



New Jersey
Metro Chapter
Walk 2015

presented by



FootNotes

The Official Walk MS Newsletter

Walk MS Weekend 2015
Saturday, April 18 & Sunday, April 19

Reminders for Seaside Park and North Brunswick sites

As a reminder, the North Brunswick site will NOT be held at the North Brunswick Community Park. Due to scheduling conflicts, we will be moving back to Babbage Park at Parsons Elementary School. Additionally, our Seaside Park site will NOT start at the marina. We will start in the same parking lot as last year. Please visit walkms.org for the most up to date information.



Do you want to run to stop MS? Walk MS 2015 will be featuring two 5K runs! Become a part of this tradition that kicks off the Walk MS! Choose to run at your own leisure at our 5K Fun Run or try to achieve your personal record at our chip-timed 5K run!

Both runs include a 3.1-mile marked route with water and an aid station, as well as an event T-shirt and light refreshments.

5K Fun Run

Location: Oak Ridge Park, Clark

Date: Saturday, April 18, 2015

Check-in: 7:00 AM Start: 8:00 AM

Registration Fee: \$25

**Note: This run will feature a clock for your personal record use, but is not a chip-timed event.*

Chip-timed 5K Run

Location: Overpeck County Park, Ridgefield Park

Date: Sunday, April 19, 2015

Check-in: 7:00 AM Start: 8:00 AM

Registration Fee: \$35

**Note: This run is a chip-timed event.*

[Click here](#) to register for a 5K run!

Please note: All runners must be 12 or older on the day of the event to participate. Any runner between the ages of 12 and 18 must be accompanied by a parent or guardian.

Walkers are not permitted on the course for the Fun Run. The Walk MS event, utilizing the same course, will be a non-timed event beginning at 10:00 AM.

REMINDER: APRIL FOOTNOTES WILL BE SITE SPECIFIC AND INCLUDE IMPORTANT DAY OF EVENT INFORMATION. IT WILL BE MAILED TO YOU TWO WEEKS PRIOR TO WALK.

Team Awards

Check out these great team awards and rally your group to take home the win. There is still time for your team to be eligible! *Not a team?* Teams are made of 4 people or more. Contact us today if you would like to become a Team Captain!

TEAM TABLE: The top 5 fundraising teams at each walk site will receive a table at the starting area! It's a great place to gather prior before the walk begins, as well as take team photos. (Winning teams will be based on money turned in by April 1, 2015)

TEAM CHAMPION AWARD: The top fundraising team of the year.

LARGEST TEAM AWARD: The team with greatest number of registered participants.

MOST TEAM SPIRIT AWARD: The team who is most enthusiastic — not only during the event but throughout the upcoming months.

BREAKOUT TEAM: The team whose current fundraising results have dramatically surpassed the previous year.

BEST DRESSED TEAM: One team at each walk site that has the most creative T-shirt/outfit on walk day. Teams must have their team photos taken at their walk on walk day in order to qualify.

ROOKIE OF THE YEAR: Awarded to a corporate and a friends and family first-year team whose fundraising efforts proved extraordinary.

Team T-shirts

Check out this [link](#) for team shirts to take your team to the next level this year at Walk MS!

Team shirts can be a great way to bring your team together and help your team feel more unified!

Deadline to get your shirts ordered in time for walk is March 27th!



Recruiting Ideas

1. Utilize your online participant center. By updating your story, setting a goal and making a self donation, you can double your impact!
2. Set up a table registration day at your workplace, gym or community groups. Need supplies such as Walk MS posters and brochures? Contact us today.
3. Share your story and participation on social media.
4. Invite your neighbors on your block or in your building to join you. Provide a letter stating what you're doing, why, and ask them to contribute.

Fundraising Ideas

1. **Dress for MS:** Organizing a dress-down day at your workplace is an easy and fun way to raise awareness. Charge co-workers \$1-\$5 to dress down at the office; anyone who pays receives a sticker to show their support. Contact us today for your dress down sticker template!
2. **Double Your Impact:** Does your employer match donations? Double your fundraising by asking your employer to matching your donations. Ask your friends and family if their employers match too and reach your goal quick and easy.
3. **Signing your Correspondence:** Add a short sentence at the bottom of your email signature saying that you're participating in Walk MS and ask for a pledge. Include an email link to your personal or team page.
4. **Hair Salon:** Ask your barber or hairdresser to donate \$2 of every haircut they complete over one weekend.
5. **Tell your story:** The more you talk about your upcoming adventure, the more people will share in that excitement and want to support you.
6. **Raffle:** Everyone that contributes is entered into a raffle to win a special item such as a homemade quilt or baseball tickets.

Top Fundraiser Club

Our Walking Wonder top fundraising club membership is automatic once your fundraising meets or exceeds one of the amounts listed below. As a member of one of these elite fundraising clubs you will receive special recognition in the Walk MS wrap-up newsletter and on the event website.

MISSION POSSIBLE
\$10,000 +

SENSATIONAL STEPPERS
\$5,000 - \$9,999

MARVELOUS MARCHERS
\$1,000 - \$4,999

Make checks payable to the National MS Society and mail to:
National MS Society New Jersey Metro
1480 US Highway 9 North, Suite 301 Woodbridge, NJ 07095
Be sure to include your walk site and who your donation should be credited to!

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Dr. Richard Ritcher



2015 March Walk MS FootNotes | walknjm.nationalMSSociety.org

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