

The Daily Rider

Volume 1, Issue 2 July 20, 2008

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Fighting for Friends

In 2006, **Rose Barker** raised \$1,200 for Bike MS with the help of caring friends and a generous employer, **Wachovia Bank**, who doubled her donations. She had four close friends with MS—two pianists, a physician and an avid outdoorsman. In 2007, everything changed when her best friend shocked her with his news—he was going to begin his own fight against MS. She listened

in shock as the reality began to sink in. “Not him too,” she thought. He would be her fifth and closest friend to be struck with this disease. “It is difficult to watch those close to you lose functionality of their hands,” says Rose. “I acquired an inner drive to serve those with MS, to vindicate them from their physical affliction.” This inner drive helped her to recruit numerous friends to



Rose Barker sailing through Bike MS 2007

participate in the ride, increase awareness in her community, and raise \$6,000 to defeat MS.

Each time Rose got a call about a friend being diagnosed, she could have given up. But Rose

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A Messenger for MS

Dave Gardner hasn't always been a biker. He got his first taste of riding in 1991, as he began to bike to work. Soon, riding took root and before Dave knew it, he was hooked.

When a friend and co-

worker passed away due to complications with his MS, Dave decided to get involved. In 1998, he rode in his very first Bike MS.

Since that ride, Dave has found many more connections to this dis-

ease and now rides for four others in his community.

By participating, Dave has become a messenger for MS. When he goes to the rides, he learns more about the disease—advancements

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Name that Bridge!

Here are the Covered Bridges you will be crossing tomorrow!

- **Crawfordsville**
- **Earnest**

"I ride to honor my friend."

John O'Connell

College Friend's Character Influences Many

Many recall that first year at college; glad to be on your own yet worried where life would take you. You met people from different walks of life and perhaps formed friendships that would last a lifetime.

For **John O'Connell**, that freshman-year friend was **Cleveland**

Haynes III, who quickly left an impression that can never be erased. Cleveland lived in the dorm room next to John at Oregon State University. He had a zest for life, joy for dancing, and many friends joked that he was on the eleven-year plan for school.

Cleveland was diagnosed with MS in 1995. "It was the epitome of irony, for a man like Cleveland to contract a condition that took away his ability to move," says John. It was Cleveland's unique personality that made him such a great friend. "I ride to honor my friend."

Fighting for Friends - Continued

Barker is far from an ordinary friend. She chose instead to join her friends in their fight and changed the way

she views MS. "We talk about daily triumphs, delightful discoveries, meaningful conversations, and a

bright and healthy tomorrow. This hope for a healthy tomorrow, is precisely why I ride."

Payback Has Never Felt So Good

Nick Tolimieri and **Phil Levin** met in 1991 at college. After graduating, Nick moved to Seattle and the two became co-workers as well as friends.

About six years ago, Nick joined Phil, diagnosed with MS in 2000, at Bike MS. "Phil has been a good professional mentor and

friend; and for me, it's a way of paying him back." Nick's motivation comes from Phil's hard work and dedication to overcoming this disease.

Fish for a Cure is made up of a large group of Nick and Phil's co-workers. The team trains together and Bike MS has be-

come a focal point for activities outside of work.

The team and Nick especially, value the humor that Phil brings and respect how he leads by example.

Nick will ride - into the unforeseeable future of MS - grateful to be able to show his support for a true friend.



Nick taking a turn in Bike MS 2007

A Messenger for MS - Continued

in research or better ways to cope with MS. Dave takes these messages of hope and relays them to those at home

who were unable to make it to the event. He believes MS is easily overlooked; hopes to bring it to the forefront

and find a way to defeat it. "Any dollar I can raise is a dollar closer to a cure," says Dave.



Dave at Bike MS 2007

Remaining a Believer

Team Fed-Ex captain, **Kate Wyman** has a cousin who has been battling MS for 13 years. She, along with five of her co-workers, ride for her cousin **Karen** and all the others who hope to defeat this disease.

This is Karen's MS story.

Karen kissed her three year-old son goodbye and headed off to the hospital. She had lost feeling in her legs during a work out and soon, the numbing sensation grew. As she walked into the hospital, Karen was numb from ribs to toes.

After two long stays at the hospital and a multitude of tests, Karen

was diagnosed with MS. "I used to be an Emergency Medical Technician; this could not be happening to me. I took care of other people," says Karen.

Over the years, Karen pushed herself to beat MS, but it was a challenge to get her legs to listen. Her doctor advised her not to have any more children because of the risk that it could make her condition worse. But in 1999, she welcomed a daughter into the world, seven years behind her son.

When Karen was diagnosed, she was just three years into her marriage. In the beginning, she felt so alone.

"I feel my ex tried his best, but I was having trouble with it, and how could I expect him to accept it." After 14 years of marriage, their divorce was finalized in 2006.

It's 2008 and Karen has recently gone back to school, taking online classes to get her degree in Criminal Justice. While working towards her degree, her mission is to remain healthy and help her children to grow into unique individuals.

"I am a believer that they are going to find a cure for this disease." Team Fed-Ex also believes, and that is why they continue to ride.

"This could not be happening to me. I took care of other people."

Karen



Team Fed-Ex at 2007 Bike MS

"People are so positive about this disease."

Pam Oberst

Counting Up the Years

Numbers impact our everyday lives, and **Pam Oberst** has many numbers surrounding her involvement with Bike MS. The first number is 18—the number of years Pam has been riding in Bike MS. The second is 10—the number of years Pam has maintained her VIP fundraiser status. The next is 0—the number of people with MS Pam knew when she began her journey in 1990.

So what got Pam started on her 18-year journey to help find a

cure for MS? "It was a worthy cause," says Pam. Of all the disease-related fundraisers and afflictions affecting our world, she chose to support MS. She knew that funds raised went directly to the cause and the people who needed it most. "This is my favorite charity to give money to and the people are so positive about the disease."

Shortly after Pam got involved with Bike MS a friend and co-worker was diagnosed. Each year, Pam sets a fundraising goal and persis-

tently reaches it, with hopes that the money will fund research that will lead to a cure. Pam hopes to motivate people to go out and bike and get involved.

Although she has many numbers representing her journey with MS, her favorite is 150—the number of miles she's ridden when she comes to the finish line. "It's a feel good ride and when you see all the people with MS at the finish line, you know you have done something good to help."

**The Funks -
Traveling a Distance
to Make a
Difference!**

The Funks Travel from Afar

Riders come from near and far within Oregon and Washington to participate in Bike MS; and there are always a few who make a much further trip to come and ride with us. This year, **Arie and Azra Funk** are a part of that long-

distance group - coming all the way from Texas to help support the movement toward a world free of MS.

Arie and Azra do not have a direct connections to MS, but they admire the dedication of the many who fight it.

The cycling is what initially brought the Funks to Bike MS, and 2008 marks their seventh year of National MS Society-wide participation.

Bike MS: Houston to Austin was a very popular ride in their

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The Funk's Travel from Afar - Continued

community and they decided to join a team.

They have since ridden in Bike MS: Dallas, and California's Bike MS: Waves to Wine rides.

During their first year,

they raised \$700, and to date, have raised over \$100,000 for the MS movement.

This past Memorial Day, The Funks took a bad fall on their tandem

bike, but this hasn't stopped them. They remain dedicated to their love of biking and helping in the fight against MS.

Sharing that Familiar Smile

Language is often a barrier between worlds, but there is a symbol that is universal throughout - the smile. This symbol is at the heart of the foundation of one Bike MS team - **Smile Riders**. They're made up of 11 riders, nine of whom met through personal training at Prime Fitness in Bonney Lake, WA.

Smile Riders captain, **Jody Barnes** has inspired many to get fit and strong while having fun along the way. For the last four years, Jody has made it her personal goal to support Bike MS. She has since fundraised thousands of dollars, and continues to raise the bar by forming a team to help strengthen her dedication to the cause.

Jody has developed many unique ways of earning money for this event. She made \$350 during a two-hour bake sale, created and sold cycling CD's, and hosted a Partly Light party where 20% of all proceeds were donated to Bike MS. Smile Riders hope to spread MS awareness, raise the funds required to find new treatments, and ultimately, bring smiles to those who suffer from MS.



Team Smile working up a sweat!

A Fish Above the Rest

They may look like your typical cycling team, riding for a good cause and for the company of other riders, but **Team SlugFish** is motivated by the not so typical too. This year, they

come to Bike MS with hopes of a three-peat - "Last Team at the Beer Garden." So expect them to come back strong to defend their two-year title. "I think as a group, we

have more fun per rider than any other team," says captain **John Tietjen**.

John's dedication and devotion to helping people with MS also sets

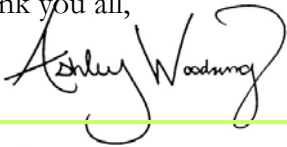
their team apart from the pack. He started Bike MS completely by chance in 1994, when he saw a poster for the ride at his favorite watering hole in Corvallis.

Hello to all at Bike MS 2008: Covering Bridges! My name is Ashley Woodring and I have spent this summer as an intern for the Oregon Chapter, National MS Society. I am currently an Advertising student at the University of Nebraska at Lincoln. (Go Huskers!)

I came to the Oregon Chapter in hopes of gaining experience outside of Nebraska to help build my resume. It was lucky for me that my sister and her new husband moved here in September 2007, so I knew I would have a place to live. As soon as I arrived, Sarah informed me of my first project. She had an idea for a Bike MS newsletter, featuring stories of *why people ride for MS*. The responses I received were astonishing. Every story had its own unique background and display of strength inside the person riding. I am embarrassed to admit it, but I found myself crying in my cubicle, moved by these stories filled with so much hope.

Last year, six months before her wedding, my sister was diagnosed with MS. My family was devastated and we broke down for fear of what was to come. This internship has opened my eyes to the miracles that can be accomplished through this disease. Each one of you out there riding today and tomorrow are miracles, as you have joined to overcome this disease. I send a thank you to the riders I profiled and to those of you I still have to meet, for showing me that there is hope to defeat this disease. Most of all, thank you to the Oregon Chapter for allowing me to work by your side as you show the world the movement you have created to help defeat this disease.

Thank you all,



A Fish Above the Rest - Continued

During his first ride, John camped out, drank beer by a river and went swimming. “It was the most fun I’ve ever had riding.”

John’s connections to MS spread far into the branches of his family tree. He has three cousins who have battled MS for most of their lives; and shortly after starting Bike MS, John’s brother was diagnosed.

John decided to get serious about his fundraising and dedication. A commuter biker for 20 years, he would put out 3,000 miles a year. In 1996, he decided to take

on the challenge and peddle out 5,000 miles that year. He asked people to donate a penny for every mile he rode and if he didn’t make the 5,000 mile mark, they wouldn’t owe him a thing.

John peddled for those pennies – in fact, he cranked out 7,800 miles and raised almost \$10,000. 7,800 miles in one year’s time is like riding the MS150 every single weekend.

This will be John’s 15th

year riding for the Oregon Chapter. “Raising money for MS is definitely not something that I take lightly; there is a certain responsibility that attaches once one realizes how important working to defeat MS is.”

John has also begun riding in Washington’s Bike MS since it started again four years ago. A VIP rider in two states, he leads a team that is one of a kind. It’s John’s love for riding and dedication to finding a cure that sets he and his team *a fish above the rest*.



Team SlugFish at Bike MS 2007