

FOR IMMEDIATE RELEASE

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Thousands to take on muddy obstacle course for MS

4,000 men and women will run through six miles of mud to raise \$500,000 for multiple sclerosis

PHILADELPHIA – More than 4,000 runners will slip, slide and slosh their way to a world free of multiple sclerosis on June 11 & 12 at Mud Run MS Philly, benefiting the National MS Society.

The event in Newtown Square, Pa., promises to be an unforgettable day of fun in the great outdoors. This area offers a beautiful scenic backdrop and natural obstacles that, combined with man-made challenges, will make for a truly unique 10k course.

This course will feature two dozen obstacles surrounded by or made up completely of mud. Runners will cross timbers, rope bridges and creeks; run through tunnels; swing on rope swings; and take on Mud Run's trademark obstacle: the Mud Pit.

This event is for people who are tired of the standard road race or working out at the gym, people who crave a different way to make a difference. For the serious runner or endurance athlete, Mud Run MS Philly is a test of every aspect of their physical fitness. For everyone else, it's a chance to take on a challenge and play in the mud with friends while moving toward a world free of MS. Teams and individuals are welcome for competitive and non-competitive divisions; registration is open at www.mudrunMSphilly.com.

While the non-competitive waves begin at 9 a.m. on Saturday, the first waves that still have spots open are at between 12 p.m. and 2:30 p.m. On Sunday, the non-competitive waves are from 9-10 a.m (please note that these waves have caps and will be closed when the caps are met). Competitive runners can join one of the trophy divisions on Sunday June 12, including individual males & females, teams of two, teams of five, uniformed services teams of five or corporate teams of five.

All runners are required to raise at least \$100. The goal for this event is to raise \$500,000 to benefit 13,000 local people living with MS.

More than 250 volunteers also are needed before, during and after the event to set up, break down and monitor obstacles, help with registration and more. Individuals and groups can contact Kristin Marnie at kristin.marnie@pae.nmss.org or 1-800-548-4611 or register online at www.mudrunMSphilly.com.

About the National Multiple Sclerosis Society

MS stops people from moving. The National MS Society exists to make sure it doesn't. We do this through our home office and 50-state network of chapters by funding more MS research, providing more services to people with MS, offering more professional education and furthering more advocacy efforts than any other MS organization in the world. Join the movement at nationalMSSociety.org or by calling 1-800-FIGHT-MS.