



bike to
create a world
free of MS

"Coast the Coast" Pedal Power

Volume II, Issue 4 • May 22 & 23, 2010

(732) 660-1005 bikenjm.nationalMSsociety.org
www.bikemscoastthecoast.com

Presented By



Answers For Every Body

an unforgettable ride. an unbeatable destination. a world free of MS.

2010 BIKE MS COAST THE COAST SUCCESS!!

1,600 Cyclists Raise Over \$992,000!!

Congratulations to all of our cyclists and volunteers for making the 2010 Coast the Coast Ride outstandingly successful! We are so thankful for your dedication to the ride and your passion for creating a world free of MS. You have risen to the challenge and raised over \$992,000!

There were many successes along the way and we've heard from many of you who took the challenge of riding and fundraising to a new high. For some there was the goal of riding 25 miles after a diagnosis with MS or after a year of medical treatments. Others chose to become Super Cyclists and raised over \$1,000 their first year of participating. Whatever reason you rode or the goal that you set, congratulations on a job well done!

THANK YOU CYCLISTS, VOLUNTEERS AND SPONSORS!!

2010 SUPER CYCLISTS RANKINGS

Huge thanks go to the top fundraiser, Sy Levine, who raised \$26,538! Sy leads the Super Cyclists, who as a group, raised \$488,773!! These cyclists are offered special Bike MS Coast the Coast jerseys, invitations to special award and recognition events as well as our annual meeting and other perks. Thank you Super Cyclists!

MISSION POSSIBLE

\$10,000 +

- | | | |
|----|------------------|----------|
| 1. | Sy Levine | \$26,538 |
| 2. | Russell Prince | \$26,315 |
| 3. | Michael Bowen | \$17,117 |
| 4. | Frederick Haddad | \$16,700 |
| 5. | Lisa Calitri | \$12,975 |
| 6. | Joseph Weiss | \$12,721 |

TOURING TITANS

\$7,500 - \$9,999

- | | | |
|----|-------------|---------|
| 7. | John Slisky | \$8,700 |
|----|-------------|---------|

DIAMOND TRAVELERS

\$5,000 - \$7,499

- | | | |
|-----|-----------------|---------|
| 8. | Scott Testa | \$7,175 |
| 9. | Dene O'Connor | \$6,696 |
| 10. | Kathleen Bailey | \$6,210 |
| 11. | Rich Tannenbaum | \$5,980 |
| 12. | Timothy Vitale | \$5,450 |
| 13. | Juliana Sheehan | \$5,360 |
| 14. | John Hoagland | \$5,250 |

PLATINUM PEDALERS

\$2,000-\$4,999

- | | | |
|-----|----------------------|---------|
| 15. | Gary Verhoorn | \$4,465 |
| 16. | Paul Chowansky | \$4,419 |
| 17. | Steve Rapaport | \$4,365 |
| 18. | Jack Sitty | \$4,337 |
| 19. | Mary Ellen Gervasini | \$4,250 |
| 20. | James Siessel | \$4,145 |
| 21. | John Senkewicz | \$3,975 |
| 22. | Brian Byrne | \$3,970 |
| 23. | Thomas Parsekian | \$3,880 |

- | | | |
|-----|--------------------|---------|
| 24. | Lisa Buschmann | \$3,682 |
| 25. | Susan Story | \$3,625 |
| 26. | Christopher Kunkel | \$3,610 |
| 27. | Anthony DiDomenico | \$3,601 |
| 28. | Matt Feldman | \$3,516 |
| 29. | Joe Martz | \$3,425 |
| 30. | Martin Abschutz | \$3,368 |
| 31. | Maurice Zagha | \$3,301 |
| 32. | William Stoughton | \$3,225 |
| 33. | Erik Fisk | \$3,100 |
| 34. | Toni Klimowicz | \$3,093 |
| 35. | Catherine Hanlon | \$3,010 |
| 36. | Michael Schubiger | \$3,000 |
| 37. | Gregory Lyden | \$2,955 |
| 38. | Michael Izzo | \$2,955 |
| 39. | Karen Maloney | \$2,935 |
| 40. | John Duffin | \$2,920 |
| 41. | Scot Guempel | \$2,900 |
| 42. | Michael Provost | \$2,880 |
| 43. | Mark Birch | \$2,806 |
| 44. | Rocco Orlando | \$2,781 |
| 45. | Colin McEvoy | \$2,765 |
| 46. | Emily Arnone | \$2,725 |
| 47. | Robert Bastian | \$2,710 |
| 48. | Lance White | \$2,650 |
| 49. | Diane Feldman | \$2,626 |
| 50. | James Breen | \$2,520 |
| 51. | Margaret Grubbs | \$2,515 |
| 52. | John Terranova | \$2,510 |
| 53. | Bob Rebach | \$2,490 |
| 54. | Michael Dowd | \$2,475 |
| 55. | Carl Bodine | \$2,400 |
| 56. | Tim Lorenz | \$2,290 |
| 57. | Jeffery Schaefer | \$2,280 |

58. Demetrios Stratos	\$2,275	126. Timothy Mccurry	\$1,300
59. Bill Egan	\$2,251	127. Rick de Pinho	\$1,275
60. Richard Danko	\$2,165	128. Jessica Johnson	\$1,275
61. Mike Rubino	\$2,125	129. Jennifer Palestri	\$1,270
62. Robert Egermayer	\$2,090	130. Lori Gray	\$1,265
63. Hanan Gelbendorf	\$2,090	131. Catherine Zanelli	\$1,260
64. Domenic Natale	\$2,080	132. Joseph DeVleming	\$1,245
65. Timothy Smith	\$2,058	133. Richard Diver	\$1,240
66. James McAnee	\$2,051	134. Timothy Knotts	\$1,240
67. Matthew Miller	\$2,045	135. Marcia Scarna	\$1,229
68. Ellen Stack	\$2,020	136. Julie Chowansky	\$1,220
69. Stephen Rigo	\$2,010	137. Mary de Stefano	\$1,207
70. Michael Goldberg	\$2,000	138. Kiralee Knotts	\$1,201

GOLDEN SPOKES
\$1,000-\$1,999

71. Dariusz Jamiolkowski	\$1,980	142. Jim Oakes	\$1,175
72. Lou Amato	\$1,944	143. Glenn Ras	\$1,170
73. Jens Hofmann	\$1,935	144. Maria Gargiuolo	\$1,155
74. Paul Schneider	\$1,800	145. Laura Chowansky	\$1,150
75. Ken Weinheimer	\$1,770	146. Linda McBride	\$1,150
76. Jules Mauro	\$1,765	147. Mark Tennison	\$1,150
77. Melissa Glowski	\$1,725	148. Andrew Fetchina	\$1,145
78. John Kirk	\$1,705	149. Lisa Sussman	\$1,145
79. Kevin Adler	\$1,700	150. Kathy Johnson Brown	\$1,140
80. Mark Mauro	\$1,668	151. Todd Luttmann	\$1,140
81. Gary Smith	\$1,667	152. Carol Kotopoulos	\$1,135
82. Anne Matthews	\$1,665	153. Karen LoBue	\$1,135
83. Ben Gottesman	\$1,640	154. Julie Jimenez	\$1,130
84. Anthony Muro	\$1,633	155. Gary Walther	\$1,130
85. Daniel Fine	\$1,630	156. Jeff Mines	\$1,127
86. Mary Ann Belliveau	\$1,625	157. Michael O'Grady	\$1,125
87. Jeff Olsen	\$1,615	158. Gregory Voscopoulos	\$1,120
88. Sue Applegate	\$1,612	159. AnnaRene' Jeremiah	\$1,115
89. Maryfaith Burke	\$1,600	160. David Kokinda	\$1,110
90. Jeff Feldman	\$1,600	161. Sal Straniero	\$1,105
91. Len Super	\$1,600	162. Melissa Bumbaca	\$1,100
92. Gary DeSantis	\$1,580	163. Joan Gotti	\$1,100
93. Liz Jennison	\$1,575	164. Joanne Raab	\$1,098
94. Robert Noonan	\$1,540	165. Karen Natale	\$1,095
95. Timothy Plattner	\$1,520	166. Mike Reynolds	\$1,095
96. Marc Natanagara	\$1,515	167. Marybeth Capparell	\$1,080
97. Claire Morris	\$1,500	168. Luis Zapata	\$1,061
98. Andrew Rafla	\$1,485	169. John Gately	\$1,050
99. Kevin Crown	\$1,480	170. Mark Likes	\$1,050
100. Brian Feldman	\$1,465	171. Douglas Tabachnik	\$1,050
101. Steven Petri	\$1,450	172. Kiersten Weber	\$1,050
102. Janis Grundmann	\$1,446	173. Vincent Zales	\$1,050
103. Juris Freiman	\$1,440	174. Dawn Damerau	\$1,045
104. Pete Maclearie	\$1,430	175. Scott Krutan	\$1,045
105. Joseph Bragen	\$1,425	176. James Notaro	\$1,040
106. Glenn Wolfson	\$1,420	177. Norma Tempel	\$1,035
107. Kaitlyn Dudzinski	\$1,415	178. Debra Hull	\$1,030
108. Piotr Kuczynski	\$1,415	179. Christopher Divver	\$1,027
109. Edwin Goodale	\$1,410	180. Edwin Griffin	\$1,025
110. Marc Galligan	\$1,400	181. Diane Miller	\$1,025
111. Matt Peregoy	\$1,400	182. Jacob Starr	\$1,024
112. Alan Schaefer	\$1,392	183. Keith Kennedy	\$1,017
113. Craig Kennedy	\$1,385	184. Robert Sussman	\$1,011
114. Kristin Fig	\$1,375	185. Jeff Marmelstein	\$1,010
115. Sheri Firstenberg	\$1,366	186. John Silfies	\$1,010
116. Linda Chris	\$1,360	187. Robert Sickler	\$1,006
117. Ron Scarna	\$1,360	188. Alan Erickson	\$1,000
118. Olivia Banyon	\$1,345	189. Sandi Gomez	\$1,000
119. John Belansky	\$1,335	190. Richard Hurley	\$1,000
120. Geoff Feder	\$1,330	191. Michael Job	\$1,000
121. Kimberly Yonezawa	\$1,330	192. Patrick McMenamin	\$1,000
122. Ryan Sheinbein	\$1,313	193. Seth Shugar	\$1,000
123. Steven Daroci	\$1,305	194. Mark Williams	\$1,000
124. Thomas Klockner	\$1,305		
125. Timothy Hartpence	\$1,300		

TEAM SUCCESS AND RANKINGS

The 2010 ride boasted 1,600 registered cyclists of which 1,090 rode as a team member on one of the 128 teams. Our teams are responsible for raising nearly 2/3rds of the total funds and they are key at putting the FUN in Fundraising!

Here are some of the team successes for the 2010 ride:

Just like the company they represent, Team Vitamin Shoppe is the leader! They are the winners of two awards, the Team Champion Award for being the top fundraising team with \$82,044 and also the Largest Team Award with 82 members. Co-captain Mike Provost and Rich Tannenbaum rallied the employees, customers, friends and family to bring success for a second year in a row in both categories!

Lead by the passionate Team Captain Paul Chowansky, the Pine Bay Barrens win the Breakout Team Award. The team increased from 9 members in 2009 to 73 members who raised over \$48,000 in 2010! Congratulations!!

The Most Team Spirit Award goes to Team Aloha – St. Leo’s for their zany spirit, welcoming all with “ALOHA!” and a Hawaiian lei! This little team is big on making friends with other cyclists and volunteers from Monmouth U to Cape May.

First-timers Team CentraState created some fervor with the Rookie Team Award and the Best Dressed Team Award. Their 36 members raised over \$21,000 and dressed in high style with very sporty jerseys featuring the MS colors! Great job co-captains Karen Walker and Ron Sebastiani!!

MISSION POSSIBLE

\$10,000+

Team Rank	Team Name	Team Captain	Fundraising Total
1.	Team Vitamin Shoppe	Michael Provost	\$82,044.00
2.	Bowen’s Iron Eagles	Michael Bowen	\$55,215.00
3.	ZAIS	Marc Galligan	\$54,283.00
4.	Pine Bay Barrens	Paul Chowansky	\$48,021.00
5.	Lisa’s Team	Lisa Calitri	\$32,071.00
6.	Trane	Anthony DiDomenico	\$24,471.46
7.	Team CentraState riding4tracy	Karen Walker	\$24,303.01
8.	Park Pedalers	Matt Feldman	\$22,625.00
9.	Verizon Team FiOS	Kathleen Bailey	\$22,072.00
10.	Team Joe	Joe Martz	\$18,735.00
11.	THE BYRNE UNIT	Brian Byrne	\$16,406.00
12.	Team SCOTT	Susan Story	\$16,287.00
13.	Team PSEG	John Hoagland	\$13,087.50
14.	Team NJR	Scott Edgerton	\$12,878.00
15.	Hess Refinery Bikers	Maria Gargiuolo	\$12,461.00
16.	Team GES	Dene O’Connor	\$12,129.15
17.	Ernst & Young	Timothy Vitale	\$12,120.00
18.	Cyclomaniacs	Jeffery Schaefer	\$10,731.00

SENSATIONAL CYCLISTS

\$6,000 - \$9,999

19.	Friedman LLP	Scott Testa	\$9,656.00
20.	TEAM LOVE: Scotty Love	Jeff Olsen	\$9,585.17
21.	The Missy Express	Mary Ellen Gervasini	\$9,580.00
22.	Team Barnegat	Sandi Gomez	\$9,134.00
23.	KPMG LLP	Scot Guempel	\$8,878.00
24.	FSoS Riders	Don Bruchez	\$7,687.00
25.	Team Aloha - St Leo’s	John Senkewicz	\$7,429.00
26.	TEAM BUTTOCKS	Jules Mauro	\$6,851.83
27.	Central Jersey Multi-Sport Club	Gary Verhoorn	\$6,525.00
28.	Annie’s Peeps	Ellen Stack	\$6,215.00

WHEELING WONDERS

\$3,000 - \$5,999

Team Rank	Team Name	Team Captain	Fundraising Total
29.	BETA	Steve Rapaport	\$5,668.00
30.	NO SHORT CUTS	Joanne Raab	\$5,653.00
31.	FOR DAD	Juliana Sheehan	\$5,535.00
32.	Team Enterprise	Henry Hong	\$5,429.00
33.	SocialWish	Mark Birch	\$5,206.00
34.	Cycling Cares	Laura Cariello	\$5,183.00
35.	Team Radial Slack	Martin Abschutz	\$5,083.00
36.	Team Wakefern	James Noto	\$4,990.00
37.	Team Eileen: Saints & Spinners	Melissa Glowski	\$4,925.00
38.	Team Jacobson	Thomas Jacobson	\$4,435.00
39.	Penn State Smeal EMBA	Hanan Gelbendorf	\$4,100.00
40.	CURE	Thomas Parsekian	\$3,930.00
41.	TEAMJ&J	Rick Bruce	\$3,846.00
42.	Profulgent Technology	Randy Drozd	\$3,810.00
43.	Scully 2010	Meredith Scully	\$3,752.00
44.	Team AT&T	Charles Mensching	\$3,650.00
45.	Beach Haus	Brian Ciriaco	\$3,540.00
46.	Bike Therapy	Wendy Smith	\$3,095.00

PREMIUM PEDALERS

\$1,500 - \$2,999

47.	Team Centrex	Felix Moletteri	\$2,928.00
48.	Tied Up In Knotts	Timothy Knotts	\$2,741.00
49.	Buona Sera Riders	Danielle DeDonno	\$2,706.00
50.	The American Patriots	David Van Leer	\$2,460.00
51.	Jersey Pride	Nicole Astrella	\$2,375.00
52.	Comfort Keepers	Stephanie Howe	\$2,231.00
53.	Team Red Grapes	David Aldrich	\$2,225.00
54.	Positive Spin	Stephanie Gadaleta	\$2,212.53
55.	Team Eclectic	Bernice Weinheimer	\$2,195.00
56.	PTC Therapeutics	Aleksey Gerasyuto	\$2,165.00
57.	Jack Byrnes and the F.C.o.T.	Michael Goldberg	\$2,130.00
58.	Team Divver	Christopher Divver	\$2,107.00
59.	Almost There	Michael O'Grady	\$2,090.00
60.	The Hartford Team	Ethel Pelletiere	\$2,075.00
61.	Cuny's Crankers	William Barr	\$2,035.00
62.	Cruisers with Coopertone	Kerry Haley	\$2,010.00
63.	The Tuxedo'd Tandem	Christopher Pisano	\$1,995.00
64.	Spare Tires	Marc Natanagara	\$1,980.00
65.	Smooth Riders	Lisa Romano	\$1,965.00
66.	5th Avenue Beach Bums	Douglas Thorn	\$1,950.00
67.	All the Right Moves with Carolan	Carolan Ammirata	\$1,809.00
68.	Friends For A Cure	Natalie Lay	\$1,780.00
69.	Powers Powered Pelans	Matt Creel	\$1,765.00
70.	K Krew	Kirk Hurme	\$1,655.00
71.	Team George	Paul Sutor	\$1,635.00
72.	Wheelin' & Healin'	Curtis Krietzberg	\$1,568.00
73.	Millees Minions	Alice Stockton-Rossini	\$1,550.00

YOUR SUCCESS CREATES CONTINUED ADVANCES FOR THOSE LIVING WITH MS

Your fundraising goes towards national research projects as well as helping those living with MS in our local area. A major advancement for those getting treatment for their MS was announced this September. The U.S. Food and Drug Administration has approved fingolimod capsules (Gilenya,™ Novartis International AG) for reducing the frequency of clinical relapses and delaying the accumulation of physical disability in relapsing forms of MS, making it the first oral disease-modifying therapy for the treatment of multiple sclerosis. This is very encouraging news as only injectable drugs were available before now.

KERSHAW COMMONS BREAKS GROUND

The New Jersey Metro Chapter is proud to announce that construction has just begun on New Jersey's First Supportive Housing Community for People Living with Multiple Sclerosis! The Kershaw Commons, to be located in Freehold Township, NJ will offer 30 one and two bedroom accessible independent rental apartments with rental assistance for qualified applicants. The Commons community space will include a library, technology room, exercise facility, programming space and an accessible garden. This housing complex is expected to be completed by Fall of 2011 and is located less than 1 mile from the CentraState Medical Center's Multiple Sclerosis Center and MS Wellness Center!

PASSPORT TO BIKE MS

Join our other Bike MS rides locally and throughout the country with the Passport Programs. To qualify for the National Passport Program, raise \$5,000 or more in the Coast the Coast or your home chapter ride and join other Bike MS Rides around the country for only a \$50 registration fee. For those who raised \$2,000 or more in the Coast the Coast, you're eligible to ride in the Hops to Hops Ride and the Great New Jersey Country Bike Ride in the same year for only a \$50 registration fee. With either Passport Program, no fundraising is required, just the registration plus transportation and overnight accommodations as needed. Contact Mary Beth Maclearie at marybeth.maclearie@nmss.org for more information.

20TH ANNIVERSARY RIDE IN 2011!

Join the 2011 Ride and be part of the big celebration as the Coast the Coast turns 20! You can share in the retrospective of Coast by sending photos and stories. We'll post the best ones on our website and blog at www.bikemscoastthecoast.com. We'd love to see who has the oldest event T-shirt or other memorabilia! Send photos and stories to marybeth.maclearie@nmss.org.

SPECIAL THANKS TO THE BIKE MS PLANNING COMMITTEE

The Coast the Coast Ride takes tremendous planning and the Bike Committee does an incredible amount of work to ensure the success of the ride. The committee takes pride in making sure our cyclists have an enjoyable route, are safe and have an incredible experience! Thank you to the 2010 Planning Committee:

Joe Avena	Joe Martz
Tom Cosgrove	Dene O'Connor
Paul Chowansky	John Pisano
Tony DiDomenico	Matt Ross
Mary Ellen Gervasini	Panton Seltzer
Brett Kaplan	Steve Shine
Don Macauley	Barbara Vaning
Rob Manilo	

Thank You!

A Look Back at the 2010 Bike MS Coast the Coast Ride



Check out our website at bikenjm.nationalMSSociety.org for more event photos and for information about our 2011 Ride!



Join us for the 20th Anniversary Bike MS Coast the Coast Ride: May 21 & 22, 2011
 Register by January 14, 2011 to receive a long-sleeve in-training T-shirt!
 Visit our website at bikenj.m.nationalMSsociety.org to register!

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 free of MS



National MS Society
 New Jersey Metro Chapter
 246 Monmouth Rd.
 Oakhurst, NJ 07755

Thank You To Our 2010 Sponsors

PRESENTED BY

