

# Champion Doug Ankerman

Poland, OH



**Diagnosis date:** September of 1996

**What was your first symptom?** My right leg would stiffen during a run. Also, my left hand went numb—I figured it was a pinched nerve from lifting weights.

**How does MS affect your daily life?** MS affects pretty much every moment of my daily life. Balance & mobility issues are my toughest challenges.

**Why is Bike MS or the Ohio Buckeye Chapter important to you?** Bike MS raises MS awareness, while the Ohio Buckeye Chapter works hard to help those affected by MS.

**How has the National MS Society helped you, or how have you been involved with the Society?** I attend group meetings with the “MS Musketeer” and have written articles for MS periodicals.

**What is your message to the riders?** Beware of Ohio’s greatest natural resource... potholes. Also, have plenty of ointment to apply to your sore backside.

**Favorite movie:** Forrest Gump

**Favorite musician:** I love The Rolling Stones, Linkin Park, Daughtry, James Taylor, Hall & Oates, The Cars. My musical interest is quite varied.

**Hobbies/pastimes:** Exercising, writing, and hanging with my family.

**What is something most people don’t know about you?** I was adorable as a toddler. It has been downhill ever since.

**Who is your hero?** Anyone who uses their gift to the absolute fullest.

**Identifier:** A white tube sock with red stripes. I use this sock as a logo for my MS humor website, “My Odd Sock.” You may find it on the web at [www.myoddssock.com](http://www.myoddssock.com).