



## Gate's MS 150 Team Wants You!

This September 21–22, a courageous group of cyclists will make a 150-mile trek from the World Golf Village in St. Augustine, Fla. all the way to the Plaza Resort and Spa in Daytona Beach — and a team of Gate employees shall be among them.

This journey, the MS 150, is an annual event that raises money for the National Multiple Sclerosis (MS) Society. This year marks the tour's Sweet Sixteen and the society hopes it'll turn into a landmark fundraising year as well. That's because more than one-third of a million Americans have multiple sclerosis and the National MS Society supports more research than any other voluntary health organization in the world.

Debi Belcher is Gate's team captain. An avid biker, she's looking forward to the challenge. "It takes an average rider 7–8 hours to complete the event," says Debi. And you have to be prepared for the elements. But if you have the desire to help others, this is a great way to get involved.



The current MS150 team (left to right, clockwise) Tom Glavin, Debi Belcher, Patty Traubwein, Polly Bodin, Brenda Guyton, Don Brubaker, and Nicole Baughman

"If cycling isn't for you, there are lots of other opportunities to volunteer during the race," Debi continues. "There are themed rest stops all along the way that need staff, and it'll be loads of fun in addition to being for a good cause."

If you'd like to join Gate's MS 150 team — or support them with a financial contribution — send an email to Debi Belcher at [dbelcher@gatepetro.com](mailto:dbelcher@gatepetro.com). The minimum pledge for each rider is \$150, so every bit counts.

If you'd like to volunteer at the event, contact Corrina Steiger, the marketing and recruitment coordinator for the MS Society, at [corrina.steiger@fln.nmss.org](mailto:corrina.steiger@fln.nmss.org). You can also email her to find out about other volunteer areas for the tour. To learn more about MS, visit [www.msnorthfl.org](http://www.msnorthfl.org). ♦