



walk



walk to
create a world
free of MS

April 2009

Walk MS Guide

six hundred walks. one destination. a world free of MS.



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CONTACT US



National Multiple Sclerosis Society

National Multiple Sclerosis Society
Mid America Chapter
Ozark Branch
1675 East Seminole, Suite J
Springfield, MO 65804

417-882-8128
800-344-4867
Fax: 417-882-2039
www.msmidamerica.org

Debbie Mellentine
Branch Director
dmellentine@nmsskc.org

Heather Hodges
Development Coordinator
hhodges@nmsskc.org

Erin Hession
Development Coordinator
ehession@nmsskc.org

Gwen Kearns
Programs Coordinator
gkearns@nmsskc.org

Patti Ramey
Administrative Assistant
pramey@nmsskc.org

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six hundred walks. one destination.



welcome



WELCOME!

Thank you for registering for this year's Walk MS and a special thanks to those of you who participated in previous years. We thank you for joining in the fight to make the world free of multiple sclerosis.

The Mid America Chapter extends its sincere appreciation to all participants, volunteers, donors, sponsors and CHAMPS for making 2008 a record season in the fight against MS.

Participants come from all walks of life—professionals, students, homemakers, retired individuals—all joining together to help fight this devastating disease. A key to each Walk MS's success is the phenomenal number of dedicated volunteers. By walking or volunteering and raising money to fight multiple sclerosis, you join more than 200,000 Americans who will raise more than \$37 million in Walk MS 2009.

You'll probably have many questions about Walk MS. This guide provides information to help you have a successful walking and fundraising experience. The 2009 Guide contains insight into how to best achieve your goals. The table of contents outline the full scope of information at your fingertips. All the material contained within this Guide will help you stay organized and on target. **Read it. Make notes in it. Apply the knowledge learned from it. Please do not file it away.** Place it someplace where you can reference and read it often.

Start your fundraising by reading the comprehensive fundraising section of this guide. Follow that up with setting up your free personal web page and begin to secure online pledges. What we can't do for you is raise the money...that is your commitment. We will give you the tools, but you will need to use them. Our support only begins with this packet. Give us a call if you have any questions!

As you embark on your challenge, remember those who face the daily, lifelong challenges of multiple sclerosis. Your participation and fundraising accomplishments are crucial factors on the path to a cure for MS.

Best of luck in your fundraising campaign and enjoy your walk! Together, we're making strides in the fight against MS. This Guide is your quick reference for a fun and successful Walk MS. For additional information, visit our website at www.msmidamerica.org or contact us at 1-800-344-4867 (press 2). Thank you for Joining the Movement this spring. We look forward to seeing you in April!





walk to
create a world
free of MS

JOIN THE MOVEMENT

Moving is so much of who we are, it's easy to take for granted.

Multiple sclerosis stops people from moving.

We exist to make sure it doesn't.

The National MS Society is a collective group of passionate individuals who want to do something about MS now. Together, we can change the future and bring an end to multiple sclerosis. You can join the movement, in whatever way you choose, and help us move to a world free of MS.

Our strategic response to the problem of MS – developed by all levels of the Society during 2006—calls for us to be **bold, relevant, inclusive, transparent** and **engaging**.

We need the wider world to understand what it means to live with MS. MS robs people of the ability to move easily, whether from one place to another or from one thought to another, or to move ahead with their lives as they are expected to do. While the Society works to end MS, we also work to help people move ahead again. The new rallying cry says this in a simple and powerful way: **MS stops people from moving. We exist to make sure it doesn't.**

We are asking everyone to "Join the movement!" We are asking you to:

- **Make 24 contacts**—Reach out to 24 people, one to represent every hour of a day. Consider donors, sponsors, participants, friends and co-workers. Encourage everyone you know to join the MS movement by participating in something they already love doing!
- **Forward the web site nationalMSSociety.org**—Forward the link to everyone in your address book. Encourage people to "Join the Movement" simply by logging onto the National MS Society's web site and learning one new thing about living with MS.
- **Visit faceofms.org**—Tell your story today. Share your connection to MS. Talk about why you think it's important to lead others in the movement towards a world free of MS. You don't have to have MS to share your story on faceofms.org. All that matters is that you are committed to the MS community.
- **Ask 24 people to support you via an online email pitch**—We all use email every day. Why not use it to fundraise or to educate? If you haven't already, set up an online fundraising page and email at least 24 people in one hour. You will be surprised at just how much you can raise! Ask your teammates to take this challenge too!

There are many ways in which your time and talent can move us forward. **Join the Movement!**

about ms

About Multiple Sclerosis

Multiple sclerosis interrupts the flow of information from the brain to the body and stops people from moving. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men contracting the disease. MS affects more than 400,000 people in the United States, and 2.5 million worldwide.

About The National Multiple Sclerosis Society

MS stops people from moving. The National MS Society exists to make sure it doesn't. We do this through our home office and 50-state network of chapters by funding more MS research, providing more services to people with MS, offering more professional education and furthering more advocacy efforts than any other MS organization in the world. The Society is dedicated to achieving a world free of MS now. Join the movement at nationalMSSociety.org.

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce further disease activity and improve quality of life for people with multiple sclerosis. Talk to your healthcare professional and contact the National MS Society at www.nationalMSSociety.org or 1-800-344-4867 to learn about ways to help people with multiple sclerosis and about current research that one day will reveal a cure.

where the money goes

did you know?

80 cents of each dollar raised in the Mid America Chapter is spent to end the devastating effects of multiple sclerosis.

16.09% - Fundraising

47.35% - Local Programs



3.99% - Administration and Operations

32.57% - Research and National Programs



Walk MS 2009 is more than just a Walk—it's a Walk with a mission. The National MS Society is dedicated to ending the devastating effects of multiple sclerosis. As a participant in Walk MS 2009, you will help us reach this goal. While there is no minimum pledge amount, the average participant goes above and beyond. In 2008, the pledge average was approximately \$225. In this section of the Guide, learn new ways to meet your fundraising goals.

Focus On Your Commitment

Don't undersell what you are doing on behalf of the 400,000 people with MS in the United States. People will give money based on how moved they are by your story. You are asking for help and hope for 6,000 friends and neighbors in our Chapter area who are affected by MS (over 1,300 people with MS live in the Ozarks).

You are asking on behalf of the 200 women and men who will get the diagnosis of multiple sclerosis next week. You want them to have access to up-to-date and accurate information. You want them to be able to join a support group of people who know what they are going through. You want to help get us closer to a cure for MS.

Discover your real reason for asking. Then incorporate that into the *act of asking*. People respond to a genuine, heartfelt appeal that puts a human face onto this disease. And the mere act of asking - even if you get a "no" - has helped build awareness about multiple sclerosis and the National MS Society.

How You Will Help Those With MS...

With the funds raised in 2008, a tremendous amount of people living with the devastating effects of MS were helped by the National MS Society in a variety of ways. Throughout the Mid America Chapter area, we provided vital programs and services through care management, equipment loans, financial assistance, educational programs, self-help groups, referral to community resources and much more. Here is an idea of the services that you help to provide via your fundraising efforts to a local resident who lives with MS.

Raised Services Provided

\$200	Support for self-help groups for an annual stipend and materials
\$350	A month of physical therapy OR 15 new books on MS for the Society's client library
\$500	Rent and utility assistance to help a person with MS waiting for Social Security to come through OR one week of home care for a person with MS
\$1,000	A weekend getaway program joining together families dealing with MS OR a mailing to healthcare professionals with information about improving the quality of life of people with MS
\$2,500	A research grant supporting myelin repair and nervous system protection which will hopefully lead to a cure OR funding of the NMSS Scholarship Program for high school seniors
\$5,000	Accessibility improvements, such as power entry doors, to the Chapter's supportive housing developments
\$10,000	Support for the Chapter's Loan Closet to fund ten wheelchairs, ten walkers with wheels and a variety of assisted living devices
\$20,000	Support for a year of the Chapter's quarterly publication, MS Connection, for people with MS, their families and healthcare professionals

fundraising

>**Show Commitment!** Make the first pledge yourself. When your friends and family members see your name and a contribution, they will see how serious you are.

>**Share Why You Walk!** If you are walking in honor of a loved one with MS, include their story and a picture in any letters or emails that you send out. If you don't have a personal connection to MS, contact the National MS Society to find out more information about the Walk MS Champions program.

>**Don't Be Afraid To Ask!** Ask family and friends first. Once you've tackled the "easy ones," branching out is simple. Next, ask clients, co-workers, clubs, anyone and everyone.

>**Don't Apologize!** You are doing something good for the community, so don't apologize for asking for support. People will respect you for the commitment you've made to a worthy cause.

>**Request A Specific Amount!** Consider keeping a separate donation sheet for small and large donors. Tell sponsors what your average pledge has been and then ask them to beat it!

>**Double Your Pledges!** Contact your HR department to find out if your company has a corporate matching gift program.



>**Host An Event At Work!** The office is a great place to go and get people to support your efforts.

- **Dress Down Day**-Employees pay a fee to be able to dress down on any given day.
- **Walk Sale**-Sell paper cutouts of sneakers to fellow employees & post them in a central location so everyone can see who's supporting you.
- **Office Competition**- Create a challenge between offices or departments.
- **Day Off or Parking Spot Raffle**-With permission, raffle off tickets for either a day off or a parking space close to the door.



>**Have A Sale!** Join forces with other walkers to host an auction, garage sale, bake sale, etc.

- **Auction**-Solicit local businesses for items and hold an auction. This can also be done online.
- **Garage Sale**-Get your friends and neighbors involved. They can donate items to sell or they can buy items.
- **Bake Sale**-This is great to do after a worship service or even to coincide at a fundraising garage sale.

>**Have A Party!** For a donation, throw a party. (Example: Invite ten friends, ask for a \$50 donation, spend no more than \$20 a head, and you'll have over \$300 in pledges.)

- **Dinner Party**-Throw a dinner party and treat your guests to a home-cooked meal in exchange for a donation to MS.
- **MS Night Out**-Organize a night out at a local restaurant where a portion of the proceeds go to your efforts for the Walk. Get a band that is willing to donate their services and charge a cover at the door.
- **Birthday Party**-Throw a birthday party for someone, but instruct guests to give donations to the walk in lieu of gifts.



Simple Steps to Online Success

1. Go to <http://walkksg.nationalmssociety.org>.
2. Log into your **Participant Center** in the gray box at the top of the page. This requires the user name and password that you used when you registered.
3. Select the event you're participating in. That will open your Participant Center.
4. Click **Personal Page** (the hand icon).
5. From this page, you can change the way your personal site is laid out.
 - **Option #1** – You may choose to have two photos, move where your status bar appears, change color schemes and more.
 - **Option #2** – Click here to open this page for editing. This is how you change the actual words that appear on the page.
6. There are many other changes you can make to the content of your page including the title that appears on Fundraising Honor Roll, the headline and text of each paragraph, and uploading a photo with caption (must be in .jpeg form and under 200 kb).
7. You can preview your page while you make changes. Click **Save my changes** so you won't lose any work. After you click **Save my changes**, they are final on your personal page.
8. Finally, click **Email** to send our suggested messages to your friends and family. Links will appear on the bottom of your email to take donors to your web page to make giving easy!
9. **Fundraise Online**—Now for the fun part! Send your personalized e-mail to all your friends, family and colleagues and watch your up-to-the-minute fundraising tracker. Our online tools make it simple for your supporters to donate online to keep you moving toward your fundraising goals and a world free of multiple sclerosis.



Here are a few hints to help make your page one to remember:

- > Make it personal—Put in a picture of you or your team. Write the story of how you are moving toward a world free of MS. While there is sample text available, nothing is more compelling than your own words.
- > Change it often—Keep your page current to generate interest. Use the new blog feature to provide updates on how close you are to your goal.
- > Create your page URL shortcut—You will be able to easily direct people to your page. Put a link to your fundraising page in the signature of your email account.

fundraising

Utilize A Letter Writing Campaign

This is the easiest and most efficient way to fundraise. Whether you use an email letter or an actual paper letter, this is the method our top fundraisers swear by. For best results, personalize your fundraising letter.

Your goal is to make the letter heartfelt, informative and compelling. Explain what you are doing, why you are doing it, what your goal is and how the donor can help you reach that goal. Send the letter to as many people as possible. Feel free to attach the "Mission" information also included in this guide.

Round out your mailing list:

- >Co-workers
- >Church directory
- >Holiday card list
- >High school reunion directory
- >Club membership list (Lions, ABWA, etc.)
- >Spouse's place of business
- >College fraternity/sorority list
- >Business associates (your rolodex)

When writing your letter, remember these tips:

>We highly recommend that you **include a self-addressed, stamped envelope** with your letter. Make it easy for your friends and family to respond. If writing electronically, include a link to your participant section of the MS Society's website or your personal page. (www.msmidamerica.org)

>**Personalize your appeal.** Use familiar details about yourself and your commitment to end the devastating effects of MS. Thank your business associates for their help in the past year and catch up with old friends and family.

>**Include a deadline** as a gentle nudge to get those donations in. Let them know you want to be at X dollars by X date.

Keeping Track Of Your Donations

Donation Sheet: This is the NCR form in your packet. *Log any and all cash, check, online and credit card donations that you receive directly on this form.* When a form is full, please tally it up and bring it by our office. We'll add it to your total. You can also bring it to check-in the morning of the walk. (Please do not send cash through the mail.)

Credit Card: For those sponsors who want to make their donation via credit card, please direct them to our web site. Your donors can visit our secure web site www.msmidamerica.org and click on the Epledge icon. Credit Card Forms are also available at the MS Society if needed. Just give us a call if you need one.

How To Turn In Your Donations

Make it easy on yourself: As soon as you have filled up a donation sheet, mail it along with all your donations to the MS Society. Please write your name in the memo section of the check(s). Remember—DO NOT send cash through the mail. If you receive cash donations, deposit the money and write out a personal check or obtain a money order for the amount donated.

Drop off your donations at our office during regular business hours, 8:30 am - 4:30 pm, Monday - Friday. Our office address is 1675 E. Seminole, Suite J in Springfield, Missouri.

Mail your donations to the following address if you can't drop them off: MS Society, 1675 E. Seminole, Suite J, Springfield, MO 65804

Once you turn in your donations, you will be able to access your account to track your fundraising progress from our web site at www.msmidamerica.org. The "My Participant Center" section is your online fundraising headquarters. Once you've registered for the walk, you have access to our online fundraising tools, including account management.





SAMPLE LETTER

Dear _____,

I find it hard asking someone to make a donation. I guess we all do. But, today I'm writing to you about a cause that's important to me, and a cause that I know you will want to support. This spring I will join more than 4,000 people across the state to help me create a world free of MS. By making a donation on my behalf, you are supporting research and local programs and services to those affected by this disease.

MS is an unpredictable and devastating disease that can attack any of us in the prime of life. Imagine one day you are ready to take on the world...and the next day you can't move or have lost your vision. Many people right in our own communities are faced with the diagnosis of this incurable and debilitating disease. That's why I'm participating in the Walk MS 2009, and asking you to help me make a difference.

MS researchers have made extraordinary progress these last few years searching for a cure. Your contributions will help support these vital efforts. Contributions will also support local programs for more than 1,300 people living locally with MS.

You can help me reach my fundraising goal of \$_____ by sponsoring me in the Walk MS. It's easy. Just visit my personal web page via (insert your personal web page address here) or return the enclosed self-addressed, stamped envelope with your check made payable to the National MS Society Ozark Branch by (insert your deadline). Please write my name in the memo portion of your check.

I have decided to join the movement in the fight against MS and I hope you will support my efforts in this important fight by sponsoring me. Your support will mean so much to me and the more than 6,000 people in Missouri and Eastern Kansas living with MS.

Warmest Regards,

Big Time Fundraiser

Prizes

- \$100 Commemorative T-shirt
(day of the Walk)
- \$125 Commemorative T-shirt
(after the Walk)
- \$6,000 *Mission Possible Club*
Tour of Champions Trip *OR*
Pick one prize from any category
- \$12,000 *Champions for a Cure Club*
Two Tour of Champions Trips *OR*
Pick two prizes from any category

Last year, 30 walkers declined their prize and joined the **Mission First Club**. Donate your prize back to the MS Society and be recognized as someone fully dedicated to joining the movement.

We will once again be offering online prize fulfillment for Walk MS. Details of all the prize levels and pictures of the prizes will soon be available on our web site.

Pledge money must be received on or before Friday, May 22, 2009 to be eligible for prizes.

Walk MS participants who raise at least \$6,000 for Walk MS 2009 are invited to attend the Tour of Champions as their fundraising reward. Why is \$6,000 the magic number? When you raise \$6,000, you are raising one dollar for each person in the Mid America Chapter with MS.

The trip package includes hotel accommodations, airfare, conference fees and some meals. This exclusive trip is the National MS Society's way of recognizing those who go above and beyond in helping the MS cause. The tour also provides an opportunity for top fundraisers to share information and ideas with others from around the country. The 2010 Tour of Champions location will be announced soon!



Participants and MS Society staff enjoy the 2008 Tour of Champions in San Diego, California.

Mission of Teams

Teams inspire others to join the movement by participating with friends, family or co-workers for the unified purpose of creating a world free of multiple sclerosis. Team Captains encourage the spirit of teamwork with the recruitment of new participants, the cultivation of those endeared to the cause and the continuing commitment to purposeful fundraising.

Teamwork: The More, The Merrier

A team consists of **4 or more** participants. Walkers on a team can challenge each other, enjoy the scenery and rest stops, and make plenty of noise as you cross the finish line.

Are You Ready To Be A Team Captain?

Be a leader in your company or among your friends by becoming a Team Captain.

- Get the word out early to recruit walkers and volunteers.
- Set team goals for fundraising and recruitment efforts.
- Organize and coordinate a sign-up day or kick-off party.

Success As A Team Captain

We'll provide you with support along the way. Captains will receive:

- Team Captain E-Newsletters
- Promotional Materials
- MS Information
- Special Incentives



Team Village

We want to invite everyone - walkers, volunteers, Champions, family and friends - to join us in The Village at the Springfield Metro Walk. Bring a tent, chairs and your cheering squad because this is the perfect place to relax and unwind after the event.

To find out more information on The Village or to reserve your spot, please contact Heather at 417-882-8128, press 2 by March 20.

Recruit members online

Your team members can quickly and easily register themselves online. Have people join your team from your team page, or use the participant center tools to send a team registration link via e-mail.

You can also download your Outlook contact list into the tool.

Encourage team members to use their online personal pages

Once you see what the tools can do for you, encourage your team members to use them. Make it fun by giving incentives to your team members to fundraise online.

Be creative and ensure that your team not only reaches their goals, but has fun along the way.

who to beat in 2009

Gold Laces 40

The Gold Laces Club is the Walk MS top fundraiser club. The top 40 fundraisers from Walk MS 2008 are our 2009 Gold Laces 40. These individuals will receive VIP perks the day of the Walk as well as a special Walk MS t-shirt to signify their status. These 40 individuals had fundraising totals ranging from \$425 to over \$10,000! Please help us in congratulating those who have gone above and beyond in creating a world free of MS!

2008 TOP FUNDRAISERS

#1 Top Fundraiser		Gina Peak	(Springfield)	\$10,150.00		
2	Nancy Bryan-Slocum	(Branson)	\$4,387.00	21 Nancy Penfield	(Branson)	\$655.00
3	Kyle Kellough	(Springfield)	\$4,000.00	22 Wayne Shelton	(Willard)	\$605.00
4	Don Garrett	(Springfield)	\$3,548.00	23 Ashley Calton	(Springfield)	\$605.00
5	Ron Parker	(Joplin)	\$2,539.00	24 Auvia Miller	(Springfield)	\$600.00
6	Ethel White	(Joplin)	\$2,497.00	25 Beki Rhein	(Springfield)	\$588.00
7	Heather Karban-Buechler	(Springfield)	\$2,160.00	26 Sydney Garner	(Springfield)	\$580.00
8	Marcie Osgood	(Branson)	\$1,766.00	27 Vicki Muller	(Springfield)	\$580.00
9	Gwen Baker	(Bolivar)	\$1,596.00	28 Vicki Couch	(Springfield)	\$535.00
10	Michael Baker	(Seymour)	\$1,555.00	29 Melanie Cox	(Springfield)	\$530.00
11	Dale Stafford	(Springfield)	\$1,483.08	30 Amy Murfield	(Springfield)	\$520.00
12	Marisa Wake	(Springfield)	\$1,272.26	31 Nadean Lindteigen	(Branson)	\$515.00
13	Jennifer San Paolo	(Springfield)	\$1,235.00	32 Diana Zieman	(Springfield)	\$505.40
14	Jessilyn Nokes	(Joplin)	\$1,225.00	33 John Miller	(Seymour)	\$500.00
15	Barbara Polston	(Joplin)	\$1,115.00	34 Jacque Lane	(Branson)	\$476.00
16	David Hinrichs	(Springfield)	\$1,032.55	35 Kent Shelton	(Willard)	\$475.00
17	Carol Sartin	(Seymour)	\$862.00	36 Camella Stephenson	(Springfield)	\$470.00
18	Cindy Hammer	(Springfield)	\$815.00	37 Matthew Gilcrease	(Springfield)	\$445.00
19	Teresa Dove	(Seymour)	\$795.00	38 Kwabena Asante	(Springfield)	\$435.00
20	Marjorie King	(Bolivar)	\$721.50	39 Kari Herndon	(Springfield)	\$425.00
				40 Melissa Polodna	(Springfield)	\$420.00





Would you like to become more connected with our mission and realize the impact your fundraising dollars truly have? Then become a Champion! The success of Walk MS 2009 depends on hard-working participants, generous donors and willing volunteers. It also depends on all of the individuals with MS and care partners who remind our participants why we walk.

The Champions program is designed to connect participants with someone who has MS to make the experience more meaningful. Champions with MS communicate with Walk Champions to share their story and encourage them as they train and fundraise. The MS Society provides all the information and materials needed to make a connection between the Champions.

If you are interested in becoming a Champion, please contact Heather Hodges at 417-882-8128 (press or say 2) or hhodges@nmsskc.org.

Looking to raise funds and awareness at the same time? Try reaching out to your local newspaper or radio station. Here are some tips for you to get your story in the news!

- o Find the best reporter to contact. Many have email addresses listed with their stories or on their paper's web site. Large newspapers, like *The Springfield News-Leader* or *Joplin Globe* often have neighborhood or suburb sections with local feature opportunities. Smaller newspapers have general editors who are usually looking for people in town to write about.
- o Email Nicole Long (nicole@nmsskc.org), marketing & communications manager at the MS Society. She can help craft your story and fill in any details to make you more successful.
- o Make sure you have your facts right. This means knowing the date, time and location of the Walk, as well as how people can give to you (via web site, mail, etc.)
- o Reach out to your reporter with a brief email or phone call. Include a few basic facts and a good "hook" for your story (i.e. you plan to raise more money than ever before, you walk because you just got diagnosed this year, your granddaughter is leading a team of three generations in your family). All of these are great reasons for the world to find out why you walk!



frequently asked questions

What time should I be there?

We recommend you arrive at least 30 minutes before the event begins. This will give you time to check in, get warmed up and enjoy the festivities.

All walks begin promptly at 9:00 a.m.; with check-in at 8:00 a.m.

What if it rains or snows?

Walk MS 2009 will take place rain or shine. If the weather is too bad, the route will be shortened.

Is there a registration fee?

While there's no required registration fee or pledge minimum, this is a fundraising event.

How much money do I have to raise?

We fully expect a pledge to the National MS Society to support our programs and services for the 6,000 people living with MS in the Mid America Chapter. In fact, our 2008 Walkers averaged more than \$225 a person in donations.

What if I can't walk the full route?

All walks have a 3 and 6 mile routes. Some even have a 9 mile option. The shorter route is always fully accessible, so people of all abilities can take part. Support vehicles patrol the route to give weary walkers a ride back to the finish line.

What if I get hungry, thirsty or tired?

Rest stops supplied with snacks and water are placed approximately every 2-3 miles. Each stop will also be staffed with medical volunteers and support vehicles.

What Should I Bring To The Walk?

- > Donation Sheet—all participants must turn in a donation sheet the day of the walk (signed and totaled)
- > Contribution Envelope if turning in money (envelope will be provided the day of the walk)
- > We walk rain or shine, hot or cold, so come prepared for all weather!
- > Comfortable shoes
- > Water bottle
- > A camera to capture the moment
- > Sunglasses and sunscreen
- > Bring the whole family! Pets on leashes are also welcome, but please come prepared to clean up any messes!

How do I qualify for a T-shirt or other prizes?

You need to raise and turn in \$100 to earn an official Walk MS t-shirt on the day of the walk. After the event, \$125 in donations is required to earn a t-shirt. There are other great prizes you can earn as you reach higher fundraising levels.

When do I need to turn in my money?

You can start turning in your money today, and we encourage you to bring all of your funds with you to the Walk. You have until May 22, 2009 to qualify for prizes. Don't forget about our Mission First Club, where you can donate your prize back and put those funds toward our mission of ending the devastating effects of MS.



RECEIPT CARDS—Copy front to back to use as receipts for cash donations.

THANK YOU

Multiple sclerosis interrupts the flow of information between the brain and body and stops people from moving. We believe that moving is not just something you can or can't do, but that moving forward is who we are.

Just by being here, you are connected to the potential, the hope, the momentum of it all. With the help of people like you, the National MS Society addresses the challenges of each person whose life is affected by MS and helps them stay connected to the great big moving world.



Join the Movement at www.nationalMSSociety.org.

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Just by being here, you are connected to the potential, the hope, the momentum of it all. With the help of people like you, the National MS Society addresses the challenges of each person whose life is affected by MS and helps them stay connected to the great big moving world.



Join the Movement at www.nationalMSSociety.org.

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Do you have any questions? We can help! Contact us at...

Address: National MS Society
Mid America Chapter—Ozark Branch
1675 E. Seminole, Suite J
Springfield, MO 65804

Office Hours: Monday—Friday, 8:30 am—4:30 pm

Phone: 417-882-8128
800-344-4867

- > For information on multiple sclerosis or the programs we provide...press or say 1
- > For information on Walk MS, teams, pledges or to speak with a staff member...press or say 2

Fax: 417-882-2039

Email: eventsOZ@nmsskc.org

Website: www.msmidamerica.org





Multiple sclerosis stops people from moving.

We exist to make sure it doesn't.

Join the Movement

www.nationalMSSociety.org

six hundred walks. one destination. a world free of MS.

