

2007 MS Bike Ride Catalog

ALABAMA

CHAPTER ADDRESS: Alabama Chapter
3840 Ridgeway Drive
Birmingham, AL

NAME TOUR: **John N. Whitaker Tour de Beach**
WEB SITE: nationalmssociety.org/alc
TOUR DATES: Fall 2007
LENGTH TOUR: 150 miles
START LOCATION: Orange Beach, Alabama

Meet the challenge...Make a difference...Ride the John N. Whitaker MS 150 Tour de Beach. Two days, 150 miles that will challenge and reward you like no other cycling event. Willpower versus fatigue. Training versus excuses. You versus yourself. The MS 150 Tour de Beach is a tour for all cyclists. This fully supported ride has rest stops every 8-10 miles, which include food, drink and restrooms. Bike mechanics, medical personnel, support wagons, police, route marshals, massage therapists and dedicated volunteers also support this extraordinary event. Cyclists will ride along the beautiful Gulf Coast and through Alabama's coastal towns while raising money and awareness for multiple sclerosis. This is a cycling event that you don't want to miss!

ARIZONA

CHAPTER ADDRESS: Arizona Chapter
315 South 48th Street, Suite 101
Tempe, AZ 85281

NAME TOUR: **Discount Tire MS 150 Best Dam Bike Tour**
WEB SITE: nationalmssociety.org/aza
TOUR DATES: October 28 – 29, 2007
LENGTH TOUR: 176 miles (Long route, short route 150)
START LOCATION Lake Pleasant Regional Park, Peoria, AZ

The 21st annual MS 150 Discount Tire Best Dam Bike Tour is a fully supported, two-day bike tour that attracts cyclists from 18 states and all over Arizona. An event that overnights in Salome, AZ, the Best Dam Bike Tour includes an overnight party featuring a band, DJ, mission speakers, a VIP Tent, and contests for all teams and riders.

ARKANSAS

CHAPTER ADDRESS: All America Chapter, Arkansas Division
1100 N. University, Suite 255
Little Rock, AR

NAME TOUR: **Regions Morgan Keegan MS 150 Bike Tour**
WEB SITE: nationalmssociety.org/arr
TOUR DATES: September 8 - 9, 2007
LENGTH TOUR: 150 Miles
START LOCATION: Petit Jean State Park

A fully supported weekend tour for all cyclists, the 23rd Annual Regions Morgan Keegan MS 150 Bike Tour has been coined “the epic ride” in Arkansas. Both days will begin and end at Petit Jean State Park in Morrilton, Arkansas. Join in on the fun, food and festivities

CALIFORNIA

CHAPTER ADDRESS: Northern California Chapter
150 Grand Avenue
Oakland, CA 94612

NAME TOUR: **Top Hat Classic Bike Tour**
WEB SITE: norcalmsbiketours.org
TOUR DATES: April 28, 2007
LENGTH TOUR: 1 day
START LOCATION: TBD

CHAPTER ADDRESS: Northern California Chapter
150 Grand Avenue
Oakland, CA 94612

NAME TOUR: **Waves to Wine**
WEB SITE: norcalmsbiketours.org
TOUR DATES: TBD
LENGTH TOUR: 150 miles
START LOCATION: TBD

CHAPTER ADDRESS: Pacific South Coast Chapter
5950 La Place Court, Suite 200
Carlsbad, CA 92008

NAME TOUR: **Land Rover Miramar MS 150 Bay to Bay Bike
Tour**
WEB SITE: ms150baytobay.org
TOUR DATES: October 13-14, 2007
LENGTH TOUR: 2 days and 100 or 150 miles
START LOCATION: Irvine, CA

The Land Rover Miramar MS 150 Bay to Bay Tour boasts a scenic route past some of Southern California's most beautiful coastline. The Bike Tour follows the Pacific south coast from scenic Orange County to beautiful San Diego. Communities along the route include Laguna Beach, Dana Point, San Clemente, Camp Pendleton, Oceanside Carlsbad, Encinitas, Cardiff by the Sea, Solana Beach, Del Mar, La Jolla, Pacific Beach and Mission Bay. Cyclists at all levels of expertise are sure to enjoy this unique weekend of fun, fitness, new friendships and the personal satisfaction of completing a 100 or 150 mile ride to help end the devastating effects of multiple sclerosis. Riders enjoy a coastline route, an overnight celebration, and a beautiful finish line.

CHAPTER ADDRESS: Pacific South Coast Chapter
5950 La Place Court, Suite 200
Carlsbad, CA 92008

NAME TOUR: TBD
WEB SITE: ms150baytobay.org
TOUR DATES: TBD
LENGTH TOUR: 1 day and 30, 50 or 100 miles
START LOCATION: TBD

COLORADO

CHAPTER ADDRESS: Colorado Chapter
700 Broadway, Suite 808
Denver, CO 80203

NAME TOUR: TBD
WEB SITE: nationalmssociety.org/coc
TOUR DATES: July 7 – 8, 2007
LENGTH TOUR: 2 days - 150 miles
START LOCATION: Broomfield, CO

DELAWARE

CHAPTER ADDRESS: Delaware Chapter
2 Mill Road, #106
Wilmington, DE 19806

NAME TOUR: **MS 150 Bike to the Bay**
WEB SITE: msdelaware.org
TOUR DATE: September 29 & 30, 2007
LENGTH TOUR: 150 Miles
START LOCATION: Del Tech Campus, Dover, DE

This tour consists of two days of cycling. It's for all cyclists and provides an opportunity to test your strength and character by taking on a personal challenge. Enjoy flat terrain as you travel through scenic farmlands from Dover to Rehoboth Beach.

FLORIDA

CHAPTER ADDRESS: Mid Florida Chapter
2701 Maitland Center Parkway, Suite 100
Maitland, FL 32751

NAME TOUR: **Bright House Networks MS 150 Bike Tour**
WEB SITE: nationalmssociety.org/flc
TOUR DATES: April 21 – 22, 2007
LENGTH TOUR: 150 miles
START LOCATION: Cypress Gardens, Winter Haven

On April 21st, 2000 enthusiastic cyclists will embark on a two-day ride from Cypress Gardens to Orlando and back on the Bright House Networks MS 150 Bike Tour.

Cyclists will be treated to an event filled weekend with a scenic route through some of Central Florida's best cycling roads, themed rest stops and celebration meals worthy of their tremendous efforts. Along the way, they'll be making friends and memories – all while making a difference for those with multiple sclerosis.

CHAPTER ADDRESS: North Florida Chapter
4237 Salisbury Road, Suite #406
Jacksonville, FL 32216

NAME TOUR: **PGA Tour MS 150 Bike Tour**
WEB SITE: nationalmssociety.org/FLN
TOUR DATES: September, 2007
LENGTH TOUR: 150 miles, 150 kilometers

START LOCATION: St. Augustine Airport

Join more than 2,000 riders as we travel over the beautiful back roads of North Florida, past rivers and along the Atlantic Ocean as we travel to Daytona Beach. Once there, enjoy a fabulous oceanfront pool party with great food and music. Wake to sunrise over the ocean and ride back north to the finish line celebration! Choose from 150 miles, 150 kilometers or a one day option.

GEORGIA

CHAPTER ADDRESS: Georgia Chapter
455 Abernathy Road, N.E., Suite 210
Atlanta, GA 30328

NAME TOUR: **Georgia Power MS 150 Savannah Challenge**
WEB SITE: nationalmssociety.org/gaa
TOUR DATE: May 5 – 6, 2007
LENGTH TOUR: 150 miles
START LOCATION: Savannah, Georgia

The Georgia Power MS 150 Savannah Challenge is a new and exciting way to cycle for a cause. Enjoy the lush scenery of Georgia's low country during this two-day ride that benefits the National Multiple Sclerosis Society, Georgia Chapter. Experience the beauty and history of the Old South in a safe, secure, fully supported route. We have assembled a team of exceptional volunteers to ensure rider safety and staff the breakpoints provided in the communities along the figure-eight route. An overnight celebration will mark the halfway point where participants and volunteers can share stories and make friends, and where those living with MS can see the time and effort devoted by others to help eradicate this disease. Help end the devastating effects of multiple sclerosis by joining us for the Georgia Power MS 150 Savannah Challenge.

CHAPTER ADDRESS: Georgia Chapter
455 Abernathy Road, N.E., Suite 210
Atlanta, GA 30328

NAME TOUR: **Cox MS 150 Atlanta Challenge**
WEB SITE: nationalmssociety.org/gaa
TOUR DATE: September 8 – 9, 2007
LENGTH TOUR: 150 miles
START LOCATION: Pine Mountain, Georgia

The 2007 Cox MS 150 Atlanta Challenge is endorsed by ardent cyclists and novices alike by providing a challenging 2-day, 150 mile fundraising ride through areas steeped in history and beauty. The COX MS 150 Atlanta is Georgia's largest MS 150 and is poised to have more than 1,200 riders and raise more than three quarters of a million dollars to benefit the National Multiple Sclerosis Society in 2007.

IDAHO

CHAPTER ADDRESS: All America Chapter
Idaho Division
1674 Hill Road, Suite 18
Boise, ID 83702

NAME TOUR: **Idaho Bowtie MS 150 Bike Tour**
WEB SITE: nationalmssociety.org/idi
TOUR DATES: September 15-16, 2007
LENGTH TOUR: 150 miles
START LOCATION: Boise, Idaho

This ride offers something for all riders from beginners to experts. Participants can choose to ride from 25 to 100 miles each day. A basic 50 mile route with 4 optional loops, two available each day...thus the name Bowtie! This is a family friendly event.

CHAPTER ADDRESS: All America Chapter
Idaho Division
1674 Hill Road, Suite 18
Boise, ID 83702

NAME TOUR: **Snake River MS Bike Tour**
WEB SITE: nationalmssociety.org/idi
TOUR DATES: TBD
LENGTH TOUR: 55 – 110 Miles
START LOCATION: Idaho Falls

Discover the beauty of the South Fork of the Snake River as it winds through Eastern Idaho. The ride starts in Idaho Falls and follows state route 26 North past the Ririe Dam, drops south through Swan Valley with the turn around point atop the Palisades Dam just a few miles from the Wyoming State line. Cool nights and mild July days provide a great ride along the Snake River with beautiful vistas stretching out for miles and miles. We'll camp overnight near Irwin after riding 62 miles the first day. After a hearty breakfast on Sunday morning, return to Idaho Falls and a victory dinner. Families are encouraged to meet the cyclists at our overnight camp site for dinner and the evening's entertainment. They are also invited to join us for Sunday night's dinner along with our riders, volunteers and sponsors.

ILLINOIS

CHAPTER ADDRESS: Greater Illinois Chapter
910 W. Van Buren 4th Floor
Chicago, IL 60607

NAME TOUR: **MS 150 Tour de Farms**
WEB SITE: ms150.msillinois.org
TOUR DATE: June 22 – 24, 2007
LENGTH TOUR: 35 miles in one day/up to 175 miles over two days
START LOCATION: Kaneland Middle School in Kaneland, Illinois

Experience two days of exhilarating riding on country roads that pass through Illinois' historic villages and charming towns. As a volunteer, bring fun and excitement to a great ride for a greater cause! Grab a sandwich in Sandwich, roll in for a snack in Rollo and enjoy a slice of watermelon in Waterman...the MS 150 Tour de Farms ride is packed with summertime fun with one mission...“Start to Finish MS”!

IOWA

CHAPTER ADDRESS: North Central States
1300 50th Street, Suite 106
West Des Moines

NAME TOUR: **Des Moines Cycle for the Cure MS 150 Bike
Tour**

WEB SITE: nationalmssociety.org/NTH

TOUR DATES: September 8 & 9, 2007

LENGTH TOUR: 2 days, 150 miles

START LOCATION: Des Moines, IA

Join those who have discovered the Des Moines MS 150 Bike Tour and ride to fight MS. The 2007 route will feature two loops around the Des Moines area. Participants will enjoy panoramic views of the Saylorville Lake area and expansive fields turning golden for harvest.

The Des Moines MS150 is a fully supported bike tour for biking enthusiasts of any level. All meals and frequent stops are included. The mechanical, medical and SAG support is second to none! A banquet is held on Saturday night and a fully catered meal is available at the Sunday finish. All you have to do is ride!

KANSAS

CHAPTER ADDRESS: Mid America Chapter
5442 Martway
Mission, KS 66205

NAME TOUR: **MS 150 Bike Tour**
WEB SITE: msmidamerica.org
TOUR DATE: September 8 – 9, 2007
LENGTH TOUR: Approximately 150 miles
START LOCATION: Kansas City, MO

The MS 150 Bike Tour combines heart and soul with sweat and smiles to provide a unique weekend experience. No matter who you are or how long you've been riding, the MS 150 Bike Tour has options to suit just about anyone. Now in its 24th year, the MS 150 Bike Tour offers a weekend of fun, traveling and an out-and-back route through scenic Missouri countryside. Over 2,000 cyclists will join you as you embark on this physical and philanthropic journey. You can ride as an individual or as part of a team. No matter which you choose, you'll finish the MS 150 Bike Tour with a sense of personal accomplishment and the satisfaction of knowing that you've made a difference.

CHAPTER ADDRESS: Mid America Chapter, Eastern Kansas Branch
5350 SW 17th Street
Topeka, KS 66604

NAME TOUR: **MS 150 Bike Tour**
WEB SITE: msmidamerica.org
TOUR DATES: September 22 – 23, 2007
LENGTH TOUR: Approximately 150 miles
START LOCATION: Topeka, KS

The Eastern Kansas MS 150 Bike Tour, considered one of the best-supported rides in Kansas, features a unique figure-8 route that takes participants on two scenic days of cycling. Washburn Rural High School, located southwest of Topeka, is the common start, overnight and finish line. This convenient location will add even more options for riders of all abilities. On Saturday, the route will head west to the rolling Flint Hills where riders will see wagon ruts as they cross a section of the Santa Fe Trail. After a good night's sleep and a hearty breakfast, Sunday's route will take riders on a journey through colorful fall foliage. Join us for the best Bike Tour around – the Eastern Kansas MS 150!

KENTUCKY

CHAPTER ADDRESS: Kentucky/Southeast Indiana Chapter
11700 Commonwealth Drive, Suite 500
Louisville, KY 40299

NAME TOUR: **MS 150 Bike the Bluegrass**
WEB SITE: nationalmssociety.org/KYW
TOUR DATE: TBD
LENGTH TOUR: 150 miles
START LOCATION: TBD

MARYLAND

CHAPTER ADDRESS: Maryland Chapter
11403 Cronhill Drive, Suite E-G
Owings Mills, MD 21030

NAME TOUR: **Tour de Shore**
WEB SITE: ms150-md.org
TOUR DATE: June 9 – 10, 2007
LENGTH TOUR: Ride with us for one day or two with route options
of 30, 75, 75, or 100 miles
START LOCATION: Salisbury University in Salisbury, MD

Join us as the MS Bike Ride returns to the beautiful Eastern Shore of Maryland and celebrates its 25th anniversary in 2007! The MS Bike Ride showcases some of the Eastern Shore's most scenic views. Featuring flat routes with little to moderate traffic, the MS Bike Ride is a ride you'll enjoy from start to finish. Well-stocked rest stops and friendly route support will be there to keep you refreshed, safe and enjoying the ride. The MS Bike Ride participants have the option to overnight in dorms at the campus of Salisbury University, the start and finish location of the ride. All meals are included, and a Saturday Night Celebration Party provides the opportunity for cyclists and teams to mix, mingle and be recognized for their contributions to the fight against MS. We can make a difference in the lives of 5,000 Marylanders living with MS and their families...This IS Why We Ride!

MASSACHUSETTS

CHAPTER ADDRESS: Central New England Chapter
101A First Avenue, Suite 6
Waltham, MA

NAME TOUR: **Great Mass Getaway**
WEB SITE: msnewengland.org
TOUR DATES: June 23 – 24, 2007
LENGTH TOUR: Two days, 75 or 100 miles on Saturday; 75 miles on Sunday
START LOCATION: Squantum Point Park on Boston Harbor, Quincy, MA

As the largest MS Bike Tour in New England, the Great Mass Getaway is one of the most unique bike tours in the country. The two-day, 150-mile journey starts in historic Quincy, the birthplace of two U.S. presidents. With the skyline of Boston in the background, 1,200 cyclists are treated to a rousing send-off. Pedaling through the coastal towns of the South Shore, cyclists enjoy views of the ocean, stately mansions, and quaint New England villages. A festive celebration concludes the first day of the event with live music, great food, and beer from Wachusett Brewing. Overnight accommodations are available in the dormitories of Massachusetts Maritime Academy or nearby motels. On Sunday, the route meanders through the picturesque scenery of Cape Cod. Once across the finish line in Provincetown, cyclists are treated to a finish celebration, and a rockin' party boat back to Quincy. Luggage and bike are transported by truck. Now in its twenty-third year, the Great Mass Getaway MS 150 Bike Tour is a cycling tradition.

CHAPTER ADDRESS: Central New England Chapter
101A First Avenue, Suite 6
Waltham, MA

NAME TOUR: **2007 MS Bike Tour**
WEB SITE: msnewengland.org

TOUR DATES: May 5, 2007
LENGTH TOUR: Road: 25, 50 or 100 kilometers; Off-road: 30K
START LOCATION: Martha's Vineyard High School, Oak Bluffs, MA

The 2007 MS Bike Tour kicks off in a truly spectacular setting – the island of Martha's Vineyard! This gem, off the south coast of Cape Cod, provides an unspoiled view of nature. With four routes, there is something for everyone regardless of cycling ability. The 25K route follows paved paths and is perfect for beginning cyclists and families. The 50K hugs the ocean as it winds its way around Edgartown and Oak Bluffs. And the 100K sees the entire island, including the rolling terrain and spectacular views in Aquinnah. Rest stops on all routes are at 10-15 mile increments. Mountain bikers rejoice! Commune with nature as you follow bridle paths and fire roads through the Correllus State Forest. You can come up for air at the halfway point of your ride, at a rest stop at the American Youth Hostel. Top off your liquids, grab a bite to eat, and get back to it. All routes begin and end at Martha's Vineyard High School. Join us for the annual kick-off party on Friday night and meet other cyclists.

CHAPTER ADDRESS: Central New England Chapter
101A First Avenue, Suite 6
Waltham, MA

NAME TOUR: **Start to Finish MS: Mill City Cycling Weekend**
WEB SITE: msnewengland.org
TOUR DATES: August 10 – 11, 2007
LENGTH TOUR: Friday: Pro Criterium Race, distance varies
Saturday: MS Bike Tour – 12, 25, 62 miles
Saturday: Kids Bicycle Safety Rodeo
Fri-Sat: Bicycling Expo
START LOCATION: Manchester, NH

This brand new event combines an MS Bike Tour with a professional criterium race, a Kids Bicycle Safety Rodeo and a Bicycling Expo. The fun kicks off on Friday night with the *Mill City Crit*, under the lights in downtown Manchester. Top bicycle manufacturers, dealers and advocacy organizations display their wares at the Bicycling Expo. Morning activities include the Kids Bicycle Safety Rodeo, and the start of the MS Bike Tour. The MS Bike Tour features routes of 12, 25 and 62 miles through Manchester and along the Merrimack River valley. Rest stops are located every 10-15 miles along each route. The bicycling fun goes all day, and is climaxed by a celebration highlighting the winners of the criterium, all of the kids in the Bike rodeo, and top fundraisers and teams for the MS Bike Tour.

CHAPTER ADDRESS: Central New England Chapter
101A First Avenue, Suite 6
Waltham, MA

NAME TOUR: **Bike & Hike the Bershires**
WEB SITE: msnewengland.org
TOUR DATES: September 29, 2007
LENGTH TOUR: Bike: 25, 50 or 100 miles; or Hike 4 or 8 miles
START LOCATION: Bousquet Skiing Resort, Pittsfield, MA

Whether you wear cycling shoes or hiking boots, you will make mountains of progress for MS! The 25-mile Apples & Antiques tour takes a leisurely route to apple orchards, antique shops, and area attractions. The 50-mile Fall Foliage Tour provides a moderate challenge on less-traveled roads, and visits the old Trinity Church, as made famous in Arlo Guthrie's *Alice's Restaurant*. The 75-mile Pumpkin Patch Tour provides additional challenges and spectacular scenery. For the ultimate cycling challenge, try the "100-mile Mt. Greylock Challenge", a century route that climbs Mt. Greylock, the highest peak in Massachusetts. Take to the trails on the basic or advanced Hikes on Mt. Greylock and see views of five states! With two hikes led by experienced guides, there is something for hikers of all abilities. All cyclists and hikers are treated to a Friday night Pasta Party at the Crowne Plaza Hotel and a post-event barbecue at Bousquet Skiing Resort.

MICHIGAN

CHAPTER ADDRESS: Michigan Chapter
21311 Civic Center Drive
Southfield, MI 48076

NAME TOUR: **MS Bike Tour**
WEB SITE: nationalmssociety.org/mig
TOUR DATE: June 9 – 10, 2007
LENGTH TOUR: 30, 150, 175 or 200 miles
START LOCATION: Byron Center High School

Grab your bike, a friend or two and your desire to help others and get ready for the experience of a lifetime on the Western Region MS Bike Tour. As you travel from Byron Center High School to Holland and back, you'll travel through rolling countryside and along the famed Lake Michigan shoreline. The scenery won't disappoint and neither will the company you'll keep throughout the two-day tour! The MS Bike Tour offers 30, 150, 175, or 200-mile road ride options. All routes are fully supported with well-stocked rest stops, numerous SAG vehicles and extensive medical support. So join us and the hundreds of other cyclists who come together each year to help fight the devastating effects of MS!

CHAPTER ADDRESS: Michigan Chapter
21311 Civic Center Drive
Southfield, MI 48076

NAME TOUR: **MS Bike tour**
WEB SITE: nationalmssociety.org/mig
TOUR DATE: July 14 – 15, 2007
LENGTH TOUR: 150, 175 or 200 miles
START LOCATION: Fenton Middle School

Rise to the challenge and get ready for the experience of a lifetime on the Mid-State MS Bike Tour. As you travel from Fenton to Michigan State University and back, you'll travel through some of the most beautiful countryside and small towns Michigan has to offer. The scenery won't disappoint and neither will the company you'll keep throughout the two-day tour! The MS 150 offers a 150, 175, or 200-mile, two-day road ride. All routes are fully supported with well-stocked rest stops, numerous SAG vehicles and extensive medical support. So join us and the hundreds of other cyclists who come together each year to help fight the devastating effects of MS!

CHAPTER ADDRESS: Michigan Chapter
21311 Civic Center Drive
Southfield, MI 48076

NAME TOUR: **2007 MS Mountain Bike Tour**
WEB SITE: nationalmssociety.org/mig
TOUR DATE: TBD
LENGTH TOUR: Several options between 22 and 42 miles
START LOCATION: TBD

MISSOURI

CHAPTER ADDRESS: Gateway Area Chapter
1867 Lackland Hill Parkway
St. Louis, MO

NAME TOUR: **MS 150 Bike Tour**
WEB SITE: gatewaymssociety.org
TOUR DATE: September 8 – 9, 2007
LENGTH TOUR: 40, 75 or 100-mile route options each day
START LOCATION: Columbia, MO

The Gateway Area Chapter's MS 150 Bike Tour is one of the most well-respected group rides in Missouri. Cyclists can choose from a 40, 75 or 100-mile route each day. Using a rally-style route allows them access to their vehicles before and after each day of riding. Fantastic SAG and mechanical support help them along the route. They also enjoy fully stocked rest stops with creative themes developed by volunteers. At the overnight, a festival environment with bands and an Anheuser-Busch beer garden greet them as they complete their first day. In the MS 150 Village, dozens of team tents are filled with cyclists reminiscing about their first day of riding and enjoying the amenities of their team tent.

CHAPTER ADDRESS: Mid America Chapter
5442 Martway
Mission, KS 66205

NAME TOUR: **Kansas City MS 150 Bike Tour**
WEB SITE: msmidamerica.org
TOUR DATE: September 8 – 9, 2007
LENGTH TOUR: Approximately 150 miles
START LOCATION: Kansas City, MO

CHAPTER ADDRESS: Mid America Chapter, Ozark Branch
1675-I East Seminole
Springfield, MO 65804

NAME TOUR: **FedEx Freight MS 150 Bike Tour**
WEB SITE: msmidamerica.org
TOUR DATES: September 15 – 16, 2007
LENGTH TOUR: Approximately 150 miles
START LOCATION: Springfield, MO

The FedEx Freight MS 150 Bike Tour, considered one of the best-supported rides in the Midwest, will take participants on a two-day journey of scenic Missouri countryside. Participants of this Ozark ride are in for some royal treatment. Full-service rest stops await you every 10-12 miles stocked with cool beverages, high-energy snacks and restroom facilities. Rest stops also feature trained medical staff and experienced bike mechanics ready and waiting to assist you. To top it all off, the FedEx Freight MS 150 Bike Tour features four fabulous meals during the weekend. In its 23rd year, the Ozark Bike Tour has much to offer the novice and experienced cyclists alike. Join us for this spirited ride and see just how great the MS 150 Bike Tour experience can be.

MONTANA

CHAPTER ADDRESS: All America Chapter
Montana Division
1629 Avenue, D, Suite 2-C
Billings, MT 59102

NAME TOUR: **ConocoPhillips MS Bike Tour**
WEB SITE: nationalmssociety.org/mtt
TOUR DATES: September 8 – 9, 2007
LENGTH TOUR: 145 Miles
START LOCATION: Pierce RV and Home Center
3800 Pierce Parkway
Billings, MT

The ConocoPhillips MS Bike Tour is 120 to 145 miles over two days, starting at Pierce RV and Homes, following a scenic route to the quaint town of Red Lodge, MT. This tour takes you through breath-taking scenery that offers a variety of skill levels for all riders. Riders will be over-night in Red Lodge with all activities being hosted at the Red Lodge Ski Mountain. The night will conclude under the Big Sky and all of its stars with a popular raffle for a road bike and an evening presentation and awards ceremony that will inspire you.

Day two begins with breakfast at Rock Creek Part before sending you on your way home. We ride to Billings, following a beautiful and less challenging route from Bearcreek, Belfy, Bridger and back onto Hwy 212. SAGs will be provided along the route. Rest stops with food and beverages are approximately every 12 miles. The ride concludes with a wonderful BBQ and cheering volunteers.

NEBRASKA

CHAPTER ADDRESS: Nebraska Chapter
7101 Newport Avenue, Suite 304
Omaha, NE 68152

NAME TOUR: **MS 150 Bike Tour**
WEB SITE: nationalmssociety.org/nen
TOUR DATES: June 30-July 1, 2007
LENGTH TOUR: 50, 75 or 100 miles (2 Day event)
START LOCATION: TBD

The MS 150 is a two day event, and the cyclists will choose the 50, 75 or 100 mile route. Lunch will be provided throughout the day to accommodate the cyclists' route options. There will be an overnight stay at a hotel along the route. Dinner, a program, and entertainment will be provided to cyclists throughout Saturday evening. Sunday morning, the cyclists will return to Seward, NE. Lunch and massage therapists will greet the cyclists at the finish line. All cyclists riding the MS Bike Tour are fully supported by professional bike mechanics, SAG Wagons, trained medical personnel, and water stops every 8-12 miles.

CHAPTER ADDRESS: Nebraska Chapter
7101 Newport Avenue, Suite 304
Omaha, NE 68152

NAME TOUR: **Celebrate Cycling**
WEB SITE: nationalmssociety.org/nen
TOUR DATES: TBD
LENGTH TOUR: 13, 35 or 50 miles
START LOCATION: TBD

This one-day cycling event is family oriented offering a kiddy loop, 13, 35 or 50 mile route. As always, prizes and giveaways are available as well as free food and drink at every water stop. All cyclists riding in the MS Bike Tour are fully supported by professional bike mechanics, SAG Wagons, trained medical personnel, and water stops every 8 – 12 miles.

NEVADA

CHAPTER ADDRESS: All America Chapter
Nevada Division
6000 S. Eastern Avenue, Suite 5C
Las Vegas, NV

NAME TOUR: **Gamblers' Classic**
WEB SITE: nationalmssociety.org/nv1
TOUR DATES: November 4 – 5, 2007
LENGTH TOUR: 164 miles
START LOCATION: Las Vegas Speedway

The Las Vegas Speedway will let us begin the ride with a lap around the track and then off we go through Valley of Fire, Overton and on to Mesquite. Saturday night we have dinner and fun! Day two we will travel directly from Mesquite back to the Speedway This ride is great for all ages and cycling abilities! We have rest stops every 10 miles with water, fruit, volunteers and a medic. We have plenty of SAG vehicles for those who do not wish to cycle the full route.

CHAPTER ADDRESS: All America Chapter
Great Basin Sierra Chapter
4600 Kietzke Lane, Ste. K225
Reno, NV

NAME TOUR: **Tour de Cure**
WEB SITE: nationalmssociety.org/nvn
TOUR DATE: September 8 – 9, 2007
LENGTH TOUR: Approximately 125 Miles
START LOCATION: Northstar at Tahoe

The 2007 Tour de Cure will take place in the Lake Tahoe area. The event will be a weekend to remember as cyclists are pampered from start to finish. Event participants will enjoy all of their provided meals, including a breakfast buffets and dinner on Saturday night catered by Outback Steakhouse of Reno. This will be an incredible ride, complete with rider support, rest stations, first aid, and enthusiastic volunteers cheering them along the way. The scenery along the route is breathtaking, with views of Lake Tahoe and Donner Lake.

NEW HAMPSHIRE

CHAPTER ADDRESS: Central New England Chapter
101A First Avenue, Suite 6
Waltham, MA

NAME TOUR: **Start to Finish MS: Mill City Cycling Weekend**
WEB SITE: msnewengland.org
TOUR DATES: August 10 – 11, 2007
LENGTH TOUR: Friday: Pro Criterium Race, distance varies
Saturday: MS Bike Tour – 12, 25, 62 miles
Saturday: Kids Bicycle Safety Rodeo
Fri-Sat: Bicycling Expo
START LOCATION: Manchester, NH

This brand new event combines an MS Bike Tour with a professional criterium race, a Kids Bicycle Safety Rodeo and a Bicycling Expo. The fun kicks off on Friday night with the *Mill City Crit*, under the lights in downtown Manchester. Top bicycle manufacturers, dealers and advocacy organizations display their wares at the Bicycling Expo. Morning activities include the Kids Bicycle Safety Rodeo, and the start of the MS Bike Tour. The MS Bike Tour features routes of 12, 25 and 62 miles through Manchester and along the Merrimack River valley. Rest stops are located every 10-15 miles along each route. The bicycling fun goes all day, and is climaxed by a celebration highlighting the winners of the criterium, all of the kids in the Bike rodeo, and top fundraisers and teams for the MS Bike Tour.

NEW JERSEY

CHAPTER ADDRESS: Greater North Jersey Chapter
1 Kalisa Way, Suite 205
Paramus, NJ

NAME TOUR: **MS 100 Bike Tour**
WEB SITE: njbmns.org
TOUR DATE: September 15 – 16, 2007
LENGTH TOUR: 100 miles
START LOCATION: Morristown, NJ

The MS 100 Bike tour 2 day event rides through the countryside of Morris and Somerset counties. This year will mark the 20th anniversary of the race.

CHAPTER ADDRESS: Mid Jersey Chapter
246 Monmouth Road
Oakhurst, NJ

NAME TOUR: **“Coast the Coast” Bike Tour**
WEB SITE: nationalmssociety.org/njm
OUR DATES: May 19 – 20, 2007
LENGTH TOUR: 25, 50 & 170-mile options
START LOCATION: Monmouth University

Join us at our “Coast the Coast” Bike Tour for a weekend adventure you’ll never forget! Last year, over 1,700 cyclists gathered for an exciting weekend of fun and fitness. Choose one of our three exhilarating tours.

The MS 170 is a challenging, fun weekend for the avid cyclist. Experience miles of sparkling water and seaside communities. You’ll travel along the Jersey coastline through resort areas to Victorian Cape May.

The MS 50 Bike Tour is a loop through picturesque shore towns. On Saturday, you will leave Monmouth University and pedal through charming Ocean Grove, around Spring Lake and back to our starting location for lunch.

The 25-mile MS “Family Fun Ride” is a perfect ride for your family. Begin on Saturday, and ride a loop through beautiful beachfront lanes and elegant mansions. Join us afterwards for lunch and a festive party!

CHAPTER ADDRESS: Mid Jersey Chapter
246 Monmouth Road
Oakhurst, NJ

NAME TOUR: **“Hops to Hops” Bike Tour**
WEB SITE: nationalmssociety.org/njm
TOUR DATES: September/October 2007 (tentative)
LENGTH TOUR: 40 miles
START LOCATION: River Horse Brewery

The 5th Annual “Hops to Hops” Bike Tour is a beautiful fall ride through scenic New Jersey. Ride the beautiful rolling hills of Amwell Valley while enjoying the breathtaking views of the fall foliage. You will start and end the 40 mile loop at the River Horse Brewery. Make a difference, taste the hops and see the fall colors!

NEW YORK

CHAPTER ADDRESS: Long Island Chapter
200 Parkway Drive South, Suite 101
Hauppauge, NY 11788

NAME TOUR: **MS Twin Forks Bike Tour**
WEB SITE: nmssli.org
TOUR DATE: September 15 – 16, 2007
LENGTH TOUR: 150 miles
START LOCATION: East Hampton

On day one of this exhilarating and challenging tour, your senses will be delighted by the most beautiful scenery Long Island's South Fork has to offer. The first day (50 miles or 75 miles) begins in Southampton, continues to Montauk Point Lighthouse for lunch, then on to Sag Harbor and Shelter Island.

Your overnight stay at the Quinipet Retreat on the shore of the Peconic Bay, will include festivities, great food and lots of fun. Riders are invited to stay in the lodges or camp out on the beautiful grounds. Either way, it's a great opportunity to spend time with other riders and meet new people.

After breakfast on day two, your 75 miles start with a ferry ride to the nautical village of Greenport and on to Orient Point for a brief rest. The tour then heads west for miles of breathtaking scenery on the North Fork past farmland, vineyards and horse-filled acreage. Lunch will be served at the charming Cooperage Inn of Baiting Hollow. Your second day will finish in Southampton where you will be welcomed and celebrated for completing the 150 mile tour.

CHAPTER ADDRESS: New York City Chapter
30 West 26th Street, 9th Floor
New York, NY

NAME TOUR: **New York City MS Bike Tour**
WEB SITE: nycmsbiketour.org
TOUR DATES: TBD
LENGTH TOUR: 30, 60 & 100 mile routes
START LOCATION: TBD

The MS Bike Tour is the only cycling event in New York City that allows riders to circle Manhattan traffic free on FDR, Harlem River Drive, and West Side Highways, all of which are closed to traffic. Riders taking the longer routes also ride through a closed tube of the Lincoln Tunnel. The 2007 event will see nearly 5,000 riders raising \$2.3 million for the fight against MS.

CHAPTER ADDRESS: Upstate New York Chapter
1650 South Ave. Ste. 100
Rochester, NY

NAME TOUR: **MS Bike Tour**
WEB SITE: msupstateny.org
TOUR DATES: September 15-16, 2007
LENGTH OF TOUR: Variety of route lengths
STATE LOCATION: Buffalo, NY Area (exact location to be determined) overnight at Dunkirk, NY at the Clarion

The MS Bike Tour in the Buffalo Region is a two day cycling event with a variety of route options and an overnight at the Clarion Hotel in Dunkirk, NY. The route travels along the beautiful Lake Erie.

CHAPTER ADDRESS: Upstate New York Chapter
1650 South Ave. Ste. 100
Rochester, NY

NAME TOUR: **North Country MS Bike Tour**
WEB SITE: msupstateny.org
TOUR DATES: July 14, 2007
LENGTH OF TOUR: Variety of route lengths
STATE LOCATION: Buffalo, NY Area

CHAPTER ADDRESS: Upstate New York Chapter
1650 South Ave. Ste. 100
Rochester, NY

NAME TOUR: **Finger Lakes MS Bike Tour**
WEB SITE: msupstateny.org
TOUR DATES: August 11 & 12 or August 18 & 19, 2007
LENGTH OF TOUR: Variety of route lengths
STATE LOCATION: Rochester, NY Area (exact location to be determined)

The Finger Lakes MS Bike Tour travels through the Finger Lakes Wine Region with the route passing by beautiful lakes and countryside over the course of two days. Beautiful scenery is always visible for this Tour along with a festive overnight!

NORTH CAROLINA

CHAPTER ADDRESS: Central North Carolina Chapter
2211 W. Meadowview Road, Suite 30
Greensboro, NC 27407

NAME TOUR: **2007 BB&T MS Tour to Tanglewood**
WEB SITE: nationalmssociety.org/ncc
TOUR DATES: TBD – 2nd or 3rd week of September 2007
LENGTH TOUR: 90 miles
START LOCATION: Volvo Trucks of North America, Greensboro, NC

We invite you on an unforgettable journey through North Carolina's rolling countryside. More than 1,400 cyclists will cruise along scenic courses that include generous amenities, charming landscapes and spirited festivities.

You choose – Take our special 20th anniversary, 20-mile ride Saturday beginning and ending at Tanglewood Park. Or, enjoy the two-day, 90-mile route from Volvo Trucks North America in Greensboro to Tanglewood Park west of Winston-Salem. On Sunday, after an evening of great food and live music, you'll ride back to Greensboro for a hero's welcome. You provide the commitment and leg power, we'll provide the rest...fully stocked rest stops, mechanical and medical support, an event t-shirt, meals, soft drinks, beer, massage therapists, family friendly activities, campsites and shuttles to nearby hotels or back to Greensboro.

CHAPTER ADDRESS: Eastern North Carolina Chapter
3101 Industrial Drive, Suite 210
Raleigh, NC

NAME TOUR: **MS Bike Tour**
WEB SITE: msbike.org
TOUR DATE: September 8 – 9, 2007
LENGTH TOUR: 30, 75 or 100 miles
START LOCATION: Historic New Bern, NC

For two days, be swept away in our quest to unlock the mysteries of MS! The Eastern North Carolina tour challenges the experienced rider while ensuring the success of all riders throughout its range of mechanical, physical and emotional support. Each day, enjoy 30, 75 or 100 miles. At night, enjoy the festive atmosphere of the Magical Mystery Tour and historic New Bern.

CHAPTER ADDRESS: Mid Atlantic Chapter
9081-I Southern Pines Blvd.
Charlotte, NC

NAME TOUR: **Savannah River Ride**
WEB SITE: nationalmssociety.org/ncp
TOUR DATES: August 19 – 20, 2007
LENGTH TOUR: 150 miles/2 days
START LOCATION: Savannah Lakes Resort

The MS 150 Savannah River is a two-day ride along the scenic Savannah River in McCormick, SC. This ride is designed to be family friendly for all cyclists from beginners to experts, with an option of choosing two routes, the 35 mile or 75 mile ride. Savannah River Ride is a beautiful, scenic trip and is perfect for cyclists looking for challenge, but with fewer miles and a less intense ride. Nestled on the banks of the Strom Thurmond Reservoir, the Savannah River Ride is hosted by the Savannah Lakes Resort. Boat rentals, hiking, golf and other activities are available for friends and family. Registration for this event is capped at 500.

CHAPTER ADDRESS: Mid Atlantic Chapter
9081-I Southern Pines Blvd.
Charlotte, NC

NAME TOUR: **Breakaway to the Beach**
WEB SITE: nationalmssociety.org/ncp
TOUR DATES: September 16 – 17, 2007
LENGTH TOUR: 150 miles/2 days
START LOCATION: Multiple Cities

Join 2,000 cyclists from across the country as they ride in the premier cycling event of the southeast, the National MS Society, Mid-Atlantic Chapter's annual Breakaway to the Beach Bike tour. This two-day, 150 mile cycling event begins in multiple cities in North and South Carolina and finishes in beautiful North Myrtle Beach. Overnight festivities take place on the infield of NASCAR's famed track, Darlington International Raceway. Even if you are not a race fan, you will be awe inspired and entertained by the sites and sound of the speedway. Breakaway to the Beach is the largest cycling event in the Southeast, and is a ride for all cyclists. In 2006, over 2,100 participants rose to the challenge, and helped make a difference in the lives of individuals living with MS.

NORTH DAKOTA

CHAPTER ADDRESS: North Central States-Fargo Office
100 – 4th Street South, Ste LL14
Fargo, ND

NAME TOUR: **North Dakota MS 150 Bike Tour**
WEB SITE: dakotamsbike.org
TOUR DATES: July 28 –29, 2007
LENGTH TOUR: 150 miles
START LOCATION: Fargo, ND

Join the North Dakota MS150 Bike tour “family” of cyclists as they pedal through the Red River Valley Region of North Dakota. The 2007 route will be a figure-8 route from the border cities of Fargo, ND & Moorhead, MN. As you ride through the cities and out into the vast valley, you will cruise past some of the most fertile farmland in the United States that produce sunflowers, soybeans, potatoes and more! The North Dakota MS150 is a fully supported bike tour for biking enthusiasts of any level. All meals and frequent rest stops are included. The mechanical, medical and SAG support is second to none! A banquet is held on Saturday night and a fully catered meal is available at the Sunday finish. Join us for our 20th Anniversary and endure for a cure!

OHIO

CHAPTER ADDRESS: Ohio Buckeye Chapter
6155 Rockside Road, Ste. 202
Independence, OH 44131

NAME TOUR: **MS 150 “Pedal to the Point” Bike Tour**
WEB SITE: msohiobuckeye.org
TOUR DATES: August 18 – 19, 2007
LENGTH TOUR: 30, 75, 100 and 150 mile route options
START LOCATION: Cuyahoga County Fairgrounds, Berea

For two decades, thousands of cyclists have made their way from the Cuyahoga County Fairgrounds in Berea to Sandusky in support of the fight against MS. Multiple route options (30, 75, 100 and 150) exist for all riders – at all age, experience and ability levels. The tour is fully supported with frequent rest stops, an abundance of food, medical and mechanical support and dedicated volunteers and staff. Cyclists riding for two days and collecting a minimum of \$200 in pledges are rewarded with a ticket to Cedar Point or Soak City upon their arrival in Sandusky. Fabulous prizes await those who shift their fundraising efforts into high gear.

CHAPTER ADDRESS: Ohio Valley Chapter
4460 Lake Forest Drive, Suite 236
Cincinnati, OH 45242

NAME TOUR: **Kroger Brand MS 150**
WEB SITE: fightmstoday.org
TOUR DATES: July 7 – 8, 2007
LENGTH TOUR: 150 miles
START LOCATION: Roberts Convention Centre, Wilmington, OH

This event is a 2-day ride with both a 50 mile and 75 mile a day option. The route is fully supported with SAG, First Aid, and mechanics. Our overnight is at the University of Dayton where riders are housed in dormitories. Our riders ride the same route both days.

OKLAHOMA

CHAPTER ADDRESS: Oklahoma Chapter
4606 E. 67th Street, Bldg. 7, Ste. 103
Tulsa, OK

NAME TOUR: **Oklahoma MS 150 Bike Tour**
WEB SITE: nationalmssociety.org/oke
TOUR DATES: September 22-23, 2007
LENGTH TOUR: 150 miles
START LOCATION: SouthCrest Hospital, Tulsa, OK

The Oklahoma MS 150 Bike Tour takes cyclists through beautiful northeast Oklahoma scenery as they pedal to Camp Gruber near Muskogee. The start and finish takes place at SouthCrest Hospital in Tulsa. The route is a “rider friendly” route for beginner to advanced cyclists. Cyclists can choose to ride 50, 100 or any distance, and are encouraged to take advantage of the SAG (Support and Gear) vehicles and rest stops along the route. People can participate in the MS Bike tour individually or as a team. This fun-filled weekend includes excellent food, company and of course, great cycling. Ride into the early fall by pedaling toward a cure for MS in this great tour.

OREGON

CHAPTER ADDRESS: Oregon Chapter
104 SW Clay Street
Portland, OR 97201

NAME TOUR: **MS 150 Bike Tour**
WEB SITE: ms150oregon.com
TOUR DATES: August 4 – 5, 2007
LENGTH TOUR: Multiple options from 33 - 180 miles over two days
START LOCATION: Forest Grove, OR

The Oregon MS 150 Bike Tour invites you on an unforgettable, two-day journey through Oregon's wine country and woodlands. Cruise along scenic figure-eight courses that include generous amenities, stunning landscapes, stops at spectacular vineyards, and spirited festivities. A unique figure-eight route means there are no luggage or rider transfers required. Both days begin and end from the same location. All routes are fully supported with frequent rest stops, and overnight accommodation options include camp sites and dorm rooms.

The MS 150 Bike Tour offers lively camaraderie and a good workout. All meals are included, and along your trek you can refresh at some of Oregon's most picturesque vineyards. At the Rider Village, celebrate Saturday night and again at the finish line with music, microbrews, and a glass of one of Oregon's best wines.

PENNSYLVANIA

CHAPTER ADDRESS: Allegheny District Chapter
506 3rd Avenue
Duncansville, PA

NAME TOUR: **MS Keystone Country Ride**
WEB SITE: nationalmssociety.org/pax
TOUR DATES: July 21 & 22, 2007
LENGTH TOUR: 150 miles
START LOCATION Hollidaysburg

The Keystone Country Ride is a two-day loop that runs over 150 miles of scenic back roads of Pennsylvania. The Bike Tour will begin Saturday morning with cyclists gathering at Hollidaysburg Area High School (two miles outside of Altoona, PA) to begin the 150 mile ride. Cyclists will travel picturesque back roads and rolling hills to State College, PA where they lodge overnight at the historic Nittany Lion Inn in the heart of the Penn State campus. Sunday morning, cyclists enjoy a hearty breakfast at the hotel before continuing to cycle in a different scenic loop back to Hollidaysburg. There, the riders can continue to enjoy lunch and the company of cheering volunteers and new friends they have made along the way.

CHAPTER ADDRESS: Allegheny District Chapter
1040 Fifth Street
Pittsburgh, PA 15219

NAME TOUR: **Escape to the Lake (Erie)**
WEB SITE: nmss-pgh.org
TOUR DATES: June 9-10, 2007
LENGTH TOUR: 150 miles
START LOCATION Cranberry Township, PA
(Three Rivers Aluminum Company)

Join us as the Escape to the Lake (Erie) MS 150 Bike Tour celebrates 22 years of great cycling for riders of all levels. The tour offers a century option, challenging enough to give the seasoned rider a good work out, while the rolling hills will make it doable for families with young teens. The Escape to the Lake is a two day, one-way cycling adventure that begins North of Pittsburgh and travels to the shores of Lake Erie in Conneaut, Ohio. Cyclists travel the first day through the scenic back roads of Western Pennsylvania, stay overnight at Allegheny College, with their choice of campus lodging, camping on the college grounds or hotel accommodations. The ride continues on Sunday with a festive finish on the beaches of Lake Erie. Take in beautiful scenery while enjoying lunch with new friends, enthusiastic volunteers and memories that will last until the next tour begins.

CHAPTER ADDRESS: Central Pennsylvania Chapter
2040 Linglestown Road
Harrisburg, PA

NAME TOUR: **MS Bike Tour**
WEB SITE: nationalmssociety.org/pac
TOUR DATES: July 21 – 22, 2007
LENGTH TOUR: 25, 50 and 75 mile route options each day and a
100 mile option on Saturday.
START LOCATION: Millersville University, Millersville, PA

The 2007 Bike Tour will feature a new start/finish location and new routes. The tour will start and overnight at Millersville University, Lancaster County. In addition to the 25, 50 and 75 mile routes Saturday will feature a 100 mile route. Cyclists have the option to ride either one or two days. Riders will enjoy a fully stocked rest stop of donated snacks and beverages every 12-15 miles along the routes. Saturday night features a good meal, social time and entertainment, as cyclists prepare for day two. Participants are welcomed back to the college with a finish-line celebration.

CHAPTER ADDRESS: Greater Delaware Valley Chapter
One Reed Street, Suite 200
Philadelphia, PA

NAME TOUR: **20th Anniversary MS PA Dutch Bike Tour**
WEB SITE: ms150biketour.org
TOUR DATE: September 21-22, 2007
LENGTH TOUR: Various one and two-day route options
START LOCATION: Southeastern PA area

Join nearly 1,000 cyclists for the 20th Anniversary Tour as we celebrate our tradition of being the most beautiful ride in southeastern PA! Travel back in time with this scenic ride through the heart of Pennsylvania's Amish communities and farmlands. Don't be surprised as you ride alongside horse and buggies while traveling on back country roads. Pass through historic landmarks and favorite PA Dutch attractions as you make your way towards the Lancaster area for a festive finish line celebration! Choose Your Ride, Your Challenge, Your Commitment! There's a route for everyone – choose from four route options and ride one or two days. First-time event participants can choose the easier, shorter route. While extreme cyclists looking for a hard-core challenge can do the Double Dutch Century. Plus, we offer many mileage options in between to suit your personal challenge.

CHAPTER ADDRESS: Greater Delaware Valley Chapter
One Reed Street, Suite 200
Philadelphia, PA

NAME TOUR: **MS 150 City to Shore Bike Tour**
WEB SITE: ms150biketour.org
TOUR DATE: September 29 – 30, 2007
LENGTH TOUR: Various one and two-day route options
START LOCATION: PATCO-Woodcrest Station, Cherry Hill, NJ

Named by *Bicycling Magazine* as the “Best Cycling Getaway in NJ,” the 26th annual MS 150 City to Shore Bike Tour promises you the best cycling journey on the east coast.

Ride with nearly 7,000 cyclists of all ages and cycling abilities for the challenge of your choice with over 3 route options. Enjoy flat terrain as you travel through blueberry fields and the NJ pine barrens and into the sweet smells of salt water taffy and ocean air in historic Ocean City, NJ.

Experience the excitement and camaraderie of traveling many miles with thousands of fellow cyclists with one mission: to end the devastating effects of MS. Join us for the adventure of a lifetime!

RHODE ISLAND

CHAPTER ADDRESS: Rhode Island Chapter
205 Hallene Road, Suite 209
Warwick, RI 02886

NAME TOUR: **The Fidelity Investments MS 150 Bike Tour**
WEB SITE: ms150ri.com
TOUR DATES: June 23 – 24, 2007
LENGTH TOUR: 25, 75, 100, 150, 175 miles
START LOCATION: East Providence, RI

Join 700 other dedicated cyclists as you spend the best weekend on a bicycle seat. On the Fidelity Investments MS Bike Tour, you will start from East Providence High School and enjoy a scenic 75 miles, winding your way along the picturesque shoreline to the overnight at Salve Regina in Newport. For an extra challenge, cyclists may opt to complete a century ride on day 1, Saturday. A finish-line cook-out, entertainment and a full dinner await you at Salve Regina.

On Sunday, cyclists return 75 miles to East Providence on a different coastal route, with much anticipated and unique crossing of the Newport and Jamestown Bridges, to enjoy a finish-line BBQ with music and more! Friends and family can join in the fun with participants in our MS25-Quick Ride, starting and ending at East Providence High School!

SOUTH CAROLINA

CHAPTER ADDRESS: Mid Atlantic Chapter
9081-I Southern Pines Blvd.
Charlotte, NC

NAME TOUR: **Savannah River Ride**
WEB SITE: nationalmssociety.org/ncp
TOUR DATES: August 19 – 20, 2007
LENGTH TOUR: 150 miles/2 days
START LOCATION: Savannah Lakes Resort

The MS 150 Savannah River is a two-day ride along the scenic Savannah River in McCormick, SC. This ride is designed to be family friendly for all cyclists from beginners to experts, with an option of choosing two routes, the 35 mile or 75 mile ride. Savannah River Ride is a beautiful, scenic trip and is perfect for cyclists looking for challenge, but with fewer miles and a less intense ride. Nestled on the banks of the Strom Thurmond Reservoir, the Savannah River Ride is hosted by the Savannah Lakes Resort. Boat rentals, hiking, golf and other activities are available for friends and family. Registration for this event is capped at 500.

CHAPTER ADDRESS: Mid Atlantic Chapter
9081-I Southern Pines Blvd.
Charlotte, NC

NAME TOUR: **Breakaway to the Beach**
WEB SITE: nationalmssociety.org/ncp
TOUR DATES: September 16 – 17, 2007
LENGTH TOUR: 150 miles/2 days
START LOCATION: Multiple Cities

Join 2,000 cyclists from across the country as they ride in the premier cycling event of the southeast, the National MS Society, Mid-Atlantic Chapter's annual Breakaway to the Beach Bike tour. This two-day, 150 mile cycling event begins in multiple cities in North and South Carolina and finishes in beautiful North Myrtle Beach. Overnight festivities take place on the infield of NASCAR's famed track, Darlington International Raceway. Even if you are not a race fan, you will be awe inspired and entertained by the sites and sound of the speedway. Breakaway to the Beach is the largest cycling event in the Southeast, and is a ride for all cyclists. In 2006, over 2,100 participants rose to the challenge, and helped make a difference in the lives of individuals living with MS.

SOUTH DAKOTA

CHAPTER ADDRESS: North Central States Chapter, Sioux Falls Office
3800 W Technology Cir, Suite 201
Sioux Falls, SD 57106

NAME TOUR: **Sioux Falls MS 150 Bike Tour**
WEB SITE: dakotamsbike.org
TOUR DATES: August 4 – 5, 2007
LENGTH TOUR: 150 miles
START LOCATION: Sioux Falls, SD

You are invited to join over 300 cyclists for the 22nd Annual Sioux Falls MS 150 Bike Tour. The tour will take cyclists on a scenic journey from Sioux Falls to Brookings and back. Participants will enjoy open roads and views of the beautiful South Dakota countryside. The route takes riders through many small, inviting communities, and includes an overnight stay at South Dakota State University.

The Sioux Falls MS 150 is a fully supported bike tour for biking enthusiasts of any level. All meals and frequent rest stops are included. The mechanical, medical and SAG support is second to none! A banquet is held on Saturday night and a fully catered meal is available at the Sunday finish. Join us and endure for a cure!

CHAPTER ADDRESS: North Central States Chapter, Rapid City Office
1719 West Main St, Suite 103
Rapid City, SD 57702

NAME TOUR: **Black Hills MS 150 W.R.A.T.H.**
WEB SITE: dakotamsbike.org

TOUR DATES: September 22 – 23, 2007
LENGTH TOUR: 150K
START LOCATION: Rapid City, SD

Are you ready for the Weekend Ride Around The Hills (W.R.A.T.H.)? If so, the Black Hills W.R.A.T.H. MS 150 is just for you. The ride is a challenge, but so is living with MS. In its third year, the W.R.A.T.H. has quickly distinguished itself as the premiere cycling event in the Black Hills of South Dakota. Participants are treated to some of the most beautiful scenery in the nation, including Mt. Rushmore, Custer State Park, Crazy Horse Memorial, and the historic communities of Hill City, Keystone and Custer. This route winds through the Needles Highway, taking cyclists down 360 degree pig-tail bridges, through tunnels, switchbacks and alongside national treasures. Along the route, look for wildlife such as wild burros, buffalo, prairie dogs and antelopes. If you believe South Dakota is flat, you will have a painful reality check in day one at about mile five! Please come to this ride with a well-tuned body and bike. We want you to enjoy the scenery of the beautiful Black Hills from the seat of your bicycle, with a smile on your face...not from an air conditional SAG wagon (though plenty will be available). Once you have ridden all the other MS 150s, come to the W.R.A.T.H.

TENNESSEE

CHAPTER ADDRESS: Mid South Chapter
4219 Hillsboro Road, Suite 306
Nashville, TN

NAME TOUR: **MS Bike Tour – FedEx Express “Rock-n-Roll”**
WEB SITE: msmidsouth.org
TOUR DATE: September 15 – 16, 2007
LENGTH TOUR: 150-mile
START LOCATION: Graceland – Memphis, TN

The first day of the “Rock-n-Roll” begins at Graceland, the home of the “king” in Memphis, TN and is approximately 150 miles of rolling road on the way to Tunica, Mississippi – “Casino Capital of the South”. This ride is considered a tour for all cyclists, offering a variety of rolling hills and flats through the back roads of Northern Mississippi. When you arrive at the Casino and check in to your hotel room, treat yourself to a hot shower, jump in the pool, or try your luck at a hand of Black Jack or a Lucky 7’s slot machine. Later that evening, you will enjoy dinner and entertainment in the Banquet Hall and Millennium Theatre at the Gold Strike. Wake up the next morning to a fully catered breakfast before you saddle back up and head back to Graceland for the Survivor’s Party!

CHAPTER ADDRESS: Mid South Chapter
4219 Hillsboro Road, Suite 306
Nashville, TN

NAME TOUR: **MS Bike Tour – Jack Daniel’s “Bike to Jack & Back”**
WEB SITE: msmidsouth.org
TOUR DATES: October 7 – 8, 2007
LENGTH TOUR: 100 or 150 miles
START LOCATION: Page High School – Franklin, TN

The first day of the Jack Daniel’s – “Bike to Jack & Back” starts in Franklin, TN at Page High School and finishes at Motlow State Community College in Lynchburg, TN. This is a beautiful, scenic ride through Tennessee’s countryside just on the brink of fall. When you arrive at Motlow State, treat yourself to a massage, a hot shower, set-up your campsite and then catch the bus to Jack Daniel’s to take a tour of their incredible distillery. Later that evening you will enjoy all of the Jack Daniel’s bar-b-que and catfish that you can eat during the program on the hill under the pavilion overlooking a gorgeous sunset. Wake up the next morning to a full-catered breakfast provided by Miss Mary Bobo’s Boarding House. After that, it’s time to saddle up and head back to Franklin, TN for the finish line celebration!

CHAPTER ADDRESS: Mid South Chapter
4219 Hillsboro Road, Suite 306
Nashville, TN

NAME TOUR: **MS Bike Tour – Mayfield Dairy Farms “Scenic Mountain Challenge”**
WEB SITE: msmidsouth.org
TOUR DATES: August 25 – 26, 2007
LENGTH TOUR: 150-mile
START LOCATION: Mayfield Dairy Farms – Athens, TN

The first day of the scenic Mountain Challenge starts in Athens, TN at the Mayfield Dairy Farms and finishes in beautiful Townsend, TN. This is a challenging, scenic ride through East Tennessee’s valleys and mountainsides. When you arrive at Townsend, treat yourself to a hot shower, set up your overnight site or check into your hotel room at the Best

Western Valley View Lodge. And if you are up to it, enjoy the local outdoor attractions such as rafting, horseback riding, and much more. Later that evening, you will enjoy dinner and entertainment while watching the sunset surrounded by the beautiful mountain scenery. Wake up the next morning to a fully catered breakfast before you saddle back up and head back to Athens, TN for the finish celebration!

TEXAS

CHAPTER ADDRESS: Lone Star Chapter
8111 North Stadium Drive, Suite 100
Houston, TX

NAME TOUR: **BP MS 150 Houston to Austin Bike Tour**
WEB SITE: nationalmssociety.org/txh
TOUR DATE: April 21 – 22, 2007
LENGTH TOUR: 165-180 miles
START LOCATION: Houston & Katy, Texas

The 2007 BP MS 150 experience begins on Saturday morning at your choice of two convenient starting points: Tully Stadium in Houston or Rhodes Stadium in Katy. You will follow scenic, wild-flower-lined, farm-to-market roads into Bellville for lunch. Day one ends at the Fayette County Fairgrounds in La Grange for an overnight celebration complete with dinner and live entertainment. On Sunday morning, riders kick-off day two with a homemade pancake breakfast, then saddle up to enjoy the scenic, rolling terrain of Bastrop and Buescher State Parks. After you have built up a healthy appetite, you can take a break for lunch at Bastrop Middle School. The final leg of day two takes you into the heart of Texas' beautiful capital city of Austin for exciting Finish Line festivities and entertainment.

CHAPTER ADDRESS: Lone Star Chapter – North Texas Region
2105 Luna Road, Suite 390
Carrollton, TX

NAME TOUR: **SAM's Club MS 150 Bike Tour**
WEB SITE: ms150.org
TOUR DATE: May 5 – 6, 2007
LENGTH TOUR: 162 miles
START LOCATION: Frisco, TX

The MS 150 Bike Tour is a two day, non-competitive cycling adventure that challenges riders of all ages, levels and abilities. The two-day ride begins in Frisco, Texas and finishes in Sundance Square in Ft. Worth, with an overnight at the Texas Motor Speedway

CHAPTER ADDRESS: Lone Star Chapter (San Antonio)
9830 Colonade Blvd., Suite 130
San Antonio, TX 78230

NAME TOUR: **Valero MS 150 Bike to the Beach**
WEB SITE: ms150.org
TOUR DATE: October 21-22, 2007
LENGTH TOUR: 150 miles
START LOCATION: San Antonio, TX

The Bike Tour attracts riders from across the country, and even some from Canada, Mexico and as far away as Australia as the 2-day event winds through some of South Texas' most beautiful country. The overnight celebration features a huge Corporate Tent Village, where teams take pride in barbecuing and playing host to their team members and other riders alike!

CHAPTER ADDRESS: All America Chapter
Panhandle Division
6222 Canyon Drive
Amarillo, TX

NAME TOUR: **BP MS Wild West 150 Bike Tour**
WEB SITE: nationalmssociety.org/txp
TOUR DATES: July 28 – 29, 2007
LENGTH TOUR: 150 Miles
START LOCATION Amarillo, TX

Cyclists travel hundreds of miles for the Wild West 150, because it's the "fastest century" you'll ever do. Many cyclists complete the day one century ride in just less than four hours. Other cyclists keep coming back for a tour that is supported like no other. You'll be pampered every mile of the way with fully stocked rest stops and volunteers who are there to cater to your every need. This scenic tour is located in the Texas Panhandle, but the route is far from the usual Panhandle terrain. You'll ride through the rolling hills of the Canadian area and feel like you're overnighing in a mountain resort town. It's a truly unique bike tour that keeps cyclists coming back year after year.

CHAPTER ADDRESS: All America Chapter
West Texas Division
1220 Broadway, Suite 902
Lubbock, TX

NAME TOUR: **EOG Resources Fiery Inferno**
WEB SITE: nationalmssociety.org/txq
TOUR DATES: July 21 – 22, 2007
LENGTH TOUR: 150 Miles
START LOCATION EOG Resources Building, 4000 N Big Spring,
Midland, TX

The tour starts in Midland and meanders through the communities of Greenwood and Stanton. Early afternoon will find you in picturesque Big Spring for food, fun, entertainment and lodging! Bright and early Sunday morning, after a scrumptious breakfast, the cyclists take off and complete a scenic trek through the rolling hills of the Colorado River Valley. Post, Texas is the final destination for the afternoon where riders are again treated to find food and fun entertainment. Never fear-if 150 miles is a little too much for you, we have SAG vehicles to tote you along should you tire out, and spectacular rest stops every 10 miles to rest your weary bones and quench your raging thirst and hunger. Our volunteers are the best and they are always around to make sure cyclists are pampered and supported.

UTAH

CHAPTER ADDRESS: Utah State Chapter
2995 S. West Temple, Suite C
Salt Lake City, UT 84115

NAME TOUR: **Utah's 21st Annual MS 150**
WEB SITE: fightmsutah.org
TOUR DATES: June 23 – 24, 2007
LENGTH TOUR: 150 Miles
START LOCATION: Logan, Utah Fairgrounds

VERMONT

CHAPTER ADDRESS: All America Chapter
Vermont Division
75 Talcott Road, Suite 40
Williston, VT 05495

NAME TOUR: **Green Mountain Getaway MS Bike Tour**
WEB SITE: nationalmssociety.org/vtn
TOUR DATES: August 10-12, 2007 (Friday check in, rides on
Saturday & Sunday)
LENGTH TOUR: 45, 75 or 100 Mile options on both days, one or
two days rides available
START LOCATION: Castleton State College – Castleton, Vermont

When was the last time you got away, really escaped and did something worthwhile and fun? August is a great time to get away and what better place to go than Vermont. The MS Bike Tour provides you the opportunity to test your strength & character with a challenging course and important mission. Rolling hills, small lakes, and friendly towns play host to the Vermont Green Mountain Getaway MS Bike. Come join hundreds of riders and volunteers for this spectacular ride along country lanes and through quaint villages. Three routes are available each day: 45, 75 or 100 miles. Throughout the entire experience you can count on support from rest stations, SAG vehicles and your fellow riders. Castleton State College, our host, provides great facilities – rooms, meals, swimming pool, massage and much more! Vermont's Green Mountain Getaway is recognized as one of the premier bike tours in the country with riders coming from across the nation. If you love the outdoors, enjoy riding your bike, and want to do something that not only feels good but also helps others, sign up now!

VIRGINIA

CHAPTER ADDRESS: Blue Ridge Chapter
One Morton Drive, Suite 106
Charlottesville, VA 22903

NAME TOUR: **Tour de Vine**
WEB SITE: nationalmssociety.org/vab
TOUR DATES: June 9 – 10, 2007
LENGTH TOUR: 25, 50, 75, 100 mile options

START LOCATION Charlottesville, VA

Join us as the Tour de Vine celebrates 19 years of great cycling for riders of all levels. The Tour de Vine is a two-day cycling adventure that begins and ends both days in Charlottesville and winds through the beautiful wine country of the historic Charlottesville area. Take in beautiful scenery while enjoying time with new friends, enthusiastic volunteers and memories that will last until the next tour begins. Riders will be able to choose their own challenge. Each day you'll have the choice of biking 25, 50, 75 or 100 miles. The finish line both days will feature live music, children's activities and plenty of food and entertainment. The tour includes catered meals, frequent rest stops, support vehicles, bike mechanics, medical staff and a load of fun at each turn. Sign up today to ride or volunteer as we join together to Start to Finish MS.

CHAPTER ADDRESS: Central Virginia Chapter
2112 W. Laburnum Avenue, Suite 204
Richmond, VA

NAME TOUR: **Virginia Dare MS 150 Bike Tour**
WEB SITE: nationalmssociety.org/var
TOUR DATES: June 2 – 3, 2007
LENGTH TOUR: Two Days
START LOCATION: Richmond, Virginia

Join us as the Virginia Dare MS 150 Bike Tour celebrates 22 years of great cycling and returns to the beautiful, historical sites of Williamsburg, Virginia. The route will take you through the picturesque Virginia countryside, meandering in and around historic small towns as you make your way to Williamsburg. Cyclists will be offered 25, 50 and 150 mile routes as well as a century loop, available on the first day of the ride. You will enjoy an overnight stay at a local hotel or a dorm room at the College of William & Mary with a spectacular dinner and entertainment. Cyclists will enjoy meals each day, fully stocked rest stops every 10 to 12 miles to rest their tired muscles, as well as excellent medical and SAG support all weekend long. Many past cyclists have said that this tour is among the most beautiful, best supported, and fun tours they have ever ridden.

CHAPTER ADDRESS: National Capital Chapter
2021 K Street, NW. Suite 715
Washington, D.C.

NAME TOUR: **25th Anniversary MS Bike Tour**
WEB SITE: msandyou.org
TOUR DATES: May 19 – 20, 2007 - tentative
LENGTH TOUR: 25 - 150 miles
START LOCATION: Northern Virginia

Join over 750 participants from across the Washington, D.C. metropolitan area to celebrate the National Capital Chapter's 25th Anniversary MS Bike Tour. The ride takes you through beautiful Northern Virginia wine country over a one or two day period. Choose from a variety of mileage options and enjoy this unforgettable experience complete with live entertainment, great food, picturesque views and more! The ride is challenging, but so is living with multiple sclerosis. Come and celebrate 25 years of cycling and State to Finish MS.

WASHINGTON

CHAPTER ADDRESS: Greater Washington Chapter
192 Nickerson Street, Suite 100
Seattle, WA

NAME TOUR: **The Group Health MS Bike Tour**
WEB SITE: nationalmssociety.org/was
TOUR DATE: September 8 – 9, 2007
LENGTH TOUR: 150 miles (50 mile, 75 mile and 100-mile options)
START LOCATION: La Conner, WA

The 2007 Group Health MS 150 Bike Tour will be based out of La Conner, WA. This Bike Tour was voted Washington's "Best Small Town" bike tour. Cyclists take on the challenge of riding 150 miles in two days through Skagit, Whatcom and Island counties. The event is fully supported with rest stops every 10 miles, 6 full meals, overnight entertainment that includes a live band, beer garden and a finish line BBQ!

WASHINGTON D.C.

CHAPTER ADDRESS: National Capital Chapter
2021 K Street, NW. Suite 715
Washington, D.C.

NAME TOUR: **25th Anniversary MS Bike Tour**
WEB SITE: msandyou.org
TOUR DATES: May 19-20, 2007
LENGTH TOUR: 60, 100 and 150 miles
START LOCATION: Purcellville, Virginia

Join over 750 participants from across the Washington, D.C. metropolitan area to celebrate the National Capital Chapter's 25th Anniversary MS Bike Tour. The ride takes you through beautiful Northern Virginia wine country over a one or two day period. Choose from a variety of mileage options and enjoy this unforgettable experience complete with live entertainment, great food, picturesque views and more! The ride is challenging, but so is living with multiple sclerosis. Come and celebrate 25 years of cycling and State to Finish MS.

WYOMING

CHAPTER ADDRESS: All America Chapter
Wyoming Division
525 Randall Avenue, Suite 105
Cheyenne, WY

NAME TOUR: **Close Encounters MS 150 Bike Tour**
WEB SITE: nationalmssociety.org/wyy
TOUR DATES: August 18 – 19, 2007
LENGTH TOUR: 150
START LOCATION Sundance, WY

Join us for a ride that you will never forget. Not only is the scenery spectacular, but the camaraderie is one of a kind. The ride will start in Sundance and go toward the breathtaking Devil's Tower Monument. (Did you know this is the First National Monument?) You will have time on Saturday when you finish riding to hop in your vehicle and head to the Tower to explore its mystery. Day 2 will be riding through the Wyoming side of the Black Hills. This beautiful weekend offers a variety for all levels of riders with 50, 75 mile and century ride options. It is fully supported with SAG support, massage therapists, festive rest areas, and lots of wonderful volunteers. You don't want to miss it! Will we top our 2006 record breaking year of \$150,000? Be there to find out!