



New Jersey
Metro Chapter
Walk 2015

presented by



FootNotes

The Official Walk MS Newsletter

Walk MS Weekend 2015

Saturday, April 18 & Sunday, April 19

In 2015, our goal is to create the best experience possible at each of our walk sites. Thank you to everyone for providing feedback from 2014. We are happy to share the following changes with you! All walk routes are now approximately 3 miles. To ensure the safety of our participants, all routes have moved off of the street.* Walk MS sites will also be held on Saturday. All sites will feature refreshments at the start/finish area and a cheer zone with water. All additional activities and vendors are based on donations and sponsors.

*boardwalk sites may have a portion of the route on the sidewalk

Saturday, April 18

Clark: Returning to Oak Ridge Park. Featuring a 5K Fun Run prior to Walk MS.

Jersey City: Returning to Liberty State Park.

Lincroft: Returning to Thompson Park.

Seaside Park: The walk will start/finish at the Seaside Park Marina and take place on the boardwalk.

Readington: NEW site! Our Hunterdon County walk (previously in Flemington) will now be hosted at the Solberg Airport. Walkers will enjoy a unique route on the runway!

Sunday, April 19

Ridgefield Park: Returning to Overpeck County Park. Featuring a 5K timed run prior to Walk MS.

Roxbury: Returning to Horseshoe Lake Park Recreation Complex.

West Orange: NEW site! Our Essex County walk (previously in Roseland) will now be hosted at the Orange Reservoir.

Lake Como: The walk will start at Berhman Park and take place on the boardwalk, with participants finishing at Bar A.

Hamilton: Returning to Veterans Park. The walk will now start/finish at the North Entrance Pavilion (across from Steinert High School).

Manalapan: NEW site! Our Monmouth County walk (previously in Freehold) will now be at Battlefield State Park. It will feature 1, 2 and 3-mile accessible loops.

North Brunswick: NEW site! Our Middlesex County walk (previously at Parsons School) will be held at the North Brunswick Community Park.

Nominate Your 2015 Inspirational Walkers!

Tell us who inspires you to join the movement! Each walk site will have a Most Inspirational Walker, but it is up to YOU to nominate them! Their story will be featured in our April newsletter, on our website, and they will have the opportunity to join us during their opening ceremony ribbon cutting. All nominations must be submitted to njmwalk@nmss.org by 2/27/15.

WHAT YOU NEED TO KNOW

The National MS Society is asking that all cash donations be converted to check or online credit card. This includes day of donations.

Adopt-a-Mile signs are available! Whether you're looking to advertise or give a shout out to your team, these signs are a great way to get in front of walkers. Contact us today for pricing!

Why do you walk? We want to know why you get connected at Walk MS. If you would like to be featured, send us your story or contact emily.borsetti@nmss.org.

Volunteers power the movement! Invite your friends or family to join your Walk MS team ... as a volunteer! Volunteers can register online or contact emily.borsetti@nmss.org.

Check out our monthly [Community Events](#) to get the most up-to-date information regarding your favorite MS events! Are you hosting a fundraiser or awareness event? Email elizabeth.shaw@nmss.org to get your event posted.

FUNDRAISING TIPS

Set up your online participant center and share your story through emails and social media.

Host a Dress for MS day at your office. Have your colleagues make a donation to dress down.

Coordinate with a local business to sell sneaker pin-ups. Customers can make a donation, write their name, and hang it on the store wall.

Partner with local restaurants to host a dine-out night, where a portion of the sales you bring in on the designated night will be donated to the chapter.

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!

THANK YOU TO OUR 2015 SPONSORS



Bayer HealthCare



Dr. Richard Ritcher

