

Bike to Jack and Back



In this photo from left to right: Bryant Melgar, Katie Hicks, Lisa King, Misty Adfield, Shauna Beals, Melissa Jones, Brandy Davis, Jean McCormack, Jill Weida

For the second consecutive year, East Park participated in "Bike to Jack and Back" a ride that starts in Franklin, and finishes in Lynchburg, Tennessee. In order to prepare, the team participated in training rides, and were led in cross training exercises at East Park with fitness coordinator Misty Adfield.

The bike ride consisted of two days, 150 miles that not only challenged the riders but rewarded them like no other cycling event. Each rider raised at least \$300, with every penny going towards the commitment to a philosophy of wellness, so that people with MS can achieve and maintain a meaningful lifestyle.