

# Walk MS West Orange - 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:** Orange Reservoir, 9 Cherry Lane, West Orange NJ 07052

**DIRECTIONS:** From the NJ Turnpike take Exit 15W. Take Rte 280 West to Exit 10. Turn Left at the light onto Northfield Ave. The Turtle Back Zoo is approx. 3 miles ahead on the left. Turn left at the next light onto Cherry Lane. (IMPORTANT - NO LEFT TURNS! Bare to the right off of Northfield Ave and follow signs for turns). Once on Cherry Lane, the Clipper Pavilion will be at your first traffic light.

From the Garden State Parkway take Exit 145. Keep left for Rte 280 West and take to Exit 10.

From Rte 280 East take to Exit 7. At the traffic light turn LEFT onto Pleasant Valley Way. Go past Northfield Ave (McLoone's Boathouse is on the left.) Clipper Pavilion will be at your first traffic light.

**PARKING:** Clipper Pavilion will be on your left. There is a parking lot on your right.

### What to Expect

We will be walking the reservoir loop which is approx. 1.8 miles and fully accessible. Walkers can choose to do one loop or a 2<sup>nd</sup> power loop.

#### DOG FRIENDLY SITE.

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. 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

### Walk MS Ambassadors Aaron & Laura Cohen



Aaron and Laura Cohen, and their Walk MS team Mitzvah Squad, have been raising MS awareness and funds to support local programs and research for a cure since 2000. They have been recognized among the top friends and family Walk MS teams nationally and have raised a lifetime total of \$633,000! Visit [walknjm.nationalMSSociety.org](http://walknjm.nationalMSSociety.org) for their story!

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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