

Walk MS Ridgefield Park - FootNotes

The Official Walk MS Newsletter

DATE: Sunday, April 19, 2015

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

LOCATION: Overpeck County Park, 50 Fort Lee Road, Leonia, NJ 07605

(PLEASE REFER TO NEXT PAGE FOR NEW PARKING INSTRUCTIONS!!)

What to Expect

This route is approximately 3 miles and is accessible.

OVERPECK COUNTY PARK IS DOG FRIENDLY.

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

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.)

2. T-Shirt Pick-Up!

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

3. Walk-on Registrations



TOUFAYAN BAKERIES AND THE NATIONAL MS SOCIETY PRESENT THE WRAPATHON

GUINNESS WORLD RECORDS® OFFICIAL ATTEMPT

Toufayan and Walk MS Ridgefield Park Wrap-It-Up for a Cure!

Toufayan will make a GUINNESS WORLD RECORDS® Official Attempt to break the record for the world's *Largest Display of Sandwich Wraps* at this year's Walk MS Ridgefield Park event, on April 19 at Overpeck County Park in Ridgefield Park, NJ. Drawing on Toufayan's line of 10 unique wheat, whole wheat, and gluten-free wraps, we will create 750 unique wrap varieties with the help of the National MS Society's dedicated volunteers.

Come out to watch us break the record right before your eyes.

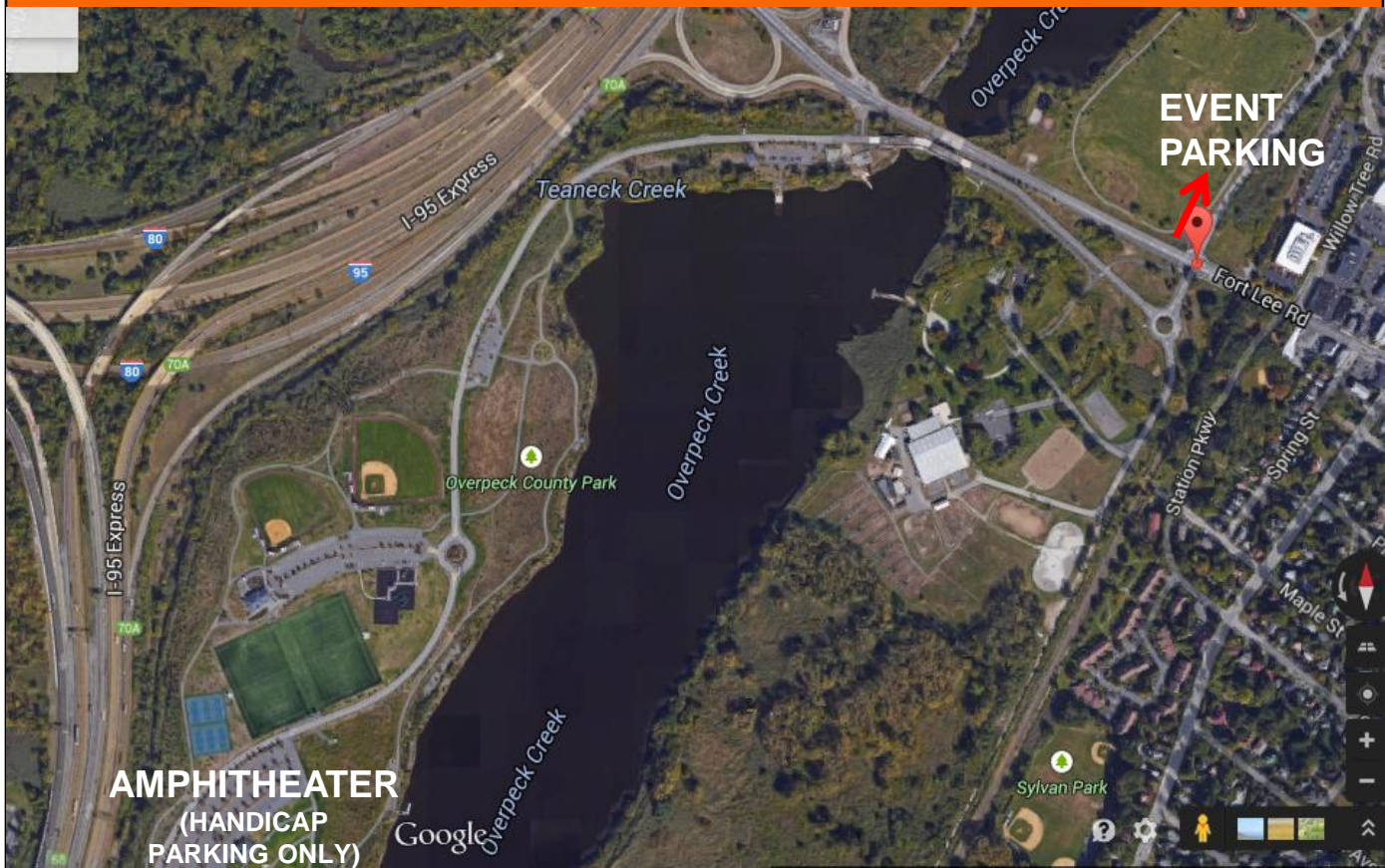
Most Inspirational Walker - Rosemary Paleologos



About 6 years ago I was diagnosed with MS. The fatigue is very strong. The winter months are very bad for me. I realize that I can't physically do what I used to do. So I work within my limits. You have to do your best and work with what you have. If you can't physically be productive, mentally and emotionally I make it work. My husband and my sons are a big help to me.

They are my inspiration to get through the day. I walk because I have had enough! With the funds and awareness that we raise, I believe we can get one step closer to a cure. I've learned that everybody has something, and those who have something should advocate.

PARKING CHANGES! We will now be shuttling participants to the check-in area near the amphitheater. All participants should park in the Leona Park parking lot. Please use GPS address 50 Fort Lee Road, Leona, NJ 07605. The shuttle will be looping the entire event to bring you to and from. These shuttles are handicap accessible and dog friendly. Anyone holding a handicap placard for their vehicle will be permitted to parking in amphitheater lot (199 Challenger Road, Ridgefield Park, NJ 07660)



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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