

bike MS EVENT GUIDE

EXPRESS SCRIPTS®
 Gateway
 Getaway
 Ride 2015

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ON THE ROAD TO A WORLD FREE OF MS » BY KATIE HEIDENRICH

When I was diagnosed with MS I was stunned. I thought 'I can't believe this is happening and what does this mean?' The only person I knew with MS was a friend of the family's mom and she was in a wheelchair. That was the picture I had - the typical old school diagnosis. I was in tears thinking about what MS meant for my future.

That was in 2008. Soon after I realized nothing was over and I kept moving forward with my life. I got married, became a mother, and have ridden in the Bike MS: Express Scripts Gateway Getaway Ride four times, raising over \$100,000 in total.

At Bike MS, it is inspirational being surrounded by 3,000 cyclists and countless volunteers donating their time, money, and energy to a cause that directly effects my life. It motivates me to continue my own fundraising efforts and encourage others to join the movement.

Thank you for being part of Bike MS.

Everyone has a different reason for getting involved with Bike MS, but the driving force remains the same: helping those affected by MS today and, even better, finding a cure. The

support behind this event is overwhelming and ignites the hope that we can do this. We can be the ones to end MS forever.

There are so many advancements in MS research right now. In just the past year, I've been able to throw out my injectable medication and replace it with a simple pill. I know that donations are making the difference. It's not just throwing time and effort in a bucket and hoping something happens. You can see the results; whether it's new therapies or the effort the MS Society puts into helping people. These results are what continue motivating me to keep people involved in this movement. Bugging people and asking them to donate has brought huge change in the lives of so many.

How MS will affect my future is unknown. But I will not allow it to determine what I can do now. I am going to ride a bike as long as I can and raise as much money as I can. Together, I believe, we can create a world free of MS.

Thank you for all your effort and involvement in Bike MS. You are making a difference.

Katie



PHOTO COURTESY OF JOANN CORBETT

BIKE MS 2015 » NEW TRADITIONS - SAME DESTINATION - A WORLD FREE OF MS

For the last 30 years, Bike MS means many things for many people. For our Champions we are honoring this year, it means a community rallying on their behalf.

For our fundraisers, it means continuing to ask for donations and training for your personal challenge, be it 25, 50, 75 or 100 miles in support of our vision of a world free of MS.

For our Bike MS committee, it means a considerable amount of planning and preparing to ensure we make good on our promise for an exceptional event experience.

But this year is unique for a few reasons:

People living with MS, have access to more services and treatments than ever before. We now offer **13 disease modifying therapies** (see back cover). But progressive MS treatments are yet to be discovered. The only thing keeping us from these is time and money. So please continue to fundraise until our **October 16th deadline**. Every dollar counts.

We have **TWO Circle of Distinction** honorees this year. You may remember in 2013 when our largest team, Kaldi's, received this honor for raising a cumulative of \$1 million. This year, help us celebrate BJC and Express Scripts for this amazing honor. If you are at a rest stop and you see one of these teams, please thank them for their dedicated fundraising and riding for years to reach this incredible milestone.

We also want to express our deepest gratitude for our **Top 150 Club** (pg. 16). You are among an elite group of fundraisers who not only take on the challenge of cycling, but the personal fundraising challenge. Keep your eyes out for Bibs 1-150 to mark their rankings.



REBECCA FEHLIG
CHAPTER PRESIDENT



JAMIE MEALEY
BIKE MS CHAIR

A new venue means new traditions — and a big thank you to our host for the weekend, **Lewis & Clark Community College!** Not only does our new location offer new scenery on the route, a shorter commute and a beautiful campus as our host, but this is the year of **NEW** team traditions. We intended the closer venue to offer the best of both worlds, convenience without losing the feel of a getaway, a hallmark of our event.

So whether your Friday night team dinner is in St. Louis or the Riverbend Area, whether you drive in Saturday morning or camp out Friday night, we know your new traditions will be built on what matters, bringing colleagues, friends and family together for an unforgettable challenge and experience with one end goal...a world free of MS.

What are your new traditions in 2015?

Thank you for joining us for the Bike MS:
Express Scripts Gateway Getaway Ride!

See you in Godfrey in September!

Rebecca

Jamie

WELCOME TO LEWIS & CLARK COMMUNITY COLLEGE »

ABOUT US

Lewis and Clark Community College is a two-year higher education institution with multiple campuses, a river research center, Community Education Centers and training centers located throughout its district, which reaches into seven counties and includes more than 220,000 residents. The college's historic Godfrey campus is located on the grounds of the former Monticello College, a seminary for women dating back to 1838. To learn more, visit www.lc.edu/discover.

SAFETY AND SECURITY

L&C works to ensure a safe environment on its campuses, and has security officers on patrol 24 hours per day, seven days a week.

We handle: crowd control, parking detail, lock-outs, car jumps, escorts, vehicle accidents, building evacuations, and standard officer patrol and investigations.

The Campus Security office, located at the north end of campus, works closely with members of the college community and local law enforcement agencies.

To reach the campus operator, dial "0" from any campus phone or (618) 468-7000 from a personal phone. In case of an emergency, call 9-1-1 or locate one of the blue emergency boxes in the parking lot outside the Hatheway Cultural Center.

Visit www.lc.edu/security for more info.

WHILE YOU'RE ON CAMPUS PLEASE REMEMBER

There is no smoking allowed on campus (includes all forms of smoking, anywhere on campus, including private vehicles while parked on or driving through campus property).

Drugs are prohibited.

Tent camping is restricted to designated camping areas only.

CYCLING SHOES SHOULD NOT BE WORN INSIDE CAMPUS BUILDINGS.



www.lc.edu/discover



Specialty pharmacy. Experienced care.

As one of the nation's leading specialty pharmacies, we know it's hard to manage serious conditions like multiple sclerosis. That's why our patient care teams work hard to find solutions for the challenges you face every day.

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GETTING TO LEWIS & CLARK COMMUNITY COLLEGE »

DIRECTIONS

Lewis & Clark Community

5800 Godfrey Rd, Godfrey, IL 62035

FROM IL-255

Take Exit 19 toward Humbert Road.

Turn left on Humbert Rd.

Turn right on Pearl St.

Turn left on Godfrey Rd.

Turn right onto Elm St. onto campus

FROM I-270

Take exit 31B toward Alton.

Follow U.S. 67 across the Clark Bridge, and turn

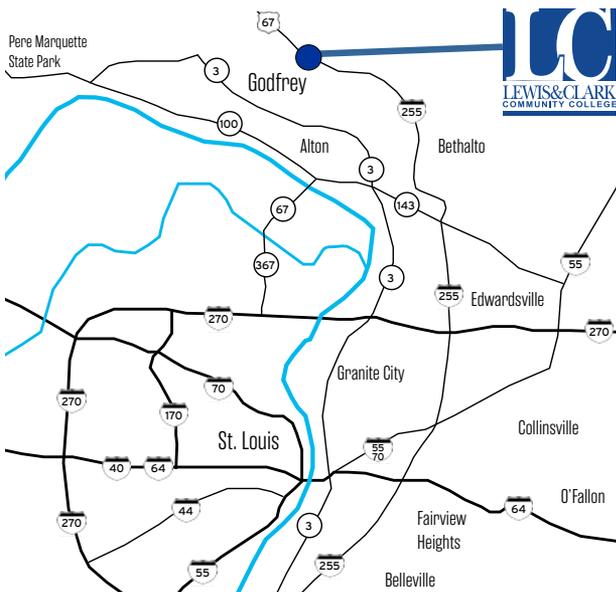
left onto U.S. 67/Landmarks Blvd.

Continue on U.S. 67 as it turns into Martin Luther King Dr.

Turn right onto Godfrey Rd.

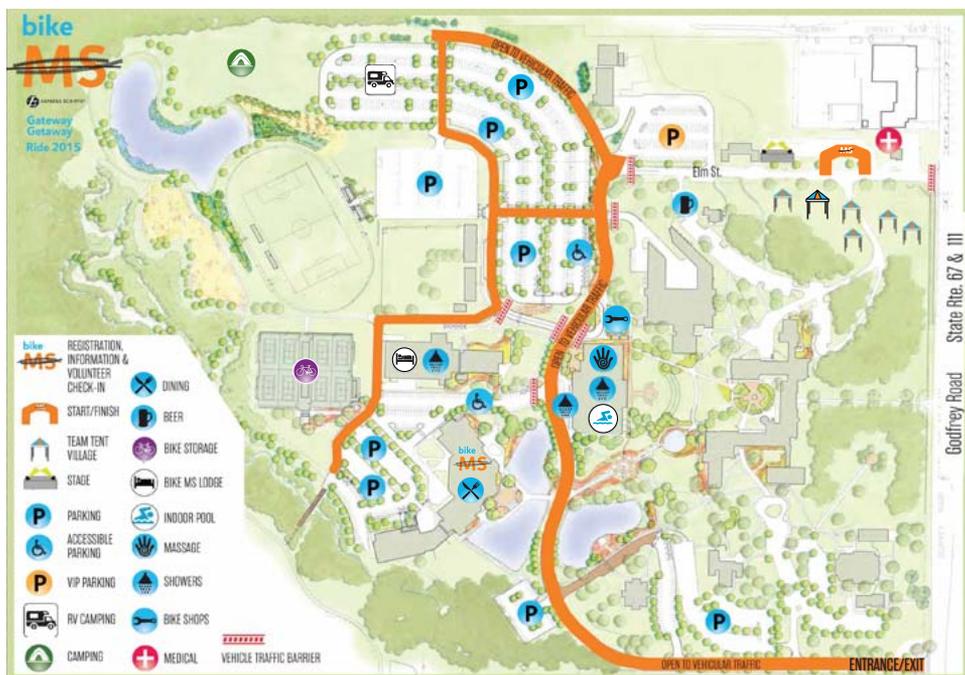
Turn left onto LCCC Rd. onto campus

Visit http://www.lc.edu/Maps_and_Directions/ for campus maps and directions via Google.



PARKING

You will enter campus off 111/Godfrey Road onto LCCC Road at the south edge of campus and follow signs to the parking lots. RV and camping parking is in the furthestmost northeast part of campus.



ON THE ROUTE »

Each route is clearly marked. Please make note of the sign color of the route you wish to ride. The opening ceremony is 7 a.m. Saturday. If you start after 8:30 a.m. you MUST ride the 25-mile route or be driven to a rest stop. This is for the safety of all cyclists. The route closes at 6 p.m. Riders still on the route will be taken by SAG to the finish.

 25-MILE ROUTE SATURDAY STARTING WINDOW: 9-9:30 a.m.
YELLOW ARROWS SUNDAY STARTING WINDOW: 9-9:30 a.m.

 75-MILE ROUTE SATURDAY STARTING WINDOW: 7:30-8:30 a.m.
ORANGE ARROWS SUNDAY STARTING WINDOW: 7-8:45 a.m.

 50-MILE ROUTE SATURDAY STARTING WINDOW: 7:30-8:30 a.m.
GREEN ARROWS SUNDAY STARTING WINDOW: 7-8:30 a.m.

 CENTURY ROUTE SATURDAY STARTING WINDOW: 7:30-8:30 a.m.
BLUE ARROWS SUNDAY STARTING WINDOW: 7-8:30 a.m.

TRAIL RIDING

- Portions of the ride will be on the Madison County Trails. Please use caution when entering and exiting the trail heads and be aware of the barriers on the trail and let your fellow cyclists be aware of them. During a portion of Saturday's ride, you will also have the option to ride on the trail or on the road.

CENTURY ROUTE

- Don't forget to pick up your century patch at the second rest stop on the century route.
- There will be century route loops in the morning and the afternoon. On Saturday you must be at the 24 mile mark by 11 a.m. and by mile 62 by 2 p.m. On Sunday you must be at the 4 mile mark by 9 a.m. and by mile 62 by 3 p.m.. Cyclists after these times will be unsupported on the route (no SAG support or rest stops).

LOWER MILEAGE ROUTES

- Time checks will be on each route to ensure you are finished by 6 p.m.
- Approximately 25 and 50-mile options will be available each day.
- Part of the route will be shared with other routes.

REST STOPS

- Located every 8 to 12 miles along the routes, rest stops offer: water, sports drinks, snacks, rest rooms, medics and mechanical support.
- Please be respectful. Stops are held at local businesses, schools and at private residences.
- Be sure to vote for your favorite rest stops in The Commons.

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Bike MS!**



Learn more at scu.org!

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©2014 Anheuser-Busch, Michelob Ultra® Light Beer, St. Louis, MO
95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.

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Here's to high performance at its best.

Accenture is proud to support the 2015 Bike MS Express Scripts Gateway Getaway ride. We applaud the National MS Society's efforts to educate, inspire and empower those affected by multiple sclerosis.

Strategy | Consulting | Digital | Technology | Operations


accenture

Alton Memorial Hospital

Barnes-Jewish Hospital

Barnes-Jewish

St. Peters Hospital

Barnes-Jewish

West County Hospital

Boone Hospital Center

Christian Hospital

Missouri Baptist

Medical Center

Missouri Baptist

Sullivan Hospital

Northwest HealthCare

Parkland Health Center

Progress West Hospital

St. Louis Children's Hospital

BJC Behavioral Health

BJC Corporate

Health Services

BJC Home Care Services

BJC Medical Group

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Learn more at BJC.org.

BJC HealthCare

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CYCLISTS' SUPPORT » WE ARE THERE FOR YOU

SUPPORT & GEAR (SAG) VEHICLES

- SAG vehicles patrol each route to provide support for cyclists between rest areas.
- Flashing the thumbs up sign to oncoming SAG drivers will let them know you are cycling without problems; thumbs down signals the SAG to stop and help.
- SAG drivers will not be able to transport gear for you unless you ride with the van or there is a medical situation. We are not responsible for any items left in SAG vehicles.
- Personal/Team SAG's will not be allowed to pull into, park, or distribute any materials (including lunch) at Bike MS Rest Stops.
- Thanks to Accenture for sponsoring the SAG vehicles.

MOTORCYCLE SUPPORT

- Motorcycles patrolling the route will have a limited supply of water, first aid kits and a tire pump.
- They can inform cyclists how far the next rest stop is, alert them to any traffic problems and provide overall moral support.

MEDICAL

- Certified medical personnel will be at each rest stop and will travel the route.
- If you need certain medications, please be sure to bring them with you.

BIKE MECHANICS

- Mechanics from Big Shark Bicycle Company, Bike Factory, The Cyclery, Granada and Maplewood Bicycle will be at the rest stops. Please have a credit card or cash to pay for parts.

AS A PROUD SUPPORTER OF THE BIKE MS
WE THANK YOU
FOR YOUR SUPPORT



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BIKE MS WEEKEND ITINERARY » FRIDAY & SATURDAY

FRIDAY, SEPTEMBER 11

3 P.M.

- SITE OPENS - YOU WILL NOT BE ALLOWED IN BEFORE 3.
- Packet pick-up - The Commons
- Bike storage opens at the tennis courts.
- Campers and RV's can set up.
- Team tents open for pre-ride bonding and relaxation. Please note that cars will not be allowed in the team tent area. Staff and volunteers will be available to help transport items.
- Showers open from 4-10 p.m.
- Indoor pool open from 4-8 p.m.

5-7 P.M.

- Dinner available for purchase from LCCC Catering.

7-7:45 P.M.

- Live Entertainment

SATURDAY, SEPTEMBER 12

5:30 A.M.

Gates open.

6-9 A.M.

- Packet pick-up , Breakfast, Team Photos

7 A.M.

- Opening ceremony, start of the top five 2014 Fundraising Teams and the Top Rookie Team.

1. Team Kaldi's Coffee.....	\$139,710 raised
2. Team TSG	\$79,389 raised
3. Cannonball Express.....	\$72,826 raised
4. Express Scripts/ University of Missouri.....	\$69,940 raised
5. Team Hogan	\$57,830 raised

Top Rookie Team

PQ Pedalers.....\$8,390 Raised

7:30-8:30 A.M.

Start for 50, 75 and 100-mile routes

9-9:30 A.M.

Start for 25-mile route cyclists.

Johnny on the Spot has been providing service in the St. Louis area and surrounding communities since 1965 for both construction and special events. We have been a part of some of the largest build projects in St. Louis as well as the best special events St. Louis has to offer. Johnny on the Spot is committed to learning and improving so that you as the consumer get the best products and service available. **CUSTOMER SERVICE FOR EVERY CUSTOMER, EVERY TIME, NO EXCEPTIONS.**

Johnny on the Spot is now owned by Republic Services, which is a frontrunner in the recycling and waste industry. By adding Johnny on the Spot to the Republic Services family, we are taking all of our knowledge and experience and making it accessible to you in one phone call.



We will continue to develop a company dedicated to excellence, environmental responsibility and ethical behavior.

Julie Ross
Special Event Coordinator / Construction Sales Estimator
Cell: 314-486-0154
Office: 314-863-8874
E-mail: jross@republicservices.com

BIKE MS WEEKEND ITINERARY » SATURDAY CONT. & SUNDAY

SATURDAY, SEPTEMBER 12

(cont.)

BEGINNING AT NOON

Bike MS Day 1 Finish Line open.

- Massage & Medical Pavilions
- Beer garden hosted by Michelob Ultra
- Team Tents & VIP Tent Open
- Indoor pool open from Noon to 8 p.m.

NOON-4 P.M.

- Food available for purchase from LCCC Snack Bar

3 P.M.

- Top 150 Finish and Awards Ceremony - Our Top 150 fundraisers from 2014 will be awarded a special medal and jersey on the stage
- Bike MS Champions Finish — Join us as people living with MS will have a special opportunity to cross the finish line. Cheer them on! It will be a great reminder for why we ride!

5-8 P.M.

- Dinner from LCCC Catering

SUNDAY, SEPTEMBER 13

6-9 A.M.

- Breakfast (Pancakes, Sausage, Scrambled Eggs)
- Coffee provided by Kaldi's Coffee

7-8:30 A.M.

Start for 50, 75 and 100-mile routes

9-9:30 A.M.

Start for 25-mile route cyclists.

- **IF YOU START AFTER 8:30 A.M. YOU MUST RIDE THE 25-MILE ROUTE. EVERYONE MUST BE ON THE ROUTE BY 9:30 A.M.**

NOON - 6 P.M.

- Finish line open - pick up your medal and celebrate!
- Live entertainment
- Dinner from LCCC Catering
- Massage & Medical Pavilions

IF YOU START AFTER 8:30 A.M. YOU MUST RIDE THE 25-MILE ROUTE. EVERYONE MUST BE ON THE ROUTE BY 9:30 A.M.

- Live Entertainment: Noon to 8 p.m.
- Register for next year for just \$15 & the first 1,000 get a T-shirt



Good luck Team Maritz
and to all the riders
and volunteers who
support Bike MS
Pedal on!



Don't just ride, Bike MS

LEWIS & CLARK

bike MS

EXPRESS SCRIPTS

Gateway
Getaway
Ride 2015

bike MS

REGISTRATION,
INFORMATION &
VOLUNTEER
CHECK-IN



DINING



START/FINISH



BEER



TEAM TENT
VILLAGE



BIKE STORAGE



STAGE



BIKE MS LODGE



PARKING



INDOOR POOL



ACCESSIBLE
PARKING



MASSAGE



VIP PARKING



SHOWERS



RV CAMPING



BIKE SHOPS



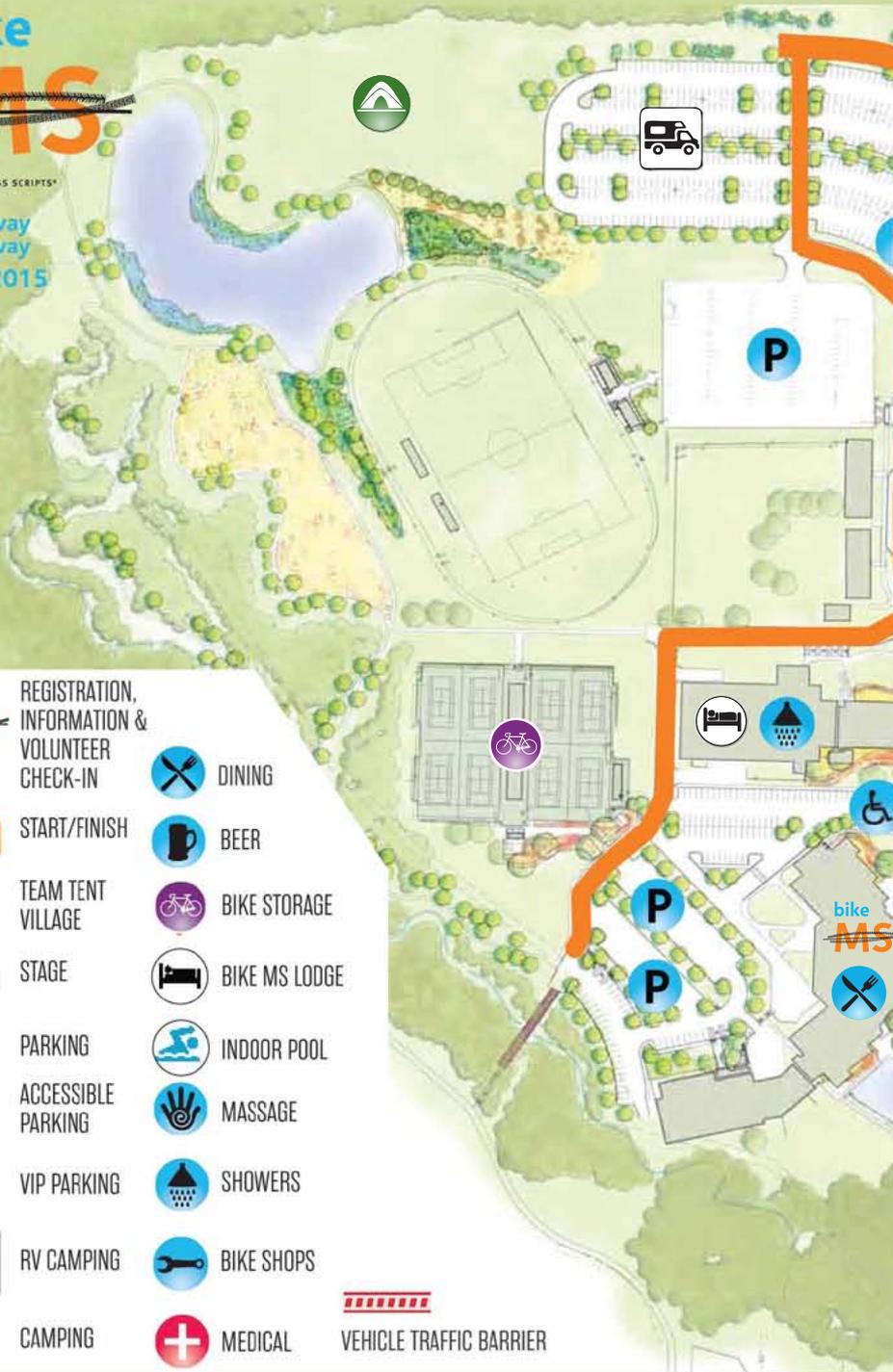
CAMPING



MEDICAL

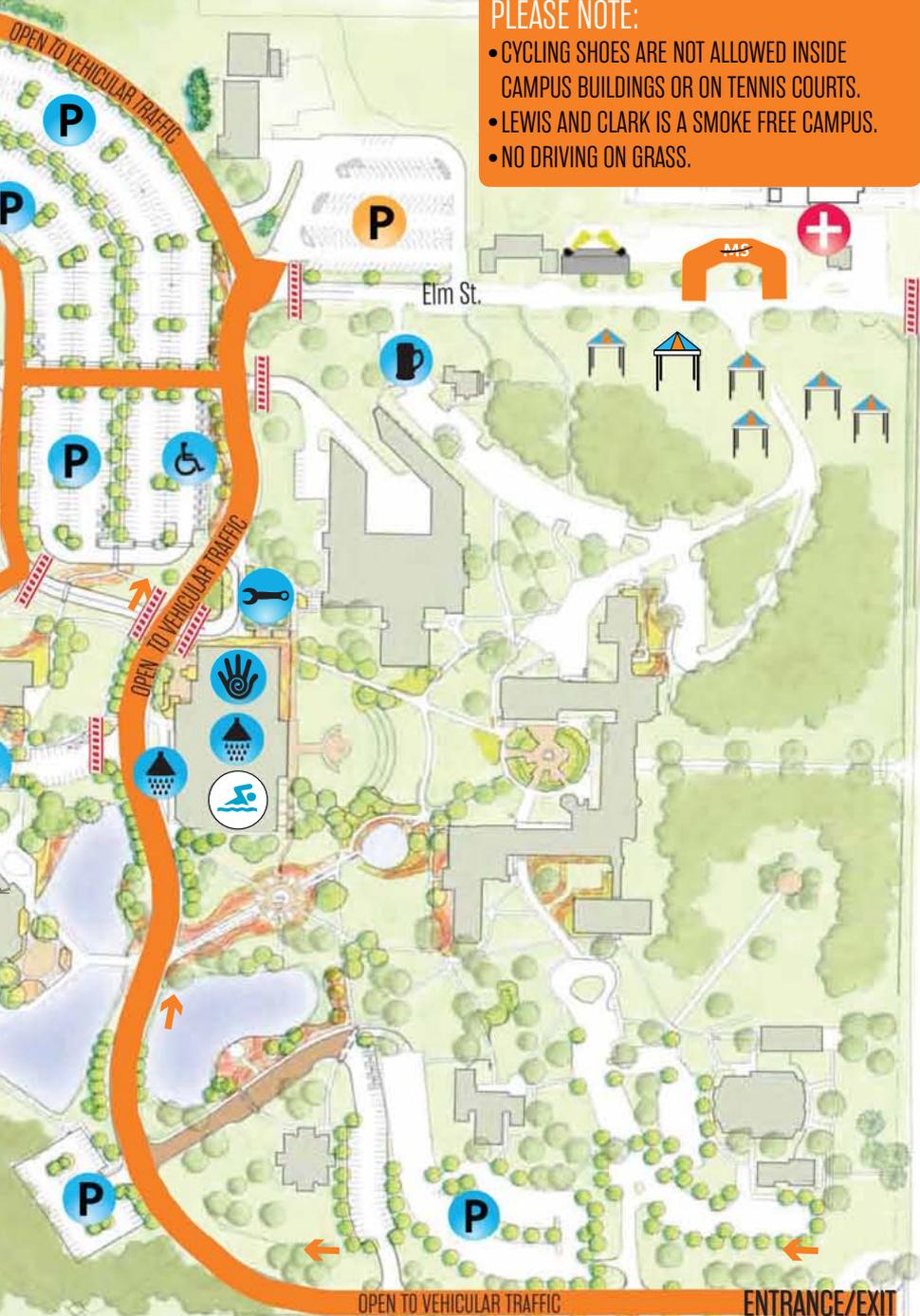


VEHICLE TRAFFIC BARRIER



PLEASE NOTE:

- CYCLING SHOES ARE NOT ALLOWED INSIDE CAMPUS BUILDINGS OR ON TENNIS COURTS.
- LEWIS AND CLARK IS A SMOKE FREE CAMPUS.
- NO DRIVING ON GRASS.



MEALS »

- Friday night food will be available for purchase at the Commons Cafe in the McPike Math & Science Complex for \$10.
- Complimentary breakfast and dinner will be served in The Commons inside the McPike Math & Science Complex.
- Lunch for the 25-mile route will be served in The Commons
- Lunch for the 50-mile route will be served at Rest Stop 6 on Saturday and at The Commons on Sunday.
- Lunch for the 75-mile and century routes will be served on the routes (Rest Stop 6 on Saturday and Rest Stop 4 on Sunday).
- Friends and family members can purchase meal wristbands for \$15 inside The Commons.

BIBS » CONGRATULATE OUR TOP FUNDRAISERS

- Our top 2014 fundraisers will be wearing special yellow bibs. So be sure to congratulate them!



Mission Possible Club

These fundraisers raised at least \$7,100 representing the number of people in our area living with MS.



Top 150 Club

These fundraisers are our Top 150 fundraisers from 2014. Thanks to Moneta Group for sponsoring the club



Spokes Club

These fundraisers are our Top 150 fundraisers from 2014. Thanks to Moneta Group for sponsoring the club



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Community**

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THANK YOU 2014 TOP 150 CLUB »

TOP 150
CLUB

1. Steven Lipstein.....	\$48,570	51. Rick Keating.....	\$3,633	101. Richard Kirby.....	\$2,346
2. Katie Heidenreich.....	\$30,547	52. William Friedls.....	\$3,590	102. Don Wright.....	\$2,340
3. Todd Dillon.....	\$24,565	53. David Domian.....	\$3,555	103. Beth Carter.....	\$2,330
4. Michael Staenberg.....	\$18,585	54. Glenn Jansen.....	\$3,350	104. Steven Jacobs.....	\$2,255
5. Steve Miller.....	\$15,480	55. Craig Snethen.....	\$3,535	105. William Fechter.....	\$2,325
6. Joe McKee.....	\$10,585	56. Bill Chamberlin.....	\$3,504	106. Barth Legate.....	\$2,320
7. Steven Lovell.....	\$10,412	57. Stephanie Boyce.....	\$3,500	107. Mark Goerger.....	\$2,310
8. James Chastain.....	\$10,040	58. Olivia Reeve.....	\$3,500	108. David Guderemuth.....	\$2,250
9. Neil Tzinberg.....	\$8,905	59. Alan Luvin.....	\$3,255	109. Gary Zenk.....	\$2,250
10. Gordon Spainhower.....	\$8,554	60. Don Kelly.....	\$3,237	110. Kimberly Boyer.....	\$2,240
11. Mike Phillips.....	\$7,820	61. Margarita Botta.....	\$3,200	111. Tina Micke.....	\$2,239
12. Peter Kelly.....	\$7,735	62. Julie Spirk.....	\$3,165	112. Richard Moneymaker.....	\$2,220
13. Becky Hauser.....	\$7,220	63. John Phillips.....	\$3,148	113. Joel Kichline.....	\$2,215
14. Mark Abels.....	\$6,870	64. Kevin Howe.....	\$3,135	114. David White.....	\$2,215
15. Paul Ogier.....	\$6,650	65. Brian Bilyeu.....	\$3,095	115. Guillermo Garsed.....	\$2,185
16. Michael Haskell.....	\$6,597	66. Peter Drury.....	\$3,070	116. Steven Haenchen.....	\$2,175
17. Kyle Darnell.....	\$6,440	67. Gary Justis.....	\$3,065	117. Roel Harryvan.....	\$2,170
18. Michael Lowenbaum.....	\$6,250	68. Diane Smith.....	\$3,062	118. Jean Gardiner.....	\$2,165
19. Phil Jozwiak.....	\$6,239	69. Lyndon Gross.....	\$3,000	119. Ron LaGarce.....	\$2,160
20. Stephen Werkmeister.....	\$6,155	70. Mark Kliethermes.....	\$3,000	120. Paul Kikta.....	\$2,150
21. Robert Cusworth.....	\$6,120	71. Bradley Henderson.....	\$2,935	121. Jeffrey Peipert.....	\$2,128
22. Nicholas Marino.....	\$6,050	72. Daniel Bauer.....	\$2,900	122. Justin Kelley.....	\$2,125
23. Gary Hemmer.....	\$5,950	73. Trey Hogan.....	\$2,825	123. Keith Dorris.....	\$2,125
24. Christine Houston.....	\$5,750	74. Richard Schainker.....	\$2,825	124. Marianne Bouras.....	\$2,105
25. Paula Hildebrand.....	\$5,600	75. Scott Fletcher.....	\$2,810	125. Joe Mooney.....	\$2,103
26. Mark Dana.....	\$5,291	76. Julie Klubek.....	\$2,800	126. Eric Topp.....	\$2,100
27. Rick Rovak.....	\$4,996	77. Konrad Sauer.....	\$2,777	127. David Goodwillie.....	\$2,040
28. Eric Lange.....	\$4,965	78. Joel Efken.....	\$2,655	128. Joseph Mooney.....	\$2,065
29. Bill Jovanovic.....	\$4,800	79. Erik Herzog.....	\$2,750	129. Jim Mundloch.....	\$2,062
30. Carl Hogan.....	\$4,750	80. Bob Gerchen.....	\$2,720	130. Jim Conzelman.....	\$2,050
31. Lynda Baris.....	\$4,744	81. Anne Thomasson.....	\$2,706	131. Sara Baumgartner.....	\$2,040
32. Rick Weinstein.....	\$4,702	82. Kathy McHugh.....	\$2,700	132. Todd Finn.....	\$2,040
33. Josh Bergman.....	\$4,661	83. Deborah Frank.....	\$2,675	133. Robert Rothenberg.....	\$2,036
34. William Madosky.....	\$4,570	84. Bryan Thomas.....	\$2,625	134. Cindy Schulte.....	\$2,021
35. Rob Petch.....	\$4,425	85. Bridget Doherty.....	\$2,615	135. John Headrick.....	\$2,000
36. Scott Kolbe.....	\$4,370	86. Gene Gauthier.....	\$2,610	136. Debbie Milfelt.....	\$2,000
37. Bud Straumann.....	\$4,340	87. Steve O'Rourke.....	\$2,605	137. Mary Rocchio.....	\$2,000
38. Christie Cange.....	\$4,257	88. Mike Kelsch.....	\$2,595	138. Rob Schlumberger.....	\$2,000
39. Larry Buchanan.....	\$4,105	89. Kim Dryden.....	\$2,574	139. Brittany Stout.....	\$2,000
40. Mary Kikta.....	\$4,182	90. Cory Schlegel.....	\$2,560	140. Barby Wulff.....	\$2,000
41. Billy Lawder.....	\$4,140	91. Susan Sczepanski.....	\$2,556	141. David Wulff.....	\$2,000
42. Thomas Pohlman.....	\$4,137	92. Jennifer Luner.....	\$2,528	142. James Wessely.....	\$1,978
43. Martha Kroeger.....	\$4,090	93. Richard Elias.....	\$2,520	143. Hank Schneider.....	\$1,948
44. Sheila Miranda.....	\$4,000	94. Jamie Mealey.....	\$2,495	144. Mary Wagner.....	\$1,915
45. Alice Kohler.....	\$3,860	95. Dennis Winschel.....	\$2,495	145. Joshua Ernst.....	\$1,903
46. David Young.....	\$3,820	96. Jack Turek.....	\$2,475	146. Michael Morhaus.....	\$1,900
47. T.J. Kohler.....	\$3,800	97. John Morgenthaler.....	\$2,470	147. Larry Burmeister.....	\$1,880
48. Karen Knowles.....	\$3,776	98. Stephanie Haenchen.....	\$2,445	148. Bill Sinak.....	\$1,866
49. Mary Fasciotti.....	\$3,700	99. James Schulz.....	\$2,420	149. Josie McDonald.....	\$1,865
50. John Frost.....	\$3,696	100. Mitch Baris.....	\$2,385	150. Andrew Walshaw.....	\$1,865

Insist upon the best.

LYNDON B. GROSS, MD, PHD

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Dr. Gross is a Board Certified Orthopedic Surgeon who specializes in preventing, diagnosing and treating injuries related to participation in sports and/or exercise in patients of all ages. His area of specialty is sports medicine, specifically ailments of the shoulder, knee and elbow. He performs advanced arthroscopic procedures, joint reconstruction procedures, cartilage restoration procedures and joint replacement surgery. He and his staff have truly raised the expectations of orthopedic care by treating their patients with compassion and flexibility in an effort to make the process of returning them to activities as convenient as possible.

- *Sports Medicine Fellowship:* American Sports Medicine Institute in Birmingham, Alabama, under the instruction of James R. Andrews, MD and William G. Clancy, Jr., MD
- *Subspecialty Certified in Orthopedic Sports Medicine* from the American Board of Orthopedic Surgery (ABOS)
- *Team Physician* Lindbergh High School, St. Louis Bombers-Rugby
- *Team Physician* St. Louis Cardinals 2006-2014
- Selected by his peers as one of the *Best Doctors in America* 2007-Present. An honor only given to 5% of doctors practicing in the U.S.

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The Moneta Group Charitable Foundation proudly salutes the Bike MS riders and fundraisers for their dedication to the National Multiple Sclerosis Society's mission to help those affected by MS stay active and continue moving forward.

To learn more about Moneta Group and the Charitable Foundation, visit monetagroup.com



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BIKE MS PRIZE LEVELS » REMEMBER: PLEDGE DEADLINE IS OCTOBER 16

Please submit all unpaid pledges by October 16, 2015. In order to receive your prize, this form must be submitted by November 1, 2015. All prizes must be claimed by January 2, 2016. Go to www.gatewaymsbikeride.org → Fundraising Ideas → Prizes & Incentives for information.

Please complete the following information. Prizes will be available for pick up at the Chapter office.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

I would like to donate my prize back to the Gateway Area Chapter of the National Multiple Sclerosis Society. In-kind receipts are available for tax purposes.

View the chart below to determine which prize you are qualified to receive. You may pick one prize option corresponding to your fundraising level. Please check your fundraising level and ONE prize based on your individual fundraising total (monies received at the Chapter by October 16, 2015).

RAISED	PRIZE
<input type="checkbox"/> \$7,500 & Up	<input type="checkbox"/> Bike MS Jersey OR <input type="checkbox"/> \$250 Bike Shop Gift Certificate OR <input type="checkbox"/> Mission First Club (donate prize back) <p>Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL Cut: <input type="checkbox"/> Men's <input type="checkbox"/> Women's</p>
<input type="checkbox"/> \$3,500-\$7,499	<input type="checkbox"/> Bike MS Jersey OR <input type="checkbox"/> \$175 Bike Shop Gift Certificate OR <input type="checkbox"/> Mission First Club (donate prize back) <p>Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL Cut: <input type="checkbox"/> Men's <input type="checkbox"/> Women's</p>
<input type="checkbox"/> \$2,000-\$3,499	<input type="checkbox"/> Bike MS Jersey OR <input type="checkbox"/> \$120 Bike Shop Gift Certificate OR <input type="checkbox"/> Mission First Club (donate prize back) <p>Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL Cut: <input type="checkbox"/> Men's <input type="checkbox"/> Women's</p>
<input type="checkbox"/> \$1,000-\$1,999	<input type="checkbox"/> Bike MS Jersey OR <input type="checkbox"/> \$50 Bike Shop Gift Certificate OR <input type="checkbox"/> Mission First Club (donate prize back) <p>Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL Cut: <input type="checkbox"/> Men's <input type="checkbox"/> Women's</p>
<input type="checkbox"/> \$750-\$999	<input type="checkbox"/> Bike MS Jersey OR <input type="checkbox"/> Mission First Club (donate prize back) <p>Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL Cut: <input type="checkbox"/> Men's <input type="checkbox"/> Women's</p>
<input type="checkbox"/> \$500-\$749	<input type="checkbox"/> Bike MS Water Bottle OR <input type="checkbox"/> Mission First Club (donate prize back) <p>Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL Cut: <input type="checkbox"/> Men's <input type="checkbox"/> Women's</p>

PLEASE MAIL, FAX OR EMAIL THIS FORM TO:

National MS Society

Gateway Area Chapter

1867 Lackland Hill Parkway, St. Louis, MO 63146

Fax: 314-432-2307

Email: meghan.freeman@nmss.org

Some restrictions apply. Prizes are not redeemable for cash and are not cumulative. They are non-transferable and non-replaceable. We reserve the right to substitute prizes of equal or greater value. Participants are responsible for taxes on prizes in value of \$600 or more. Please fill out a W-9 and send it in with this prize form. Call 314-781-9020 if you need a W-9.

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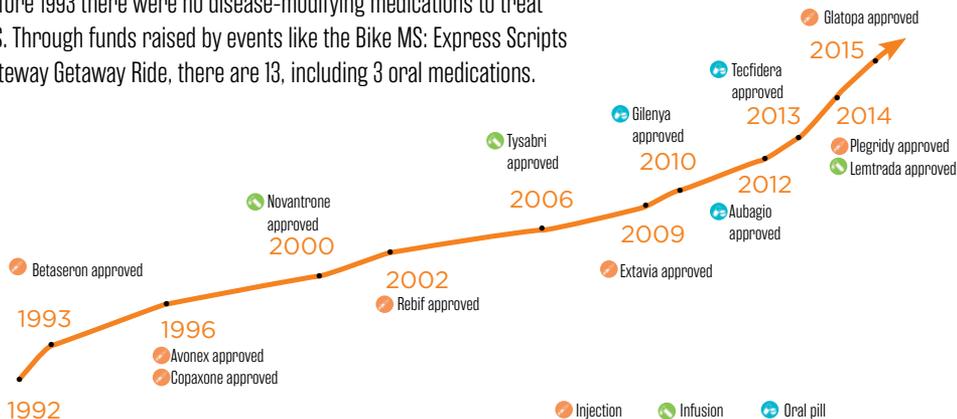
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Before 1993 there were no disease-modifying medications to treat MS. Through funds raised by events like the Bike MS: Express Scripts Gateway Getaway Ride, there are 13, including 3 oral medications.



No therapies available

Injection Infusion Oral pill