

## MS Challenge Walk Registration Form

Please complete the entire form as applicable. Registration fees are non-refundable and non-transferable. Registration fees cover direct expenses of your weekend and are not credited towards your minimum contribution.

Registrants under the age of 18 must be accompanied by a parent or legal guardian, who is registered as an event participant in the MS Challenge Walk in September 2008. They will be required to sign a notarized Waiver and Release from Liability.

\_\_\_\_\_  
First Name M.I. Last Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Home phone Cell phone Business phone

\_\_\_\_\_  
E-mail Address Date of Birth

T-shirt size: (circle one) S M L XL XXL 3XL

\_\_\_\_\_  
Team Name

\_\_\_\_ I understand that I must raise a minimum of \$1,500 and the minimum contribution requirement is due on Thursday, August 21, 2008. Enclosed is my \$75 registration fee.

\_\_\_\_ I am enclosing a check or money order payable to the National MS Society for \$75.

\_\_\_\_ Please bill my: (circle one) VISA MasterCard Amex

Credit Card# \_\_\_\_\_ Expiration Date \_\_\_\_\_

**Please return registration form and payment to:**

MS Challenge Walk  
National MS Society  
Central New England Chapter  
PO Box 845945  
Boston, MA 02284-5945

**Or register on-line at  
[www.MSnewengland.org](http://www.MSnewengland.org)**



Cape Cod, Mass.

# MS Challenge Walk

## 3 days. 50 miles. Closer to a cure.

The MS Challenge Walk is more than physical endurance, more than a test of mental strength. It is a life-changing event, a celebration of human spirit. Those who accept the challenge believe that one long journey over three days will ultimately shorten the road to the cure for multiple sclerosis.

Multiple sclerosis interrupts the flow of information between the brain and the body and can stop people from moving forward in their lives. As with other events of the National Multiple Sclerosis Society, the MS Challenge Walk affirms our commitment to create a world free of MS. When you walk, you move the world closer to a cure.

It is not about being athletic -- it is about showing compassion. This may be the greatest walk you ever take. Through this three-day, 50-mile event, participants raise money for community-based MS education, support, advocacy and vital research dedicated to finding a cure.

## JOIN THE MOVEMENT

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 being diagnosed with the disease. Teenagers and young children can also have MS. MS affects more than 14,000 people in Massachusetts and New Hampshire, 400,000 people in the U.S., and 2.5 million worldwide.



Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. The National MS Society's medical advisors recommend that people with MS talk with their health care professionals about using these medications and about effective strategies and treatments to manage symptoms.

If you or someone you know has MS, please contact the National MS Society at [www.MSnewengland.org](http://www.MSnewengland.org) or 1-800-493-9255 to learn more.

# MS Challenge Walk

September 5, 6, 7, 2008 Cape Cod

## Words From Past Challenge Walkers and Crew

“It was the best thing I ever did! I was moved by a sense of accomplishment and that I had done something wonderful for so many people. I was also moved by the strong sense of fellowship among walkers and crew members. I will probably never be in a more caring group of strangers like I was this weekend. I did not feel like I was alone from beginning to end. And cheers to the crew members... they remembered all those faces passing them by. They were a great source of encouragement and did a fantastic job of tending to our needs.”

“It took a lot of courage for me to do this walk for at least two reasons. For one, it was really hard to ask people to sponsor me. But I found everyone was willing and gave what they could. I raised almost \$2,000 just from family and friends. The other reason, of course, was would I really be able to walk 50 miles in 3 days? I achieved the answer this weekend and it was YES! The staff, volunteers, cheerleaders and fellow walkers were really awesome. Everyone and everything was perfect in my mind. I was truly amazed at the end when I saw all the walkers with MS. They are the heroes of this weekend. They are incredible. Next year when it's time to do this again, I will not hesitate a second. I have learned a lot about myself, friends, family and MS through this experience that I will never forget.”

“We knew when we accepted this challenge that it would change the way we were and it did. To witness the camaraderie, the love, the acceptance, the bravery, the stamina, the support, the caring, the pain, the joy and the people (wow! What great people) were more than we bargained for.”

## Preliminary Schedule

(schedule subject to change)

### FRIDAY

7:00 AM	Check-In Opens - Hyannis
8:00 AM	Opening Ceremonies/ Safety Meeting/Warm-Up
8:30 AM	Walk begins!
2:00-8:00 PM	Massage Therapy available
2:00-4:00 PM	Snacks and music at camp
5:00-7:00 PM	Dinner
6:00-7:00 PM	Special musical performance by the Lisa Love Experience
7:00-7:30 PM	Day 1 Slide Show
7:30-8:30 PM	Evening Program

### SATURDAY

5:30-7:30 AM	Breakfast
7:00 AM	Warm-Up/Stretching/Route Opens
8:30 AM	All walkers must be on the route
2:00-8:00 PM	Massage Therapy available
2:00-4:00 PM	Snacks and music at camp
5:00-7:00 PM	Dinner
7:00-7:30 PM	Day 2 Slide Show
7:30-8:30 PM	Evening Program

### SUNDAY

5:30-7:30 AM	Breakfast
7:00 AM	Warm-Up/Stretching/Route Opens
8:30 AM	All walkers must be on the route
11:30AM-12:45	Lunch/Massage Therapy available
1:00 PM	Pre-Finish Line-Up
1:30 PM	Final Walk to Finish Line

TOGETHER WE WILL CROSS THE FINISH LINE!

2:00 PM	Closing Ceremonies
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## FAQ's

### What is the MS Challenge Walk?

The MS Challenge Walk is a 50-mile, three-day walk benefiting MS education, support, advocacy and research of the National Multiple Sclerosis Society. It's not about being athletic - it's about showing compassion and pushing yourself physically and philanthropically. Every individual that walks - with a team or alone - is required to raise the \$1,500 minimum. The National MS Society staff work closely with all participants to ensure that they reach their goal.

### When is the MS Challenge Walk?

Three days: the weekend of September 5, 6, 7, 2008 on Cape Cod. Walkers start in Hyannis and work their way towards Brewster via Yarmouth - seeing ocean, commerce, and kettle ponds. Day 2 takes walkers through Eastham and Orleans and then back to Brewster. On Day 3, walkers head toward Dennis for a pre-finish with massage, barbecue, and a chance to say good-bye to friends met along the way. We all walk the final half-mile together back to the Hyannis Village Green, led by walkers and crew with MS. The terrain is varied, but the National MS Society supports walkers every step of the way! People of all mobility levels will be provided accessible options for those parts of the route that are not accessible (sand, etc).

### Who is organizing the MS Challenge Walk?

The Central New England Chapter of the National MS Society, with the help of many volunteers, is organizing this event. We have a long standing history of producing stellar bike rides and fantastic walks. We work hard to make sure your experience in the MS Challenge Walk is safe, fun, exciting, and rewarding!

### How can I participate?

You can bring us closer to a cure by walking. The initial registration fee is only \$75. This commits walkers to the challenge of walking 50 miles and raising \$1,500 or more. Register online at [www.MSnewengland.org](http://www.MSnewengland.org) or call 1-800-493-9255.

### What kind of support does the Society offer to walkers?

Our Challenge Guide helps you create a successful training regimen. Optional training walks help you get in shape while getting to know your fellow walkers. At the event, expect a fully stocked rest stop every three to four miles offering fruit, snacks, water, and fluid-replacement drinks. If necessary, support vehicles patrolling the route can give you a lift.

### Where do I sleep?

Participants and crew stay in cabins at the Cape Cod Sea Camps in Brewster. Cabins accommodate 6-10 people. Linens provided. For those that do not want to stay at the Cape Cod Sea Camps, you may book a local hotel and take the shuttle.

### What do I do with my stuff?

You drop off your luggage at the Start and it is delivered to Cape Cod Sea Camps for you. On Sunday, you put your luggage on the truck and it is delivered to the Finish. CHANGE OF CLOTHES BAG - You are given a change of clothes bag for the weekend. You receive this in August. Every day, the Change of Clothes bag is brought to the lunch stop for your convenience.

### What is provided?

Pillow, sheets, blanket and towel.  
Showers: there are hot showers in shower buildings and some cabins.  
Meals: the following meals are provided at Cape Cod Sea Camps:  
Breakfast - Saturday, Sunday, 5:30 - 7:30 AM  
Dinner - Friday, Saturday, 5:00 - 7:00 PM  
Lunch is provided on the route.  
Meals are for registered Walkers, Crew and Staff only.

### What other ways can I get involved?

There are Volunteer and Crew positions available. A volunteer gives a hand for an hour or a day. The crew is a group of dedicated individuals who travel with us for three days supporting the MS Challenge Walk. Crew members must pay the registration fee of \$75 to participate. If you're interested, contact Brenda Barbour at 1-800-493-9255 or [brenda.barbour@mam.nmss.org](mailto:brenda.barbour@mam.nmss.org).