

Free TrainingPeaks subscription, MS research news, Fall Ride recap, and more



## The Bike MS E-Newsletter: Even Better than Leftover Turkey

### In This Issue:

[FREE TrainingPeaks Subscription](#)

[Register Online for Bike MS 2010](#)

[MS Research News](#)

[Fall Ride Recap](#)

[Workplace Giving and Autos-4-MS](#)

### Gobble Up Your FREE TrainingPeaks Subscription

We're excited to announce that TrainingPeaks is the official training software of Bike MS. **This year, registered Bike MS cyclists can enjoy a FREE subscription to the basic edition of TrainingPeaks.**

[Learn more about this awesome perk for Bike MS cyclists.](#)

TrainingPeaks is an interactive web-based training log and food diary. You can download custom beginner and intermediate cycling training plans developed exclusively for us by cycling expert Joe Friel, map and record your workouts, and use the nutrition tracker to help fuel your rides.

Recording your entire Thanksgiving dinner in the nutrition tracker is optional.



### Avoid Black Friday Madness at the Mall -- Register Online for Bike MS 2010!

On the day after Thanksgiving, hundreds of enthusiastic shoppers across the country will line up outside of their favorite stores before dawn in the hopes of getting great "Black Friday" deals.

We have a great Bike MS deal for you: **a discounted \$25 registration fee**, which you can enjoy from the comfort of your home.

**[Register TODAY for Bike MS 2010.](#)**

You don't even have to wait until Black Friday to do it. The discounted registration fee is available now.

### A Cornucopia of MS Research News

The funds you raise for Bike MS help support cutting-edge research to stop MS, reverse the damage, and end MS forever.

**We're getting closer to oral therapies!** This fall, EMD Serono announced that it has applied to the FDA for approval to market [a medication](#) as the first oral disease-



modifying therapy, and Novartis International AG announced plans to seek approval at the end of the year for [another oral drug](#) that has also performed well during a phase 3 clinical trial.

[Check out all of the latest research developments that YOU have helped fund!](#)

### We're Thankful for... Everyone who Participated in the Fall Ride



On October 31, approximately 30 cyclists participated in our Fall Ride in Arlington, Virginia. Thank you to **Allan Williams** for designing our two routes and leading the 30-miler! We'd also like to thank **Revolution Cycles** for hosting the start and **Phoenix Cycles** for hosting the rest stop.

### Consider a New Kind of Giving This Thanksgiving

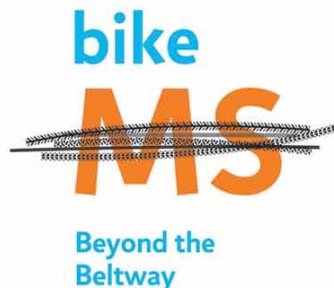
**Join the movement at work.** Did you know that you can contribute to the National Capital Chapter through your company's [workplace giving program](#)? Designate CFC #44115, United Way #8203 or CVC #8201 in your workplace giving program today.



**Help us drive MS away.** The donation of your car, truck, motorcycle or trailer through [Autos-4-MS](#) can help fund critical research and programs and services for people living with MS.

Thank you for your hard work and support! Happy Thanksgiving!

Sincerely,  
**The Bike MS Team**  
**National MS Society**  
**National Capital Chapter**  
 1800 M Street NW, Suite 750 South  
 Washington, D.C. 20036  
 (202) 296-5363, option 2  
[BikeMS@MSandYOU.org](mailto:BikeMS@MSandYOU.org)  
[www.MSandYOU.org/Bike](http://www.MSandYOU.org/Bike)



Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at <http://www.nationalmssociety.org/> or 1-800-FIGHT-MS (344-4867).

Our postal address is:  
 National Multiple Sclerosis Society  
 733 Third Avenue  
 New York, New York 10017

[Unsubscribe](#)  
[Email Preferences](#)  
[Forward to a Friend](#)  
[Privacy Policy](#)



Accept the Challenge - Bike MS

The Bike MS E-Newsletter: Even Better than Leftover Turkey

In This Issue:

FREE TrainingPeaks Subscription  
Register Online for Bike MS 2010  
MS Research News  
Fall Ride Recap  
Workplace Giving and Autos-4-MS

Gobble Up Your FREE TrainingPeaks Subscription

We're excited to announce that TrainingPeaks is the official training software of Bike MS. This year, registered Bike MS cyclists can enjoy a FREE subscription to the basic edition of TrainingPeaks.

Learn more about this awesome perk for Bike MS cyclists:

[http://bikedcw.nationalmssociety.org/site/PageServer?pagename=BIKE\\_DCW\\_homepage](http://bikedcw.nationalmssociety.org/site/PageServer?pagename=BIKE_DCW_homepage)

TrainingPeaks is an interactive web-based training log and food diary. You can download custom beginner and intermediate cycling training plans developed exclusively for us by cycling expert Joe Friel, map and record your workouts, and use the nutrition tracker to help fuel your rides.

Recording your Thanksgiving dinner in the nutrition tracker is optional.

Avoid Black Friday Madness at the Mall -- Register Online for Bike MS 2010!

On the day after Thanksgiving, hundreds of enthusiastic shoppers across the country will line up outside of their favorite stores before dawn in the hopes of getting great "Black Friday" deals.

We have a great Bike MS deal for you: a discounted \$25 registration fee, which you can enjoy from the comfort of your home.

[Register TODAY for Bike MS 2010.](#)

Close