

Ed & Randy's Corner



egrighthor@dow.com

It's my pleasure to introduce Randy Scott who will serve as the team co-captain and lead for the Mid-Michigan ride. Randy has enthusiastically inspired those from the Detroit area to join the team for years.

THANKS, RANDY! –Ed

I am looking forward to my 15th year riding with the Dow/TCC team in the Bike MS ride. I've had lots of great memories and a few challenges so I look forward to adding some more memories (including jumping onto pacer lines, great food and munchies, and of course massages) with all of you who will be riding this year.



rscott@dow.

THANKS ED FOR ALL YOUR SUPPORT!
–Randy

Mid-Michigan Bike MS, July 11-12

Starting from Milford High School, this ride cruises through gently rolling hills to Spartan country with the overnight at MSU. The President's reception is at the Kellogg Center (very nice). Ah, there's also ice cream options at nearby Quality Dairy or The Dairy Story on the MSU campus (worth the ride right there). You can ride the 2 day option (\$250 min pledge) or Sunday only (\$100 min pledge). There are several route distance options. Yes, you can still add to the team by registering with the link on the email.

September Mountain Bike Ride September 12

(early advertising for this awesome ride at Island Lakes Recreation Center)

Some 25 years ago, the Michigan Mtn Bike Assoc. (MMBA) began a rehab. program on the overgrown trails here and the result is prime Mtn bike trails. The Blue Loop, 9mi long, is fast and flowing with gentle climbs/descents. It's beginner friendly as well as place for experienced riders to get a cardio workout. The Yellow Trail is more technical and hilly with scenic stretches along the Huron River and rewarding vistas. You can link the trails together for a 14mi+ loop if desired. YOU can ride it as part of the Bike MS rides as a Fall color tour. So join us by signing up today:

<http://site.mcmba.org/index.php/our-trails/islandlakerecreationarea>.

Fundraising...

The more people we ask for support/sponsorship the more we learn of people affected by MS. Friends, neighbors, colleagues, the connections are numerous with over 250,000 people nationally with MS. Well, our ability to make an impact scales with the connections we make and the funds we raise. Our team goal is to raise \$75,000 this year. The funds turned in by the team to date totals \$28,360 (with Gerstacker funds \$41,000) so although we have a ways to go you can really help us meet that goal by Y raising 20% more than last yr. Set a goal to beat the team average of \$750 and/or be in the FOUR FIGURE CLUB. There are helps and tips at the MS Society site, using even a few of them will get you well above the minimum. If you ask people to sponsor you generally they will. Setting up your personal page at the MS Society and sending a simple request to friends, relatives, colleagues with the link is SUREFIRE way to get pledges. You'll be surprised how easy it is.

Volunteers

Do you have a spouse, significant other, colleague, etc. that would like to support you but can't ride?

They can still participate as a volunteer at the rest stop or at the team registration table. We ALL appreciate the encouragement of the volunteers and the refreshments – including cookies!

If you have someone that would like to volunteer for the July ride, send Randy a note at:

rscott@dow.com

For the September ride, send a note to Ed Noack at:

enoack@dow.com

Discounted Registration July and September rides

If this is your first time riding, you can get FREE registration using code **MIGT2R15**. You still need to raise the \$250 minimum for the event.

2014 Mid-Michigan DowTCC Riders



Team photo from last year's MidMichigan Bike MS Ride
This year's ride is July 11-12

Vintage Apparel

I have some jerseys from previous years in different styles for \$20 (great deal for a training jersey or gift). Let me know a size if you'd like one. Some sizes have limited availability.
egrighthor@dow.com



Tri-City Cyclists (TCC)

We're fortunate in having an active, local cycling club as a foundational sponsor of the DowTCC team. Members also generously provide help for new riders, have route maps, promote local cycling.

I'd encourage you to become a member for only \$20 individual, \$25 family. Go to:

www.tricitycyclists.org



Recruiting

Let's share this fun event with more people. If you'd like a poster, brochures, or business cards to post at work or hand to friends, send Ed a note (egrighthor@dow.com). There are also flyers on the FaceBook page.

FACEBOOK



Would you like to share your experience or hook up with informal riding groups?

Facebook is a great way to interact with your team mates. Be a friend today at:

www.facebook.com/groups/DowTriCityRideforMS/

Training Rides

If your goal is to ride 150miles+ in a weekend, it's vital that you put in training miles. Yes, there are several parts of your anatomy that needs to get in shape –including your seat.

Build gradually and add miles in successive increments, and moderate your pace initially so you don't strain your knees and other parts.

There's a couple of training guides in the "Essential Guide" as well as other recommendations.

Essential Guide

If you're new to the rides, or looking for a refresher, this Guide contains a wealth of information. It answers many common questions, gives an overview of the weekend rides, covers preparation, and what to expect.



Thanks to all our Sponsors!

As you have contact with the organizations please tell them THANK YOU!

- Dow Chemical
- Accenture
- Carbis
- Tri City Cyclists
- R.M. Gerstacker Foundation
- Thelen Auto Group
- Sumitomo Bakelite High Performance Polymers
- DCECU
- Hantz Financial
- Midland Physical Therapy
- Barnes, Chase & Davis, Inc.
- Dow Corning
- Body Mechanics



2015 Rides for MS:

Linden near Fenton

July 11-12: 1-2 Day Road Bike Tours
Start/Finish: Linden HS
Overnight: Michigan State
East Lansing

Registration Fee:
\$25 through June 15
\$30 after June 16

Fall Breakaway Brighton

September 12
1 Day Mountain Bike Ride
Start/Finish: Island Lake Rec Area
Registration Fee:

One Day Ride: \$25 through June 15
\$30 starts June 16, 2014

Two Day Ride: \$30 through June 15
\$40 starts June 16

Route Options: 30, 50, 75, and 100
mile options available each day

Bavarian Breakaway

September 26
1-2 Day Road Bike Tours
Start/Finish: Harey Kern Pavilion,
Frankenmuth
Overnight: Frankenmuth
Registration Fee:

One Day Ride: \$25 through June 15
\$30 starts June 16, 2014

Two Day Ride: \$30 through June 15
\$40 starts June 16

Route Options: 30, 50, 75, and 100
mile options available each day

[also posted on facebook](#)

How to Join:

www.nationalmssociety.org/Chapters/MIG/Join-An-Event

Team Name: *downtcc*

Team Jerseys

Jerseys for the July riders will be available the morning of the ride at the DowTCC registration table. We have another order of jerseys coming in which will add to those that we have in hand. They're awesome looking jerseys (some bias here).

If you're registered for the September rides, you can pick them up from Ed at a training ride in advance of the September timing.

