



RONA tour will begin in Acton

Ontario's longest running RONA MS Bike Tour will depart from a new location this year—Acton.

On August 14 approximately 530 cyclists will ride from Acton to Waterloo, pushing themselves to raise awareness for multiple sclerosis and raising an estimated \$370,000 in pledges. Funds raised by participants are dedicated to finding a cause and cure for multiple sclerosis, and providing support and services to those living with MS.

Cyclists will leave from Prospect Park, and ride to the University of Waterloo for a night of rest and festivities. The following day, they'll return to Acton, cycling a total of 150 km.

In Ontario's first RONA MS Bike Tour of the season, cyclists rode from Grand Bend to London on July 24-25, celebrating the 20th anniversary of the Tour and raising a total of \$1.124 million.

For more information on the RONA MS Bike Tours, including opportunities to volunteer or cycle at the upcoming Tours, visit <http://mssociety.ca/ontario/bike-tour.htm> or call 1-800-268-7582, ext. 3038.

At the recent RONA MS Bike Tour breakfast, Acton resident Ray Vanden Kooij (left) did a high five with MS Ambassador Mike Augustine, who stations himself at each ride to give participants a 'high-five' as they complete the ride. The breakfast was to officially launch the Acton to Waterloo Ride, which will commence and conclude at the Acton Agricultural Building, August 14-15. Vanden Kooij, a participant in the ride for the past two years, will be leading a team of 12 riders from Acton, who regularly train at Stayin' Alive.

Photo by Ted Brown

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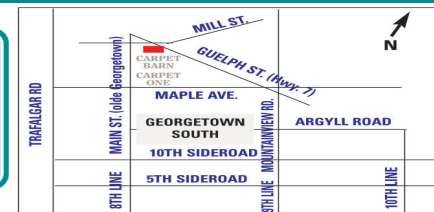


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