

Spirit Connection

July 2009

June West Michigan Ride Recap

The weekend started off with a hearty pre-ride dinner at the Haworth Inn. As arrival time allowed, about 55 folks enjoyed the dinner. There were 90 hearty riders gathered in the pending rain Saturday morning for the team picture. All were brimming with enthusiasm and ready to roll!

After a few words of encouragement and safety cautions, and we were cruising. Some riders skirted

the rain (how'd they do that?), while others encountered a light rain after lunch. Although it had been overcast all day, by the last rest stop the sky cleared and it was a beautiful day which has happened numerous times on these rides.

The cheering section was cranked up and the massage tables were in high demand. As the wind was low

and we didn't have to worry about heat, numerous folks did the century and (truthfully) had a good time!

Sunday was just a beautiful day with clear skies, moderate temperatures, and low wind. Yes, just about perfect. Again, a number of folks took advantage and had long rides. We also had several one day riders experience how nice a ride can be.



2009 Team Picture, June Ride (photo courtesy of NMSS)



Left: Jim and Jill Crissman on the "Queen Mary"

Center: Pumped up and Buffed Riders

Right: Stephanie and Lindsay a new energetic duo



Thank you Jessica Geter for photos

July Ride Preparation

First off, let me welcome and thank, Doug Todd, for taking on the role of Team Captain for the July ride. He's been on the Steering Team for years, a strong organizer of the Auburn Hills contingent, volunteer leader, and, heck, he's even willing to take on being the captain (wow, give this guy a hand!).

➔ Team picture:

Saturday, July 11 @ 7:10 am

➔ Team start:

Saturday, July 11 @ 7:30 am

➔ Cookies:

Bring a dozen freshly baked, homemade cookies to the dinner Friday night or at the start on Saturday morning. You will be the hero of the rest stop!

➔ Essentials

Check out what to bring at www.tricityms150.com in the Essential Guide and under the Logistics section.

July Ride Volunteers Needed

We are looking for volunteers who want to support the cause and riders during the Mid-Michigan ride.

Volunteers are needed for Saturday and Sunday rest stops and the Dow tent at the end of each day. If you are able to volunteer, please contact Marie Thurlow (mthurlow@microbeshield.com) or Doug Todd.

This is a great way to have the social fun and experience the event from the casual perspective. We need a minimum of 4 volunteers each day. So far we have two for Sunday only.

Fundraising

Ah, when relatives and friends ask you what you've been up to at the family picnics or other during the 4th of July ... how about telling them about the MS150 and asking them to sponsor you? What a good opportunity to raise a few more dollars for the worthy MS cause! You'd be surprised how well this can work if you ask.

July Pre-ride dinner: Looking for RSVPs

We're trying to determine how many people would attend a pre-ride dinner in Midland and Auburn Hills (5:30 to 7:30pm with happy hour).

If you haven't indicated your preference and number in party yet, please send a note to Doug Todd (dktoddd@dow.com). You can pick up your jersey and your rider number, hand in \$\$ to the MS Society, get final ride information and, of course, meet/socialize with fellow riders on the team at this pre-ride dinner. It's a great time, if you can make it.

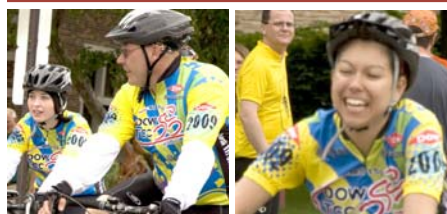
Training

The holiday weekend is a great time to get a long ride in. You'll appreciate a having a 50-60 miler (or a couple 40's) in the saddle when you do the ride next weekend.

Check the TCC site for scheduled and impromptu rides, www.tricityms150.com

Recruiting

It's not too late to join the team. If you have a friend or colleague that's on the fence about riding... how about **FREE** registration for first time riders. Just register with the code MIGTTR09. Or get \$10 off for veterans (MIGTRA09). Ed just got a limited number of FREE registrations for a few veterans of the team that decide to join us, so contact him quick for details.



Thank you volunteers!

A big round of applause for all those that helped at rest stops and those that made cookies. Those helping at rest stops, setting up the DowTCC team tent, and taking photos were; Anna, Karen, and Jessica. Thanks also to Doug Todd for organizing the volunteers and materials for the weekend!!

Thanks for the Massages

Many thanks to Peggy Ivan of Body Mechanics who relieved tension from



innumerable muscle fibers and prepared us for Day 2 with her usual flair and excellence.

Help us improve with a Survey

We'd like to hear from the WestMichigan riders. How do you think the team could further improve your experience? If you weren't able to fill out the survey sent just after the ride, here's another nudge because we would really like to have your input.

Sponsors.

Those jerseys looked great! Many thanks to all our team sponsors that made these jerseys possible.

Mountain Bike Ride September 12

After the roadies are done the Dirt Lovers will have their turn. Last yr was our biggest group ever with over 20 riders for the Mtn Bike ride. It's a great course, with some challenges but not extreme. So sign up to day to reserve some Sept. fun. You can use the links at www.tricityms150.com.

Don Lambert in an MS Trifecta

You may notice a rider for Mid-Michigan with a southern drawl and who has no problem with the heat. We're pleased to have Don Lambert (left in photo) join us from our affiliated Dow team in Louisiana for the July ride. He rode in the Texas ride in April, will join us in Michigan, and he'll complete the last leg of the Trifecta in Louisiana in early Fall. Please extend a warm welcome (and draftline courtesys, of course) to Don.