

# Spirit Connection

June 2009

## Team Picnic: Great Weather, Great Food

It was another fantastic picnic, thanks to our hosts Jim and Jill Crissman. There was excellent food, anticipation and arrival of jerseys, and some relaxed bikies looking to socialize. Indeed, it was a good opportunity to meet/greet and carbo load!



Showing off the new jerseys are Mike Hubbard, Sri Kumar, Elaine Hunyadi



Jay Romick, our enthusiastic Jerseymeister



Jim Crissman "saucing the chicken" with Gussie close by to supervise



Jim and Anna Heymeyer setting a dress trend for the future?



Sweet little Iza Todd, daughter of Paula and Doug



Lois and Tom Canale enjoying the food and the great weather

## West Michigan Ride: Important Details

✓ The pre-ride dinner is from 6-9pm at the Haworth Inn.

**Please pre-register at the website.** We must know how many people to prepare food.

✓ You can **pay** on-line (TCC members log in first) or pay the \$20 at the door. This is where you can register, pickup jersey, get discount coupons, as well as having a great pre-ride feed which is an additional team benefit!).

**<http://www.tricitycyclists.org/DowTCC>**

✓ The ride will start at **HOLLAND H.S. 600 Van Raatie Ave.** [www.hollandpublicschools.org](http://www.hollandpublicschools.org). This is the same as last year and NOT at Hope College. It's a 10 minute bike ride away which is extra mileage for some of you! The map is in the **rider packet** which is coming via mail from MS Society, or you can go to the MS website.

✓ There's a breakfast Saturday morning at the Hope College Cafeteria

✓ Team photo 7:05am

✓ **Team start 7:30am.** We'll have someone at the DowTCC table Saturday morning until 8:30am

✓ Friday and Saturday night rooms at Hope College are \$35/rider for double occupancy. You must register at the MS website (under Rider Resources) or send Tammy an email requesting a room.

**Tammy.Willis@mig.nmss.org** Tell her number staying and which night). Saturday night is included in ride registration.

✓ Remember to fill out/sign the information on the back of your rider number, including contact information.

bike

MS

bike to  
create a world  
free of MS

**RIDE FOR THE CAUSE!**

June 13-14, 2009  
Holland, MI

July 11-12, 2009  
Fenton, MI

## West Michigan Ride: What to Bring

### Homemade cookies

We staff Rest Stop #3 both days and are now known for our cookie hospitality. You can drop the cookies off at the registration Fri or Sat. night

### Towel, soap, etc.

If you want to shower Sunday afternoon at Holland H.S., bring what you need.

### Pledge envelope

Our team can hand this in at registration Friday night at the Haworth Inn or Saturday morning at Holland H.S. It is suggested you use checks, no cash.

### All weather clothing

just in case...

### Sunscreen plus

Any medications you need, ID, cell phone, disposable camera

### Helmet, bike pump, bike shoes

If you have them

There's an extensive list at the team site:

[www.tricityms150.com](http://www.tricityms150.com)

It is also good to look over the

**Essential Guide** on the team website, as well as the **Safety Reminders**.

## Training

It's important you get a long ride (over 40 miles) in before this upcoming weekend. It is recommended to get a second ride in Sunday, if possible. After Wednesday, you should taper your mileage.

Consider this is a recreational ride. Accept whatever training you've done. Few folks have the mileage they really want to have, but they make it and have fun in the process. Don't stress about the training—you can do it. And the MS Society is there to help at rest stops, SAG vehicles, etc.



## Fundraising: Challenging Year

NOW is the time to contact sponsors one more time, generate some enthusiasm about the up coming ride, remind folks you'll be putting in the sweat equity, bring in treats and post your sponsor sheet nearby, update your personal page, etc.

Yes, it's a challenging year for fundraising. Given the downturn and decreased funding from many agencies, the folks with MS really need our support. Contact more people, be more enthusiastic and believe they will sponsor you.

### Increased Donations Possible

At the picnic, I heard Marcy Carlson Kirksey say her fundraising is

up this year. Our team average last year was \$760 per rider. That's a great number to shoot for this year. Or for an added challenge, aim for the prestigious Four Figure Club by raising \$1000 or more!

## Recruiting

We're at 124 riders, which is down about 40 riders at this time in 2008. Please encourage your friends, relatives, colleagues to join the July or September rides. Share the experience!

If you need marketing materials like brochures, etc., please let me know or remind Ed Rightor.

## 2009 JERSEYS

They're in and they look MARVELOUS! You can pick yours up at the registration Friday night or Saturday morning.

We will announce a date for July riders, likely a ride, where you can pick up your jersey.

We are asking your help in continuing our tradition of making a bigger impact for MS with a copy of \$20/jersey. It's a great deal as these custom, multi-color jerseys would cost \$80 or more if you bought them outside the team.

### MS Connection

The jersey was designed via a Design Class competition at SVSU. The winner is Jordanne Fallon who has a relative with MS. We're proud to wear the jersey in recognition of that connection!

## Massage Therapists and Team Tent

Peggy Ivan of Body Mechanics will be available again this year to help those aching muscles. It is suggested you sign in when you arrive, note your time, then go take a shower.

Remember that the massage therapists volunteer their time and hands, so tip them if you can.

## On the Road

- Be careful of any congestion at the start
- Be vocal. I know, not a problem for some! For the rest of us, you need to be the "eyes" of those behind you, especially in a paceline. SHOUT out road hazards (hole, roadkill –yech!), on your Left, moving left –so someone else can lead)
- Pace yourself on the road, and probably at the cookie breaks, too.
- Hydrate reasonably and eat as you go, but do not overeat. Ah the balance thing...
- Have fun and enjoy it because you've worked for it. Meet new people. Talk to folks about why they're doing the ride. Connect with the MS Cause.

## VOLUNTEER OPPORTUNITIES

We're still looking for a few volunteers for July ride. Contact Doug Todd ([dkttodd@dow.com](mailto:dkttodd@dow.com)) or Marie Thurlow ([mthurlow@microbeshield.com](mailto:mthurlow@microbeshield.com)) if you can help.

### Cookies

We need your Cookies for the rest stops. Bring them Friday night or Saturday morning.