

FOR IMMEDIATE RELEASE:

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The Ultimate Minnesota Road Trip Passes Through Angora
Bike MS: Star Tribune "The Ride Across Minnesota" 2008

The National Multiple Sclerosis Society, Minnesota Chapter, is currently preparing the 19th annual Bike MS: Star Tribune "The Ride Across Minnesota" 2008. Alango School in Angora will be used as a rest stop for this summer's charitable bicycle ride.

Love to bike? Hit the road with us. Join Bike MS: Star Tribune TRAM 2008 July 20 to 25. Enjoy the five best days of cycling the Iron Range and North Shore have to offer while you bring hope to thousands of people with MS in Minnesota and western Wisconsin. Approximately 1,000 bicyclists will ride 250-plus miles starting in Grand Rapids, traveling through Chisholm, Biwabik, Two Harbors, and finishing in Duluth.

The Minnesota Chapter coordinates three bike tours for riders of all levels and ages. Each tour offers stocked rest stops, bicycle mechanics, rider assistance along the route, a t-shirt and a finish line meal. Outdoor camping in each community is provided for all registered riders. There will be designated camping areas for early and late risers. Hotel accommodations may be arranged on your own, and shuttle buses will be provided to and from the host hotels.

The communities listed above have enthusiastically agreed to be host cities for the Bike MS: Star Tribune TRAM 2008. These cities help provide a place for riders to stay overnight, along with food and entertainment. As you can imagine, the success of this bike ride heavily depends on the communities through which they ride and the volunteers the MS Society works with.

Approximately every 10-15 miles, the MS Society makes sure that its riders have proper restroom facilities, refreshments and other energy boosters. As a rest stop location, Alango School supports this function. The riders will be traveling through Angora Tuesday, July 22, from 7:30 a.m. to noon.

How can you and our community get involved? Just hang out and visit with the riders, volunteer to help work at the rest stop or suggest volunteer contacts, or sell limited quantities of baked goods, sandwiches, or other goodies to the riders. The MS Society will supply a trained rest stop supervisor who will help make sure everything runs smoothly.

The mission of the National MS Society is to create a world free of MS. It is with the money and awareness raised by events such as the Bike MS: Star Tribune TRAM that they are able to continue to work towards finding a cure for multiple sclerosis.

For more information, contact Aaron Briner TRAM Coordinator, 612-335-7906, abriner@mssociety.org, or Will Ziegenhagen Volunteer Coordinator, 612-335-7992, wziegenhagen@mssociety.org. For additional information regarding Alango School, visit www.alangoschool.com.