

August 6, 2004

Dear

On September 21, 2004, it will be five years since 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 seven 100-mile bike rides for the fun of it so far this year in the US and around the world. Not bad for a fifty-year-old guy.

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 multiple sclerosis gradually cripple ten thousand people every year in the US and around the world. My wife's grandmother was diagnosed with MS at the age of 35, and was bedridden for the next 39 years.

Last year I decided to apply my biking skills to the good cause of raising money for MS. I raised over \$10,390 for support of the local and national MS programs, far exceeding my goal of \$2,000. I am still overwhelmed by the support I received for this event. I rode the 203 miles in the Waves to Wine in 2003, as well as a 175-mile MS ride from Richmond, VA to Williamsburg and back in June 2004. I've met more people impacted by MS than when I wrote to you a year ago. I've also seen the support of the the many cyclists for this cause, and the encouragement that people afflicted with MS draw from this mass of support.

On September 18th and 19th, 2004 I will be riding 200 miles (100 per day) in the 20th 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. I'm not only doing this as an individual: I have made two changes this year. First, this year's ride is a family affair: my wife, Ann, will be volunteering to support riders at the event. Secondly, I am forming an Adobe team to get other cyclists at work riding and raising money for MS (if you are interested in joining, see the URL below).

This year, the fundraising goal is \$1 million. I hope to raise at least \$5,000 towards this goal. By making a donation, you'll help me in this fundraising goal, and help people with MS. I hope that you will help me exceed my goal this year as you did last year. And if you didn't contribute last year, this is your chance to join in.

You can make a contribution in two ways:

1. Writing a check to "The National MS Society," and returning this to me in the enclosed envelope. 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. Credit cards are the primary payment method (and you can get miles this way also). You can also link directly through [here](#).if viewing online.

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

Your Name:Email Address:.....

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; everything counts) |

Finally, I have a web page with information on the ride and the Adobe Team at <http://www.pagerforever.com/ms>

Thanks,