

# *Bike MS: Virginia's Ocean to Bay Ride*

MAY 31, 2014 » 1 DAY » 36, 75, 100 MILES  
MAY 31-JUNE 1, 2014 » 2 DAYS » 36, 75, 100 MILES EACH DAY

TEAM:



**bike**  
**MS**

bike to  
create a world  
free of MS

TEAM UP & REGISTER TODAY: [BIKEMS.ORG](http://BIKEMS.ORG) OR 757.490.9627

*For more information about Bike MS  
and our team, **please contact:***