

Walk MS Clark - FootNotes

The Official Walk MS Newsletter

DATE: Saturday, April 18, 2015

TIME: Site opens at 9:00 AM. Walk starts at 10:00 AM.

LOCATION: Oak Ridge Park, 136 Oak Ridge Road, Clark, NJ 07066

DIRECTIONS: From the Garden State Parkway South, take Exit 135 toward Clark/Westfield. Turn right off of exit onto Central Avenue. Left onto Raritan Road. After approximately 1.5 miles, stay right onto Oak Ridge Road. Park is on the right.

PARKING: Onsite parking available.

What to Expect

This route is approximately 3 miles and accessible.

The start/finish will feature refreshments and water.
There will be a Cheer Zone half way with water as well.

OAK RIDGE PARK IS DOG FRIENDLY.

Let's Get Baked will be selling a variety of baked goods, including cupcakes, parfaits and cookies. Gluten free items will be available. 100% of MS cupcake sales will be donated back to the chapter!

Reminder! If you have already registered and have no money to hand in on event day, feel free to go straight to the start line!

The National MS Society is asking that all cash donations be converted to check or online credit card. This includes day of donations.

Check-in will feature:

1. Pre-Registered Walker with Donations

(Enclosed is a participant envelope. Donations being dropped off on event day should be put in this envelope and dropped off here.)

2. T-Shirt Pick-Up!

(If you have raised \$125 by Thurs. 4/16)

3. Walk-on Registrations

Did you know Walk MS Clark will be featuring at 5K Fun Run prior to the start of Walk MS? Contact Liz Shaw for more information at

elizabeth.shaw@nmss.org or 201-977-2994.

Make checks payable to the National MS Society and mail to:
National MS Society New Jersey Metro
1480 US Highway 9 North, Ste. 301 Woodbridge, NJ 07095
Be sure to include your walk site and who your donation should be credited to!

THANK YOU TO OUR 2015 SPONSORS



Bayer HealthCare



Shore
Rehabilitation
Institute

An acute rehabilitation institute provided by the Meridian Health family and JFK Johnson Rehabilitation Institute



CentraState
Healthcare Foundation



Greater Media, Inc.



MANAHAWKIN



ManahawkinJeep.com | ManahawkinKIA.com



HackensackUMC
Where medicine meets innovation



Dr. Richard Ritcher



Mallinckrodt
Pharmaceuticals
Autoimmune and Rare Diseases

2015 April Walk MS FootNotes | walknjm.nationalMSSociety.org

njmwalk@nmss.org | 732.660.1005 Option 2