

## DHSS Wellness Superstar



Doug McKeever started working for the WIC program in June of 1992 as a Computer System Analyst. Since joining the WIC team, he's had many roles with the program; information technology, compliance, vendor training, technical assistance and *other duties as*

*assigned*. He is currently a Health Program Representative III in the Northwest District health office in Independence.

For most of his life, Doug has enthusiastically enjoyed outdoor activities and now does many with his wife, Tammy. The range of fun activities they enjoy include backpacking, hunting, fishing, canoeing, wakeboarding and bicycling. He and Tammy became certified as personal trainers and spin instructors in 2003/2004 as part of their personal fitness plan.

In the late 1980's one of Doug's friends was diagnosed with the disease Multiple Sclerosis (MS). This triggered his involvement with the National Multiple Sclerosis Society as a supporter of the search for a cure for MS. In 2005, none of the cyclists he had sponsored in previous Bike MS 150 mile (MS-150) fundraisers were going to ride, however, one told him he should ride since he was a bicycle "nut" anyway. That started a new chapter in his life. Tammy decided to support him by riding too. She didn't like riding a bike and had never shared that sport with him.

Since that 150 mile ride in 2005, Tammy became as hooked on bicycling as Doug. They have added League Cycling Instructor from the League of American Bicyclists, to their list of certifications. They have held multiple classes to teach safe cycling to people preparing to ride Bike-MS events. This year's race will be their ninth time riding the Kansas City Bike-MS event and Doug's eighth as part of the planning committee. There are 32, 75, 100, 150 and 175 mile options to choose from.

In June, they will be visiting southeast Missouri for the *Tour de Corn* bike event, with 30, 60 or 100 mile loops. Doug will also be providing bicycle

support for the walkers of the two-day *Heartland Border Walk for MS* coming to Overland Park, Kansas. For more information on the walk, go to [www.msborderwalk.org](http://www.msborderwalk.org).

Doug said "I encourage all my friends to get out and get some exercise, even if it doesn't include a bike or backpack. Getting involved in a charity walk or ride can help as motivation. Come out and join us for some fun!"

### Bike MS 2013 Kansas City Ride Event Details

Welcome to the Kansas City Ride!

Date: September 14-15, 2013

Start/Finish: Garmin Headquarters in Olathe, KS

Overnight Location: South Park in Lawrence, KS

Fundraising Minimum: \$200

Age Minimum: 12 years old

<http://bikeksg.nationalmssociety.org/>

Bike MS passes through the Kansas City Metro area into the back roads of Kansas' finest countryside. The routes include fully-stocked rest stops every 10-15 miles, a great lunch stop each day and safety precautions provided by volunteer EMT's, HAM radio operators and the police department. Partner bicycle shops also provide bicycle repair if needed. The first day ends at South Park in Lawrence, KS, where riders will be treated to a fun Gears & Grooves Festival featuring massages, musical entertainment, food and Boulevard beer. Everyone is up early on Sunday for a free pancake breakfast. Riders then head out on a return journey to Olathe, KS for a finish line celebration and a great feeling of accomplishment.

Race participation aids in assisting support programs, services and research that makes a huge difference to the people who must fight MS every day of their lives.



Dedicated rider, Doug rides through the rain in a MS 150 event.