

I Ride with MS Ambassador: Drew Govek

Age: 51

Hometown: Grafton

Bike MS Team: FMA Psychologists

Diagnosed with relapsing-remitting MS in 1998

Drew Govek will ride somewhere between 400 and 500 miles in preparation for this year's Bike MS: TOYOTA Best Dam Bike Ride, his 15th year with the event. He'll be joined for the first time by his oldest son, and also by his younger brother Rick, who started doing the ride before Drew or their other brother Ed were diagnosed with MS. "I still am healthy enough to ride my bike but my brother Ed is having a tough time and cannot ride a bike anymore so I ride to try to find a cure that will help Ed and others." Although most of his team typically does the 75-mile route both days, this year Drew says he might join a few fellow members in attempting the Century Loop on Saturday. "I like being out in the sun with some friends riding down quiet country roads and working off some of the pounds that accumulated over the winter."



Drew Govek (far left), his brother Rick Govek (far right) and two other FMA Psychologist team members

More about Drew:

Drew's MS diagnosis began with numbness and tingling in his left hand and foot and continued moving up his arm and leg until the entire left side of his body was tingling and numb. His doctor suggested an MRI, suspecting it was MS. He went on a camping trip with his four young children, began feeling "kind of woozy" and wound up with vertigo, nauseated and dehydrated. IV fluids and three weeks of the steroid Prednisone helped him feel "normal" again. Six months later he had optic neuritis that lasted for about four months. He has not had symptoms since.

Married for 27 years, working at Frank Mayer and Associates (the FMA of "FMA Psychologists") in Grafton for 28 years, lives in his childhood home. Has six brothers and sisters and 23 nieces and nephews.

Rides a 2003 Trek 1100 Road Bike

Possible Photo Opps:

- Drew often rides on the Ozaukee Interurban Bike Trail.
- Drew does several 40- and 50-mile training rides.

Multiple sclerosis affects each person differently. Here's how Drew describes the impact:

"Many MS patients deal with balance issues and some vision issues are common, too, it makes riding much tougher than for the average healthy rider."

"Many MS patients are affected by heat and fatigue and Bike MS gives plenty of both. You definitely need to keep well hydrated and take advantage of the rest stops or SAG vehicles if you start to feel ill."

Here's how Drew describes Bike MS: TOYOTA Best Dam Bike Ride:

"I've stayed with it for the exercise and because we have a great group of people on our team. The weekend is very well organized and it's a lot of fun to ride with 1,000-plus other people that have the same cause at heart."