.913.2550

# BIKE MS: BKM/STEELCASE RIDE

PRESENTED BY LOUIS DREYFUS COMMODITIES  
/// JUNE 5 & JUNE 12, 2011

## WILL YOU ACCEPT THE CHALLENGE?

### *Resolve has a price.*

You bike. You give. But have you made that bold move to raise funds? Researchers say we may be as close as 10 years away from a cure for some people diagnosed with multiple sclerosis. The funds you raise ensure science keeps moving forward toward better treatments and a cure. As the economy declined the needs of people with MS increased. In fact, those needs have never been greater. When you form teams and fundraise, you help keep the lives of people with MS moving forward. So register, establish a team or join one and become part of a unified force relentless in its resolve to create a world free of MS. **JOIN THE MOVEMENT**



## TWO RIDES, ONE DESTINATION A WORLD FREE OF MS.

### SUNDAY, JUNE 5 GRIFFIN CENTER – WINDSOR

#### ROUTE OPTIONS

- > 2-, 10-, 25-, 50- or 100 miles
- > Ride the beautiful Connecticut countryside

### SUNDAY, JUNE 12 SHERWOOD ISLAND STATE PARK – WESTPORT

#### ROUTE OPTIONS

- > Kiddie ride
- > 12-, 30- or 62 miles
- > Enjoy riding the Connecticut shoreline and backwoods

Whether you are new to the biking community, a die-hard-cyclist or riding your first set of wheels, Bike MS has it all! The ride offers multiple route options for every cycling level and two convenient start/finish locations in Connecticut, all completely supported by volunteers, relief vehicles, bicycle mechanics and rest stops. Come join us at the finish line celebration featuring a fabulous lunch with plenty of food, entertainment and massage therapy at each ride location. This year is sure to be bigger and better than ever!

**\*HELMETS ARE MANDATORY**

Register at [bikeMSconnecticut.org](http://bikeMSconnecticut.org) or call 860.913.2550

#### DAY OF SCHEDULE FOR SUNDAY, JUNE 5 IN WINDSOR

	100 Mile	50 Mile	25 Mile	10 Mile	2 Mile
Rider Check-In	6:30 a.m.	8:30 a.m.	9:30 a.m.	10:30 a.m.	12:00 p.m.
Ride Start	7 a.m.	9 a.m.	10 a.m.	11 a.m.	12:30 p.m.

#### DAY OF SCHEDULE FOR SUNDAY, JUNE 12 IN WESTPORT

	62 Mile	30 Mile	12 Mile	Kiddie Ride
Rider Check-In	8 a.m.	8:30 a.m.	9 a.m.	11:30 a.m.
Ride Start	8:30 a.m.	9 a.m.	9:30 a.m.	12 p.m.

### TEAM UP FOR MORE FUN WITH TICKET TO RIDE!

As a registered cyclist you can participate in the Ticket to Ride Program by recruiting up to THREE riders (who have never participated in the ride before) and registering them for FREE. Each cyclist is responsible for raising the ride's fundraising minimum of \$125. Call 860.913.2550 to participate in Ticket to Ride.

