

Walk MS Seaside - 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: Municipal Lot #2, corner of Ocean Ave. & Decatur Ave., Seaside Park, NJ 08752

DIRECTIONS: From Garden State Parkway North/South: take the parkway North or South to Exit 82. Take Exit 82 to NJ 37 East toward Seaside Heights. Merge onto 37 East toward Seaside Heights 6.8 miles. Merge onto NJ 35 South via ramp to Seaside Park/Island Beach for .7 miles. Bear left at the fork, for 35N, but you'll immediately make your first right onto Stockton Ave. Take 2nd right onto North Ocean Ave. Site will be on your left.

PARKING: There is limited parking available in the parking lot.
Overflow parking is available via street parking.

What to Expect

This route is approx. 3 miles, fully accessible and on the boardwalk. **NO DOGS ALLOWED.**

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

WJRZ will be onsite!

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 Melissa Ryan



My journey began when I woke up one morning and lost the vision in my left eye. A few months later I was diagnosed with MS at the young age of 26. I have learned that I have a choice; either to be negative and feel sorry for myself, or to continue living my life doing what I love, which is practicing yoga and spending quality time with my family and friends. I have the strength and willpower to get out of bed every morning and put a smile on my face because life IS good. A fellow MSer once said "MS is not a terminal disease. I will not die from it; I will die with it, unless they find a cure." And that is why I participate in Walk MS, to DO something about it and be a part of the movement!!

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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