



Biking to the Viking August 29 & 30, 2009

Gearing Down

www.msbiketours.com

Congratulations to all Biking to the Viking Participants!

You raised an incredible \$521,195 to end MS!

It was a weekend filled with good friends, amazing team work, beautiful weather and a ton of fun, where 733 dedicated riders cycled over 160 km to end MS.

There were many unforgettable moments and challenges along the way, but we believe nobody will forget the absolute thrill of being a part of such an amazing event.

For the past 20 years, the RONA MS Bike Tours have offered cyclists in Manitoba of all fitness levels a fully supported ride that mixes fun with fundraising, combining a great cycling experience with the reward of helping to end MS.

In 2009 you pedaled Biking to the Viking past the \$500,000 milestone, and we will be building on this momentum to push Biking to the Viking to record fundraising levels in 2010 once again! We wish you all the best in your training and look forward to seeing all the new and familiar faces at the Biking to the Viking start line next year!



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Awards

2009 Overall Individual Top Fundraiser

Bernard Lofchick \$35,369.04

2009 Rookie Fundraiser of the Year

Janina Veldman \$15,165.00

2009 Overall Top Fundraising Team & Top Corporate Team

Midland in Motion \$60,144.99

2009 Top Friends & Family Team

Cyclepaths \$21,480.00



Teams

Star Level Teams - \$25,000 +

Midland in Motion	\$60,144.99
Greatful Tread	\$54,386.51

Diamond Level Teams - \$10,000 - \$24,999

Quarry Physio Quivering Quads	\$23,993.05
Cyclepaths	\$21,480.00
With The Grain	\$17,992.00
Saddle Sores	\$13,956.50
Carmen's Cruisers	\$13,637.87
Woodcock Cycle	\$12,992.20
The RONA Road Rage	\$12,535.29

Gold Level Teams - \$5,000 - \$9,999

StandardAero Turbinators	\$9,414.12
Rona Rural Riders	\$9,236.00
The RONA Road Rage	\$8,761.00
The Raw-Hides	\$8,230.75
Biking Vikings	\$8,088.71
Windbreakers	\$7,449.00
Drafters	\$7,069.50
Fun With a K	\$6,830.00
Rogue Rage	\$5,550.00
2 Tired 4 SFX	\$5,526.00



Individuals

Club \$15,000 +

Bernard Lofchick	\$35,369.04
Janina Veldman	\$15,165.00



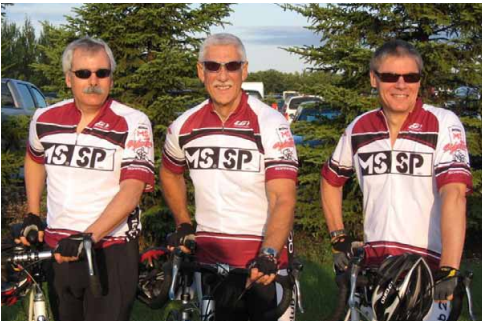
Club \$10,000

Ralph Jackson	\$12,100.00
Sheldon Gilchrist	\$10,011.44



Club \$5,000

Stan Funk	\$6,005.00
Melissa Tennant	\$5,124.50
Derek Faraci	\$5,052.08



Club \$3,000

John Bullied	\$4,633.07
Robert Smith	\$4,555.00
Pamela Buote	\$4,317.29
Ruby Laughren	\$4,112.96
Kathleen Darvill	\$4,010.00
Maurice Lachance	\$3,435.00
Martha Corbin	\$3,330.76
David Skwark	\$3,076.00
Lisa Smith	\$3,050.00
Annette Graboski	\$3,035.00
Amanda Faraci	\$3,002.04
Doreen Sigurdson	\$3,000.00



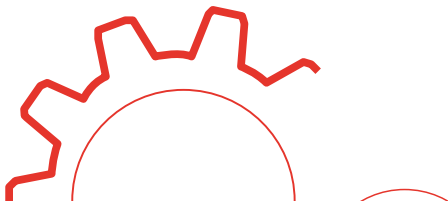
Club \$2,000

Ronald Hickey	\$2,685.00
Tim Campbell	\$2,372.04
Floyd St Goddard	\$2,335.00
John Dubeski	\$2,309.00
Marco Morelli	\$2,296.62
Mary Lou Milhausen	\$2,290.60
Albert Poirier	\$2,265.00
David Lofchick	\$2,242.04
Mickey Hoch	\$2,217.25
Michael Raap	\$2,150.00
Michael Bakeman	\$2,149.15
Wayne Sonnenberg	\$2,145.00
Ron Hemmersbach	\$2,111.00
John Mcleod	\$2,060.00
Angela Morelli	\$2,050.00
Brennan McRae	\$2,029.95
Christine Lacroix	\$2,027.00
Catherine McCullagh	\$2,023.38
Janice Darling	\$2,002.50
Harold Enns	\$2,002.00
Dave Elmore	\$2,000.00
Dean Norrie	\$2,000.00



Club \$1,000

Stephanie Rozzi	\$1,994.42
Dan Neufeld	\$1,824.24
Dana Nelko	\$1,816.00
Kristine Snowdon	\$1,765.00
Jim Coulter	\$1,735.22
Agnes Hiebert	\$1,735.00
Pierre Marcon	\$1,705.00
Helen Hunter	\$1,595.84
Libby Powell	\$1,540.00
Michael Mirus	\$1,522.94
Rachel Legras	\$1,510.00
Beth Tutiah	\$1,462.94
Jim Rondeau	\$1,422.58
Ashley Toet	\$1,420.00
Ron Zimmer	\$1,410.00
Eli Randa-Iskat	\$1,392.00
Shawn Whitmore	\$1,353.00
Roberta Burgess	\$1,347.00
Bruce Johnson	\$1,337.00
Shirley Vannus	\$1,329.23
Nathan Hogg	\$1,320.00
Stan Lipnowski	\$1,318.00
Susan Slater	\$1,315.00
Ross Thompson	\$1,310.00
Alison Stewart	\$1,289.74
Angela Bowcott	\$1,282.04
Mark Smith	\$1,278.35
Daniel Sonmor	\$1,275.00
Tanis Catellier	\$1,250.00
Grace Lackman	\$1,247.65
Carmen Badiou	\$1,234.80
Mike Malyk	\$1,221.00
Kerry Hunt	\$1,195.44
Tanya Worms	\$1,190.79
Ed Ferbers	\$1,190.26
Jo-Anne Pambrun	\$1,175.00



Brent Martin \$1,172.04
 Maureen Greenaway \$1,170.99
 Nadine Ruptash \$1,168.00
 Barbara Becker \$1,167.04
 Lorna Turnbull \$1,167.00
 Roswitha Dessureault \$1,166.25
 Jennifer Levins \$1,159.58
 Pamela Goetz \$1,158.00
 Blaine Bullied \$1,157.50
 Joe Schmidt \$1,153.00
 Mike Lees \$1,132.94



Andrea Klassen \$1,025.00
 Terry Thompson \$1,025.00
 Naomi Weese \$1,024.00
 Don Fischer \$1,020.00
 Kathleen Hodgson \$1,020.00
 Diana Reimer \$1,020.00
 Jordan Brooks \$1,017.00
 Tobie Berthon \$1,014.04
 Melanie Sikich \$1,012.38
 Karen Campbell \$1,012.04
 Kimberly Mcewan \$1,012.04



Gloria Fillion \$1,085.00
 Rose Janz \$1,077.58
 Sheryl Steinthorson-Taylor \$1,075.38
 Ian Miller \$1,075.00
 Niel Effler \$1,068.75
 Leonard MacWilliam \$1,065.55
 Ron Peterson \$1,065.00
 Kelly Thiele \$1,064.50
 Sandra Sawatzky \$1,063.00
 Annette Woodroffe \$1,062.86
 Victor Goetz \$1,060.00
 Gordon Bunt \$1,050.00
 Charles Siegel \$1,050.00



Linda Key \$1,132.50
 Tony Britton \$1,130.00
 Darcy Van Wyk \$1,129.00
 Joanne Zuk \$1,126.43
 Kelly Taylor \$1,125.00
 Brian Station \$1,115.00
 Gene Lapointe \$1,112.58
 John Pauls \$1,110.00
 Brenda Bauml \$1,100.00
 Doug Belcher \$1,100.00
 Jeff Robson \$1,100.00
 Jennifer Thorsteinsson \$1,100.00
 Peter Vincenten \$1,097.58
 Andrei Aroutiounov \$1,090.80
 Darlene Dallman \$1,087.41



Bob Carter \$1,010.00
 Rene Pambrun \$1,007.00
 Dale Bullied \$1,002.50
 Angela Corbin \$1,002.50
 Tanya Newton \$1,001.50
 Zeljko Babic \$1,000.00
 Chris Britton \$1,000.00
 Greg Bullied \$1,000.00
 Bernie Campeau \$1,000.00
 Michael Cossoy \$1,000.00
 Cornelis Dewitt \$1,000.00
 Patricia Naugler \$1,000.00
 Joe Neuman \$1,000.00



Elfie Siemens \$1,050.00
 Sandi Malpas \$1,045.38
 Martin Brown \$1,044.38
 Blaine Senick \$1,041.75
 Ryan Proulx \$1,040.00
 Sharon Touchette \$1,040.00
 Paul Mcavoy \$1,037.45
 Gordon Love \$1,037.04
 Robert Lapointe \$1,034.20
 Garth Dallman \$1,032.38
 Doug Penner \$1,030.00
 Bev Demke \$1,026.00
 Doug Cameron \$1,025.00





Volunteers

Wheel Get You There!

A big thank you goes out to all of this year's amazing Biking to the Viking volunteers! Together you filled over 300 positions and kept things running smoothly in Stonewall, Gimli, and the long stretch in between. Your enthusiasm and dedication was essential to the overall success of this year's tour, and we are excited to see each and every one of you back in 2010!





TeamMS 2009 Highlights

The TeamMS program experienced its most successful year to date in Manitoba! Our 2009 overall fundraising totals prove yet again that **team members** really do **raise more money**, have more fun, and come back to participate more often than those who bike alone. At this year's Biking to the Viking RONA MS Bike Tour we saw a 12% increase in Team Participants and a 7% increase in Team Revenue.

Successes to celebrate along the route included:

- Midland in Motion once again leading the TeamMS Bike Tour pack, raising over \$60,000 in 2009. This is the first time in Manitoba Division's history that a team has reached the \$60,000 level! Congratulations to Midland in Motion's dedicated top fundraiser Bernie Lofchick, who raised over \$35,000 alone.
- The Greatful Tread from The Great-West Life Assurance Company nearly raising \$16,000 more in 2009 than they did in 2008. This 59 person strong team led the fundraising pack on the Bike Tour weekend and enjoyed a huge round of applause at the celebration dinner.
- Quarry Physio Quivering Quads almost doubling their 2008 fundraising total in 2009, a statistic almost unheard of in our current economy. Congratulations to Team Captain Ruby Laughren and the rest of her Quivering Quads on this amazing feat.



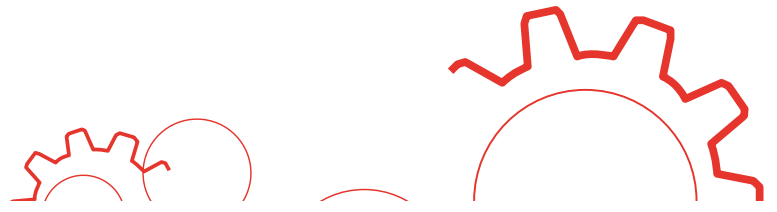
TeamMS highlights from Biking to the Viking weekend included:

- The Saddle Sores winning the Team Village Spirit Award. Their tent was the ultimate Hawaiian luau, complete with palm trees, hula dancing, and chicken teriyaki pineapple skewers hot off the BBQ.
- The RONA Rural Riders took home the Best Dressed Team Award showing up with bikini tops, grass skirts and long wigs.

Thank you for making the extra effort to make Biking to the Viking as fun and festive as possible. We hope these happy memories make up for all the sore muscles.



The Top Fundraiser & Team Captain VIP Reception was for many, the most special part of the weekend. Team Captains Martha Corbin (Greatful Tread), Derek Faraci (Midland in Motion), Dale Bullied (Carmen's Cruisers), and Darlene Dallman (Saddle Sores) each shared their team's success stories, offering advice and mentorship to everyone in attendance. The story of Carmen's Cruisers especially provided inspiration due to the amazing publicity they received on many local TV stations. To see their story, check out the video links in the Multiple Sclerosis of Canada, Manitoba Facebook page.



2010 Biking to the Viking

Time to Gear Up for 2010!

Biking to the Viking Registration is Now Open - August 28 & 29, 2010

The RONA MS Bike Tour Biking to the Viking will wind through the beautiful Manitoba Interlake on August 28 & 29, 2010. By registering for the RONA MS Bike Tour, you are making a difference in the life of someone with multiple sclerosis. This is an event you surely will not want to miss!



Whether you are a dedicated cyclist or looking for a bit of recreation, pedaling in the RONA MS Bike Tour means you will be a part of an extraordinary group of Manitobans who are getting active to raise money in the fight against MS.

All you need is a bike and the passion to help find a cure for MS.

Secure your spot today and register at www.msbiketours.com or phone (204) 943-9595 for additional information.

Early bird registration runs until March 1, 2010, register today for only \$30!

2010 Team Captain Registration

Team members will not be able to register for their team until their Team Captain completes the registration process. Team Captains please register as soon as possible.

To register for the 2010 Biking to the Viking, simply go to www.msbiketours.com and log in using your 2009 username and password. If you have forgot your username and password or need assistance registering online please contact **Andrea Proctor** at andrea.proctor@mssociety.ca or call **943-9595**. If you would like to set up a TeamMS planning meeting in person you can contact **Jani Sorensen** at jani.sorensen@mssociety.ca.





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Prize Pick Up

If you chose to receive a prize, you can pick it up at the MS Society, Manitoba Division office during office hours, 8:30 am to 4:30 pm, at 100-1465 Buffalo Place, Winnipeg.

Prizes not claimed by January 29, 2010 will be reverted back to the MS Society. Tax receipts will be sent by our National office by tax season (complete contact information must be provided on participant pledge forms for tax receipts).

