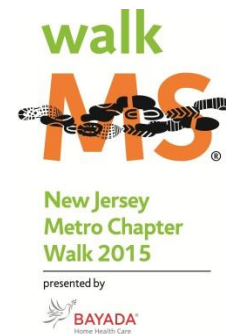


National MS Society New Jersey Metro Chapter: Walk MS Weekend



April 18 & 19
11,000 people. 12 locations. 1 goal.

Looking to go the extra mile as a volunteer? Here are just a few ideas to get you started!

Fundraise!

Stuck for a Buck: A willing volunteer will get stuck to wall all in the name of MS! Charge people \$1-3 for a piece of duct tape, which they can then use to stick someone to the wall. Can you get enough donations to make your volunteer actually stick to the wall? Bonus points if the duct tape is orange!

Recruit!

Encourage everyone you know to join your volunteer team and donate time to Walk MS! Promote your team's involvement at school or at work.

Volunteer!

Commit your team to "take over" your Walk MS rest stop. Make your walk site's rest stop a destination in itself! Choose a theme - '80s? Hawaiian? - gather

The success of Walk MS is directly related to the wonderful volunteers who dedicate their time to the Chapter. We welcome volunteers of all ages, abilities and talents to assist with a variety of volunteer opportunities. There is only one requirement: a desire to see a world free of MS!

And, participating in Walk MS is more fun when you are part of a team! Ask others to join you and enjoy walking together. Share the experience of connecting with friends, family, co-workers, neighbors or anyone that wants to end MS forever!

What is a team? A group of individuals, can be comprised of both participants and volunteers, looking to band together in the fight against MS. A team can be large or small, with one person as the team captain.

Are there Walk MS volunteer opportunities for teams? Yes! As a team, volunteers can run registration/check-in together, operate a rest stop as a team, or assist with finish-line festivities together!

Is there support out there for teams? YES! The Teams Department provides support with a Team Captain guide, Team Weeks, one-on-one consultations with team representatives, fundraising tips and much more to ensure that your team is successful! Teams that fundraise also receive special awards and incentives to keep motivated!

Additional Team Benefits:

- Team website
- Opportunity to participate in team contests, Team Weeks and more
- Team photo at Walk MS
- Eligibility for Top Team Awards and more!

Ready, Set, Register!

1. Pick a team name.
2. [Register your team.](#)
3. Send an email to your friends, family and co-workers asking them to join your team or make a donation! Remember to include a link to your personal web page!

If you would like more information about Walk MS teams, team fundraising ideas or share information about your upcoming team events, contact: Emily Borsetti at 732-508-4424 or at emily.borsetti@nmss.org.



**National
Multiple Sclerosis
Society**
New Jersey
Metro Chapter