

Spirit Connection

July 20, 2009

July Ride Recap

Thunderstorms delayed the start of the Mid-Michigan ride by about an hour this year. However, the timing was good as we were able to stay inside at the high school building, get a picture of the entire group of riders, and socialize more.

Once started, the ride was a little damp the first hour, but then it cleared up, made it to the low 80's, and little wind. It made it a great day for a ride! By the time we got to MSU, it was a beautiful day and Sunday was even better with plenty of sunshine and a tailwind (wahoo!).

Don Lambert from our Louisiana sister team joined us and he extends an invitation to join the Louisiana team in October 3-4, 2009 (see invite in *Spirit Connection*).



Above: Day One Rest Stop for Eric Rightor, Don Lambert, Ed Rightor

Below: Andy Head enjoying the ride



Mountain Bike Ride: September 12

The DowTCC team will take on the Mountain Bike course September 12 just outside of Brighton, MI. Last year, we had 20 riders. Let's try to break that record this year.



The course is not technically difficult and should appeal to all levels of mountain bike riders.

Sign up for some Fat Tire fun using the link at the TriCity web site below.

While you're at it, how about getting a friend to sign up with you?

For your questions, contact Doug Todd at dkttodd@dow.com or Ed at kerightor@charter.net.

Sign Up today at:
www.tricityms150.com

Fundraising TEAM TOTAL: \$64,000

Although the July rider money is still coming in, to date our team total is at \$64,000. Now's the time to gather and send in the rest of those sponsorships from the June and July rides. A well-written post-ride note and effort can bring in over 10% more beyond your pre-ride total.

The deadline to hand in funds is August 28, but don't wait until then to collect. It's easier if you get the funds collected right away. While all riders must send in the minimum \$250, why not aim for the honor roll of the team average of \$750, or the **FOUR-FIGURE CLUB** of \$1000 or more?

Keep Riding!

There are several local ride opportunities in the next couple months. Check out the TCC site to get more information and keep that cycling fitness level up.

www.tricitycyclists.org

MS150 Louisiana Invitation

You are invited to the MS150 in Louisiana October 3-4. Don had a good time on the Michigan ride and extends an invite to join him and Team Louisiana for their ride.

The ride starts from Southeastern University in Hammond, LA, about one hour east of Baton Rouge and goes north into Mississippi. They spend the night in cabins at the Percy Quinn State Park or hotel rooms. There were about 1000 riders last year and usually about 70 Dow team riders. There are riding partners for everyone.

Check it out:

http://main.nationalmssociety.org/site/TR/BikeLAMBikeEvents?pgteam&f_id=11180&team_id=143363

Help the Team Improve!

We need your opinion on how to make the DowTCC team even better. Please take a short, short moment to fill out this **brief** survey. So far, we've had only five responses (definitely not statistical). So enter your opinion today. On the last newsletter email, I sent the wrong link so please try again with the correct link below:

http://www.surveymonkey.com/s.aspx?sm=cRin5luiuUuUJPK_2beVLRbg_3d_3d

MS150 Tourist out East

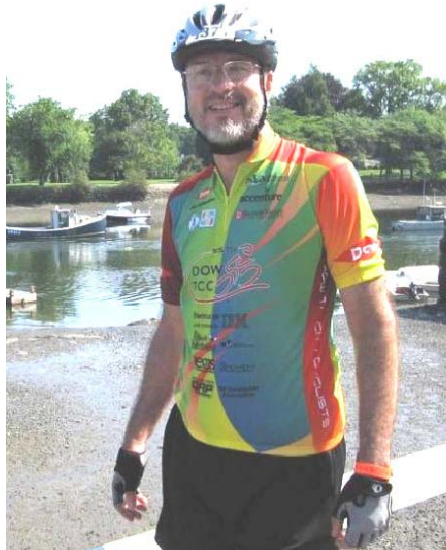
The Cape Cod Getaway Ride is one of four MS-150 rides in the Massachusetts area. This ride starts in Quincy, just south of Boston, and ends in Provincetown, at the tip of Cape Cod.

The 2009 ride celebrated its 25th anniversary this year on June 27-28. I went out there to ride with my Son. The National MS Society was able to increase ridership by almost 30% to ~2,000 riders. The 75 mile circuit basically hugs the coastline down to Plymouth. The second day course weaves back and forth across the cape. Cape Cod is fairly hilly and compares well with the Hills & Thrills ride in West Branch. The National MS Society is expecting the Cape Cod Getaway ride to raise ~\$2.1-2.5 million this year.

The logistics for this one-way course are complicated with 30-40/day intersections requiring officers. Nearly every one of the 2000 riders leaving Quincy had to return by bus or ferry. Those finishing in P-town could take the ferry or a bus back to Boston.

So... how does this Massachusetts ride compare with the two Michigan rides? I would repeat the Cape Cod Getaway ride in a heartbeat. Yet, the Western Michigan ride

is every bit as nice and the rest stops are absolutely fantastic. Both Michigan rides benefit from great organization, well laid out routes, enthusiastic volunteers, cheery rest stops, and gung-ho riders. The grass is greener close to home. And our fund raising effectiveness is remarkable. Michigan, you rock!



Dan Hein ventured to the Cape for their ride. If you'd like to combine some riding with a vacation or other trip, check out the MS Society website.

The Role of Gender in Multiple Sclerosis

NMSS Teleconference on the role of gender in MS will be held on **Wednesday, July 22 at 3:00 PM EST** and features Dr. Caroline Whitacre.

In 1998, the Society targeted gender differences in MS to fuel its potential for unraveling the mysteries of the disease and developing new therapeutic strategies. The initiative was successful in attracting investigators into this previously under explored area and significantly increasing the number of research projects focused on sex-based issues that impact MS. These projects –

You can join the call

Dial 877.860.4996
Enter conference ID 87481257.
No advance registration is necessary.

and those that continue in this now mainstream research area – generated new information on sex differences in disease course, the immune system, brain tissues, hormonal influences, and response to infection.

Jerseys for Sale

Are you are interested in a spare jersey or one to give as a great gift? Leftover jerseys from 2009 will go on sale immediately after the September 12 Mountain Bike for \$30 which is half price. You can reserve yours now by sending an email to Ed with size and quantities. Jerseys from previous years are also available at an additional bargain of \$20 each.



One Day/50 Miles September 12 Ride

The MS Society will be offering a One Day/50 mile road ride starting/finishing at the same beautiful park where the Mountain Bike ride is being held (Island Lakes Recreation Area, near Kensington Park off I-96 just east of route 23).

If you weren't able to join the June or July ride, here's a great opportunity! We'll have the sign-up link available on the DowTCC site next week.

Remember, we have **FREE registration** for first time riders and discounted registration for Veterans (use code MIGTRA09).

Volunteers

Thanks to the following volunteers who helped make the ride a success. On behalf of all the DowTCC riders, thank you to:

-Dave Schmidt and Jarrett Russell
-Kathy, Matthew, Kimberly Rightor
-Jim, Cheryl, Cara Mitrano.

Also, thanks to Barb Bedbury and Rob Randel for the massages that relaxed those tight muscles.

Council Decisions July 27th

On Monday, July 27th at 7pm in the Council Chambers at City Hall, the plan for Midland will be presented by the Planning Commission. Among the decision to be made are new and reconstruction to add enough room for bicycle lanes, a Loop Path around Midland and Certification by League of American Bicyclists for bicycle friendly community.

We cyclists have been well represented by Wendell Dilling, John Geminder, Kerry Irons, David Kelley, David Waite, and Curt Peterson.

Please attend this meeting to show support of area cyclists. There has been a three year effort to get to this point.

**Important City Council Meeting for Cyclists:
Monday, July 27th @ 7PM**