

Walk MS Lake Como - FootNotes

The Official Walk MS Newsletter

DATE: Sunday, April 19, 2015

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

Please refer to next page for parking and directions.

In order to provide the best experience possible, we have decided to start the walk at Berhman Park and end at Bar-A. We will continue to offer the BBQ at Bar-A. For information regarding the route, parking and direction see the next page.

What to Expect

For those who walked last year, this route has been shortened to approx. 3 miles. It is fully accessible including a portion on the boardwalk. **NO DOGS ALLOWED ON THE BOARDWALK.**

There will be refreshments at the start and a Cheer Zone with water at the North Pavilion.

WRAT will be onsite at Berhman Park to kick-off the event!

Reminder! If you have already registered and have no money to hand in on event day, please go straight into the park where festivities will be.

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:

Berhman Park has a small parking lot, which will be used as the check-in area. Upon walking into the lot, there will be signage to direct you where to check-in. If you are registered and not turning in any donations, you can proceed into the park where the festivities will be. T-shirt pick-up will be in the park along with other vendors. If you are handing in money, please use the envelope enclose.

Most Inspirational Walker - Robert Finn



I participate in Walk MS as a way to provide support for those individuals and their families affected by MS. My wife Sherry was diagnosed with MS in 1990. Sherry has looked at MS straight on and has not given in to it in the least. The funds raised are used to assist families impacted by MS and fund research and support events like the Walk MS itself. Also, the funds help with Self-Help (support groups), one of which Sherry and I

facilitate. Additionally, my favorite part of the walk is seeing all the people gathered there in support of each other. It's great to know that we are not alone.

DIRECTIONS: From the Garden State Parkway take exit 98 to Route 138 East. Merge onto Route 35 North. Right onto 16th Ave. Right on Main Street. From Route 195 East: Becomes Route 138 East. Stay on Route 35 North. Right onto 16th Ave. Right on Main Street.

PARKING: Participants should find street parking near 18th Ave. and Main Street. Please note the walk will finish at Bar-A which is located on 16th Ave.

Once parked, proceed to the Berhman Park entrances on 18th Ave, NOT the entrance on 22nd Ave. The 22nd Ave. entrance will be closed until the walk begins.

Check-in will be setup in the parking lot, off of 18th Ave. Once you check-in, you can proceed into the park where there will be other festivities.

When the walk starts, walkers will proceed out of the 22nd Ave. entrance following the route below. There will be route markers, police and volunteers. A Support and Gear (SAG) vehicle will be driving the route should you need to stop.

Upon returning to Main Street, participants can finish at Bar-A for a celebration BBQ.



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!

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