

DEAR BIKE MS NYC PARTICIPANT,

Did you know that the Bike MS NYC Champions program is one of the most important links between Bike MS NYC participants and people living with multiple sclerosis? The program gives participants who have no connection to MS a chance to ride in honor of someone living with MS and personalize their experience. The relationship between a Champion and a participant fosters education, awareness, gratitude and, most importantly, hope. Read a little bit about each of our Champions (below) to learn more about them and their journey with MS.

Here are some ways to show your support for a Champion:

- On your personal fundraising webpage, add their photo and explain why you are riding.
- Share your Champion's story when fundraising.
- Honor your Champion on the End MS Forever mural at Bike MS NYC.
- After Bike MS NYC, stay in touch with your Champion and ask them to partner with you on your next MS event (i.e. Climb to the Top, Walk MS, Challenge Walk MS.)
- Personalize your "I'm Riding For" bib (enclosed in your rider packet).

On the weekend of the ride, there are several chances to visit with one of our Champions and allow them to thank you for riding. Look out for an email closer to the date of the ride that tells you where to meet them! Joining the movement with thousands of people across the country is a powerful statement, to keep moving toward a cure.

If you have questions, feel free to email shera.salgadoeaster@nmss.org or call 212-453-3253.



Andrea

Diagnosed with MS in her late 50's, see how Andrea engaged with the local office.



Verena

Verena has never let her diagnosis stop her from pursuing her dreams.



Ann Marie

A diagnosis of MS does not stop this diva from walking in heels.



Allison

Allison stays involved as much as she can and will continue until we have our cure!



Julie

Julie's mission is to educate others on the invisible symptoms of MS.



Hannah

Hannah will not let life pass her by. MS will not stop her from living her life!



Lisa

Lisa is dedicated to showing others with MS how to live an empowered life.



John

John exercises daily to keep active and moving.



Patricia

MS has opened doors for Patricia and shown her new and creative ways to do things.



Luis

Luis learned that hope is a very strong word and knows that one day we will find a cure!



Lori

Being diagnosed with MS has changed Lori's life in many ways.



Louise

Louise has said, "thanks to the MS Society's activities, I have been able to remain both physically and mentally active."