

# Multiple Sclerosis City to Shore 2024

Sept 28<sup>th</sup> - 29<sup>th</sup>

**The 2024 Bike MS: City to Shore Ride is just around the corner and will take place in your neighborhood on Saturday, September 28 & Sunday, 29<sup>th</sup>.** In just one weekend nearly 4,200 riders will fulfill their pledge to raise over \$5 million dollars towards providing programs and assistance to more than 15,000 of your neighbors and their families in the Greater Delaware Valley who are living every day with Multiple Sclerosis, an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body. Symptoms of MS vary from person to person and range from numbness and tingling, to walking difficulties, fatigue, dizziness, pain, depression, blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are leading to better understanding and moving us closer to a world free of MS.

During our two-day event our riders are supported by over 1,000 volunteers, including folks from your community. These unsung heroes include police officers, motorcycle route support, bike mechanics, communication specialists, emergency medical teams, rest stop volunteers and many others who will help **provide a safe and successful ride, and who will work hard to minimize the impact of the ride on our host communities including any inconvenience to you.** Our riders will be in the Upper Township area on Saturday between 10:00am-4:30pm, please expect some revised traffic patterns as our cyclists travel through your roads. On Sunday, you can expect some minor delays between 7:30am-10:00am. To see the route and schedule, visit [Ride with GPS Event Page with Route Listing](#).

We greatly appreciate your patience this season during the 45<sup>th</sup> annual Bike MS: City to Shore Ride. **If you have the opportunity, please cheer us on as we pass through your neighborhood, it will truly make a difference. And if you have the time and are so inclined, we have a need for volunteers to help make the ride a success. To register as a volunteer or cyclist visit [www.BikeMS.org](http://www.BikeMS.org)** or call the Greater Delaware Valley Chapter office at 1-800-445-BIKE. You can also learn more about Bike MS: City to Shore and the mission of the National Multiple Sclerosis Society by visiting this site or calling the chapter office. On behalf of those living with MS as well as everyone involved with the Ride, we thank you for your understanding and support of the National MS Society and the 2024 Bike MS: City to Shore Ride.