

Dear Team Mellen,

Summer's just about here, so it's time to start thinking about the Bike MS ride! Yes, the spandex shrunk over the winter, but that's okay - a couple of rides will loosen it up. Multiple sclerosis is a debilitating neurological disorder affecting over a quarter million Americans. MS is also one of the most common causes of disability in young adults. This year, over 75,000 cyclists across the country will raise money for the National MS Society to help fight this potentially devastating disease. And raising money now continues to be as important as ever, as the National MS Society is struggling to fund the important research needed to figure out and conquer this disease. We'd love you to join Team Mellen in raising money to support multiple sclerosis patient care and research.

As some of you veterans know, the ride winds through beautiful Ohio farm country and is completely "supported," with outfitted rest stops every 7-10 miles along the way. There are many options for different abilities – 30, 75, 100, and 150 miles – whatever your backside can handle.

The Cleveland Clinic Team Mellen is named after our own Mellen Center for Multiple Sclerosis Treatment and Research. Members of Team Mellen come from all around the Cleveland Clinic network. Last year, we were 71 members and raised over \$42,000 for MS research and medical care. Much of that money stays in the immediate Cleveland area and supports our patients and research programs. Team Mellen is open to everyone in the Cleveland Clinic community – employees, patients, family, and friends.

The Mellen Center will be sponsoring jerseys for the first 75 riders who register before August 1st. To receive a jersey, you must notify us via email ([hartmaj4@ccf.org](mailto:hartmaj4@ccf.org)) that you have registered for the ride and let us know your jersey size.

Here are a few details about the weekend ride:

Date: August 14-15, 2010

Time: Start time 7am; meet for a Team Photo at 6:15am at the Team Photo area, where Team Mellen jerseys will be distributed

Start: Polaris Career Center, Berea/Middleburg Heights (not Berea Fairgrounds – but Polaris is right down the street)

End: Sandusky High School on Saturday, and then back to Berea on Sunday

30-mile: The 30-mile option has you stopping at the lunch spot, where you're bussed back to Polaris Career Center

Overnight: Overnight options include camping on the ball field or the gymnasium floor, both at Sandusky high school, and many local hotels. We've found the South Shore Inn to be a clean place for a reasonable price: [www.southshoreinn.com](http://www.southshoreinn.com)

Pledge Support: Due to financial constraints, Cleveland Clinic is no longer able to provide pledge support for each rider. Instead, the Mellen Center is now sponsoring the jerseys.

Ride Registration: You can register on-line at [www.msohiobike.org](http://www.msohiobike.org) or at any of the many sponsoring bike shops in the Cleveland area. And first-time riders get free registration (until Aug. 1). After registering, be sure to email us ([hartmaj4@ccf.org](mailto:hartmaj4@ccf.org)) and let us know your jersey size!

Training Rides: Murray Fishel is continuing his traditional monthly Team Mellen training rides throughout the summer. He will be assisted by Bob Marek. Thanks, guys! Team rides are scheduled the first Sunday of each month: June 6, July 4, and August 1. All rides start at 9am at the Metroparks Canal Visitor Center on Canal Road, two miles southeast of Rockside Road in Independence. Each ride will have a "sweep" rider, to ensure that no one is left behind. And every ride includes a food stop - Murray's mantra is, "We ride to eat." Questions? Email Murray at [bearbike@sbcglobal.net](mailto:bearbike@sbcglobal.net)

Team Fundraiser: We are planning another team fundraiser at the Blind Pig, in downtown Cleveland. Last year's event was a huge success, and a lot of fun, too! The date and more details to follow.

So, get those bikes out, blow up the tires, and get ridin'! If you want to get fit and feel good about helping the fight against MS, then come on out and join Team Mellen.

Hope to see you in Berea in August!!

Jen Hartman

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