

# BIKE MS: GATEWAY GETAWAY

PRESENTED BY EXPRESS SCRIPTS

## 2017 EVENT GUIDE

SEPTEMBER 9-10 » GODFREY, IL



# WELCOME TO LEWIS & CLARK COMMUNITY COLLEGE »

## ABOUT US

Lewis and Clark Community College is a two-year higher education institution with multiple campuses, a river research center, Community Education Centers and training centers located throughout its district, which reaches into seven counties and includes more than 220,000 residents. The college's historic Godfrey campus is located on the grounds of the former Monticello College, a seminary for women dating back to 1838. To learn more, visit [www.lc.edu/discover](http://www.lc.edu/discover).

## SAFETY AND SECURITY

L&C works to ensure a safe environment on its campuses, and has security officers on patrol 24 hours per day, seven days a week.

We handle: crowd control, parking detail, lock-outs, car jumps, escorts, vehicle accidents, building evacuations, and standard officer patrol and investigations.

The Campus Security office, located at the north end of campus, works closely with members of the college community and local law enforcement agencies.

To reach the campus operator, dial "0" from any campus phone or (618) 468-7000 from a personal phone. In case of an emergency, call 9-1-1 or locate one of the blue emergency boxes in the parking lot outside the Hatheway Cultural Center.

Visit [www.lc.edu/security](http://www.lc.edu/security) for more info.

## WHILE YOU'RE ON CAMPUS PLEASE REMEMBER

There is no smoking allowed on campus (includes all forms of smoking, anywhere on campus, including private vehicles while parked on or driving through campus property).

Drugs are prohibited.

Tent camping is restricted to designated camping areas only.

REMEMBER TO BRING AT LEAST ONE WATER BOTTLE AND HELP US GO CUP FREE!

## CYCLING SHOES SHOULD NOT BE WORN INSIDE CAMPUS BUILDINGS.

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# GETTING TO LEWIS & CLARK COMMUNITY COLLEGE »

## DIRECTIONS

Lewis & Clark Community

5800 Godfrey Rd, Godfrey, IL 62035

### FROM IL-255

Take Exit 19 toward Humbert Road.

Turn left on Humbert Rd.

Turn right on Pearl St.

Turn left on Godfrey Rd.

Turn right onto LCCC Rd. onto campus

### FROM I-270

Take exit 31B toward Alton.

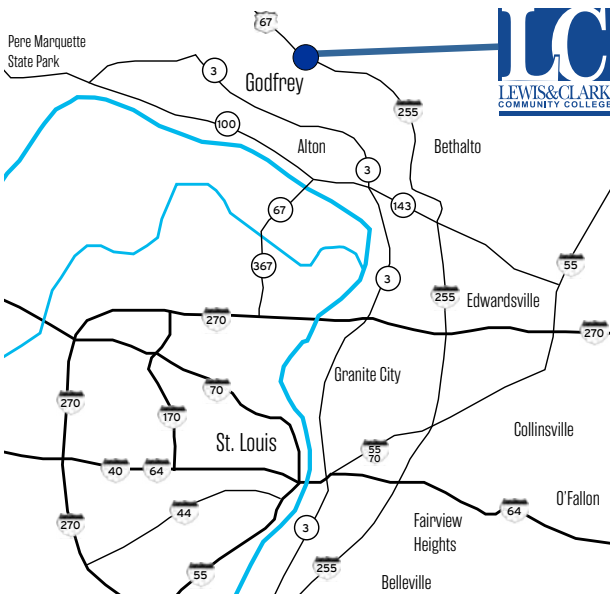
Follow U.S. 67 across the Clark Bridge, and turn left onto U.S. 67/Landmarks Blvd.

Continue on U.S. 67 as it turns into Martin Luther King Dr.

Turn right onto Godfrey Rd.

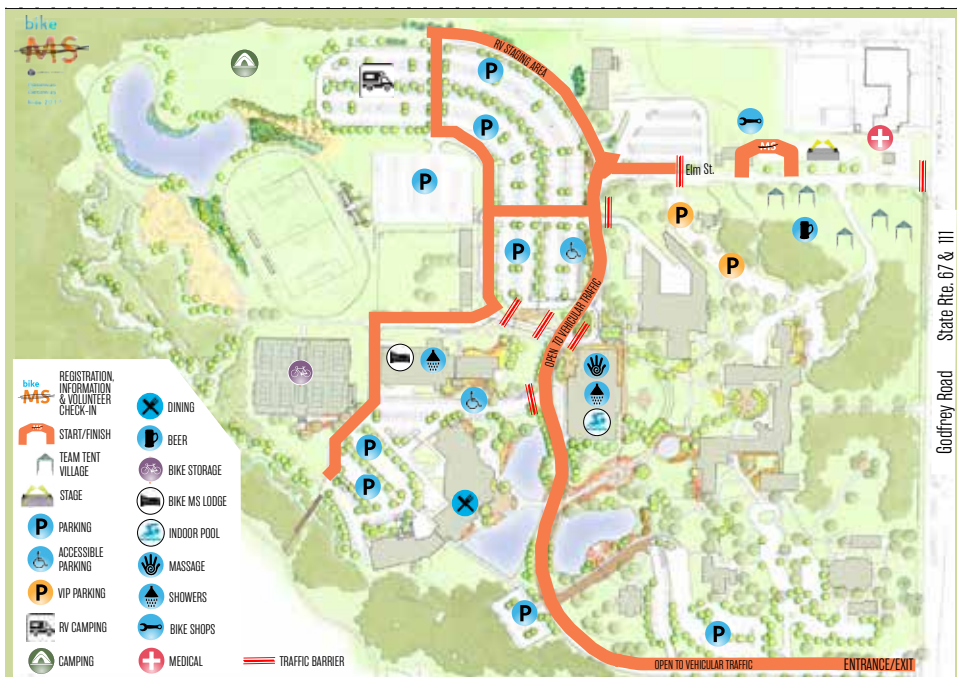
Turn left onto LCCC Rd. onto campus

Visit [http://www.lc.edu/Maps\\_and\\_Directions/](http://www.lc.edu/Maps_and_Directions/) for campus maps and directions via Google.



## PARKING

You will enter campus off 111/Godfrey Road onto LCCC Road at the south edge of campus and follow signs to the parking lots. RV and camping parking is in the furthestmost northwest part of campus.



State Rte. 67 & 111  
Godfrey Road



## Specialty pharmacy. Experienced care.

As one of the nation's leading specialty pharmacies, we know it's hard to manage serious conditions like multiple sclerosis. That's why our patient care teams work hard to find solutions for the challenges you face every day.

Whether it's offering counseling on side effects, connecting patients with community groups or providing access to copay assistance programs, we're focused on keeping our patients at the center of all we do. That's the Accredo difference.

*accredo*<sup>®</sup>



## BIKE MS 2017 » CYCLIST SPOTLIGHT - MIKE WELTMER, SUMP



Multiple Sclerosis touched my life many years ago through my wife, Ellen, whose father was diagnosed with MS at the age of 30. Since Ellen and I dated in high school, I was around and met her father many times. In addition, Ellen would talk about a childhood dealing with MS when people didn't discuss the disease nor were there good treatment options. In 1993, after Ellen and I were married, Ellen's father died at the age of 55.

In 2014, Ellen and I decided to participate in the Bike MS event in memory of her father and also in support of another family member who had been diagnosed that very year. It was such a moving experience that we decided to sign up for the 2015 event at that time. Little did we know, I was actually riding with MS myself.

I was diagnosed with MS on January 25, 2015 when I found myself suddenly unable to walk. No doubt, Ellen and I were upset and shocked. How could this disease touch our lives so many times? First Ellen's father, then another family member, my diagnosis, and at that time, Ellen worked for a pharmaceutical company that manufactured a drug used for MS relapses. So through her job, she heard many patient stories about the disease.

MS had become a part of our lives in more ways than we could ever imagine. After my diagnosis, Ellen and I allowed ourselves to be upset for only a moment. As strange as it sounds, we decided to "embrace" the diagnosis. We immediately contacted our family and friends to share our news and jumped right into full-time rehabilitation. My goals at that time were to get back on my feet and on my bike in time for the 2015 Bike MS event. Fortunately, I met my goals and was able to ride 50 miles that year!

In addition, we started attending educational opportunities and volunteering at MS events. In 2016, Ellen and I found ourselves without a bike team for the Bike MS event. Because the ride has meant so much to me, I decided to start building a bike team and sought help from a local company, Sump Coffee. To my huge relief, Scott Carey and his staff were immediately responsive, receptive and also participated in the event that year. As for today, we continue to build our team and share the message to increase participation and MS awareness. Bike MS and the other local MS events have become opportunities to not only support the cause, but share time together as a family.

I can't express enough gratitude to my family, friends, co-workers, the MS Society and complete strangers who have provided support and blessings over the last couple of years. I have faith and confidence that together, our efforts will lead to advances in treatment and a new categorization of MS simply called remission.

## ON THE ROUTE »

Each route is clearly marked. Please make note of the sign color of the route you wish to ride. The opening ceremony is 7 a.m. Saturday. If you start after 8:00 a.m. you MUST ride the 25-mile route or be driven to a rest stop. This is for the safety of all cyclists. The route closes at 6 p.m. Riders still on the route will be taken by SAG to the finish.



25-MILE ROUTE SATURDAY STARTING WINDOW: 8:30-9 a.m.  
YELLOW ARROWS SUNDAY STARTING WINDOW: 8:30-9 a.m.



75-MILE ROUTE SATURDAY STARTING WINDOW: 7:30-8 a.m.  
ORANGE ARROWS SUNDAY STARTING WINDOW: 7-8 a.m.



50-MILE ROUTE SATURDAY STARTING WINDOW: 7:30-8:00 a.m.  
GREEN ARROWS SUNDAY STARTING WINDOW: 7-8 a.m.



CENTURY ROUTE SATURDAY STARTING WINDOW: 7:30-8 a.m.  
BLUE ARROWS SUNDAY STARTING WINDOW: 7-8 a.m.



75-MILE TRAIL SATURDAY STARTING WINDOW: 7:30-8 a.m.  
PURPLE ARROWS

## TRAIL RIDING

- Cyclists riding the 75 mile route option Saturday will have the OPTION to ride on portions of the Madison County Transit Trail System. This route will be marked with PURPLE arrows and is approximately 22 miles of the 73.8 trail route. Note: Trail riding is an option. All other routes will be on road surfaces. SAG support will be limited on trail sections.

## CENTURY ROUTE

- Don't forget to pick up your Century patch at the second rest stop on the Century route.
- Century loop options will be a single loop, prior to the lunch stop each day. On Saturday, the loop will begin just after Rest Stop 3 (31.6 miles) and cyclists MUST BE at the start of the Century loop by 11 a.m. in order to complete this option. On Sunday, the loop will be after Rest Stop 5 (lunch) and cyclists MUST BE at the Century turn off (mile 83.3) by 4:00 p.m. to continue on the Century option.

- Be at the start of the Century loop by the cut off time. Cyclists after these times will be unsupported on the route (no SAG support or rest stops).

## LOWER MILEAGE ROUTES

- Time checks will be on each route to ensure you are finished by 6 p.m.
- Approximately 25 and 50-mile options will be available each day.
- Part of the route will be shared with other routes.

## REST STOPS

- Located every 8 to 12 miles along the routes, rest stops offer: water, sports drinks, snacks, rest rooms, medics and mechanical support.
- Please be respectful. Stops are held at local businesses, schools and at private residences.
- Be sure to rate your favorite rest stop at each stop.



*M*  
**SUPERIOR  
 LIGHT BEER**



ENJOY RESPONSIBLY  
 © 2016 Anheuser-Busch, Michelob Ultra® Light Beer, St. Louis, MO. (95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.)



**Maritz is committed to  
 the fight to end MS!**



**PARIC**  
 EXPERIENCE. EXCELLENCE.

**Good luck PARIC Team and  
 all Bike MS riders.**

**Thanks to all volunteers  
 and sponsors who make this  
 event possible.**

**Ride on!**



[www.paric.com](http://www.paric.com)

Alton Memorial Hospital

Barnes-Jewish Hospital

Barnes-Jewish  
St. Peters Hospital

Barnes-Jewish  
West County Hospital

Boone Hospital Center

Christian Hospital

Missouri Baptist  
Medical Center

Missouri Baptist  
Sullivan Hospital

Northwest HealthCare

Parkland Health Center

Progress West Hospital

St. Louis Children's Hospital

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BJC Behavioral Health

BJC Corporate  
Health Services

BJC Home Care Services

BJC Medical Group

# One mission 12 hospitals Regional leadership National acclaim

Health care knows no race, orientation, class, color, gender or creed. At BJC HealthCare, we believe in the power of what we can achieve through our diverse perspectives, experiences and talents. We unite in improving health for patients and communities. Because we are here to make medicine better.

Learn more at [BJC.org](https://www.bjc.org).

**BJC** HealthCare

The world's best medicine. Made better.





## CYCLISTS' SUPPORT » WE ARE THERE FOR YOU

### SUPPORT & GEAR (SAG) VEHICLES

- SAG vehicles patrol each route to provide support for cyclists between rest areas.
- Flashing the thumbs up sign to oncoming SAG drivers will let them know you are cycling without problems; thumbs down signals the SAG to stop and help.
- SAG drivers will not be able to transport gear for you unless you ride with the van or there is a medical situation. We are not responsible for any items left in SAG vehicles.
- Personal/Team SAG's will not be allowed to pull into, park, or distribute any materials (including lunch) at Bike MS Rest Stops.
- SAG vehicle phone number is listed on event wristbands.

### MOTORCYCLE SUPPORT

- Motorcycles patrolling the route will have a limited supply of water, first aid kits and a tire pump.
- They can inform cyclists how far the next rest stop is, alert them to any traffic problems and provide overall moral support.

### MEDICAL

- Certified medical personnel will be at each rest stop and will travel the route.
- If you need certain medications, please be sure to bring them with you.

### BIKE MECHANICS

- Mechanics from Big Shark Bicycle Company, The Cyclery, Maplewood Bicycle, and other local shops will be at the rest stops. Please have a credit card or cash to pay for parts.

# LUNCH ON DAY 1 FROM LION'S CHOICE

Bring this coupon on your next Lion's Choice visit!



LION'S CHOICE

**LION'S CHOICE**  
Famous Roast Beef Sandwiches



**2 Original *Roast Beef* Meals  
for only \$10**

***Bike MS Gateway Coupon***

Valid for 2 original roast beef meals for \$10. Valid at all locations. Limit 1 coupon per visit per person. Not valid with any other promotions. This coupon may not be redeemed for cash or used with other discounts. We value your feedback. To send comments and suggestions go to [www.LionsChoice.com](http://www.LionsChoice.com).  
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# BIKE MS WEEKEND ITINERARY » FRIDAY & SATURDAY

## FRIDAY, SEPTEMBER 8

3 P.M.

- SITE OPENS - YOU WILL NOT BE ALLOWED IN BEFORE 3.
- Packet pick-up - The Commons
- Bike storage opens at the tennis courts.
- Campers and RV's can set up.
- Team tents open for pre-ride bonding and relaxation. Please note that cars will not be allowed in the team tent area. Staff and volunteers will be available to help transport items.
- Showers open from 4-10 p.m.

5-7 P.M.

- Dinner available for purchase (\$12) from LCCC Catering. Pay cash at the door.

5-9:30 P.M.

- Live Entertainment on the stage.

## SATURDAY, SEPTEMBER 9

5:30 A.M.

Gates open.

6-8:30 A.M.

- Packet pick-up , Breakfast, Team Photos

7 A.M.

- Opening ceremony, start of the top 150 fundraisers, top five 2016 Fundraising Teams and the Top Rookie Team.

Top 150 Fundraisers .....	\$639,580 raised
Team Hogan .....	\$145,783 raised
VU Loan Riders.....	\$91,753 raised
Cannonball Express.....	\$83,780 raised
Team Kaldi's .....	\$83,020 raised
Team Maritz.....	\$59,768 raised

Top Rookie Team

DNA Cycle .....	\$16,490 Raised
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7:15-8:00 A.M.

- Start for 50, 75 and 100-mile routes

Johnny on the Spot has been providing service in the St. Louis area and surrounding communities since 1965 for both construction and special events. We have been a part of some of the largest build projects in St. Louis as well as the best special events St. Louis has to offer. Johnny on the Spot is committed to learning and improving so that you as the consumer get the best products and service available. **CUSTOMER SERVICE FOR EVERY CUSTOMER, EVERY TIME, NO EXCEPTIONS.**

Johnny on the Spot is now owned by Republic Services, which is a frontrunner in the recycling and waste industry. By adding Johnny on the Spot to the Republic Services family, we are taking all of our knowledge and experience and making it accessible to you in one phone call.



We will continue to develop a company dedicated to excellence, environmental responsibility and ethical behavior.

Julie Ross  
Special Event Coordinator / Construction Sales Estimator  
Cell: 314-486-0154  
Office: 314-863-8874  
E-mail: [jross@republicservices.com](mailto:jross@republicservices.com)

# BIKE MS WEEKEND ITINERARY » SATURDAY CONT. & SUNDAY

## SATURDAY, SEPTEMBER 9 (cont.)

8:15 A.M.

- 25 mile opening ceremony

8:30-9 A.M.

- Start for 25-mile route cyclists.

### BEGINNING AT NOON

- Bike MS Day 1 Finish Line open
- Massage & medical pavillions
- Beer garden hosted by Michelob Ultra
- Team tents, VIP tent open & live entertainment: 12 - 9:30 p.m.
- Register for next year for just \$15. The first 1,000 get a t-shirt

3 P.M.

- Bike MS Champions Finish featuring Dr. Salim Chahin - Join us as people living with MS will have a special opportunity to cross the finish line. Cheer them on! It will be a great reminder for why we ride!

5-8 P.M.

- Dinner from LCCC Catering

7:30 P.M.

- Movie night in The Commons

## SUNDAY, SEPTEMBER 10

6-8:30 A.M.

- Breakfast & coffee

7-8:00 A.M.

- Start for 50, 75 and 100-mile routes

8:30-9 A.M.

Start for 25-mile route cyclists.

- **IF YOU START AFTER 8:00 A.M. YOU MUST RIDE**

**THE 25-MILE ROUTE. EVERYONE MUST BE ON THE ROUTE BY 9:00 A.M.**

NOON - 6 P.M.

- Finish line open - pick up your medal and celebrate!
- Live entertainment (12-4:30 p.m.)
- Dinner
- Massage & Medical Pavillions open

IF YOU START AFTER 8:00 A.M. YOU MUST RIDE THE 25-MILE ROUTE. EVERYONE MUST BE ON THE ROUTE BY 9:00 A.M.

THE DAY 2 LUNCH IS INSIDE BUNKER HILL HIGH SCHOOL. CYCLISTS WILL NEED TO REMOVE CYCLING SHOES IN ORDER TO NOT DAMAGE THE FLOOR.

# Don't just ride, Bike MS LEWIS & CLARK

bike  
**MS**

Gateway  
Gateway  
Ride 2017

bike  
**MS**

REGISTRATION,  
INFORMATION  
& VOLUNTEER  
CHECK-IN



START/FINISH



TEAM TENT  
VILLAGE



STAGE



PARKING



ACCESSIBLE  
PARKING



VIP PARKING



RV CAMPING



CAMPING



DINING



BEER



BIKE STORAGE



BIKE MS LODGE



INDOOR POOL



MASSAGE



SHOWERS



BIKE SHOPS



MEDICAL

TRAFFIC BARRIER



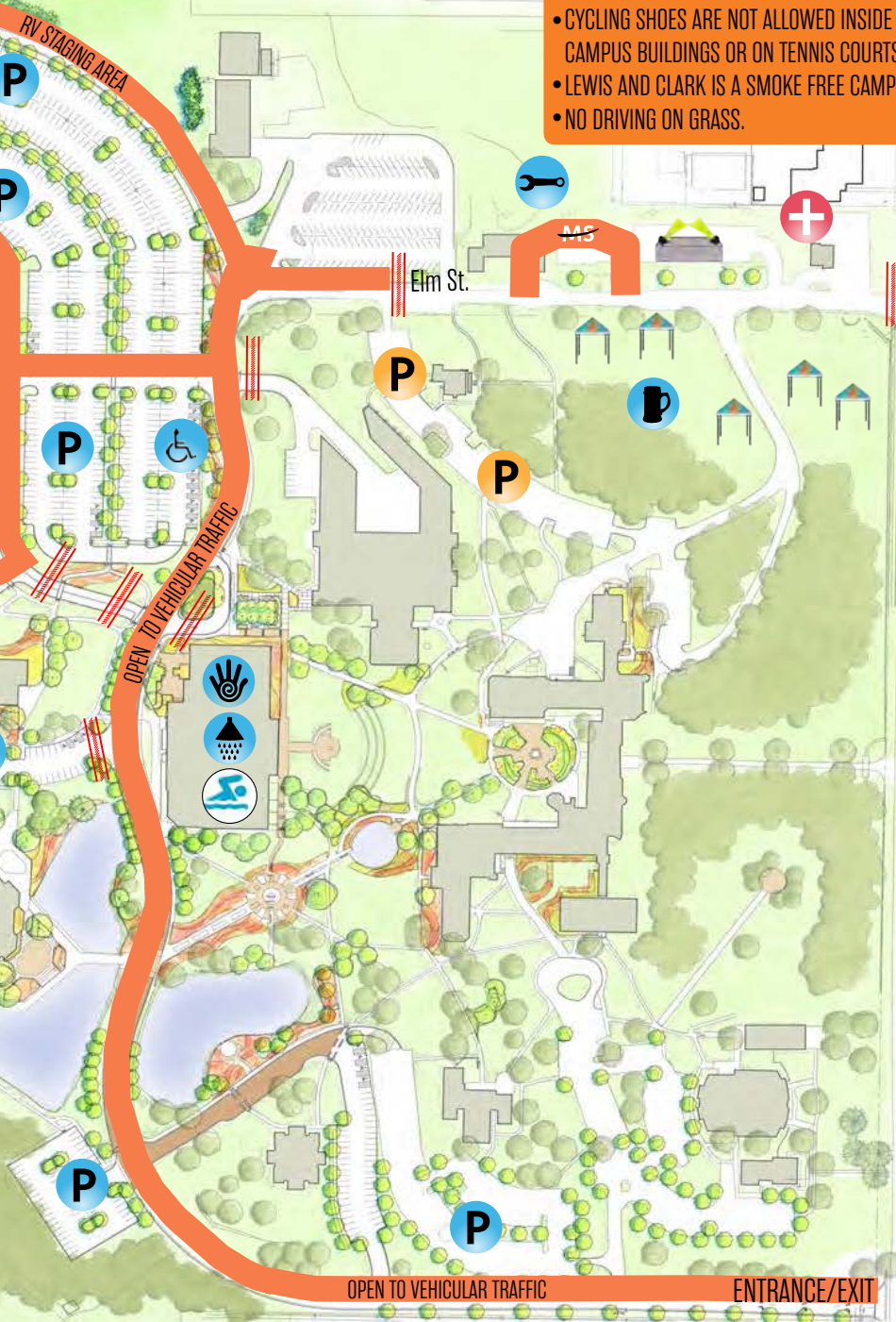


# ARK COMMUNITY COLLEGE CAMPUS

SEPTEMBER 9-10, 2017 » GODFREY, IL  
GATEWAYBIKEMS.ORG » 855 372 1331

## PLEASE NOTE:

- CYCLING SHOES ARE NOT ALLOWED INSIDE CAMPUS BUILDINGS OR ON TENNIS COURTS.
- LEWIS AND CLARK IS A SMOKE FREE CAMPUS.
- NO DRIVING ON GRASS.



Godfrey Road State Rte. 67 & 111

OPEN TO VEHICULAR TRAFFIC

ENTRANCE/EXIT

## MEALS »

- Friday night food will be available for purchase at the Commons Cafe in the McPike Math & Science Complex for \$12.
- Complimentary breakfast and dinner will be served in The Commons inside the McPike Math & Science Complex.
- Lunch for the 25-mile route will be served in The Commons at LCCC on Sunday. Saturday's lunch will be on the route at Stop 7.
- Lunch for the 50-mile route will be served at Rest Stop 7 on Saturday and at Rest Stop 5 on Sunday.
- Lunch for the 75-mile and century routes will be served on the routes (Rest Stop 5 on Saturday and Rest Stop 5 on Sunday).
- Friends and family members can purchase meal wristbands for \$15 inside The Commons. Valid all weekend.

## BIBS » CONGRATULATE OUR TOP FUNDRAISERS



### MISSION POSSIBLE CLUB (BLUE)

These fundraisers raised at least \$7,700 representing the number of people in our area living with MS.

### TOPE 150 CLUB (ORANGE)

These fundraisers are our Top 150 fundraisers from 2016. Thanks to Moneta Group for sponsoring the club.

### SPOKES CLUB (YELLOW)

These fundraisers raised at least \$1,000 in 2016.

Our top 2016 fundraisers will be wearing special colored bibs, so be sure to congratulate them!



*Degel Truck Center proudly supports the  
National Multiple Sclerosis Society*

*Serving St. Louis since 1993*

*877-469-6073*

*5808 Brown Road, Hazelwood, MO 63042*

*2304 Gravois St., St. Louis, MO 63104*

## REST STOPS »

### SATURDAY, SEPTEMBER 9

Remember the 25 mile route starts at 8:30 a.m. You must be on the Century option by 11 a.m.

**Rest Stop 1 • Fosterburg (for routes 25, 50, 75, 100)**

Open 7:30 - 11:30 a.m.

Mileage: 8.1

**Rest Stop 2 • Prairietown (for routes 50, 75, 100)**

Open 8 - 11 a.m.

Mileage: 17.5

**Rest Stop 3 • Livingston (for routes 75, 100)**

Open 8:45 - 11:30 a.m.

Mileage: 31.0

**Rest Stop 4 • Hamel (for routes 75, 100)**

Open 9:15 a.m. - 2:30 p.m.

Mileage: 33.6 (Trail); 42 (75); 64.6 (100)

**Rest Stop 5 • Edwardsville (Lunch - routes 75, 100)**

Open 9:30 a.m. - 3:15 p.m.

Mileage: 42.4 (Trail); 50.4 (75); 73.0 (100)

**Rest Stop 6 • Wanda (for routes 75, 100)**

Open 10 a.m. - 4 p.m.

Mileage: 55.2 (Trail); 58.4 (75); 81.1 (100)

**Rest Stop 7 • Bethalto (Lunch - routes 25, 50; rest stop - 75, 100)**

Open 9 a.m. - 5 p.m.

Mileage: 14.2 (25); 44.1 (50); 64.4 (Trail); 67.4 (75); 90.1 (100)

**Rest Stop 53 • Worden (for routes 50, 75 Trail)**

Open 8:30 a.m. - 1 p.m.

Mileage: 30.6 (50 & Trail)

**Rest Stop 101 • New Douglas (for route 100)**

Open 9 a.m. - 12 p.m.

Mileage: 37.7

**Rest Stop 102 • Old Ripley (for route 100)**

Open 9:30 a.m. - 1 p.m.

Mileage: 49.3

### SUNDAY, SEPTEMBER 10

Remember the 25 mile route starts at 8:30 a.m. You must be on the Century option by 11 a.m.

(26 miles) & the second Century option by 4 p.m. (83 miles).

**Rest Stop 1 • Brighton (for routes 25, 50, 75, 100)**

Open 7 a.m. - 12 p.m.

Mileage: 10.5

**Rest Stop 2 • Shipman (for routes 50, 75, 100)**

Open 7:30 a.m. - 12 p.m.

Mileage: 21.2 (50, 75 & 100), 41.2 (100 2<sup>nd</sup> visit)

**Rest Stop 3 • Wilsonville (for routes 75, 100)**

Open 8:15 - 2 p.m.

Mileage: 34.2 (75); 54.2 (100)

**Rest Stop 4 • Stauton (for routes 75, 100)**

Open 8:45 a.m. - 3 p.m.

Mileage: 44.8 (75); 64.8 (100)

**Rest Stop 5 • Bunker Hill (Lunch - routes 50, 75, 100)**

Open 8 a.m. - 4 p.m.

Mileage: 32.0 (50 & 100 1<sup>st</sup> visit); 54.8 (75); 74.6 (100 2<sup>nd</sup> visit)

**Rest Stop 6 • Fosterburg (for routes 50, 75)**

Open 8:30 a.m. - 5 p.m.

Mileage: 41.7 (50); 64.5 (75)

**Rest Stop 22 • Brighton (for routes 25, 100)**

Open 9 a.m. - 5 p.m.

Mileage: 18.3 (25); 92.1 (100)

# THANK YOU 2016 TOP 150 CLUB »



1. Steven Lipstein.....	\$51,405	52. Bill Jovanovic.....	\$3,705
2. Katie Heidenreich.....	\$30,358	53. Joseph Dolan.....	\$3,675
3. Todd Dillon.....	\$15,795	54. Tim Rand.....	\$3,665
4. Steve Miller.....	\$11,320	55. Rick Keating.....	\$3,550
5. Patrick McGinnis.....	\$11,055	56. Steve O'Rourke.....	\$3,530
6. James Chastain.....	\$10,280	57. Christine Houston.....	\$3,500
7. Mike Phillips.....	\$10,125	58. Michael Lowenbaum.....	\$3,500
8. Joe McKee.....	\$10,105	59. William Price.....	\$3,500
9. Steven Lovell.....	\$9,694	60. John Frost.....	\$3,490
10. Stephanie Boyce.....	\$8,933	61. TJ Kohler.....	\$3,475
11. Gary Werkmeister.....	\$8,115	62. Neil Tzinberg.....	\$3,475
12. Kyle Darnell.....	\$7,570	63. Jack Turek.....	\$3,465
13. Julie Klubek.....	\$6,815	64. Will Carney.....	\$3,460
14. Kim Dryden.....	\$6,556	65. Trey Hogan.....	\$3,450
15. David Domian.....	\$6,230	66. Paul Guyot.....	\$3,361
16. Phil Jozwiak.....	\$5,990	67. Konrad Sauer.....	\$3,332
17. Michael Haskell.....	\$5,940	68. John Morgenthaler.....	\$3,295
18. Paul Ogier.....	\$5,795	69. Andrew Walshaw.....	\$3,295
19. Mary Kikta.....	\$5,682	70. Joel Kichline.....	\$3,280
20. William Fechter.....	\$5,640	71. Barby Wulff.....	\$3,235
21. Christie Cange.....	\$5,462	72. James Bick.....	\$3,220
22. Anne Goodwillie.....	\$5,440	73. Mike Weltmer.....	\$3,215
23. Martha Kroeger.....	\$5,430	74. Justin Kelley.....	\$3,210
24. Gordon Spainhower.....	\$5,428	75. Tina Micke.....	\$3,194
25. Olivia Reeve.....	\$5,415	76. Kathy McHugh.....	\$3,180
26. Craig Snethen.....	\$5,340	77. Ron LaGarce.....	\$3,030
27. Donald Paddick.....	\$5,315	78. Susan Cutler.....	\$2,980
28. William Frields.....	\$5,265	79. David Rehg.....	\$2,960
29. James Schulz.....	\$5,210	80. David Goodwillie.....	\$2,995
30. Gary Hemmer.....	\$5,185	81. Scott Bernstein.....	\$2,935
31. Eric Vanzo.....	\$5,155	82. Deborah Frank.....	\$2,916
32. Paula Hildebrand.....	\$5,125	83. Anne Thomasson.....	\$2,860
33. Karl Kuehn.....	\$5,050	84. Rose Ohse.....	\$2,809
34. Glenn Jansen.....	\$5,015	85. Mike Kelsch.....	\$2,785
35. Richard Schainker.....	\$5,007	86. Marissa Walters.....	\$2,760
36. Mark Dana.....	\$4,889	87. Beth Ann Camarata.....	\$2,755
37. Robert Cusworth.....	\$4,870	88. Rebecca Goodwillie.....	\$2,725
38. James Mealey.....	\$4,630	89. Erik Herzog.....	\$2,725
39. Joe Mooney, Jr.....	\$4,602	90. Don Wright.....	\$2,725
40. Kevin Howe.....	\$4,575	91. Rudi Cavataio.....	\$2,700
41. Carl Hogan.....	\$4,500	92. Marianne Bouras.....	\$2,690
42. Rick Rovak.....	\$4,369	93. John Phillips.....	\$2,679
43. Sheila Miranda.....	\$4,257	94. Tim Jenny.....	\$2,635
44. Bud Straumann.....	\$4,230	95. Steve Blase.....	\$2,625
45. Thomas Pohlman.....	\$4,205	96. Larry Burmeister.....	\$2,610
46. Kristin Robinson.....	\$4,200	97. Bridget Doherty.....	\$2,600
47. Scott Kolbe.....	\$4,120	98. Susan Sczepanski.....	\$2,571
48. Terry Hoffman.....	\$3,860	99. Josie McDonald.....	\$2,540
49. Joe Fechter.....	\$3,835	100. Daniel Bauer.....	\$2,535
50. Mary Fasciotti.....	\$3,785	101. Rob Schlumpberger.....	\$2,535
51. Steve Johnson.....	\$3,715	102. Trissa Hollowell.....	\$2,435



103. Matthew Hoefert .....	\$2,425
104. Rick Weinstein .....	\$2,399
105. David White .....	\$2,333
106. Jennifer Luner .....	\$2,331
107. Matt Padberg .....	\$2,280
108. Timothy Landskroener .....	\$2,276
109. David Gudermuth .....	\$2,275
110. Paul Trelford .....	\$2,270
111. J. Brendon Gallagher .....	\$2,255
112. Richard MoneyMaker .....	\$2,250
113. Gary Zenk .....	\$2,250
114. Cindy Schulte .....	\$2,235
115. Trevor Niebrzydowski .....	\$2,223
116. Randy Meisner .....	\$2,215
117. Pamela Wucher .....	\$2,215
118. Dave Duy .....	\$2,195
119. Jim Zacks .....	\$2,190
120. Becky Hedberg .....	\$2,170
121. John Dirnberger .....	\$2,161
122. Josh Bergman .....	\$2,136
123. Robert Petch .....	\$2,130
124. Valerie Hewitt .....	\$2,124
125. Stephanie Haenchen .....	\$2,115
126. Bill Sinak .....	\$2,110

127. Edward Dahl .....	\$2,108
128. Steven Haenchen .....	\$2,105
129. Roel Harryvan .....	\$2,105
130. David Wulff .....	\$2,090
131. Michael Boyle .....	\$2,086
132. Peggy Luber .....	\$2,085
133. Jenny Workman .....	\$2,076
134. Gary Kelley .....	\$2,063
135. Scott Karcher .....	\$2,045
136. Andrew Marting .....	\$2,025
137. Tripp Narup .....	\$2,011
138. Joseph Liefer .....	\$2,010
139. Curt Calcaterra .....	\$2,000
140. Adam Crutchfield .....	\$2,000
141. Beth Ellison .....	\$2,000
142. George Hildebrand .....	\$2,000
143. Andrew Kassel .....	\$2,000
144. Meredith Kenyon .....	\$2,000
145. Stephanie Lawrence .....	\$2,000
146. Jennifer Martin .....	\$2,000
147. Erik Morse .....	\$2,000
148. Greg Steinhoff .....	\$2,000
149. Mike Zychinski .....	\$2,000
150. Jean Matthews .....	\$1,985

*Today we ride.  
Tomorrow we  
find a cure.*

Moneta Group proudly salutes the Bike MS cyclists and fundraisers for their dedication to the National Multiple Sclerosis Society's mission to help those affected by MS stay active and moving forward.

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Congratulations to our Circle  
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Reached in 2014

**BJC HealthCare**

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**EXPRESS SCRIPTS®**

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**MONSANTO**



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THANK YOU STEERING, EVENT EXPERIENCE, LOGISTICS COMMITTEES AND BIKE MS STREET TEAMS FOR ALL YOUR HELP PREPARING FOR BIKE MS »

Dustyn Arney  
Ben Bier  
Dave Blackwell  
Adam Breeze  
Piper Brintnall  
Bill Carroll  
Rebecca Carroll  
Kyle Darnell  
Laurie DePriest  
Rich Edsell  
Gayle Gallagher  
Kent Gastreich  
Curt Grueneberg  
Al Guise  
Mike Hein  
Andy Held

Dan Hinkebein  
Trey Hogan  
Christina Horton Morris  
Sherri Houlihan  
Chris Houston  
Cheryl Isaac  
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## BIKE MS PRIZES »


The National MS Society offers great prizes to reward our top Bike MS fundraisers for their efforts. The more you raise, the better prize you can earn!

Prizes for all Bike MS participants raising the prize levels or more will be available from our online redemption partner, Summit. Reach for the stars and earn great prizes including commemorative clothing, fitness equipment, electronics, and more!

After our fundraising deadline on October 15, you will receive your prize redemption certificate in the mail or in your email. After you receive the certificate, visit Summit's website: <https://bikems.summitmg.com> and complete the online process to redeem your prize. Prizes are then shipped directly to you from Summit. However, if you choose the bike shop gift certificate OR the Bike MS jersey, the Gateway Chapter will mail these to you directly.

You can also decide to generously donate your prize back to the Gateway Chapter through our Mission First Club. To join, simply choose "Mission First" as your prize selection, and instead of receiving a prize, you'll receive the satisfaction of knowing those dollars are advancing our mission - a world free of MS!



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## BIKE MS PRIZE LEVELS » REMEMBER: PLEDGE DEADLINE IS OCTOBER 15

Bronze - \$500-\$999

Silver - \$1,000-\$2,499

Gold - \$2,500-\$4,999

Platinum - \$5,000-\$9,999

Diamond - \$10,000+

To redeem your prize, all donations must be post-marked by the fundraising deadline: October 15, 2017. Following the deadline, you'll receive a prize redemption form in the mail with specific instructions on how to choose your prize with a submission deadline. **Prize redemption forms received after the deadline will not be honored.**

## BIKE MS FUNDRAISING CLUBS »

### TOP 150 CLUB

Strive to be one of the top 150 fundraisers & be a member of the Top 150 Club.

Members will receive the following benefits & recognition at next year's ride:

- Top 150 Club recognition on bibs
- A unique Top 150 Club logoed item
- Special sign recognition at finish line
- VIP parking pass

### SPOKES CLUB

Spokes Club members (\$1,000 and up) will receive the following benefits & recognition at next year's ride:

- Yellow bib number indicating top fundraiser status
- Special sign recognition at finish line

### PASSPORT PROGRAM

Cyclists who have raised at least \$5,000 at Bike MS are eligible to become a member of the elite National Bike MS Passport Program, a special club for top fundraisers across the country. Members have the opportunity to ride in any other Bike MS ride without needing to meet the fundraising requirement. Select from many available Bike MS events and attend as many as you would like within one year from the date of the ride for which you raised \$5,000.

## "I RIDE WITH MS" PROGRAM »

"I Ride with MS" is a special National Multiple Sclerosis Society program that celebrates Bike MS cyclists who are also living with MS. Members of the IRWMS program enjoy special Bike MS VIP benefits and receive a complimentary "I Ride with MS" jersey. Participants are not only committed to cycling to create a world free of MS, but also serve to inspire all who are part of the MS movement. If you or someone you know would like to be part of the "I Ride With MS" program, please go to [gatewaybikems.org](http://gatewaybikems.org) to register.



 Biogen

## WEEKEND MEALS »

### FRIDAY, SEPTEMBER 8

#### DINNER • 5 - 7 P.M.

Meal served by LCCC Catering in the Commons Building for \$12/person with cash at the door.

- Garden salad w/ Ranch & Italian
- Cottage cheese salad
- Grilled chicken w/ smoked tomato Hollandaise
- Baked potato w/ cheese, salsa, onion, sour cream, bacon
- Macaroni & cheese
- Assorted cookies
- Iced tea & lemonade

### SATURDAY, SEPTEMBER 9

#### BREAKFAST • 6 - 8:30 A.M.

Meal served by Chris' Cakes of St. Louis in the Commons Building. **Wristband required.**

- Pancakes w/ butter & syrup
- Sausage
- Tang
- Milk
- Kaldi's coffee

#### LUNCH

75 Trail, 75 & 100 mile routes - Lion's Choice (9:30 A.M. - 3 P.M.)

- Real roasted beef sandwich
- Sliced turkey sandwich
- Veggie sandwich available from Subway
- Peanut butter & jelly sandwiches available
- Chips
- Assorted cookies
- Water & Gatorade

25 & 50 mile routes - Subway (9 A.M. - 3 P.M.)

- Deli ham or turkey sandwich
- Veggie option available
- Peanut butter & jelly sandwiches available
- Chips
- Assorted cookies
- Water & Gatorade

### SATURDAY, SEPTEMBER 9 (cont.)

#### DINNER • 5 - 8 P.M.

Meal served by LCCC Catering in the Commons Building. **Wristband required.**

- Kale Caesar salad w/ garlic bread
- Cheese tortellini alfredo w/ grilled chicken & roasted peppers
- Green beans & carrots
- Assorted desserts
- Iced tea & lemonade

### SUNDAY, SEPTEMBER 10

#### BREAKFAST • 6 - 8:30 A.M.

Meal served by Chris' Cakes of St. Louis in the Commons Building. **Wristband required.**

- Pancakes w/ butter & syrup
- Sausage
- Scrambled eggs
- Orange juice
- Milk
- Kaldi's coffee

#### LUNCH

50, 75 & 100 mile routes - Subway (8 A.M. - 3 P.M.)

- Deli ham or turkey sandwich
- Veggie option available
- Peanut butter & jelly sandwiches available
- Chips
- Assorted cookies
- Water & Gatorade

25 mile & Welcome Back meal - LCCC Commons (12 - 6 P.M.) **Wristband required.**

- BBQ pulled pork sandwich
- Southwestern black bean wrap w/ cheese
- Pasta salad
- Gourmet cookies
- Iced tea & lemonade

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