

NS CYCLIST HEADED HOME AFTER EUROPEAN CYCLING JOURNEY

Dartmouth, NS – December 5 Ahmed Nassrat, of Pictou, NS, is headed back home after a successful European cycling journey, that had him raising funds and awareness for multiple sclerosis – a disease that affects an estimated 100,000 Canadians.

Ahmed's expedition started along the Atlantic Coast of France in early October. He then cycled 3100 kilometres through 7 countries finishing his journey in Belgrade, Serbia. A few logistical factors required him to end the ride short of his distance goal, but Ahmed impressively surpassed his fundraising goal of \$1/1KM and raised \$3432.

"My goal through this journey was to spread awareness of multiple sclerosis and to raise funds for research," said Ahmed. "I had never attempted a long-distance bike tour like this before, so I was extremely excited to be going on this amazing journey and I am so thankful for the support I received from everyone."

Ahmed has supported various events led by the MS Society of Canada's Atlantic Division for more than ten years and has been a fundraiser and participant in both the Nova Scotia and New Brunswick MS Bike Tours. Ahmed got involved because he felt that, as a Canadian, it was his place to help find the cause and cure for Canada's disease – multiple sclerosis – which regrettably boasts the highest rates in the world. MS is known as one of the most common neurological diseases of young adults and most are diagnosed between the ages of 15 and 40.

"We are so proud of Ahmed and what he's accomplished in reminding people how important it is to do what you can to help," said Ben Davis, President of the MS Society of Canada's Atlantic Division. "Ahmed is a true advocate for people living with MS in this region and we appreciate his passion and his determination."

The MS Society is dedicated to funding research and services that empower Canadians affected by multiple sclerosis. The funds raised from events like Ahmed's "[I Challenge](#)" will help support innovative research into the cause, treatment and cure for MS, will provide valuable programs, and will help sustain important advocacy work on behalf of Canadians affected by MS.

If you would like to make a donation to Ahmed, you can do so by visiting his fundraising page [here](#). Take a look at his journey on Instagram, using hashtags #AhmedBikesAcrossEurope and #IChallengeMS or on YouTube, [here!](#)