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CONTACT: Diane Kupec  
(202) 296-5363  
PR@MSandYOU.org

## **25<sup>th</sup> Anniversary MS Bike Ride To Raise Funds and Awareness for Multiple Sclerosis**

WASHINGTON, D.C. – The National Capital Chapter of the National Multiple Sclerosis Society will hold its 25<sup>th</sup> Anniversary MS Bike Ride on May 19 and 20, 2007. The ride starts and ends in Purcellville, Va. at beautiful Franklin Park, providing a scenic tour of Northern Virginia horse and wine country.

The MS Bike Ride is open to participants of all cycling abilities. Riders can follow one of several routes, varying from a 30-mile ride to a 140-mile ride, spanning either one or two days. The ride is hailed as one of the best-supported bike events in the country. Riders are treated to a first-class experience complete with mechanical support, scenic routes, supportive volunteers, live entertainment, picturesque views, and food and snacks from popular restaurants such as Red Hot & Blue and Corner Bakery Café. The local MS Bike Ride expects to host 800 cyclists and raise more than \$500,000.

Cycling is not the only way to participate in this event – the event itself would not be possible without the time and support of dedicated volunteers. The event welcomes volunteers to help with tasks such as hosting rest stops, helping with check-in, and serving meals.

"The ride is challenging, but so is life with multiple sclerosis," says J. Christopher Broullire, President of the National Capital Chapter of the National MS Society. "Through the compassion, energy, and dedication of our cyclists and volunteers, we are able to move closer to a world free of MS."

Participants are welcome to ride individually or as part of a team. Supported and encouraged through the TeamMS program, teams are a great way to socialize with friends, family, or colleagues in a fun and fulfilling way. Teams also serve to increase visibility in the community, promote team building and teamwork, boost group morale and enhance corporation or group pride – all while raising awareness and support for multiple sclerosis. All participants commit to raise a minimum of \$300, which helps support research and local programs and services for people living with MS and their friends and families. The National MS Society provides a variety of resources to help participants reach their goals, including training suggestions, fundraising seminars, online fundraising tools and team organization kits, to help each team make the most out of their experience.

### **About Multiple Sclerosis**

Multiple sclerosis interrupts the flow of information from the brain to the body and stops people from moving. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. MS affects more than 400,000 people in the U.S., and 2.5 million worldwide.

**Please designate the National MS Society #8203 in your United Way or Combined Federal Campaign.**

The National Multiple Sclerosis Society is proud to be a source of information about multiple sclerosis. Our comments are based on professional advice, published experience and expert opinion, but do not represent therapeutic recommendation or prescription. For specific information and advice, consult your personal physician.

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional and contact the National MS Society at [www.MSandYOU.org](http://www.MSandYOU.org) or (202) 296-5363 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

### **About the National Multiple Sclerosis Society**

MS stops people from moving. The National MS Society exists to make sure it doesn't. Locally, the National Capital Chapter provides a wide range of vital services in the areas of counseling, education, employment, information and referral, public policy development and advocacy, and financial assistance to the more than 6,000 people with MS and their families who live in the Washington, D.C. metropolitan area. For more information about MS or the National Capital Chapter, please call (202) 296-5363 or visit [www.MSandYOU.org](http://www.MSandYOU.org).