



# Bike MS Champion Living with MS



## Chris Nettleton

1. **When were you diagnosed with MS?** 2008
2. **How were you diagnosed with MS?** In 2008, both my feet went completely numb for about a month. I went through multiple tests, including shock therapy. Then I had an MRI and they told me that I either had MS or a Brain Tumor. When they told me it was in fact MS, my family and I were strangely relieved.
3. **How does MS affect your daily life?** I have been very lucky, and have not had many relapses. I have experienced vertigo and loss of energy, but some are associated with the medication that I take. I get tired more easily and require much more sleep! The heat also affects me more as well.
4. **Why is Bike MS important to you?** Honestly, any event that raises awareness and money toward research to find a cure for MS, I want to be a part of. My wife actually works for MS Society in Boise, so we do all our fundraising together.
5. **What's your message to cyclists?** The Bike MS in McCall can be as difficult or as easy as you want it to be. It is a there-and-back race. It is for all levels of riders, and a chance to get away for the weekend with your families AND raise money for a great cause.
6. **What is your proudest moment?** Before moving here, I had never told my employer about having MS. I am not sure why, but after moving here, I decided that being in the Media, I had a responsibility to do everything I possibly could to spread awareness of this disease.
7. **What is your favorite movie?** Anchorman.....for obvious reasons
8. **What's on your iPod or what is your favorite band?** The Eels.....or Run DMC
9. **What's the single thing you can't live without?** Right after I was diagnosed, my wife Megan and I decided to start a family, and in 2009, Quinlan, or Baby Q as we call him, was born. He is the craziest, chattiest, happiest, monkey-like little man ever and we couldn't love him more!
10. **What are your hobbies/pastimes:** I play hockey....I am a goalie. Just try and beat me glove side....it's not gonna happen.
11. **What do most people not know about you?** I took dances classes for 10 years when I was a kid
12. **Who is your hero?** My hero would have to be Superman...he is a superhero, after all
13. **Identifier- when a cyclists decides the he/she would like to ride for you, they will ride with an identifier or something that represents you (i.e. stuffed animal, temporary tattoo, flag):**

Superman logo

