



## 2024 MS GONG RIDE

**On Sunday, students and teachers from Thomas Hassall participated in the 2024 MS Gong Ride**, an annual cycling charity event that challenges volunteers to ride 82 kilometres between Sydney and Wollongong. Due to the flooding that cancelled the event last year, this year will be the first time many students and teachers, myself included, will take part in the ride to fight Multiple Sclerosis!

The ride seeks to raise awareness for Multiple Sclerosis, a chronic neurological disease that is usually diagnosed in young adults between the ages of 20 and 40. The effects of MS can vary from person to person, but common symptoms include weakness in limbs, electric-shock sensations and lack of coordination.

Whilst causes for MS are unknown and a cure has not been found, MS Australia uses funds raised from this event to provide treatments that assist in attack recovery and manage symptoms.



The Thomas Hassall group and I have joined the “Gong Ballistic” team, and rode alongside Steve Demertjis, my dad, who has had Multiple Sclerosis since he was 21. You can donate to the “Gong Ballistic” team through the button below to support individuals with Multiple Sclerosis today!

[Donate Here](#)

**Stratos Demertjis**

*College Captain - Year 12*