

August 31, 2003

Dear

On September 21 of 2003, it will be four years since I had my heart attack and bypass surgery in Maryland. As I'm sure you know, I've taken up cycling as a sport since then, and have done my part to get in shape and keep my heart going. In fact, I've done six 100 mile bike rides for the fun of it so far this year, and it helps to know that I'm keeping my heart working well. Not too bad for a guy who just turned fifty.

The good news for me is that I had an episode with a disease that can be treated with surgery and lifestyle change. Not everyone is so lucky. Diseases like MS gradually cripple ten thousand people every year in the US, and around the world. Ann's grandmother was diagnosed with MS at the age of 35, and was bed-ridden for the next 39 years from the disease.

I've decided that I should take my biking skills and apply them to a good cause - raising funds for MS research and programs. On September 13th and 14th I will be riding 200 miles (100/ day) in the 19th Annual Waves to Wine Bike Tour in Sonoma, California for the Northern California Chapter of the National MS Society. Over one thousand cyclists and hundreds of volunteers will join me to help make a difference in the lives of those that have MS.

This year, the fundraising goal is \$1 million. I hope to raise at least \$2,000 towards this goal. By making a pledge, you'll help me in this fundraising goal, and help people with MS.

You can make a pledge in two ways:

1. Writing a check to "The National MS Society." If your company does matching funds for donations, please attach the correct form.
2. Go online to <https://www.nationalmssociety.org/pledge/index.asp>, enter Charles Myers and California, and pledge for "Waves to Wine" and follow the instructions on the web page.

In either case, you will receive an acknowledgement from me when your pledge and \$ have been received. as well as from the local MS chapter (if at least \$100). By default, the MS society will place you on their mailing list. If you do not want this, please write "NO" below to "Mail List Inclusion."

Please fill out the following information and return to me with your donation:

Your Name: .....Telephone:.....

Address: .....

City, State, Zip: .....Mail List Inclusion:.....

Donation Amount:

- |   |  |
|---|--|
| <input type="checkbox"/> \$500 (truly wonderful)                | <input type="checkbox"/> \$200 (that's just a dollar a mile) |
| <input type="checkbox"/> \$100 (a Kennedy half dollar per mile) | <input type="checkbox"/> \$50 (just a quarter a mile)        |
| <input type="checkbox"/> \$20 (one little thin dime per mile)   | <input type="checkbox"/> \$___ (anything else you can do)    |

Thanks,

Charles Myers