



## Team24 Pacific Update

Volume 6 – Issue 5

For Members of Team24 Pacific Cycling Team

August 22, 2011

### Team24 Pacific Stats

# Team Members: 59  
 Amount Raised: \$12,466.99  
 Days until Ride: 60 Days

Welcome our NEW Team Members to our Team24 Pacific Cycling Team for 2011

Name	Residence
John Mullins	Newport Beach
Monique Dean	Escondido
Annika Marmioli	Mission Viejo
Jennifer Berge	San Diego
Heather Falcone	Anaheim
Skip Molina	Irvine
Randall Bowers	Riverside
Bryan Bartik	Huntington Bch.
John Corneau	Simi Valley
Cameron Smith	Sacramento
Kevin Young	Anaheim
Bill Goltermann	Newport Beach
Michael Bowers	Riverside
William Scott	Long Beach

### Team24 Pacific Top 10 Fundraisers

Name	Amount
Michael Alti	\$1,805.00
Victoria Roberts	\$1,625.00
Bill Petersen	\$1,290.00
Mike Flanagan	\$1,050.00
Suzanne Castor	\$675.00
Kimberly Johnson	\$630.00
Allison Goldman	\$576.00
Monique Dean	\$450.00
Randy Blunt	\$405.00
Wayne Kenton	\$350.00

### JOIN OUR TEAM!

[www.24hourfitness-ms150.com/pacific](http://www.24hourfitness-ms150.com/pacific)



Team24 Pacific - OC Squad during week #11 training on Sat. Aug 20<sup>th</sup>.

### 60 Days to GO!

As amazing as it seems, we have surpassed our halfway point towards the event we all are waiting for . . . the MS Bike: Bay to Bay Bike Tour – 2011! Our attendance during our training program has been fabulous, ranging from 10 riders to over 30 cyclists during our weekend journeys! Bring your family and friends to ride with us! The MORE, the MERRIER as

we continue to fight for those that have been robbed from their “gift of movement”, as we continue to strive for a world free of MS!

### Haven't been riding yet? It's Still Early!!

If you haven't started on your training, now is the time to get your bike from out of that bike stable of yours and get it checked out at your favorite bike shop! Once your mechanic gives it the big OK, you are ready to tackle the miles with us toward a FABULOUS event in October. Once you ride with our team, you will be hooked as the camaraderie and companionship of our cycling team will keep your motivation alive as you melt those miles away during your journey with us. That, plus the beautiful scenery we ride through makes it an AWESOME day to remember during your training days. So, grab your bike and get ready for a GREAT adventure as we prepare you for the MS Bike Tour in October!



Team24 Pacific – SD Squad enjoying a beautiful ride throughout the North County areas of San Diego!

### 2 Squads – Double the FUN!!

There's one thing great about riding with our team. You have a choice of different adventures! If your schedule is tied up on Saturdays, consider riding with our awesome and special Social rides on Sundays! Schedule

problems on Sundays? Join us with our OC and SD Squads on Saturdays! Free on BOTH DAYS!! Go for the gusto and ride with BOTH our squads! You can get the latest training ride details on our [ride calendar](#) on our website. See you on the weekends!

**Team24 Pacific**  
**Upcoming Fundraiser Events**  
(Hosted by our team members)

**Saturday, August 27<sup>th</sup>**

**“Wining our Way to a Cure”**

Wine Tasting and Silent Auction  
*Hosted by Victoria Roberts*

1594 Hacienda Drive

El Cajon, CA 92020

5:00pm – 9:00pm

RSVP: [vdoodle72@mac.com](mailto:vdoodle72@mac.com)

(see Ad for more details)

**Saturday, August 27<sup>th</sup>**

**Charity Poker Tournament**

Oak Tree Lanes

990 N. Diamond Bar Blvd.

Diamond Bar, CA 91765

6:00pm – Midnight

Hosted by Cesar Oliva & David  
Petrie

RSVP: [Coliva67@msn.com](mailto:Coliva67@msn.com)

**Saturday, September 10<sup>th</sup>**

**5<sup>th</sup> Annual 24SuperCycle**

A 3 hour 24Cycle<sup>®</sup> experience

12:30pm – 3:30pm

At the following locations:

**24 Hour Fitness**

*Lakeshore Tower Ultra Sport*

*Oceanside Sport (SOLD OUT)*

*Rancho Cucamonga Sport*

*Vista Sport (SOLD OUT)*

**SIGN UP TODAY at:**

[www.24hourfitness-  
ms150.com/24supercycle](http://www.24hourfitness-ms150.com/24supercycle)

**Mon., Sept. 26<sup>th</sup> – Fri., Sept. 30<sup>th</sup>**

**Team24 Pacific’s 6th Annual  
FUN-raising Challenge**

A week long fundraising blitz!

Contest begins Sept 26<sup>th</sup> at

6:00am. Join us LIVE on our

Team24 Pacific website on Fri.

Sept. 30<sup>th</sup> beginning at 9:00pm for

the final 3 hours (ends at 2400

hours or 12:00 midnight).



**Team Member Profile**

**Lynn Munson**

*4 Year Team Member*

*Team24 Pacific*

When heaven sends us angels to Earth, they have sent us a special angel to our Team24 Pacific Charity Team.

Lynn Munson is that angel. Our 4 year team member comes from a higher authority as she is the Senior Pastor at the Yorba Linda United Methodist Church.

Lynn was very kind to take a moment with us to talk about her experience with Team24 and our “MS Journey”.

**Who inspired you to join Team24 Pacific team?**

I was referred by a friend, Chris Hillock. He's one of the team's original members.

**Your experience with Team24 Pacific?**

I couldn't ask for a better group of people or a more supportive team. There is competition for sure, but never at the expense of anyone. All the Team24 members are wonderful people who look out for each other, assist each other with cycling tips and resources and our motto is always, "no cyclist left behind!"

**Your most influential team member during your 4 year history with Team24 Pacific?**

I can't name one. I have made so many friends and they have all inspired me in different ways.

**Any new goals you would like to accomplish?**

I want to do another Century and recently took on Roland's challenge of a double-metric!

**Anything you like to add regarding our Team24 Pacific Cycling Team?**

I choke up when I think about how much this team means to me. Being a single woman, this team has given me friendship, camaraderie, and a belief in my ability to achieve things I never thought I could! I am so grateful to God for all of you!!

**Fundraiser Event Details**

**Wining Our Way to a Cure**  
an event to benefit the National MS Society

**Wine Tasting and Silent Auction**  
Saturday August 27, 2011  
5:00 pm-9:00pm

\$10 at the door  
1594 Hacienda Drive  
El Cajon, CA 92020

For RSVP and/or questions:  
Victoria Roberts  
619-244-5451  
vdoodle72@mac.com

This is a wine tasting and silent auction event to raise money for the MS Bay to Bay Bike Tour. I am riding 150 miles, from Irvine to Mission Bay over two days. All the proceeds from this event will be going directly to the National MS Society to support my fundraising efforts in hopes to find a cure for MS.

## Charity Poker Tournament

Hosted by

Cesar Oliva & David Petrie

Date: **Saturday, August 27 2011**

Time: **6:00 to Midnight**

Place: **Oak Tree Lanes**

990 N. Diamond Bar Blvd.  
Diamond Bar, CA 91765  
(909) 860-3558

### Entry Fee:

\$15.00 Includes lasagna dinner and soft drink. No host full bar available in lobby.

### Buy In:

\$40.00 buys 100 chips for play. Re-buys are available during the first hour of play for \$20.00 (50 chips).

The game will be No Limit Texas Hold-em, Big and small blind. Blinds will increase approximately every 15-20 minutes.

There will be a blind draw for seating at approximately 6:45.

Here's what you really want to know, what do I get out of this? Prize money will be awarded to the top 4 players. The total split will be 50% to the National Multiple Sclerosis Society and 50% will be divided among the top 4 players in the following amounts. First place will receive 50% of the prize pool; Second place will receive 25%, Third 15% and Fourth place 10%. Remember that re-buys not only increase the amount we can raise to fight MS but also increases your prize pool.

If you cannot attend Donations to the MS Society can be made by going to [www.biketofinishms.com](http://www.biketofinishms.com) and clicking on the sponsor rider button and find Cesar Oliva or David Petrie.

Please e-mail your RSVP to [Coliva67@msn.com](mailto:Coliva67@msn.com) as soon as possible so we can ensure enough food, poker chips and chairs for all.

Team24 Pacific

## Upcoming Events



for lunch to say THANK YOU for all your hard work and efforts!



Our annual pre-ride celebration and awards ceremony! We will award our highest fundraiser, most inspirational riders, and MORE. Our TeamMS coaches and staff will be there to check you in for the MS Bike Tour and receive your rider packet! It's time to CELEBRATE as you have completed your training! You're READY for your BIG EVENT!!



**ALL SQUADS (Thrive & Main) leaving Irvine - RIDE START: 7:00am**

Meet at the 24 Hour Fitness EZ Up tent as we will get together for our official group picture before the start of our ride. This year, all of our team members will start together at 7:00am. We will announce our starting line location as soon as we receive official word from our TeamMS Coaches.



**Saturday, October 15, 2011**

### The Last Ride

Time: **Thrive: 7:00am**

**Main: 8:00am**

Location: **TBA**

Our final training ride before the MS Bike: Bay to Bay Bike Tour. We will combine all of our squads together! Roland is treating

**Sunday, October 16, 2011**

### Pre-ride Celebration and MS Bike Tour Check-in

Time: **1:00pm**

Location: **24 Hour Fitness**

**Lakeshore Tower UltraSport**

**18007 Von Karman Ave.**

**Irvine, CA 92612**

**Sat. October 22<sup>nd</sup> -**

**Sun., October 23<sup>rd</sup>, 2011**

### Bike MS: Bay to Bay Bike Tour - 2011

Start Time: **7:00am**

Team Rendezvous: **6:00am SHARP**

Team Pictures: **6:30am SHARP**

**Saturday, November 19<sup>th</sup>**

### 6<sup>th</sup> Annual Team24 Pacific Post Ride Celebration

Time: **11:30am**

Location: **BJ's Brewhouse Restaurant**

**24032 El Toro Rd.**

**Laguna Hills, CA 92653**

It's celebration time to end our 2011 year!

## Fundraiser Event Details

### Team24

## FUN-raiser Challenge!

Time to get out your contacts list as we announce our 6<sup>th</sup> annual Team24 Pacific FUN-raiser challenge is scheduled!! We will wipe the slate clean beginning on Monday, Sept. 26<sup>th</sup> at 6:00am!! The team member that raises the highest amount of donations (according to the on-line donations board on the MS website) on Friday, Sept. 30<sup>th</sup> at 12:00 midnight will receive:

### A \$100.00 gift card from Rock N Road Cyclery

We will be web-casting LIVE on our website on Friday, Sept. 30<sup>th</sup> beginning at 9:00pm for the FINAL 3 HOURS of the challenge!! Get ready to have a BLAST of a time as YOU could be our BIG WINNER of our annual FUN-raising challenge!!

### Team24 Store Team24 Jerseys Available!



Order your 24 Hour Fitness Team issue jersey! Jerseys are available for immediate shipment. Sizes and styles are limited to stock on hand so get your jerseys now so you can wear your "pride-wear" during your training rides!

[ORDER YOUR JERSEY TODAY!](#)

## Team24 Pacific throughout the Web!

Have no fear as Team24 Pacific is EVERYWHERE! We are on Twitter, Facebook, Livestream, YouTube, Ustream, our MS Society team page, as well as our official Team24 Pacific website!



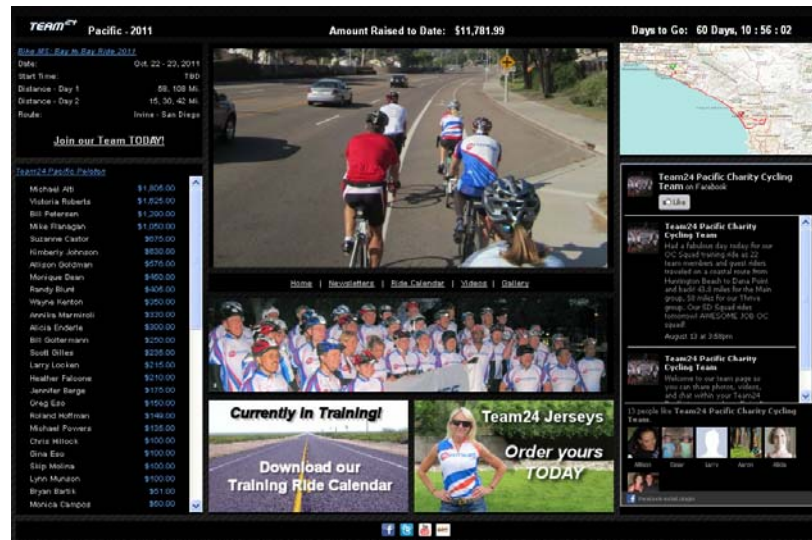
Go to our website for the latest details about our team at:

[www.24hourfitness-ms150.com/pacific](http://www.24hourfitness-ms150.com/pacific)

You can go to our Team24 Charity Team's home page for all kinds of information regarding our current and active teams, fundraising, and training programs ideas at:

[www.24hourfitness-ms150.com](http://www.24hourfitness-ms150.com)

## Team24 Pacific Website receives a facelift!



By popular request, our individual team websites are getting a fresh new look! Come check it out as you can see your team roster with their fundraising efforts, our media screen which features a slide show photos of our team in action, along with our social media section so you can get the latest information from our social media sites! This site is built by our team members as we THANK them for all the suggestions we have receive to build our individual team webpages!

If you have any content suggestions for our website, please contact Roland and he will be glad to take it into consideration! You can view our Team24 Pacific website at:

[www.24hourfitness-ms150.com/pacific](http://www.24hourfitness-ms150.com/pacific)

Enjoy the website everyone!

### ***Coming up in our Next Issue***

- *Fundraising Event Results*
- *MS Bay to Bay Bike Tour Details*
- *Fundraising 101*
- *and MUCH MORE*