

# onal for Madison trio

area.

"I like to bike ride," admits Ahern. "We've been riding as a team for about a month."

Ahern has logged three 20-mile rides per week, but for Waldner, next month's ride will be her debut.

"I am competing in the race because, at first, it sounded like it would be a lot of fun," says Waldner, who has competed in a number of running/road races the past few years. "When I found out the personal interest Mike had in the race, I just had to get involved in it."

Waldner has put 60 miles a week on her new bike.

Last Saturday, the foursome took part in an MS Society-sponsored triathlon 45-mile run in and around Sioux Falls.

"We all did pretty well," cited Ahern. "The main thing is that we all finished the run. I'm the slowest one, though, so I'll be practicing the hardest."

Mike Lynch is looking forward to this year's run.

"The event itself generates a lot of emotion and enthusiasm," stresses Lynch. "It's going to be a great ride with Carrie and Lori, who are pumped up to make this ride. It's nice to have a Madison connection."

"I plan on doing this on an annual basis. When you see those you are riding for — the expressions in their eyes — it makes you feel really good, knowing that they appreciate your efforts," he said. "It's also nice to know that most of the money we raise in these yearly bike rides stays in the local area."

Pat Lynch adds, "I am proud to have my brother on the team. That almost goes without saying. It's also great to have Carrie and Lori riding with us. Oh, by the way, I'm closer to having 1,900 miles on my hand-powered bike!"

For more information, call Mike Lynch at 256-3050 or check the society's website at [www.msdakotachapter.org](http://www.msdakotachapter.org).



**CARING TANDEM** — Mike Lynch (right) and Pat Lynch are seen prior to their MS Bike Ride last year. Pat Lynch suffers from MS, like the brothers' mother Edwina and sister Sheila.