

**FOR IMMEDIATE RELEASE**  
**March 22, 2013**

**Stepping towards a cure at Walk MS 2013**  
**Be inspired, get connected and walk to create a world free of MS**

**PHILADELPHIA** – Take the first step this spring and share in bringing hope for the future by registering for Walk MS. This simple, yet powerful event brings people of all ages together from across the Greater Delaware Valley, allowing communities and families to make their mark against multiple sclerosis (MS). No matter your physical ability or financial situation, people in scooters, wheelchairs, running shoes and strollers will come together at Walk MS, a celebration of thousands joining together to fight MS.

In 2013, residents can choose from 14 community walk sites where fighting MS is as simple as taking a walk through the park or down the Ocean City boardwalk. At Walk MS you will be sure to find family fun activities and music. Walkers will have the chance to sample local foods including chili at Lenape Park in Sellersville, Pa. or local bratwurst at Gring's Mill in Wyomissing, Pa. We are excited to announce the addition of our newest walk site located at the Devon Horse Show & Country Fair in Devon, Pa. The site's theme, "Where the Champions Meet," will allow walkers and their families to experience the historic grounds while coming together to do something about MS NOW.

MS impacts many people in your community. Why not support your neighbors living with the disease? Walk MS provides a way for individuals to be united toward a single goal, raising \$2 million to fund life-changing programs and important research. This year's Walk MS campaign will take place on Sunday, April 21, Saturday May, 4 and Sunday, May 5. Sites vary in walk lengths and scenic route choices ranging from the Elmwood Park Zoo to the picturesque Pocono Raceway and the iconic Philadelphia Museum of Art, among others. There are various ways to become involved with Walk MS through sponsorship, volunteering or donations.

"The growing personal and financial costs of MS mean people living with MS need your support more than ever," said Tami L. Caesar, president of the Greater Delaware Valley Chapter of the National MS Society. Walk MS helps raise funds for 14,000 people living with MS. Walk MS holds significant meaning for local communities and proceeds help pay for education and wellness programs, sponsor self-help groups, make home and vehicle modifications, purchase medical supplies and provide financial assistance to families living with MS, among others. This spring make the choice to Be Inspired, Get Connected and Walk MS.

For more information or to register for Walk MS 2013, please visit [www.walk4MS.org](http://www.walk4MS.org). Pre-registration is preferred. A complete list of sites and dates can be found below.

*continued*

*Note: All walks are held rain or shine.*

### **SUNDAY, APRIL 21**

East Goshen Township Park, West Chester, Pa.  
Elmwood Park Zoo, Norristown, Pa.  
Gring's Mil, Reading, Pa.  
Lenape Park, Sellersville, Pa.  
Ridley Creek State Park, Media, Pa.  
Tyler State Park, Newtown, Pa.

### **SATURDAY, MAY 4**

Philadelphia Museum of Art, Philadelphia, Pa.

### **SUNDAY, MAY 5**

Coca-Cola Park, Allentown, P.  
Devon Horse Show & Country Fair, Devon, Pa.  
Medford Lakes, Medford Lakes, N.J.  
North Penn High School, Lansdale, Pa.  
Ocean City Boardwalk, Ocean City, N.J.  
Pocono Raceway, Long Pond, Pa.  
Washington Lake Park, Washington Township, N.J.

### **About MS**

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.

### **About the National MS 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](http://nationalMSSociety.org) or by calling 1-800-FIGHT-MS.

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