



bike to
create a world
free of MS

Bike MS: The Great New Jersey Country Bike Ride Pedal Power

Volume XXVI, Issue 1 • September 21 & 22, 2013
(201) 967-5599 bikenjm.nationalMSsociety.org

AN UNFORGETTABLE RIDE. AN UNBEATABLE DESTINATION. A WORLD FREE OF MS.

REGISTER NOW FOR THE 26TH ANNUAL BIKE MS

CHOOSE YOUR OPTION AND SIGN UP TODAY!

Saturday, September 21st:

20-Mile Ride – \$25 registration fee until June 24th, \$30 registration fee until June 25th - August 26th, \$35 registration fee thereafter; \$150 fundraising minimum per person.

50-Mile One Day Ride – \$45 registration fee until June 24th, \$50 registration fee June 25th - August 26th, \$55 registration fee thereafter; \$250 fundraising minimum per person.

Sunday, September 22nd:

50-Mile One Day Ride – \$45 registration fee until June 24th, \$50 registration fee June 25th - August 26th, \$55 registration fee thereafter; \$250 fundraising minimum per person.

Saturday & Sunday, September 21st & 22nd:

100-Mile Challenge! – \$60 registration fee until June 24th, \$65 registration fee June 25th - August 26th, \$70 registration fee thereafter; \$350 fundraising minimum per person. Overnight at the Hanover Marriott, two dinners, breakfast and comedy show included!

Any 20-Mile Rider or 50-Mile Rider needing to spend the evening at the Hanover Marriott will pay an additional fee of \$45 for overnight accommodations.

Register online at bikenjm.nationalMSsociety.org, or by calling 201-967-5599. (Press 2 for Development Department.)

WHY WE RIDE: THE MISSION.

The National MS Society is a collective of passionate individuals who want to do something about MS now -- to move together toward a world free of multiple sclerosis. MS stops people from moving. We exist to make sure it doesn't. We help each person address the challenges of living with MS through our 50-state network of chapters. The Society helps people affected by MS by funding cutting edge research, driving change through advocacy, facilitating professional education, and providing programs and services that help people with MS and their families move their lives forward. For you, the reason why you ride might be personal. You might be living with MS, you might have a family member or friend who is living with MS or you might just like the challenge. For whatever reason you ride, just remember why.

SCHEDULING CONFLICT? REGISTER AS A VIRTUAL RIDER

If you can't join us for the Bike MS weekend but would still like to be a part of our event, consider registering as a "Virtual Rider." Register for the event as everyone else but choose "Virtual Rider" as your participation type. After you have finished fundraising you can either mail or drop your donations off to the MS Society. You will be credited just as any other cyclist and be eligible to receive the same prizes as well as receive an invitation to our recognition event -- we'll even send you a T-Shirt. Call us for more information.

**REMEMBER YOUR HELMET!
HELMETS ARE MANDATORY, WE WILL
NOT LET YOU RIDE WITHOUT ONE.**

THANK YOU TO OUR 2012 DIAMOND & GOLD SPOKE CYCLISTS

The Bike MS Diamond and Gold Spoke Clubs are an elite group of cyclists that have raised \$1,000 or more. These participants set a fundraising goal and achieve it through hard work and persistence. Diamond and Gold Spokes receive a commemorative jersey, special riding bib and a special extended massage ticket for the hotel. CONGRATULATIONS and THANK YOU to our 2012 Diamond & Gold Spoke Cyclists!

DIAMOND SPOKES

Ken Hoexter	\$30,637
Scott Rives	\$24,535
William Fredericks	\$18,160
Jeffrey Hurwitz	\$17,544
Marc Aronowitz	\$15,385
Jack Young	\$11,810
Joe Welter	\$11,775
Madeline Byrne	\$11,325
Martin Lepelstat	\$10,000
Cliff Blaker	\$7,940
Michael Hoffmann	\$7,760
Jim Guarino	\$6,645
John Ferrara	\$5,800
Fred Daniels	\$5,711
Craig Thompson	\$5,650
Richard Scala	\$5,587

GOLD SPOKES

Krista Collopy	\$4,976
Winfred Itondo	\$4,718
David Trimm	\$4,550
John House	\$4,504
Douglas Steen	\$4,275
Alan Lieber	\$4,255
Bernard Glaser	\$3,349
Michael Dowd	\$3,310
Chris Jeffers	\$3,299
Ronald Matysik	\$3,184
Dave Hindman	\$3,114
Maurice Honor	\$3,110
Timothy Vitale	\$3,004
Marius Editoiu	\$2,939
William Lanza	\$2,930
Patrick Montagnon	\$2,835
Raymond Kramer	\$2,805
Nils Swenson	\$2,740
Tracey Thomas	\$2,735
Dave Keil	\$2,600
Romain Labastrou	\$2,474
Anibal Roges	\$2,440
Daniel Preisler	\$2,306
John Sturmark	\$2,275
Lance Garrett	\$2,274
Shannon Hartley	\$2,250
Eddie McKeon	\$2,235
Ian Laudor	\$2,185
Kelly Sullivan Steen	\$2,150
Herb Rozansky	\$2,081
Jordan Yanco	\$2,065
Matthew Eckard	\$2,010
Jeff Constable	\$2,000
Michael Gibney	\$1,975
Rod Kennan	\$1,930
Thomas Cubby	\$1,910
Donald Shields	\$1,900
Steve Dinnerman	\$1,885
Gregory Fleischmann	\$1,885
Joseph Laurino	\$1,875
Eleanor Campbell	\$1,873
Joshua Smith	\$1,805
Carol Fredericks	\$1,715
Frank Blaeuer	\$1,705
Mehrnaz Kousha	\$1,700
Todd Williamson	\$1,680
Kathy Friedman	\$1,625
Nj Romano	\$1,620
Kevin Hannon	\$1,590
Rich Brookler	\$1,550
Patrick Collins	\$1,545

Robert Wilson	\$1,525
Amy Sam	\$1,524
Nazuki Hughes	\$1,505
William Howe	\$1,503
Team Apro	\$1,500
Michael Elias	\$1,500
Rick Romanowski	\$1,442
Joe Nugent	\$1,425
Dom Soriano	\$1,415
Jay Stack	\$1,400
Gabriel Anthony	\$1,390
Martin Apa	\$1,390
Ray Luoma	\$1,375
Alice Heffner	\$1,370
Richard Bagley	\$1,350
Anne Gorman	\$1,350
Reeva Kymer	\$1,324
Aaron Eisman	\$1,320
Lynn Ferrara	\$1,305
Tom Miller	\$1,301
Jeff Pfefferkorn	\$1,290
Gary Garafano	\$1,275
Gilda Lameiras	\$1,275
Tammy Quasius	\$1,275
James Stabenow	\$1,250
Andrew Lloyd	\$1,225
Patrick Castiglia	\$1,225
Stephen Carlozzi	\$1,220
Roy Vaccaro	\$1,216
Frank Pinto	\$1,215
Terry Levinstone	\$1,211
Deborah Ungerleider	\$1,201
Jay Schuerman	\$1,200
Jonathan Smith	\$1,200
Douglas Billitz	\$1,200
Clara Ohr	\$1,200
Tor Henriksen	\$1,200
Scott Stolbach	\$1,160
Rosie Smith	\$1,150
Mike Schad	\$1,145
Gregory Miller	\$1,145
Dennis Gede	\$1,125
Joe Harvie	\$1,100
Jessica Bills	\$1,095
Tim Omaggio	\$1,075
Susan Clemment	\$1,075
Christopher Nikolich	\$1,075
Rich Tranfield	\$1,075
Noelle Najjar	\$1,065
Bob Graziano	\$1,060
Jennifer Todd	\$1,056
Julie Reynes	\$1,051
Cristinel Cetateanu	\$1,030
Stephen LeVine	\$1,026
Chuck Blumenstock	\$1,025
Joyce Trivisani	\$1,015
Michael Rourke	\$1,007
Gloria Friedman	\$1,006
Daniel D'Amico	\$1,000
Allison Fredericks	\$1,000
Thomas Rosen	\$1,000
Judd Zimmerman	\$1,000
Kristen Kramer	\$1,000
Rocco Lepore	\$1,000
Paul Neuwirth	\$1,000
Wallace Parker	\$1,000
Michael Sterling	\$1,000
Mark Vesper	\$1,000
Mark Kramer	\$1,000

2012 TOP TEAMS

TEAM	CAPTAIN	TOTAL
Team Falcon	Jack Young	\$67,139
Hertz	Jim Guarino	\$47,997
NRCC	Scott Rives	\$40,850
Team Novartis	Amy Sam	\$34,022
Ridgewood Cycle	Ken Hoexter	\$32,762
Team Atlantic Health System	Rosie Smith	\$30,280
High Gear	Rick Romanowski	\$28,467
Allison's Angels	Allison Fredericks	\$27,251
Siemens	Marc Aronowitz	\$25,889
Hess	Reeva Kymer	\$18,777
Deloitte	Joe Welter	\$18,465
TEAM TRICIA	Madeline Byrne	\$15,539
NJ Road Dogs	Eddie McKeon	\$7,786
Team Sony	Thomas Cubby	\$6,616
The Posse	Gary Garafano	\$6,460
Krista's Crew	Krista Collopy	\$6,050
Michele's Spinners	Raymond Kramer	\$5,630
Bayer Bike Team	Cynthia Philipone	\$5,340
Ernst & Young	Timothy Vitale	\$4,559
Plymouth Rock Auto Insurance	Joe Nugent	\$3,985

JOIN US FOR THE NEW JERSEY METRO CHAPTER'S BIKE MS FALL CYCLING SERIES KICK-OFF/OPEN HOUSE

Thursday, July 18, 2013

5:00 - 8:00 PM

at the National MS Society

NJ Metro Chapter - North Jersey Office

1 Kalisa Way, Suite 205

Paramus, NJ 07652

Take advantage of this exciting opportunity to meet fellow Bike MS: Great New Jersey Country Ride and Bike MS: Hops to Hops cyclists, share fundraising ideas and have all of your questions answered by the MS society staff. Light snacks and refreshments will be available.

RSVP to Alexis Stone at:

alexis.stone@nmss.org or 201-977-2459

INTRODUCING YOUR 2013 BIKE MS AMBASSADORS

Maddie Byrne, Team Captain - Team Tricia



My sister, Tricia Byrne Billitz, was diagnosed with MS at the very young age of 29. She had just gotten engaged to a wonderful man, Doug Billitz, and had her whole life ahead of her. At that time no one knew that much about multiple sclerosis. Doug loved her so much that he went on to marry her, despite the unknown of how this disease would affect them. Tricia was put on medication for her MS and lived a normal life, enjoying marriage, working, and looked forward to starting a family.

Unfortunately, Tricia was in a terrible car accident which caused a lot of trauma to her body, which is believed to have accelerated her MS. She eventually had to stop working and, as the years went on, her legs and body got very weak to where she is now in a wheelchair full time. Tricia and Doug were unable to have children, but their love is still going strong after nearly 25 years of marriage. Doug is a remarkable man. He is Tricia's sole caretaker while working a full-time job as a mechanic for American Airlines. He never complains and takes the vow "in Sickness and in Health" very serious.

I changed gears in my life and began a new career several years ago. I became a Master Personal Trainer and have been with Professional Fitness Consultant's, LLC, in Paramus, NJ, for the past 8 years. In the winter months I wanted to keep up on my cycling, so I became a certified instructor at Johnny G Spin and teach at Strive Health & Fitness in Saddle Brook, NJ. I host an MS Charity 90-Minute ride every year to raise money to contribute to my MS fundraising. Both of these jobs are my "dream jobs," as I

always wanted to help people meet their goals.

Fourteen years ago, Doug called me to ask if I would like to do something more than writing out a check to the National MS Society. He went on to tell me about participating in a bike ride to raise money for the organization. At the time we were only aware of the Bike MS: City to Shore Ride with the Greater Delaware Valley Chapter. We joined that ride, participated in it for 8 years, and we managed to raise \$10,000 every year. It was a lovely ride, but we wanted to do a ride closer to home and be able to have Tricia join us to celebrate our accomplishments. We researched and joined the New Jersey Metro Chapter family five years ago.

The minimum requirement was not good enough for me. It's not just about the ride; for me, it's about raising enough money to find a cure for MS. My goal is to increase the amount of money we raise each year. I know some people raise the minimum just so they can ride, get exercise, or train for other events. But it shouldn't be just about that. I feel it should be about raising as many donations as possible so that professionals can find a cure for such a horrible disease. I have personally raised nearly \$35,000 in the last five years.

For three years it was just Doug and I representing Team Tricia, but in the last two years we have acquired four more team members and are hoping to recruit even more for the 2013 ride.

I would like to thank the MS Society for the overwhelming support they give to Team Tricia and my wonderful team that I have the privilege to ride with every September. I couldn't be more proud of my team.

I am very honored to be chosen, along with my brother-in-law Doug, to be co-ambassadors for this year's Bike MS: The Great New Jersey Country Ride.

Doug Billitz, Team Tricia

I met my wife, Patricia Byrne, in 1983. We dated and married in September 1989. When Tricia was diagnosed with MS, we were devastated. She had held several jobs in the health industry including positions at Chilton Hospital and Wayne General Hospital as a phone operator.

In 1991, Tricia was involved in a car accident and, as a result, the stress caused her to have an MS attack which affected her legs. She had to leave her job as the requirements of being on her feet so often were unbearable. She concentrated on her jobs as phone operators at hospitals. Soon after, MS affected her hands, and she was laid off. She was eventually approved for disability. During this time, and still to this day, I work the night shift in order to take care of Tricia during the day. We do not have children due to difficulties conceiving, and Tricia's MS preventing us from having success with fertility drugs.

When Tricia was diagnosed, we participated and raised money for Walk MS, which we did until she was unable to do so anymore in 1999. That same year I quit smoking and needed to take up a form of exercise, so I looked into cycling (which I had done when I was young). My friend had a bike he was selling. He lent it to me to use it for a weekend, and I was hooked. I bought the bike. In 2000, my sister-in-law, Madeline, and I participated in our first MS bike ride, Bike MS: City to Shore in South Jersey. We raised several thousand dollars each year and continued to do so until 2008 when we joined Bike MS: The Great Country New Jersey Country Ride, which we continue to participate in today.



Tricia's condition has worsened to the point that she cannot walk, has lost the use of her right hand, and suffers from cognitive issues. She is on Betaseron and various other drugs as needed. We look forward to the ride each year and hope there is a cure for MS in our near future.

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National MS Society
New Jersey Metro Chapter
1 Kalisa Way
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THANK YOU TO OUR SPONSORS



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CHAMPIONS AGAINST MS

Every year, hundreds of event participants and people living with MS come together to ride and fundraise to work towards ending the devastating effects of MS. Champions Against MS strives to connect people living with MS and event participants to foster education, gratitude, and most importantly, hope. During this year's Bike MS event, participants will have the opportunity to be paired with a Champion. A postcard introducing your Champion will be mailed to you as well as a signed bandana. This bandana can be worn by you during the event. You and your Champion are encouraged to connect before, during and/or after the event. As a Champion, you are adding depth to the Bike MS event by increasing your awareness about our mission, and serving as a critical part in the fight against MS. Together, Champions provide each other with hope, inspiration and encouragement!

For more information regarding Champions Against MS program, please contact Jennifer Hivry at jennifer.hivry@nmss.org or 201-967-5599 x43222.