

# Walk MS Roxbury - 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:** Horseshoe Lake Recreation Complex, 72 Eyland Avenue, Succasunna, NJ 07876

**DIRECTIONS:** From I-80 East take Exit 28 toward 46 East/Route 10/Ledgewood. Follow Route 10 East to Eyland Ave. Destination is on the left. From I-80 West take Exit 43 to I-287 South. Follow I-287 South to Exit 39. Follow Route 10 West to Eyland Avenue (about 11 miles).

**PARKING:** Onsite parking lots available.

## What to Expect

This route is approx. 3 miles. The route is accessible, however please note that the check-in area, which is under the pavilion, is on a grassy area. Should you need assistance checking in, please ask a volunteer.

The start/finish will feature refreshments and water. There will be a Cheer Zone half way (Thank You Shoprite for your continued support!)

**Sneak peak!** WDHA 105.5 will be onsite...Ava's Cupcakes will be selling cupcakes and donating a portion back to the chapter...Blow Out Hair Salon will be doing orange hair extensions...Zumba Warm-ups...Starbucks...and more!

**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

## Most Inspirational Walker Daniel Buckelew



I first participated in the 2010 Walk MS after being diagnosed February 9<sup>th</sup> of that year. I was unable to participate by walking, but was able to put a team together to raise donations for the MS Society. Before being diagnosed I was active in many sports and activities. MS stripped all of these activities that I was once so passionate about. I went through a series of stages starting with confusion, followed by denial, then onto realization. My favorite part of the walk is seeing the overwhelming support that is being given to those living with 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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