

Walk MS Lincroft - 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: 805 Newman Spring Road, Lincroft NJ 07066

DIRECTIONS: Garden State Parkway to exit 109. Southbound, turn right onto Rt. 520 West (Newman Springs Rd.); Northbound, turn left onto Rt. 520 West 2.2 miles to Park (past Brookdale Community College entrance) on left.
State Hwy. 34 to Rt. 520 East. Follow Rt. 520 East to Park entrance.

***Please Note:** We will NOT be starting at the pavilion. The parking/start is in the Preston Grove area, which is different than previous years. When you pull into the park follow signs to the left.*

What to Expect

This route is approx. 3 miles. The route is fully accessible. Please refer to the next page for more details on the check-in area.

THOMPSON PARK IS DOG FRIENDLY.

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

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. Any 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

Most Inspirational Walker Shana Mecchi



I was diagnosed with RR MS 4 years ago. My walk team is Shana's Sharks. We walk so I can have a better future with my family. I do fundraisers at work, restaurants and I have a Zumba fundraiser every year with my Zumba family who support me just as much as my family and friends do. I'm lucky to have a great support system.

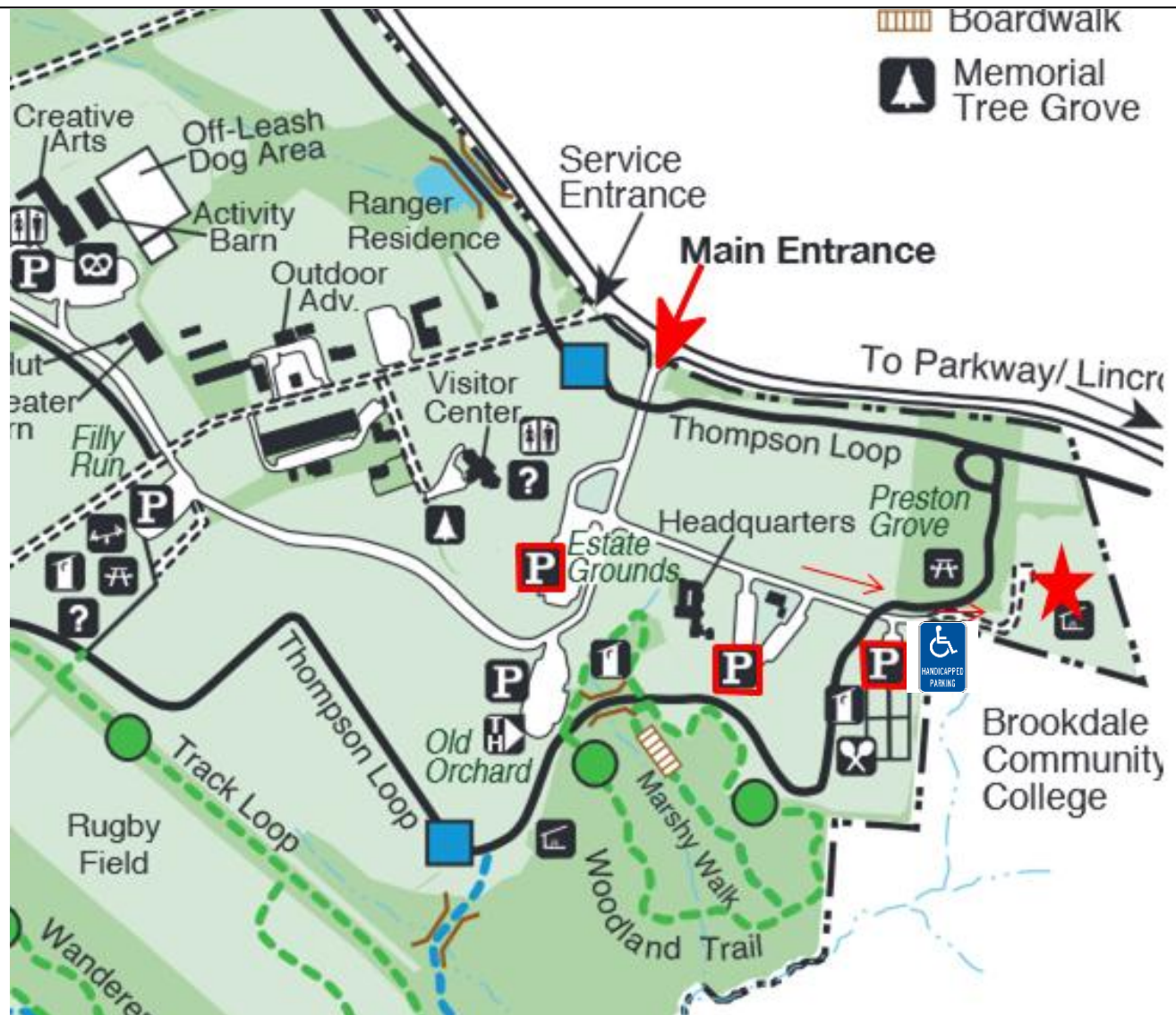
SITE UPDATES

- * Please note we will not be starting in the pavilion like previous years. When entering the park, follow signs to the left for event parking.

There will be a check-in tent near the Preston Grove area. The tent will be on the grass field. Should you need assistance getting checked in, volunteers will be available.

The route is accessible.

There is a small lot nearest to the Preston Grove area, which will be reserved for handicap parking.



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



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