

## **Ghisallo Racing Bike MS Team!**

**Join Ghisallo Racing in our efforts to support the mission to end MS!** As a member of our team you will receive the following:

1. Training program to complete 40, 75, or 100 mile courses.
2. Group training rides; providing training tips, maintenance tips and motivational support.
3. Custom Bike MS/Ghisallo Racing Jersey.
4. Fundraising Events.
5. Reserved block of hotel rooms.
6. Team Tent.
7. Massage Therapist.
8. Lots of extras to come.....

Find out how to join our team by contacting Mary [ghisallocharities@yahoo.com](mailto:ghisallocharities@yahoo.com).

**Be a part of the movement with the Ghisallo Team!**

### **Bike MS: Express Scripts Gateway Getaway Ride has a New Location!**

In honor of the 25<sup>th</sup> anniversary of Bike MS: Express Scripts Gateway Getaway Ride on September 12 & 13, 2009, we are moving the event headquarters to the **Boone County Fairgrounds in Columbia, Mo.**

The follow are some improvements for 2009.

- New 40, 75 and 100 mile routes highlighting the quaint lifestyle of Amish country
- Flatter, more spacious overnight site allowing more room for team tents and camping
- New layout giving you a view of the finish line festivities from the team tent and beer garden areas.
- Additional access to electricity for team tents and camping
- More permanent rest rooms, fewer port-a-potties at the overnight site
- Improved food options
- More covered pavilions giving cyclists and volunteers additional shaded locations to enjoy the event
- Easier access to hotels and restaurants and easier access from St. Louis metro area



[www.gatewaymssociety.org](http://www.gatewaymssociety.org)