



Bike MS Champion Living with MS Questionnaire

Renee Burkley

- 1. When were you diagnosed with MS?** November 2011
- 2. How were you diagnosed with MS?** Through MRIs and a lumbar puncture
- 3. How does MS affect your daily life?**

I work full time as a hospital risk manager covering two hospitals. I have had to reduce my work days to 4 ten hour days because a 5 day work week is too tiring for me. My sciatic pain tends to make me get up often during my work day which is a good thing. My peg leg challenges my attempts to take the stairs versus the elevator. My hand and arm weakness will also interfere with a challenging day of keystrokes. I also find I have to be super anal with post-it notes, web access programs and calendar reminders so that I do not forget to do something. On my days off I am grateful for when I have energy to do what I enjoy doing. And I am eternally grateful for good night's sleep.
- 4. Why is Bike MS important to you?**

Because the one thing I can do is ride my bike. I cannot run anymore and I really miss that. But biking even though it is for a short time is such a joy especially around the country roads where I live in Heber. I never know what I will encounter including rogue cows running down the road, cowboys on their horses and a young girl walking her lambs. I once got caught in a rainstorm which ended with a double rainbow, how cool is that.
- 5. What's your message to cyclists?**

Keep those bodies in motion. If everyone adopted some sport that kept their bodies moving we could conquer the obesity epidemic.
- 6. What is your proudest moment?**

Being recognized by the St. George City Council for all the health initiatives I helped establish before I left St. George.
- 7. What is your favorite movie?**

Chocolat and it is not because Johnny Depp is in it, I just love the story. I also recently saw the movie *The Way* with Martin Sheen and I hope someday to also find a way to do the El Camino trail like he does in the movie.
- 8. What's on your iPod or what is your favorite band?**

OK I am a nerd, I do not have an iPod but I think one of my favorite bands has always been U2. Their music has been phenomenal but their social conscience has helped define the world we live in.

9. What's the single thing you can't live without?

My family, my husband Chris and my two sons Keenan and Zak and my dog Jet and kitty Striker.

10. What are your hobbies/pastimes:

I love animals and volunteer at the Heber Animal Shelter.

I am focused on putting together some comedy related to the embarrassing things that happen especially in public when you have MS.

I love going out in to the mountains and marshes and am constantly looking for animal sightings. And my dream is to own a horse someday, the really big draft horses. I think they are one of the most majestic animals God made.

11. What do most people not know about you?

I am a raptor lover or perhaps a bird brain. I used to rehab birds of prey at the Ohio State University Raptor ward and worked with the bird program at Best Friends Animal Sanctuary.

12. Who is your hero?

My heroes are the people who give of themselves everyday and expect nothing in return because it is the right thing to do for mankind. I think the individual who displayed this incredible love for the human race was Mother Teresa.

13. Identifier- when a cyclist 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):

A horse on their helmet.