



Central & Eastern
Virginia Chapter
2014

NEWS YOU NEED

WALK TO CREATE A WORLD
FREE OF MS



WALK MS SCHEDULE



Innsbrook, Glen Allen

April 26, 2014

Address: 4200 Innslake Drive, Glen Allen

Walker Check In: 9:00 a.m.

Walk Start: 10:00 a.m.

Finish Celebration: 11:30 a.m.

Route: 3 mile paved path

WHY IS RAISING FUNDS THROUGH WALK MS IMPORTANT?

The primary goal of Walk MS is to raise funds to support those living with MS. By raising funds, you are helping the National MS Society, Central & Eastern Virginia Chapter provide programs and services to the over 5,600 area residents living with MS, as well as fund crucial research.

- There is no minimum amount that you must turn in; however, we kindly suggest a fundraising amount of at least \$25 by walk day.
- In order to qualify for a Walk MS T-shirt, you must raise at least \$125.
- Everyone has until July 10th to turn in additional money and qualify for prizes.

EARLY CHECK-IN

NEW FOR 2014: You may check-in at the Chapter Office (4200 Innslake Drive, Suite 301, Glen Allen, VA 23060) on Thursday, April 24 from 3-7 p.m.

AT EARLY CHECK-IN YOU CAN:

- Turn in the pledges you have collected to date, sign your waiver, and receive your meal wristband.
- If you have turned in at least \$125 in donations, you may pick up your Walk MS T-shirt and meal wristband.
- Split money among team members and families. We ask all walkers to turn in donations in order to participate; therefore, if you have team or family money to split, speed up your registration by coming to early check-in or splitting your money before coming to Walk MS. (Note: team captains may not pick up materials for team members without signed waivers.)

If you take advantage of Early Check-In, you will NOT have to check in at the event--just show up and walk!

If you have any questions, or need directions to the Chapter office, please contact Clare Lorio at (804) 591-3037.

EVERYTHING YOU WANT TO KNOW ABOUT WALKER CHECK-IN

WHAT IS THE MINIMUM PLEDGE OR FUNDRAISING AMOUNT?

To participate in Walk MS, we kindly suggest a fundraising amount of at least \$25 by walk day to receive a meal wristband. To be included in fundraising prizes, walkers must have funds turned in by July 10th, 2014.

HOW DOES WALKER 'CHECK-IN' WORK AT THE WALK?

1. Please fill out the front of the check-in envelope, sign the waiver, enclose all of the pledges you have collected to date, and seal it. Turn in this envelope at the Registration tent.
2. If you turn in \$125 or more by the day of the event, you will receive a 2014 Walk MS T-shirt.
3. ALL individual walkers must check-in (if you came to Early Check-In at the Chapter Office this does not apply to you). For liability purposes, we must have an account of everyone on site walking with us. Everyone 3 and up must be registered; children 7 and up must turn in donations to participate. Only registered walkers receive meal wristbands.
4. **If you are on a team, you can avoid the registration line by providing your check-in envelope (with waiver signed) to your team captain. We will have a separate Team Captain Registration Tent where Team Captains will turn in donations and pick up t-shirts and meal wristbands for their walkers. If you have questions, please contact Clare Lorio at clare.lorio@nmss.org or 804-591-3037.**

DO I NEED TO BRING THE CHECK-IN ENVELOPE ON THE DAY OF THE WALK IF I HAVE ALREADY TURNED IN MY PLEDGES?

Yes! A check-in envelope with a signed waiver is needed from each walker over 3 years old. In addition, if your money has been submitted in advance of the walk, you need to visit the Registration Tent to pick up your meal wristband and t-shirt (if you qualify).

CAN MY FAMILY OR TEAM COMBINE OUR PLEDGES INTO ONE ENVELOPE?

No. Each member needs to turn in their own pledges. If family or team members combine pledges only the member turning in the pledges will get credit and be eligible for prizes. If you fundraised as a team or family, divide the funds prior to the event and have each team/family member turn in their portion. Combined donations submitted will be applied to the team or to the walker turning in the money; therefore; please pre-split your money.

WHEN DO I TURN IN THE BALANCE OF MY PLEDGES?

You have until July 10th to turn in the balance of your donations and to be eligible for prizes.

Please complete this section ONLY.

BRING THIS WITH YOU TO WALK MS CHECK-IN, WITH OR WITHOUT PLEDGE MONEY ENCLOSED

PRE-REGISTERED; WALK-ON ● WALK SITE: RICH, FRED, KILM ● Total \$ _____

Name: _____ Phone: _____
Address: _____ Date of Birth: _____
City, State, Zip: _____ Team: _____
Email: _____ Emergency Contact Name: _____
Emergency Contact Phone: _____

WALK MS RELEASE AND WAIVER OF LIABILITY

In consideration for being permitted to participate in Walk MS, I voluntarily agree for myself, heirs and assigns to the following:
1. TO ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, OR PERSONAL INJURY OR PROPERTY DAMAGE as a result of participating in Walk MS.
2. TO RELEASE, WAIVE, AND COVENANT NOT TO SUE the National MS Society including staff and volunteers from any and all liability, claims, or losses relating to this event.
3. BY SIGNING BELOW, I AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE COMPLETE WAIVER AND RELEASE which can be found at www.walkMS.org.

Signature: _____ Date: _____

(Parent or Guardian signature if under 18)

NMSS STAFF ONLY: Acct #: _____ T-Shirt Given (\$125 minimum):

\$ Cash: _____ CC: _____ Checks: _____ MG: _____ Total: _____ Initial: _____

The waiver MUST be signed by each walker (3 and up) in order to participate in this event.

MY PET HAS SPIRIT CONTEST

The "My Pet has SPIRIT" Contest is open to all registered walkers. During the Finish Celebration the audience will select by applause the pet with the best costume and the most MS spirit. So, dress your pet up and bring them on out to enjoy the festivities as well.

Just a reminder: All dogs must be on a leash and don't forget to clean up after your pet! It's important for the safety of your dog and others that s/he be up to date on all vaccinations, wearing their rabies tag, and only be brought to the event if they are good natured. **We reserve the right to ask an owner to remove a pet from the event if a problem occurs.**



Please note: Dog owners will be asked to complete a special waiver at check-in.

CELEBRATE SUCCESS AT YOUR TEAM TENT

The Team Village is a group of tents in a designated area at Walk MS for teams and their members. Every team that raises \$5,000 or more will have a complimentary tent provided to them. Team tents may also be rented through the chapter for \$125. Please reserve your tent by April 19th with Clare Lorio at clare.lorio@nmss.org or 804-591-3037.

Bring your own chairs, snacks, decorate it to show your team spirit, and enjoy the success of the team together! ****Personal tents are not allowed.***

NEW FOR 2014 RICHMOND WALK MS: WISH STICKS

Before you begin your walk, you will be handed a small orange ribbon by our volunteers. We'd like you to think about why you are participating in Walk MS. Is it to remember a loved one who had MS? Perhaps you participate to support someone living with multiple sclerosis.

As you walk, you will see several white poles with silver stars in different locations along the route. You will hear more during our Opening Ceremony and we ask that when you are ready to make your wish, you tie your ribbon around one of the poles.

Be sure to get your orange ribbon(s) from a volunteer before you begin the walk.



MAKING STRIDES

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at nationalMSSociety.org or 1-800-FIGHT-MS (344-4867).

THANK YOU TO OUR SPONSORS



FUNDRAISING INCENTIVES

The Central & Eastern Virginia Chapter offers great prizes to reward our top fundraisers for their efforts. Everyone who raises \$125 or more will receive a Walk MS short sleeve t-shirt. Prizes for those who raise donations above \$300 will be available from our online prize redemption company after the fundraising deadline (July 10, 2014). Set your sights high and earn great prizes, such as Walk MS clothing, exercise equipment, electronics and more!

HOW DO I INDICATE MY PRIZE CHOICE?

After July 10th, you will receive a prize sheet in the mail with directions on how to select your prize via our online prize redemption site. You will also have the opportunity to donate your prize back to the Society.

RAISE	RECEIVE YOUR CHOICE OF:
\$300-\$499	 ...and several other great prize options!
\$500-\$749	 ...and several other great prize options!
\$750-\$999	 ...and several other great prize options!
\$1,000-\$2,499	 ...and several other great prize options!
\$2,500-\$4,999	 ...and several other great prize options!
\$5,000-\$9,999	 ...and several other great prize options!
\$10,000+	 ...and several other great prize options!

FUNDRAISING CONTEST:

For every \$100 you raise online from 3/3-5/28, you will receive one entry into a drawing for an iPad Mini!

For the winner to be eligible, we must ALL work together to raise at least \$20,000 online by May 28th!

