

On September 13th and 14th I rode my bike 203 miles for the MS Waves to Wine Fundraiser. My pre-ride bravado that it wouldn't be that bad is now officially recanted. Two hundred miles is a long way to pedal, especially when it is over 100 degrees in the shade (and the nearest shade is a lone tree 4 miles away). However, it is easier when you're doing it for a good cause with 1031 other people.

I'd like to thank everyone who supported me on this ride. I extend this to people who made generous contributions to MS, and to Adobe for matching funds from employees. The notes of encouragement that came from all of you were also very welcome. I raised \$10,390 (a bit more than my original goal of \$2,000)! The major surprise came Saturday night, when there was a dinner and program for all of the riders and volunteers. I was one of the six top fundraisers (over \$5,000) for the whole event. For this, I received a special purple jersey that you see below. And the entire event raised over \$700,000.



Since you're probably curious how an event like this happens, I'll give you a few of the details. I woke up at 4:30 AM on Saturday for the two hour drive to Santa Rosa. The check-in area was swarming with people and bikes. I hit the road about 7:15, when it was just over 50 degrees. In the first few miles, a veteran said "Remember this cold... you'll treasure the memory later in the day." The route went down the Russian River valley, and out to the ocean, still staying in the cool 70s.. After that we turned inland at mile 40, had lunch at 50, and the 100 mile riders (there were about 100 of us) went into the arid brown-grassed 102 degree hills of south

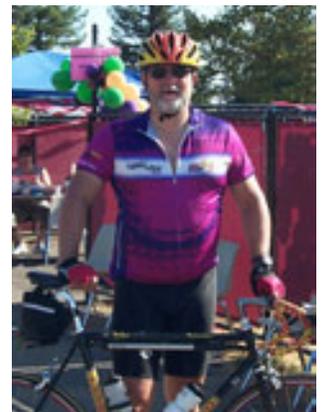
Sonoma and north Marin counties. No matter how much you drank, you still came close to dehydration. The picture on the right is the rest stop at mile 80, where we all managed to find some shade and water.

The dinner Saturday night, with speakers from the MS Society as well as folks with MS, was both interesting and motivational. There were people like Laurie, who loves cycling, but has been confined to her wheelchair for the past 15 years. On this ride, she did the 50 mile route on the back of a tandem, which was, by her own admission, a bit scary. Other people with MS rode custom three-wheel bikes, which is the only way for them to ride once the degeneration of the disease becomes more severe. One of these folks stopped an aid car to ask if they had tape so he could tape his feet to the pedals and still complete his 25 mile trip. They made my commitment to do 200 miles look like I was taking the easy way out.



I slept like a rock that night in my tent, and woke up the next morning a bit sore but ready to go. The ride was cooler and more shaded as we went through the vineyards of Sonoma county. The most notable event of the day was when, at mile 140, I was riding with another of the top fundraisers (the purple jersey to my right); it turns out that Paul was from New York, and active in MS fundraising there. We talked for a while, and then we met up again at the pictured rest stop. I asked him what his connection was to MS (the normal start for small talk), and the response that surprised me was "I was diagnosed with MS in 1997... the drugs they have today help slow it down and alleviate some of the symptoms." And he did the 200 mile just like I did.

I made it to the end (right), had a quick meal and went home. I was a bit sore in my triceps instead of where people expected soreness, but enjoyed the two days of the trip tremendously. I thank you all again for your support.



*Charles Meyer*



## **2003 MS Waves to Wine**

**Thank you for  
your support**



Charles Myers  
121 Albert Court  
Los Gatos, CA 95032