

The National Multiple Sclerosis Society

and

MIDDLE CREEK HIGH SCHOOL BAND

Invites you to our 4th Annual MS150 Premier Training Ride

biking with the band

When: Saturday, May 17, 2008 8:00 AM (Rain or Shine!)
(Arrive at 7:30 AM to sign waivers & go over “Rules of the Road”)

Where: Middle Creek High School
123 Middle Creek Park Ave.
Apex, NC 27539

Why: To benefit the MS Society (**TEAM MSFITS**) with half the proceeds going to the MCHS Band

How much: \$20.00 on line registration at: www.middlecreekband.org
\$25.00 after Friday, May 9 (on site registration available)

How far: Three routes: 65 miles, 30 miles, and 15 miles

COME AND JOIN THE FUN!

- ❖ *MCHS Marching Band will play during registration*
- ❖ ***The Spin Cycle** providing mechanical support at the beginning of the ride*
- ❖ *3 rest stops with pep bands playing*
- ❖ *SAG support – all levels welcome*
- ❖ *Chick-Fil-A lunch provided at the end of the ride!*