

## BIKE THE US FOR MS ROUTE

## PEDALING WITH PURPOSE

### 28 years in the making

Phil Cooper's mission to raise money to help find a cure for MS began nearly 28 years ago. In May of 1984 as a George Washington University senior, had had hoped to bike across the country in celebration of his graduation. It was an idea of grandeur and, without the proper training, equipment, or experience, the dream was put on hold. Since then, Phil made it his personal goal to bike across the US on his 50th birthday.

Phil saw the fulfillment of his dream as an opportunity to better the world and make a difference in the lives of many. Since 1984, Phil has ridden hundred of charitable miles to raise money and awareness for multiple sclerosis. He, along with his family, friends and Cooper Pest Solutions' team, has been tirelessly involved in the MS150 City-to-Shore ride each year in New Jersey. But, with the approach of his 50th birthday, Phil is set to put his involvement, passion and 28 year-old dream to the test.

Phil will bike over 3,700 miles, through 57 US cities with the Bike the US for MS TransAtlantic Ride. In true keeping with his personal mission, he has organized **PhilAcrossAmerica** and hopes to raise over \$50,000 for MS in honor of his 50th birthday. On July 11, 2012, Phil will greet his 50th in Telluride, CO, with 2,488 miles behind him and thousands of dollars raised. Help Phil make this journey both a huge personal success and one that raises money for the 2.5 million people worldwide who are afflicted with multiple sclerosis.

### JOIN THE JOURNEY!

DATE	START	END	MILES
06/01/2012	Yorktown, VA	Glendale, VA	60 miles
06/02/2012	Glendale, VA	Mineral, VA	79 miles
06/03/2012	Mineral, VA	Charlottesville, VA	68 miles
06/04/2012	Charlottesville, VA	Vesuvius, VA	48 miles
06/05/2012	Vesuvius, VA	Troutville, VA	66 miles
06/06/2012	Troutville, VA	Blacksburg, VA	48 miles
06/07/2012	Rest Day	Rest Day	
06/08/2012	Blacksburg, VA	Wytheville, VA	64 miles
06/09/2012	Wytheville, VA	Rosedale, VA	82 miles
06/10/2012	Rosedale, VA	Breaks Interstate Park	43 miles
06/11/2012	Breaks Interstate Park	Hindman, KY	68 miles
06/12/2012	Hindman, KY	Booneville, KY	64 miles
06/13/2012	Booneville, KY	Berea, KY	49 miles
06/14/2012	Berea, KY	Bardstown, KY	90 miles
06/15/2012	Bardstown, KY	Hodgenville, KY	44 miles
06/16/2012	Hodgenville, KY	Rough River Dam, KY	55 miles
06/17/2012	Rough River Dam, KY	Sebree, KY	74 miles
06/18/2012	Sebree, KY	Cave in Rock, IL	55 miles
06/19/2012	Cave in Rock, IL	Carbondale, IL	85 miles
06/20/2012	Rest Day	Rest Day	
06/21/2012	Carbondale, IL	Chester, IL	51 miles
06/22/2012	Chester, IL	Farmington, MO	45 miles
06/23/2012	Farmington, MO	Eminence, MO	88 miles
06/24/2012	Eminence, MO	Hartville, MO	78 miles
06/25/2012	Hartville, MO	Ash Grove, MO	74 miles
06/26/2012	Ash Grove, MO	Pittsburg, KS	67 miles
06/27/2012	Pittsburg, KS	Chanute, KS	60 miles
06/28/2012	Chanute, KS	Cassoday, KS	97 miles
06/29/2012	Cassoday, KS	Nickerson, KS	87 miles
06/30/2012	Nickerson, KS	Larned, KS	58 miles
07/01/2012	Larned, KS	Dighton, KS	95 miles
07/02/2012	Dighton, KS	Tribune, KS	70 miles
07/03/2012	Tribune, KS	Haswell, CO	81 miles
07/04/2012	Haswell, CO	Pueblo, CO	89 miles
07/05/2012	Rest Day	Rest Day	
07/06/2012	Pueblo, CO	Westcliffe, CO	59 miles
07/07/2012	Westcliffe, CO	Garfield, CO	66 miles
07/08/2012	Garfield, CO	Gunnison, CO	49 miles
07/09/2012	Gunnison, CO	Montrose, CO	66 miles
07/10/2012	Montrose, CO	Telluride, CO	66 miles
07/11/2012	Rest Day	Rest Day	
07/12/2012	Telluride, CO	McPhee Reservoir, CO	74 miles
07/13/2012	McPhee Reservoir, CO	Blanding, UT	77 miles
07/14/2012	Blanding, UT	Hite Recreation Area	80 miles
07/15/2012	Hite Recreation Area	Handsville, UT	52 miles
07/16/2012	Handsville, UT	Oak Creek Campground, UT	67 miles
07/17/2012	Oak Creek Campground, UT	Escalante, UT	45 miles
07/18/2012	Escalante, UT	Panguitch, UT	74 miles
07/19/2012	Panguitch, UT	Cedar City, UT	58 miles
07/20/2012	Cedar City, UT	Milford, UT	56 miles
07/21/2012	Milford, UT	Baker, NV	84 miles
07/22/2012	Baker, NV	Ely, NV	62 miles
07/23/2012	Ely, NV	Eureka, NV	78 miles
07/24/2012	Eureka, NV	Austin, NV	65 miles
07/25/2012	Austin, NV	Middlegate, NV	73 miles
07/26/2012	Middlegate, NV	Fallon, NV	48 miles
07/27/2012	Fallon, NV	Carson City, NV	62 miles
07/28/2012	Carson City, NV	Silver Lake, CA	58 miles
07/29/2012	Silver Lake, CA	Folsom State Rec Area, CA	79 miles
07/30/2012	Folsom State Rec Area, CA	Winters, CA	33 miles
07/31/2012	Winters, CA	San Francisco, CA	42 miles

**3,780 miles in 57 days**

Pedaling with passion for MS • Join the Journey



**Phil across America**  
**MS**

**Phil Cooper's Biking the US for MS**

**June 1—August 1, 2012**

Join his Journey with Bike the US for MS



Raising **50k**  
In **50+** Days  
On his **50th** Birthday



SPONSORED BY



## FOLLOW PHIL

As Phil Cooper, President of Cooper Pest Solutions, prepares for his trek across the US, a large part of his focus is on becoming as strong and fit as he can be, taking Phil from Phlabby to Phit! Through his dedication and work with personal trainer Mike Urban along with his structured approach to eating and nutrition with the guidance of nutritionist Shara Aaron, Phil is now at a weight that he hasn't seen in 15 years. He is transforming himself to get out there and move across miles for those with MS.

Leading up to the ride, beginning on June 1, Phil Cooper, President of Cooper Pest Solutions, is undergoing a physical transformation. You can follow the progress and learn about his preparations on the Phlabby to Phit section of the website. His fitness team is led by personal trainer Mike Urban and nutritionist Shara Aaron. Once the ride begins we encourage you to follow the daily blogs, tweets, videos, tracking and lots of other fun stuff as Phil ventures from Virginia to California.

## Join Phil's Journey For MS



"Like" **PhilAcrossAmerica** & share with your friends to get the word out and donate



Get up to the minute information on Phil's trek on Twitter at @philacrossus@PhilAcrossUS



See Phil's training & get some workout ideas on "**PhilAcrossAmerica's**Channel".



**www.philacrossamerica.com** and **www.biketheusforms.org** for up-to-date info.



Learn about MS, the Bike the US for MS Tour, Projects, volunteer & donation opportunities **www.biketheusforms.org**



**phil@philacrossamerica.com**

# Phil across America MS

## BE A SPONSOR

As Phil joins the Bike the US for MS Transatlantic Ride, bring your company along for the ride. Be seen while never having to leave your office. A variety of sponsorships are available, each providing an assortment of exposure.

Get involved in raising thousands of dollars for this unpredictable neurological disease. Join Team Cooper along with these generous sponsors.



## Join The Journey For MS

For details, check out the "Sponsorship Opportunities" section of the **PhilAcrossAmerica** website at **www.philacrossamerica.com**. **OR** e-mail Phil directly at **phil@philacrossamerica.com**

## MOBILIZING FOR MS

Multiple sclerosis. It's a disease that affects approximately 400,000 Americans and 2.5 million people worldwide. There are approximately 200 new cases diagnosed each week with many more going unreported due to the ambiguous first signs of the disease. Raising money through **PhilAcrossAmerica** in conjunction with Bike the US for MS will give mobility to the research & volunteer programs for this disabling disease.

## DONATE

### 50 BY 50 — MAKE A DIFFERENCE

## Every Donation Counts

Raising over \$50,000 for multiple sclerosis by the time he reaches 50 years of age is a mission possible for Phil Cooper with help from everyone. Whatever you are able to give toward **PhilAcrossAmerica** is a step closer to the goal that's been 20 years in the making.

Join The Journey & Donate At:

**www.philacrossamerica.com**

Click the "**donate**" button

**EVERY BIT MATTERS**

## RIDE WITH PHIL EASY AS 1, 2, 3

### 1 Pick your starting and end point.

Choose any distance or number of days (see the back panel of this brochure for ride itinerary). Help encourage Phil by **riding with him** and keep the 3,780 mile ride fresh and fun.

### 2 Bring yourself. That's it! Bikes are provided.

The **PhilAcrossAmerica RV** is equipped with bikes, tents, air mattresses and food. Bring your bikewear and you're good to join the ride the minute your feet hit the ground!

### 3 Fly into a city along the route

Get yourself there and the **PhilAcrossAmerica RV** will be there to greet you! C'mon and be a part of this mission!

Pedal With Passion By Joining At:

**www.philacrossamerica.com**

Click on the "**Join the Ride**" link