



New Jersey
Metro Chapter
Walk 2015

presented by



Walk MS Manalapan - FootNotes

The Official Walk MS Newsletter

In order to provide the best possible Walk MS experience and to ensure a safer, shorter route, we have relocated this walk site to Battlefield State Park which is about one mile from CentraState Medical Center. We are grateful for CentraState Medical Center's continued support of Walk MS!

DATE: Sunday, April 19, 2015

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

LOCATION: Battlefield State Park, 16 Highway 33, Manalapan NJ 07726

DIRECTIONS: From the Garden State Parkway, take Exit 123 to Rte. 9 South for 15 miles to business Rte. 33 West. Park is located 1.5 miles on the right. From CentraState, turn left on W Main Street. Turn left on Wemrock Road. Follow 1.3 miles and turn left on Rte. 33. Destination is on your right.

PARKING: Onsite parking lot available.

What to Expect

Walk MS will be following the parks path. Participants will no longer be walking through the streets. The path is a one mile loop. Walkers can choose to do 1, 2 or 3 loops.

BATTLEFIELD STATE PARK IS DOG FRIENDLY.

The start/finish will feature refreshments and water.
There will be a Cheer Zone at .5 miles.

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

Most Inspirational Walker Robert Zirlin



I have been participating in Walk MS since 1989. My wife Mary Zirlin was diagnosed in 1988 and I wanted to do something to try and help. Mary passed away May 8, 2013.

The Walk is important because it gives many people who feel helpless, a way to feel they are helping fight the disease.

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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