

# Spirit Connection

March 2009

## Dow MS Walk and DowTCC MS150 Team Kickoff

March 25 @ 7pm, 1790 Building Lobby

We're having the Kickoff in the Lobby with light refreshments and FOOD.

The Lobby is accessible to the public. We will send directions in a later email.

This is a great opportunity to bring your friends that are thinking about riding, those ready to sign up, and first-time riders since the Society will be having the Ticket to Ride Promotion again with free registration (a \$50 savings).



## MS Walk Midland



April 25, 8AM  
Central Middle School

Here's a great way to be involved, bring a group of friends, and hey cross train!

The Dow MS Walk team is looking for Walkers and Volunteers. It too is a team that's open to the community. Team Captain is Helen Myers at [hemyers@dow.com](mailto:hemyers@dow.com).

[http://main.nationalmssociety.org/site/TR/Walk/MIGWalkEvents/1029666377?pg=team&fr\\_id=11100&team\\_id=144321](http://main.nationalmssociety.org/site/TR/Walk/MIGWalkEvents/1029666377?pg=team&fr_id=11100&team_id=144321)

## MS Awareness Week: March 2-8

This week, the entire country is wearing ORANGE! That vibrant color will honor those with MS, increase awareness of MS, and spark that enthusiasm that gets us out riding on their behalf. Join us to

### "Move It" for MS.

- ★ Saturday, March 7, 9 am: meet us at the Tridge for a training ride.
- ★ Hang your jersey from last year at your office and use the attention to talk to folks about sponsoring.
- ★ Post a banner, send an e-card to friends and sponsors.  
<http://www.nationalmssociety.org/get-involved/events/ms-awareness-week/digital-downloads/index.aspx>
- ★ Check out information from the Society posted during the week at [www.nationalmssociety.org](http://www.nationalmssociety.org)

## TRAINING

Now is the time to "get off of that Couch" and limber up by participating in aerobics classes, Spin class, running, and, yes, riding outside when weather allows (and you're bundled up).

There's training suggestions on the team site at [www.tricityms150.com](http://www.tricityms150.com) under the Preparation tab.

The Tri-City Cyclists have impromptu training rides (e.g. weather permitting). The best way to be aware of them is to be a member (it's not expensive and you're supporting local cycling).

Go to:  
[www.tricitycyclists.org](http://www.tricitycyclists.org)



## EcoNote: Paper Reduction

The MS Society does its best, of course, to raise funds through the Bike tour and other fundraisers, and throughout the year.

If you'd like to help reduce the paper they send you, send an email to Tammy Willis, and she'll put you on a *minimum mailings* list.

[tammy.willis@gmail.com](mailto:tammy.willis@gmail.com)

This will NOT stop you from getting the final details event packet. They don't want to miss something important for the event, but it WILL stop the getting the paper solicitations.

## FUNDRAISING

We're up to \$6000 raised, which is good for February.

There are a number of tips under the Fundraising tab on the team site that really work. Of course, what leads to success is if you put them into action!

## Brochures, Flyers, Ticket to Ride Tickets NOW AVAILABLE!

We have a limited supply of flyers, brochures and Ticket to Ride tickets to hand to first-time rider friends.

They will be available from Ed at the Corporate Center, Jay Romick at Division, Doug Todd or Tom Parker at Larkin, Tom Canale at SVSU and Chuck McCourt at Dow Corning.Canale)

## TICKET TO RIDE PROMOTION

The MS Society is again running this promotion which gives FREE registration to first-time riders. That's a \$50 break off registration. You still need to raise the minimum pledge of \$250.

Get more information using the link at the team web page, [www.tricityms150.com](http://www.tricityms150.com) or at the MS Society page.

We also have a pack of the actual tickets which you can pick up from Ed ([egrighthor@dow.com](mailto:egrighthor@dow.com)) or one of the folks noted above.



## Registration & Socks

We have **37** registered! GREAT!

Add some colorful MS Socks to your wardrobe. That's right! **FREE SOCKS** from the Society if you register by **March 15**. Now there's some incentives to get registered!

If you're thinking with the economy down, maybe this isn't the year for the Grand vacation, but something closer to home. How about a cycling vacation weekend, cruising some beautiful Michigan countryside, making new friends, while doing something good for yourself and others? What could be better than that?

Encourage your friends to join you. The ride is a blast with friends to share the experience.

**REGISTER TODAY!**