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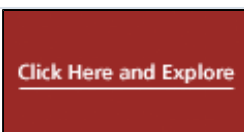
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The Fight Against Multiple Sclerosis

Multiple Sclerosis is a disease that attacks the nervous system and leaves people unable to do the things most of us take for granted. An estimated 400,000 people in the United States are battling the disease. But one Sioux Falls man is fighting back. Pat Lynch has launched a full scale war against M.S. through the, "MS 150 Bike Tour."

The 41 year-old has battled Multiple Sclerosis for the last 14 years. With burning blistered hands, he's going after the disease head on.

"I don't set any land speed records with my bike," he says, "but as long as we're in a forward motion I'm gonna get there. "

Lynch has lost the use of his legs, so he went with what worked; a hand propelled bike.

"I'm fortunate that my upper body is still strong enough to complete this task."

Lynch and 200 other bike riders hit the pavement this weekend from Sioux Falls to Vermillion and back. They biked 150 miles in all, and Pat did every inch with his hands.

"He's pretty awesome, he's amazing," says teammate Lori Waldner, "I've never seen anybody more dedicated and determined than him. When I was hurting pretty bad in the wind and everything I kept thinking about Pat riding his hand bike in the wind with M.S. "

Even through the pain, Pat strives on by riding for team "Forward Motion."

"FoMo for short," Lynch says with a laugh, "because as long as you're in a forward motion you'll get to where you're going. "

Pat rides to raise awareness of the disease that has affected him and so many others. He says no matter what, he'll keep on moving forward until a cure is found.

"I'll be riding this until they find a cure, and then I'll be on a two wheel which is where I was 15 years ago. Two wheel bike is my future. "

In the past year Pat says he's traveled over 2,000 miles on his bike and he isn't stopping. He'll ride in another 150 mile tour next weekend in North Dakota.

If you want to know more about Multiple Sclerosis and the efforts to fight the disease

visit <http://www.nmss.org/> or <http://www.mult-sclerosis.org/>

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