



GEARING UP

2010

msbiketours.com



ccbryson.com

Whether you rode last year or a few years back we can never say thank you enough to our cyclists and volunteers. The MS Society had a great year in 2009 and we celebrated many successes. The Regina Bike Tour raised **\$230,367** while the Waskesiu Bike Tour raised **\$245,315!** This means that the MS Society was able to direct more money than ever towards the best research in Canada as well as information and support to individuals and their families affected by MS in Saskatchewan.

Although it seems like winter will never end, before you know it you will be back on your bikes in preparation for the **Regina RONA MS Bike Tour August 21st & 22nd** and the **Elk Ridge RONA MS Bike Tour, September 11th**.

**Register today for the 2010 RONA MS Bike Tours at
[www.msbiketours.com!](http://www.msbiketours.com)**

Top 50 cyclists in Saskatchewan

	Cyclist	Site	Total
1	John Makris	Regina	\$23,453
2	Terry Zakreski	Waskesiu	\$10,275
3	Robert McDonald	Regina	\$6,498
4	Ron Dorey	Regina	\$5,132
5	Colin Wensley	Regina	\$5,005
6	Tracy Gall	Regina	\$5,000
7	Tim Bergen	Waskesiu	\$4,550
8	Glenn Riekman	Waskesiu	\$4,475
9	Rob Christoffel	Regina	\$4,244
10	Douglas Scutchings	Regina	\$4,047
11	Peter Peters	Regina	\$4,005
12	Jack Aldcorn	Regina	\$3,715
13	John Dunlop	Waskesiu	\$3,710
14	Wanda Bouchard-Barry	Regina	\$3,578
15	David Kilborn	Regina	\$3,542
16	Trevor Good	Waskesiu	\$3,500
17	Jim Moore	Waskesiu	\$3,000
18	Roger Sydorko	Regina	\$3,500
19	Paula Wilkins	Regina	\$3,500
20	Brian Fergusson	Regina	\$3,265
21	Barry Novak	Regina	\$3,100
22	Ross Richardson	Regina	\$3,000
23	Cam Thick	Regina	\$2,789
24	Myron Bilokury	Regina	\$2,695
25	Ernie Nicholls	Regina	\$2,660
26	Brian Rivers	Regina	\$2,637

27	Gail Charles	Regina	\$2,580
28	John Thiessen	Waskesiu	\$2,565
29	Lou Fontaine	Waskesiu	\$2,560
30	Ken Bergen	Waskesiu	\$2,517
31	Sharon Bohay	Regina	\$2,417
32	Darlene Woywoda	Regina	\$2,406
33	Sherrie McDonald	Regina	\$2,417
34	Wilma Poole	Waskesiu	\$2,390
35	Lorne Vanin	Waskesiu	\$2,320
36	Jenn Melcher	Waskesiu	\$2,275
37	Sheldon Lund	Waskesiu	\$2,252
38	Randy Munholland	Regina	\$2,251
39	Kelly Ozem	Regina	\$2,208
40	Nancy Vaxvick	Waskesiu	\$2,205
41	Jack Clarkson	Regina	\$2,178
42	Ryan Dusky	Regina	\$2,176
43	Laurel Wingert	Regina	\$2,157
44	Curtis Tutthill	Waskesiu	\$2,156
45	Janet Locke	Waskesiu	\$2,154
46	Carey Chitrena	Waskesiu	\$2,130
47	Carol Boyle	Waskesiu	\$2,110
48	Wilfred Wiese	Waskesiu	\$2,102
49	Jan Corcoran	Waskesiu	\$2,058
50	Glen Berger	Regina	\$2,054

2009 Top Fundraisers

Top Fundraiser
Regina

John Makris

\$23,452

Top Fundraiser
Waskesiu

Terry Zakreski

\$10,275

Top Rookies

David Kilbourne—Regina
\$3,542

Glenn Riekman - Waskesiu
\$4,475

Top 20 Teams in Saskatchewan



Thank you to our amazing Team Captains for pulling together some terrific Team Results this past year. Below is a list of our Top 20 Teams provincially.

Team Name	Total Team Raised
Cornwall Optical Sight Seers	\$27,171
Zena's Warriors	\$26,020
Burning Buns	\$22,829
WindRiders	\$20,243
Rider Pride	\$16,754
The Spin Sisters	\$14,377
Piston Broke	\$14,323
Rona	\$13,689
Blazing Saddle Sores	\$13,392
Back of the Bus	\$11,678
FCC Flatland Riders	\$10,983
Cyclodelics	\$9,216
Sight Seers	\$8,445
The Marvelous Mammias	\$8,071
League of heroes	\$7,953
The Pushing Daisies	\$7,204
AREVA Pure Energy	\$7,037
Peters Pedalers Plus	\$6,870
Wheel 'Em In	\$6,655
Bike Raptors from Mars	\$6,494

**Cornwall Optical Sight Seers
2009 Top Fundraising Team—**



CCSVI & MS



What is CCSVI?

Chronic cerebrospinal venous insufficiency (CCSVI) is a term used to describe a hypothetical situation in which the venous system is not able to efficiently remove blood from the central nervous system. It is stated that this is related to narrowing of small venous structures in the neck, chest and spine.

Do these reports of a possible association between insufficient vein drainage and MS mean that MS is caused by venous insufficiency?

Not necessarily. Based on what has been published so far, we can only say that MS may occur in association with impaired venous drainage of the central nervous system. This impairment, if truly present, could cause MS but it is possible that it is

incidental to the disease. More study is needed.

Can I be tested or treated for CCSVI right now?

The CCSVI hypothesis is still in the early days of research and is not a proved therapy for MS. As well, specialized equipment and training is needed to test for the condition. For these reasons, CCSVI cannot be easily tested for or treated.

Additionally, for safety reasons, the MS Society does not recommend that people with MS be examined or treated for CCSVI outside of an established research protocol.

In Canada, some institutions have begun work on designing research protocols but at the moment, there are no institutions actively recruiting participants for CCSVI studies.

Will the treatment of CCSVI be useful for the various forms of MS?

Whether this type of treatment will be useful in any form of MS is currently unknown as research on this question is at a very early stage. Much more work needs to be done.

Where can I learn more about CCSVI?

Visit our website at www.mssociety.ca/ccsvi to watch a series of videos on CCSVI hosted by the MS Clinic at Health Sciences Centre in Winnipeg, and to read more information on this very exciting topic.

Regina RONA MS Bike Tour

August 21 & 22 2010



Our Goal this year is to have 300 cyclists on the road determined to end MS! Get your family, friends and co-workers involved, encourage them to register and be put into a draw to win a \$500 Visa Gift Card. The 21st Annual Rona MS Bike Tour is going somewhere we have never gone! This year the bike tour will go to Manitou Beach, not only will it feature a figure 8 route, but it will also feature the opportunity to have a banquet and dance in the one and only Danceland! The days will be filled with great food, rockin' music, well deserved awards, top fundraiser socials, massage therapists, Team MS socials, fun prizes and of course safe cycling.

The Tour will kick-off this year at 10:00 am on Saturday morning with the opportunity to register early Friday evening.

The rest stops will feature fun interactive games, as well as great food & entertainment which will make this an awesome experience.

Check out www.watrousmanitou.com for a complete listing of the area.

RONA MS Bike Tour

ELK RIDGE

Saturday, September 11, 2010



What would a 10th Anniversary be if we didn't throw the best event possible! And that is exactly what we are planning on doing. Come out and join us at the beautiful Elk Ridge Resort on Saturday September 11, 2010. This year we will have an evening banquet with a live band. This will be a day filled with great food, rockin' music, well deserved awards, fun prizes and of course safe cycling.

The Tour will kick-off again this year with an early check-in and social on Friday evening and we will be heading out at 10:00AM on Saturday morning.

We will have excellent mini "echo-challenges" at rest stops, as well as great food and entertainment throughout the tour to make sure that you have an awesome experience.

Check out www.elkridgeresort.com for more information.

Join TeamMS



Ready...

Join a team and make a difference in the lives of those living with MS.

TeamMS is...

- A Team Captain plus three or more members.
- A great way to do something worthwhile to support a good cause
- Promoting company unity, pride and team spirit.
- promoting health & fitness
- A sense of accomplishment.

TeamMS Perks are...

- A Team Captain's thank you gift.
- A Team Captain's Handbook full of hints, tips and advice.
- The opportunity to win great TeamMS prizes and awards.
- All the great event festivities including team pictures, a special VIP Team area, entertainment, and meals.

Set...

Register yourself as a Team Captain

Register yourself online at www.ms biketours.com or by phone, fax or mail.

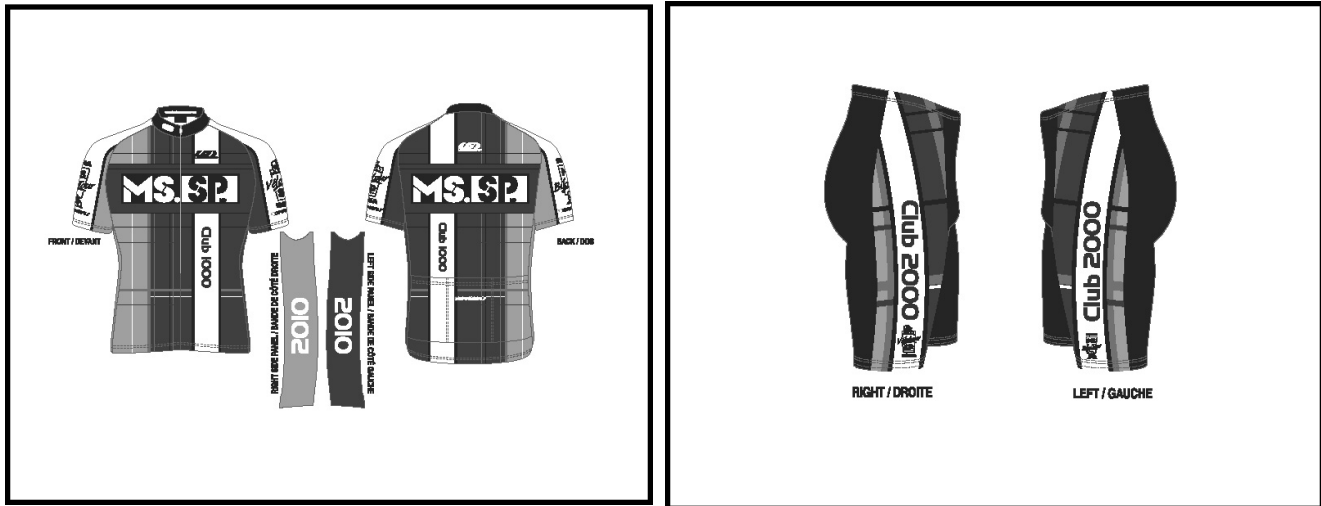
Check off the team Captain's box on the registration form and create your team name.

The next step is to register your team members. Team members can register online or by phone, fax or mail. All team members need to include the team name in their registration.



BIKE TEAMS WANTED!
CALL Kashmir at 522.5600 (Regina) or
Chelsie at 244.2114 (Saskatoon)

2010 Club 1000 Jerseys and Club 2000 Shorts



The new **Club 1000** Jerseys and **Club 2000** Shorts have arrived, check them out! You can see a color version on our website: www.mssociety.ca/sask/biketour.htm

2010 MS Carnation Campaign



Flower Power to End MS 2010

It's that time of year again, the MS Carnation Campaign 2010. Brighten the day of someone living with or affected by MS with a fresh bouquet of Carnations. Purchasing a bouquet helps further the research in the fight to End MS and providing services to improve the quality of life for those who are affected by MS.

You can purchase bouquets for only \$10 from a Carnation Coordinator in your workplace. This year the bouquets are beautiful multi-colored carnations cradled in leather greens which will light up any room.

The Multiple Sclerosis Society of Canada is currently looking for more Carnation Coordinators to do pre-sales in your workplace. If you would like to volunteer and help End MS please call the MS Society at 306.244.2114 or 306.522.5600

For any more information please feel free to call the above number or visit our website at www.mssociety.ca.

REGISTER ME FOR THE 2010 RONA MS BIKE TOUR!

Date Registered: _____
BIB #: _____

SIGN ME UP FOR:

REGISTERED HOW?

- Mail
- Fax
- Online
- Walk-in
- Phone
- Past Participant Mailer
- Prize Pick Up Party

- Regina Aug 21/22
- Elk Ridge Sept. 11

OR

- I would like to volunteer
- As a volunteer, I would like to collect pledges.

MAIL or BRING to:

REGINA
150 Albert Street
Regina, SK S4R 2N2

SASKATOON
22-1738 Quebec Ave
Saskatoon, SK S7K 1V9

FAX to:

565-0477 - Regina
665-3376 - Saskatoon

ONLINE:

www.ms biketours.com

PHONE:

(306) 522-5600 OR
1-800-268-7582

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____ Bus. Phone: _____

Fax: _____

Employer: _____

Email: _____

Please send me _____ Pledge Books

****You must be 12 years of age to participate in Regina and 10 years of age to participate in Elk Ridge.****

Male T-Shirt Size: _____
 Female
DOB: _____ Age: _____

IMPORTANT: All participants must submit a minimum of \$250 in paid pledges before riding.

My goal this year is to raise:

\$ _____

ARE YOU ON A TEAM?

Team Name : _____

Team Captain: _____

REGISTRATION FEE

(non-refundable, non-transferable)

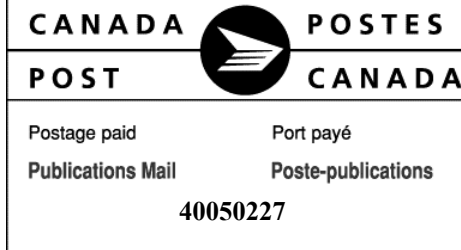
- \$17.50 until March 30
- \$35 after March 30

Method of Payment:

- Cash
- VISA
- MasterCard
- Debit
- Cheque (cheques payable to the MS Society)

_____ Credit Card Number

_____ Expiry Date



return undeliverable items to:
MS Society of Canada
150 Albert St.
Regina SK S4R 2N2

Place label here