



2011

# Gearing Down

[msbiketours.ca](http://msbiketours.ca)

## What a Ride!

## Mother Nature blessed us again!

Over 600 cyclists have raised \$425,000 so far!



2011 Ottawa to Kemptville RONA MS Bike Tour Photos are now posted on Flickr [www.flickr.com/msottawa](http://www.flickr.com/msottawa)

See a picture you like and download it. You can also upload your photos to Flickr.



### SAVE THE DATE FOR 2012!

Next year the RONA MS Bike Tour - Ottawa to Kemptville will take place August 11 - 12, 2012. See you then!

# INFO & NEWS

## \$100,000 CLUB

It is with great pleasure that we announce another member of the \$100,000 Club

Paul Bernards

### Other Members

Dr. Mark Freedman

Fern Landry

*Congratulations!*



### Prizes & Tax Receipts

All prize request forms must be submitted before **September 4** to [michelle.davis@mssociety.ca](mailto:michelle.davis@mssociety.ca). Prizes should be available by the beginning of October. In order to cut down on expenses we are asking that prizes be picked up at the Ottawa Chapter. Emails will be sent out when the prizes are ready to be picked up.

If you live outside of the Ottawa area prizes will be mailed to you unless you advise us otherwise. Please ensure your correct address is in your on-line account under my account info tab.

If you haven't received your tax receipts by the end of the year, please contact us 613-728-1583 ext. 221 or [info.ottawa@mssociety.ca](mailto:info.ottawa@mssociety.ca)

### RONA MS BIKE TOUR FOCUS GROUP

We will be holding a focus group for the RONA MS Bike Tour at the MS Society, Ottawa Chapter again this year.

Would you like to give your ideas or hear other ideas on the Bike Tour?.

If you are interested in attending the focus group please contact Stephanie before September 3 at 613-728-1583 ext. 227 or [stephanie.desjardins@mssociety.ca](mailto:stephanie.desjardins@mssociety.ca)

### Do you have additional pledges to hand in?

To be eligible for bike prizes, pledges must be handed in by September 4. Please do not mail cash.

MS Society of Canada, Ottawa Chapter  
1826 Woodward Dr.  
Ottawa, ON K2C 0P7

### A BIG THANKS TO THE 2011 RONA MS BIKE TOUR COMMITTEE

Dick Louch, Mark Lloyd, Mike Follis, Greg Wildey, Karine Langley, Elaine Robertson, Monica Richard, and Monna-Leigh McElveny.

We could not have done it without you!



TeamMS is a complimentary program to the MS Walk, RONA MS Bike Tour and other fundraising events.

Every year in Canada, thousands of participants join together to take the TeamMS challenge and walk, run, cycle or golf on behalf of the Multiple Sclerosis Society of Canada.

***Congratulations to all of the Teams  
who made this year's TeamMS program a success!***

2 Tyred, Albion, Always Forward, Andrews & Sons, Are We There Yet, Badass Babes, Bikasaurus Rex, Blood, Sweat & Gears, Blue Angels, Celtic Tigers, Chain Gang, CK Cycle, Cycle Servants, CycleFit CHICKS, Cyclin for Myelin, Cyc't Up, Dancing Sprockets, different spokes for different folks, Doreen's Drafters, Dutchies, Eramosa, E-Velo-Tion, Find a Cure, Geres, Gluteus to the Maximus, Harsh, I Ride Cause I Can, Innovapost, Kanata-Nepean Bicycle Club et al., Kim Jong Wheels, Lawson Train, les courageux, Les lemurs, Les nous autres, Les pédales roses, Lotso Pain, Meadow Riders, Moooving Mezzetta's, My Name Is Lesion, For We Are Many, Nika, Not-so Nimble Neuros, Numb Chucks, Peter's Peleton, Rice Rollers, Road Hogs 3, Speed Skating Oval, Team Awesome, Team Bonk 2, Team Butterlicious, Team CDIC, Team Corn, Team DeGagne/Weston, Team Franchina, Team Jenny, Team Sorrill, The Magnificent Bastards & Friends, The RONA Crankheads, The Spare Tires, TJ Fit, Tracy's Troopers, VeloVtec, Wheelie Awesome Bikers, Wings of an Eagle, WRIGHT 2 BIKE 4 MS, WRIPped Fenders



**Top Fundraising Team**  
Gluteus to the Maximus



**Largest Team**  
Tracy's Troopers



**Best Name**  
Not-so Nimble Neuros



**Most Spirited**  
Wheelie Awesome

**Fundraising Promo Winner!**

Congratulations to Richard Jurewicz who won the iPad2.

**THANK YOU TO OUR SPONSORS**

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Adam's Sausages  
The Bagel Shop  
J's Natural Haven

**Special Thanks**

University of Guelph, Kemptville College  
Wheel Up Inc.  
Gatineau Ski Patrol  
The Canadian Red Cross  
Farm Boy

# Thank you to our Volunteers!



There were over 200 volunteers who helped make the RONA MS Bike Tour such a success!  
Thank you to all the volunteers! We could not have done it without you!

## You can still nominate that exceptional volunteer!

Send an email to [michelle.davis@mssociety.ca](mailto:michelle.davis@mssociety.ca) with the name of the volunteer and the reason you are nominating them.



**Sunday, April 29, 2012**  
**Jean Talon Bldg.,**  
**170 Tunney's Pasture Driveway**

## CONTACT US:

If you have any questions please contact us:

MS Society of Canada, Ottawa Chapter  
Stephanie Desjardins  
Coordinator, Fundraising Events  
1826 Woodward Drive, Ottawa, ON K2C 0P7  
Phone: 613-728-1583 ext. 227  
Email: [stephanie.desjardins@mssociety.ca](mailto:stephanie.desjardins@mssociety.ca)

The MS Walk will take place April 29, 2012 at the Jean Talon Building. Bring friends and family to help raise awareness about multiple sclerosis and to fundraise in support of local programs, services & research to end MS. See you then!