



**3 DAYS. 50 MILES.
CONNECT TO END
MULTIPLE SCLEROSIS**

CHALLENGE WALK MS: SAVANNAH 2017



CHALLENGEWALKMS.ORG



WELCOME TO CHALLENGE WALK MS: SAVANNAH 2017

As a Challenge Walk participant or team captain, you are joining hundreds of thousands of people across the country for an experience like no other. This guidebook will give you an overview of the event, including the weekend itinerary, packing list, training tips and more!

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For more information and team resources, please go to: challengewalkms.org

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Dear Friends,

Congratulations and our sincerest thanks to you for accepting the challenge of a lifetime! Challenge Walk MS may just be the greatest journey you will ever take. In this three day, 50-mile experience get ready to test your strength, and your spirit, while leaving an extraordinary impact on the lives of people affected by multiple sclerosis. Challenge Walk MS is your chance to showcase of your endurance, mentally, physically and philanthropically.

Together we are committed to pushing beyond our boundaries and finding a cure to end MS. Few have taken the step to register and begin the Challenge Walk MS journey. Now that you have- you won't walk a single step alone. We will be there for you to assist you with your fundraising, training, and any other questions that may arise.

Please, don't hesitate to ask about any of the material covered (or not covered) in this welcome guide. We're here to help YOU! Thank you for committing to come together breakthrough MS!



Shannon Brown
Development Manager, Challenge Walk MS

COME WALK WITH US

All of your needs will be taken care of during Challenge Walk MS. The route is fully supported with catered lunches, rest stops stocked with beverages and snacks, port-a-potties, and support vehicles to provide transportation assistance. You will stay two nights at our host hotel, Hotel Tybee, and be treated to a banquet dinner and entertainment each evening along with breakfast every morning.

WE ARE PEOPLE WHO WANT TO DO SOMETHING ABOUT MS NOW

ABOUT MS

Multiple sclerosis interrupts the flow of information between the brain and the body, and it stops people from moving. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease.

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at 1-800-344-4867 or nationalMSSociety.org.

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WEEKEND ITINERARY

THURSDAY, MARCH 2: WALK CHECK-IN

2:00 p.m. to 8:00 p.m.

Mandatory Registration and Event Check-In, Hotel Tybee.
1401 Strand Avenue, Tybee Island, GA 31328

Please note: Walkers are financially responsible for their Thursday night hotel accommodations. Reservations will be made by the Chapter.

FRIDAY, MARCH 3: DAY ONE

Day 1: 21.5 Miles, Downtown Savannah to Daffin Park.

4:00 a.m. to 5:45 a.m.

Breakfast Service

6:00 a.m.

Buses Depart for Day 1 Start Site

7:00 a.m. to 4:45 p.m.

ROUTE OPEN

2:00 p.m. to 8:00 p.m.

Massage Therapy Open

4:00 p.m. to 7:00 p.m.

Dinner service

7:30 p.m.

"Connections" Evening Program, Hotel Tybee Conference Center. Join us for a Pep Rally celebrating all of your accomplishments!



SATURDAY, MARCH 4: DAY TWO

DAY TWO: 18.5 MILES, Skidaway Island.

4:00 a.m. to 5:45 a.m.

Breakfast Service

4:45 a.m. to 5:45 a.m.

Blister Clinic Open

6:00 a.m.

Buses Depart for Day 2 Start Site

7:00 a.m. to 4:45 p.m.

ROUTE OPEN

2:00 p.m. to 8:00 p.m.

Massage Therapy Open

4:00 p.m. to 7:00 p.m.

Dinner service

7:30 p.m.

"Candlelight" Evening Program, Tybee Pier and Pavilion. Join us to honor our connections and commitment to the mission to end MS!

SUNDAY, MARCH 5: DAY THREE

DAY THREE: 10 MILES, Tybee Island.

4:00 a.m. to 6:45 a.m.

Breakfast service

5:00 a.m. to 6:30 a.m.

Medical Open

7:00 a.m.

Day 3 START Ceremonies

7:00 a.m. to Noon

ROUTE OPEN

9:00 a.m. to 11:30 a.m.

PRE-FINISH CELEBRATION OPEN- 2017 registration available!

11:30 a.m.

FINAL MILE (50) BEGINS! All Event Participants to walk Final Mile TOGETHER!

12:00 p.m.

CLOSING CEREMONIES



WEEKEND ESSENTIALS

PACKING

Pack for all weather conditions as we walk rain or shine.

CLOTHING

- Friday Night Team T-shirt Contest: Friday night teams get a chance to strut their stuff and show off their team t-shirts. Start designing your team shirt and practice your moves for the catwalk NOW!
- 2 pairs of worn-in walking shoes
- 3 sets of t-shirts & shorts, comfortable walking pants
- Waterproof jacket
- 3-6 pairs of socks (moisture wicking)
- Comfortable underwear, sports bra or other athletic support
- Long pants/sweatpants
- Sweatshirt or fleece
- Nice, comfortable outfits for evening events
- Sunglasses
- Hat or visor
- Watch
- Swimsuit (the hotel has a hot tub to soak your sore muscles)

HEALTH/FIRST AID

- Sunscreen
- Lip balm with sunscreen
- Blister Kit: alcohol-free wipes, mole skin, antibacterial ointment
- All required prescription medications
- Petroleum jelly or sport lubricant for chaffing (i.e. Body Glide)
- Anti-inflammatory pain medicine (i.e. Advil)
- Antacid
- Toiletries

HYDRATION

- Hydration pack or like (i.e. Camelback)
- Hip pack with water bottle holder

OTHER

- Camera
- Slippers

LODGING & TRANSPORTATION

HOTEL INFORMATION

After a long day of walking, you'll need someplace to freshen up and rest your weary head. Below are your lodging options for Challenge Walk MS: Savannah 2017.

Our host hotel is Hotel Tybee.

Address: 1401 Strand Avenue, Tybee Island, GA 31328

Phone: (912) 786-7777

Walkers and Super Crew have their Friday & Saturday night stay included as a fundraising incentive. Crew and individuals requesting a single room or to stay with non-registered family members will incur additional fees. All participants must pay a small fee to stay at Hotel Tybee Thursday night.

Walker: \$50 per person matched with roommate of choice or paired with roommate for Thursday night only.

Walker Single Room: If requesting a single room to yourself or with non-registered family members; fee is \$150 (self) - \$300 (with non-registered family) for Thursday through Sunday.

Super Crew: \$50 per person matched with roommate of choice or paired with roommate for Thursday only.

Super Crew Single Room: If requesting a single room to yourself or with non-registered family members; fee is \$150 (self) - \$300 (with non-registered family) for Thursday through Sunday.

Crew: \$150 per person matched roommate of choice or paired with roommate for Thursday through Sunday (\$50 each night). If requesting a single room to yourself, the fee is \$250 for the weekend.

*Payment for housing will be due at Challenge Walk Registration March 2, 2017.



TRAINING & SAFETY

Walking 50 miles takes commitment and training. Although Challenge Walk MS is for people of all abilities, you do need to prepare, both physically and mentally. Start training right away so you will be less likely to experience injuries or pain.

START A WALK JOURNAL

Use a walk journal to keep track of your training, mileage and help you maintain a walking schedule.

PURCHASE WALKING GEAR

Purchase walking shoes and clothing for training. Allow enough time to break in your shoes and test clothing and layering systems. Getting the right shoes for training and Challenge Walk MS is essential.

FIND A TRAINING WALK OR RECRUIT A WALKING BUDDY

Training is always more fun with a friend to motivate you!

CLOTHING

Wear comfortable walking attire. Sometimes loose-fitting clothes can cause chafing. When you are training, try various clothing choices and layering systems.

- Dressing in layers allows you to remove clothing as you warm up or put it back on if you are cold.

HYDRATION IS KEY!

Pre-Training Walk & Pre-Event

- Drink an extra 64 ounces of fluid 24 hours before a long training walk.
- Drink 16 ounces of fluid two hours before exercise. This will allow time for the fluid to pass through your body.
- Drink more during hot weather. If you are sweating more than usual, consume more fluids.
- Avoid caffeinated beverages before your walk. They will cause you to lose fluid and make you thirsty.

SIGNS OF DEHYDRATION

During & After Your Walk

- Drink when you are thirsty.
- A sign that your body is well-hydrated is diluted urine that is light or colorless.
- You should be urinating frequently.
- Try to drink five ounces of fluid per mile.
- Drink a combination of water and sports drink after exercising more than one hour.
- Sports drink can help replace your body's sugar and salt that was lost during exercising.

- A shirt made from polypropylene or CoolMax is a better material choice than cotton as it will wick sweat away from the body.
- Socks should be comfortable. Socks made from CoolMax are preferred over cotton as they keep feet drier.

SHOES

Purchase shoes that fit you correctly for training and for Challenge Walk MS. Many specialty running shoe retailers have trained experts that will help you find the perfect shoe. Replace your shoes every 500 miles. For comfort, do not wear new shoes during the event.

- Fit:** Walking shoes should be a half size larger than your dress shoes. A shoe should fit well and leave room for your foot to expand while walking.
- Flex:** You should be able to easily bend the forefoot of your walking shoe. A flexible shoe allows your foot to roll through each step.
- Flat:** Walking shoes should be flat, with not much difference in height between the heel and ball of your foot.

INJURY PREVENTION

Let's take a look at the three most common walking injuries:

BLISTERS

Blisters are abrasions that develop on the foot as a result of friction between the foot and the shoe, and sometimes the sock as well. Blisters can be hard to avoid for the beginning walker, and it is quite impossible to pursue a regular distance walking program without the skin on the major friction areas of your feet being affected. But the goal is to develop protective calluses on these areas rather than blisters.

The common sign that a blister is developing is the feeling of a "hot spot" in a particular area of your foot as you walk. When you feel a hot spot, stop walking immediately and apply a lubricant such as petroleum jelly to the affected area. Lubricate this spot also before beginning your next several walks. This will allow these areas to adapt to the friction of walking more gradually and develop protective calluses instead of blisters.

If a hot spot does turn into a blister, dress it with a product such as Moleskin that is made specifically for this purpose. Use the "donuting" technique of covering the area immediately surrounding the blister but not the blister itself. Do not walk with a bandage covering the blister itself – this will only make the problem worse. Use bandages and antibiotic ointments only between walks to prevent infections and promote healing.



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SHIN SPLINTS

The term shin splints is a catchall term for more than one condition affecting the soft tissues of the shins. There are basically two categories of this condition. Pain in the outer frontal area is just a natural part of the conditioning process. As long as you avoid overtraining during the period of time when you experience this pain, it will disappear within a week or so as your muscles adapt to the challenge of consistent walking.

Pain in the inner, frontal area of the shin is generally associated with insufficient arch support and can become debilitating if not addressed. If you begin to experience pain in this area, reduce your walking volume and perform more cross-training workouts (e.g. bicycling) to make up the difference. Switch to a shoe with greater arch support or insert over-the-counter or custom orthotics into your shoes. You may also try wearing a pressure wrap on your lower leg while walking.

Never try to push through pain in the inner frontal area of your shins. If you do, it could eventually become a stress fracture!

KNEE PAIN

In walkers, knee pain is generally caused by improper tracking of the kneecap resulting in wearing of the patellar tendon. Typically the failure of the kneecap to track properly during walking is associated with muscular imbalances in the leg that can be corrected with conditioning exercises. Specifically, walkers who develop knee pain are generally weak in the gluteal muscles (buttocks) and in the vastus medialis, one of the muscles comprising the quadriceps.

Bicycling is a great conditioner for the vastus medialis, while Pilates and calisthenics exercises, such as lunges develop, the gluteals. If you develop pain just below the kneecap, reduce your walking and emphasize these cross-training activities until you are symptom free.



FUNDRAISING STRATEGIES

WHY CHALLENGE WALK AND THE NATIONAL MS SOCIETY: PREPARING YOUR ELEVATOR SPEECH

- Be prepared to articulate why you are training and fundraising for Challenge Walk.
- When telling someone your story, stick to three points you want them to remember.

Sample

#1 - Event: Hi, My name is (your name) and I'm walking 50 miles in Savannah this year at Challenge Walk MS.

#2 - Cause: Challenge Walkers like myself fundraise to support the 2.3 million people worldwide affected by multiple sclerosis. (share your MS connection – who are you walking for?)

#3 - Ask: Would you be so kind and make a donation to my campaign to support (my connection) or better yet, walk with me?

BRING DONATIONS TO LIFE BY QUANTIFYING YOUR DONORS' GIFTS

\$50: could provide round-trip transportation to a medical appointment

\$100: could help purchase a walker or shower chair

\$250: could fund a transport chair, accessible transportation to a medical appointment or a portable ramp

\$500: could help fund a college scholarship for a high school senior who is living with MS or whose parent is living with MS

\$1,000: could pay for a hospital bed, half of a standard chair lift or utility or rental assistance to two people living with MS

\$43,000: could fund a research grant (average cost)

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\$43,000: could fund a research grant (average cost)

WHY CHALLENGE WALK- DEVELOPING YOUR MESSAGE

Write a sincere, informative message to feature in your fundraising materials (emails, letters, social media posts, Participant Center). To get yourself started and frame the perspective of your message, ask yourself:

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- Why do I want to participate in this endurance event?
- Who is reading this message?
- Why is this cause so important?
- What aspects of Challenge Walk can I highlight to inspire them to donate to the National MS Society?

ABOUT THE NATIONAL MS SOCIETY

The Society mobilizes people and resources so that everyone affected by multiple sclerosis can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever. Last year alone, through our comprehensive nationwide network of services, the Society devoted \$122.2 million to connect more than one million individuals to the people, information and resources they need. To move closer to a world free of MS, the Society also invested \$54 million to support more than 380 new and ongoing research projects around the world. We are united in our collective power to do something about MS now and end this disease forever. Learn more at www.nationalMSSociety.org.

WHOM SHOULD I ASK- DEVELOPING YOUR CONTACT LIST

Now that you know what to say, you must decide whom to ask. To avoid getting lost in a sea of names, plan

out whom you will ask for donations in advance. Break your acquaintances into manageable groups like the list below.

- Family
- Friends
- Religious Group
- School
- Small Businesses
- Groups and Organizations
- Co-workers
- Healthcare Connections

Tip: Don't be afraid to hear "no"! While many people will be happy to support you, some will say no. That's ok! You don't know if you don't ask.

HIGH LEVEL FUNDRAISING TIMELINE OVERVIEW

- Within One Week of Accepting the Challenge: Familiarize yourself with the National MS Society; categorize your network; customize your Participant Center Fundraising webpage; create your fundraising strategy; begin outreach; leverage social media to let people know about your campaign
- Within Two Weeks of Accepting the Challenge: Continue solicitation via email, letters, phone calls and in person asks; plan follow up; brainstorm event ideas and other creative fundraising ideas
- Within Three Weeks of Accepting the Challenge: Continue to post training updates online; make personal requests; pursue matching gifts
- Within Six Weeks of Accepting the Challenge: Reach out to those who have not yet donated with a message focusing on where you are at in your training; host a fundraiser; continue to mail in checks and cash donations and thank your donors
- Within Two Months of Accepting the Challenge: Continue to update your contacts on training and fundraising progress
- No Less Than 10 Days Before Final Fundraising Deadline: Make final solicitation push and create urgency around the fundraising deadline

DEVELOP YOUR STRATEGY FOR \$1,500

Start With: 1 Donation from Yourself for \$40

Apply For: 1 Matching Gift for \$100

Then Ask: 10 Facebook Friends for \$10 each

5 Coworkers for \$20 each

5 Friends for \$50 each

2 Close Family Members for \$100 each

1 Local Business for \$100

2 Health Care Professionals for \$80 each

Then Host:

1 Dinner Party for \$100

1 Happy Hour for \$200

Get creative! Babysit, mow your neighbor's lawn, or run your friend's errands 3 times for \$40 each.

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WHAT TO EXPECT

FUNDRAISING DEADLINE

You will automatically be assigned a Walker Coach who will contact you shortly after you register. Your Walker Coach will help you reach your fundraising minimum of \$1,500 and answer any questions you have about the event.

HOTEL ACCOMMODATIONS & BANQUET MEALS

You will spend two nights (Friday and Saturday) at our host hotel, Hotel Tybee. Hotel accommodations, banquet dinners and breakfasts are all-inclusive. The National MS Society organizes all room reservations.

CONFIRMATIONS

You will receive a confirmation by email. The confirmation requests necessary information for the weekend including your hotel accommodations, credit card information and diet or medical needs. It also confirms that you are committed to Challenge Walk MS so we can keep costs to a minimum. Please be timely with your submission.

REST STOPS & CATERED LUNCHESES

There are rest stops every 3 miles stocked with beverages and snacks. Along with the rest stops, each day you will be treated to a catered lunch. All rest and lunch stops have several port-a-potties or public restrooms and volunteers as well as EMTs to assist you.

LUGGAGE

If you are checking in at the event on Friday morning and we will transport your luggage from the start line to the hotel on Day One. On Day Three, we will transport all participants' luggage from the hotel to the finish line. You simply drop off your gear at the luggage truck before you begin your day, and we will take care of the rest.

SWAG BAGS

Every Walker will receive a swag bag when they check in. This bag will be tagged with your Walker number and be transported to the lunch stop each day allowing you to carry any miscellaneous items you may need (i.e. extra socks or snacks).

BIKE SUPPORT

Our team of volunteer cyclists will keep you safe on the route! They mark and unmark the route for us with the orange arrows. They also ride along the majority of the route with you to ensure your safety and offer encouragement along the way.

MEDICAL ASSISTANCE

There are professional medical personnel stationed along the route, at lunch stops and the hotel. From blister care to wrapping ankles, these trained nurses and EMT professionals are there to help you. All Walkers are required to have medical insurance in order to participate.

SUPPORT AND GEAR (SAG) VEHICLES

Keep an eye out for official National MS Society and Volunteer SAG vehicles, offering assistance on the route! If you're in need of a lift, give them thumbs down hand signal, and they'll get you to your destination on the route. They also can shuttle you to the next Medical and Aid station! Their cars will have their flashers on and our route arrows taped to the outside.

MASSAGES

We have free massages available at the hotel to loosen sore and tight muscles. Massages are available on a first-come, first-serve basis.

VOLUNTEERS & STAFF

Hundreds of volunteers and dedicated staff will support you throughout the weekend. They are responsible for making the event run smoothly and provide endless support and cheering to keep you motivated.

OPENING AND CLOSING CEREMONIES

We encourage you to invite family and friends to the opening and closing ceremonies to be part of this memorable weekend. The opening ceremony is filled with energy and the closing ceremony will celebrate your accomplishment with a medal presentation, music and lunch.

EVENT POLICIES

FUNDRAISING DEADLINE

The fundraising deadline is March 2, 2017 To honor our participants' commitments and preserve the Society's financial integrity, no one will be permitted to walk who has not raised the minimum pledge prior to the deadline.

SAFETY FIRST

We want everyone to have a safe and memorable weekend. We ask all Walkers to follow these safety guidelines:

- Obey all traffic laws, law enforcement officers and route guidelines.
- Do not wear earphones, use radios or talk on cell phones while on the route.
- No running; this is a walking event.
- Participants may not remain on the route after the last sweep of the day.
- Participants must use sidewalks when available.
- Participants may not walk while under the influence of drugs or alcohol.
- Participants must watch the Challenge Walk MS safety video provided in their confirmation.
- Always pay attention to railway warning devices.
- We reserve the right to remove you from the route and/or event at any time should you violate any of our safety guidelines.

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HYDRATION

It is essential to drink fluids before, during and after your walk.

CONFIRMATIONS

Every participant **MUST** submit their completed confirmation and credit card information to confirm event participation and receive a hotel room reservation. Room assignments will be based on timely submission of confirmations and fundraising status. Confirmations will be emailed.

MEDICAL INSURANCE

All participants must have valid medical health insurance in order to participate in Challenge Walk MS. You must complete a medical questionnaire, provide your medical health insurance information and sign a medical waiver prior to the event. This information will be collected through your confirmation.

MINORS - NOTARIZED WAIVER REQUIRED

All participants must be 12 years of age or older to participate in Challenge Walk MS. Any Walker under 18 years old must be accompanied by a participating adult. No exceptions. Walkers ages 10-17 are required to submit a notarized waiver and release prior to the event.

IDENTIFICATION

All participants will be issued event credentials at check-in. Credentials must be worn during the entire event; credentials allow access to route support, rest stops and entry into the banquet room for meals.

PETS

No pets are allowed on the Challenge Walk MS route except registered service animals. Documentation from a veterinarian is required for a service animal's participation.

DAILY CHECK-IN

All participants are required to check in every day at the start lines, lunch stops and finish lines. We strongly discourage anyone from leaving the route, but if you decide not to participate at any time during the event, please notify a member of the National MS Society staff.

WALK TIMES

Each day, the route will open and close at specified times. Any Walker who has not completed the course by the closing time will be picked up and transported to the finish line or hotel. The route times will be published at the event.

WEATHER

Challenge Walk MS will take place rain or shine. Please be prepared with appropriate clothing.

FREQUENTLY ASKED QUESTIONS

- 1. Where will my donation go?**

Challenge Walk MS funds local programs and services to help people and families living with MS, as well as research to find a cure. The combined financial statements for our Chapters and our National office indicate that it costs the Society about 17 cents to raise a dollar.
- 2. What is the deadline for meeting the pledge minimum?**

Each Walker must raise a minimum of \$1,500 to participate in Challenge Walk MS: Savannah 2017. Each Super Crew volunteer must raise a minimum of \$750 to qualify for event incentives.
- 3. Does my registration fee go toward my fundraising?**

No. Your registration fee helps cover administrative costs and does not apply toward your fundraising minimum.
- 4. I am mailing in donations. What do I need to do before I seal the envelope?**

Please make all checks payable to the National MS Society. Record the name, address, and donation amount of all donors before sending in donations. By recording this information, you will be able to track your “balance” listed on your webpage against donations that you received to verify everything is correct.
- 5. Where do I mail my donations?**

Send all donations to: National MS Society
ATTN: Challenge Walk MS Headquarters
214 Overlook Circle, Suite 153, Brentwood, TN 37027
- 6. How long does it take for mailed donations to appear on my webpage?**

It can take up to two weeks for mailed donations to post to your account. Please note that the “real time” standings and contributions listed on the website and the individual and team fundraising totals reflect the information that has been entered into our fundraising system. If you are concerned that a donation did not reach the Society, please contact the Fundraising Support Center at 1-888-372-1331.
- 7. One of my donors is requesting an EIN number, tax ID number, or a 501(c)(3) letter. How can I get these?**

The National MS Society’s EIN and tax ID number is 13-5661935. Please contact us for a 501(c)(3) letter at 888-372-1331.
- 8. Do all donors receive a receipt?**

Only those donors giving \$250 or more will receive an automatic acknowledgement from the National MS Society. Any donor who writes a check may use his or her cancelled check as a receipt. You may also download receipts from the website.
- 9. Are all donations tax deductible?**

Donations are tax deductible to the extent allowed by law.
- 10. What are matching gifts and how do I know if I’m eligible to receive them?**

Many employers have programs that contribute or “match” donations made to nonprofit organizations. The donor should check with his/her human resources department to confirm if a matching gift program is offered.

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Please note: for matching gifts to count towards your minimum pledge, matching gifts forms must be received prior to the fundraising deadline. Please contact the Fundraising Support Center at 888-372-1331 for questions regarding your matching gifts.

11. What if I can't raise the fundraising minimum?

To honor our participants' commitments and preserve the Southeast Region's financial integrity, we ask you to reconfirm your fundraising commitment to ending MS. If you have not reached the fundraising minimum upon event check-in on March 2, 2017 the National MS Society will charge your credit card for the balance you owe. As a reminder, the fundraising minimum is \$1,500 as a Walker and \$750 as Super Crew. This year, you can continue to fundraise until April 5, 2016 and will be issued a refund for additional funds raised between check in and April 5. If your card is charged on March 2, 2017, any donations received between March 3rd and 4th that bring you closer to your fundraising minimum will be reimbursed to you by check (up to the \$1,500 required minimum). Refunds will not exceed the amount charged on your card. For example, if on March 2, 2017 you have raised \$1,200, your card will be charged \$300. You may continue to fundraise and be refunded up to \$300. Any monies raised over the \$300 (in this example) will be considered a donation to the National MS Society.

OUR PLEDGE TO YOU

You will be fully supported on every step of your journey. Your commitment is to walk and raise funds. Our commitment is to worry about everything else. Our goal is to make your journey fun and as hassle-free as possible so that during and after each day of physical and emotional extremes, you can relax with each other and enjoy the feelings of accomplishment and fulfillment that you have worked so hard to achieve.

MORE INFORMATION

Have a question or concern this guide did not address? Check out our website at ChallengewalkMS.org for additional information or connect with us at 1-855-372-1331.



WHY WE WALK

Multiple sclerosis interrupts the flow of information between the brain and the body and can stop people from moving forward in their lives. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. Teenagers and young children can also have MS. MS affects more than 2.3 million people worldwide.

HOW WILL MY CONTRIBUTION HELP?

The National MS Society funds more MS research, offers more services for people with MS, provides more professional education programs and furthers more MS advocacy efforts than any other MS organization in the world. By choosing to walk in Challenge Walk, you are joining thousands of people across the country to create a world free of MS. with the disease. Teenagers and young children can also have MS. MS affects more than 2.3 million people worldwide.





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