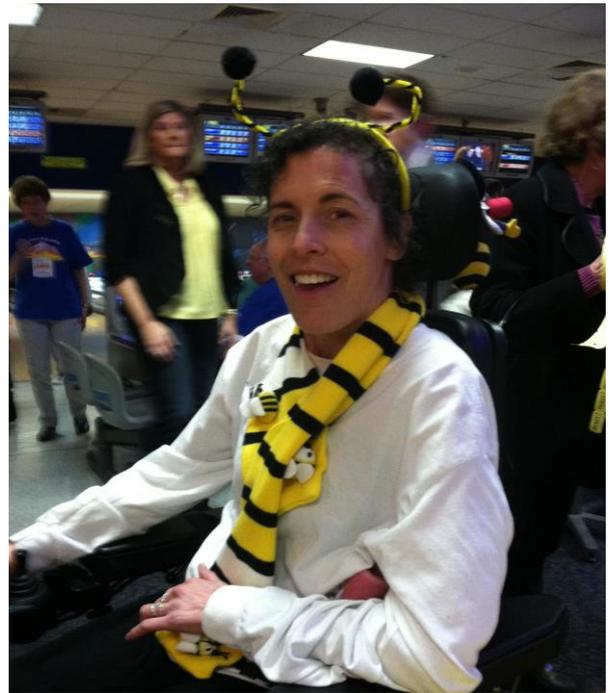


"You have multiple sclerosis."

It was 1988 in Austin, Texas. I was miles away from my family and from Colorado State University where I was finishing my Bachelor of Science degree in Health and Exercise Science. The neurologist I was seeing suggested some disturbing options and, not knowing anything about multiple sclerosis, put me in a state of alarm. After a phone consultation with my parents, the doctor suggested I return to Colorado and go to the newly opened Rocky Mountain MS Center. At the RMMS Center I went through a battery of tests and examinations, including an MRI, which showed several lesions on my brain and optic nerves. It was a confusing time for me.



Sheer determination and spirit kept me going to defeat this MS. I was NOT going to let it rule my life. I completed a Master Degree in Exercise and Sport Science from CSU and started teaching. Exercise and activity was my life. Then I started to have difficulty with vision, balance, dexterity, walking and muscle control, so I decided to change my perspective.

I contacted the local National Multiple Sclerosis Society for information and support. What a blessing this organization and group of people have been to me and my family since the beginning of my diagnosis. The NMSS has helped me in many ways to accept the challenges and work to overcome the obstacles one faces having this disease and make my life more meaningful. Basically, the MS Society has become my second family.

How bleak my life would be without the love and support from my family, friends, neighbors, colleagues, Team Sugarbee, and ALL of the Bike MS teams in the Colorado-Wyoming Chapter for the past 25 years. Being a part of Bike MS has kept me involved as a rider and as a volunteer. How wonderful it is to feel the love and support from so many caring and inspirational people who continue to work hard for all those suffering from MS by raising funds for research and to help find a cure for MS.

I can relate to the saying "Life is 90 percent attitude and 10 percent situation." Sure, I face challenges living with MS, but my choice is either to be angry, bitter, and think of myself as ill, or to lead my life centered around wellness, love, laughter and hope to walk or even ride a bike again someday. I choose the wellness option! I want to help "Take the Sting Out of MS!"