Walk MS

The Rallying Point of the MS Movement

INVITE 3 FRIENDS AND FORM A TEAM
Walking as a team is fun

Brown County
When: Sunday, April 18
Where: West De Pere High School

Eau Claire - Chippewa Valley
When: Sunday, April 25
Where: UWEC Davies Center

Fond du Lac
When: Sunday, April 25
Where: Marian University

Fox Cities
When: Sunday, April 25
Where: Appleton North High School

Janesville - Rock River
When: Sunday, May 2
Where: Riverside Park - Janesville

La Crosse - Seven Rivers
When: Sunday, April 25
Where: La Crosse Center

Madison
When: Sunday, May 2
Where: Warner Park

USE FACEBOOK TO FUNDRAISE
We'll show you how

Manitowoc - Two Rivers
When: Saturday, April 24
Where: Mariners Trail

Menomonee Falls
When: Saturday, April 17
Where: Good Shepherd Parish

Milwaukee
When: Sunday, May 2
Where: Summerfest Grounds

Racine - Kenosha
When: Sunday, April 18
Where: UW Parkside Student Center

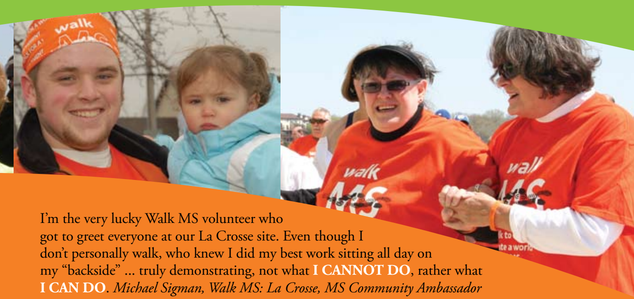
Sheboygan
When: Saturday, April 24
Where: Sheboygan South High School

Waukesha
When: Sunday, April 25
Where: Carroll University

Wausau
When: Saturday, April 24
Where: Cedar Creek Mall-Rothschild

Register Today for Walk MS 2010!

Visit walkMSwisconsin.org or call toll-free in Wisconsin 800-242-3358.



RAISE $100
Get an orange T-shirt

If you want to go to bed at night with a feeling of self-satisfaction and **GENUINE HAPPINESS**, you participate in Walk MS!
Vonnie Voight, Walk MS: Brown County committee member, walk participant 16 years

A few years ago we put together an Optimists Club walk team. I arrived at the Milwaukee walk with my family and found our team. I was so humbled by the size of the group. There were 48 people: Optimist Cub members, their family members and even a family dog! I was so overcome with joy. **PEOPLE WANT TO DO SOMETHING** for us; they just need to be asked.
Robyn Turtenwald, Walk MS: Menomonee Falls committee chairperson

I have MS, it does not have me. I know people who say, "Why me?" But I say, "**WHY NOT ME?**" I have family and friends who give me great support.
Jessica Simon, Walk MS: Manitowoc-Two Rivers committee member

As far back as 1992, my family (mom, dad, brothers, sisters, nieces, nephews, children and spouses), began volunteering at the Appleton walk. After a few years, we set out to create the same success in the Green Bay area. Today, 15 years later, it **WARMS MY HEART** that the Brown County walk continues to thrive and generate the much-needed funds for research and client services.
Arita "Peach" Robinson, Walk MS: Brown County committee member, walk participant 18 years

I have had MS for 21 years. This May I will have done the walk for 21 years. Usually, **I WAS IN A WHEELCHAIR**, but last year I actually walked to the first rest area. That was a very big accomplishment for me. *Carol Azarian-Miller, Walk MS: Milwaukee, walk participant 21 years*

I volunteer because, as the husband of an MS patient, I read about MS and watch the progress of research, and I can see where the money I raise is actually going. It's an **ALMOST-INSTANT REWARD**. *Don Huston, Walk MS: Wausau-North Central Wisconsin committee member, walk volunteer seven years, Bike MS volunteer 10 years*

When **MY OLDEST CHILD** Andy **WAS DIAGNOSED WITH MS** at the age of 22, our family looked at the situation as fight or flight. We chose to fight. In 2009, Andy led the Fond du Lac walk, or should I say *ran* the walk and carried an orange flag for others to follow. Our family will continue to fight, one step at a time, by helping with the Fond du Lac walk and other MS fundraising activities.
Cindy Koffman, Walk MS: Fond du Lac Committee Chair

My husband Dan, who is on the Walk MS committee, suffers from MS. During my first walk eight years ago, I wasn't sure what to expect. I became very emotional when I saw all the people from volunteers to walkers to their dogs! It was just heartwarming to know that there were so many others willing to help find a cure for this disease. I remember it was a beautiful spring day and the sun was shining, but I had **TEARS IN MY EYES**. I will never forget that walk. Someday, we will find a cure!
Patti Rozinski, Walk MS: Fox Cities, walk participant 8 years

We walk for our daughter who has MS, as well as for our friends and those in the community. The best part about Walk MS is the **ENTHUSIASM** and **JOY** you see in people's faces, knowing that what they are doing is for such a good cause. *Mary Callaway, Walk MS: La Crosse, walk participant one year*

I'm the very lucky Walk MS volunteer who got to greet everyone at our La Crosse site. Even though I don't personally walk, who knew I did my best work sitting all day on my "backside" ... truly demonstrating, not what **I CANNOT DO**, rather what **I CAN DO**. *Michael Sigman, Walk MS: La Crosse, MS Community Ambassador*

Walk MS is empowering. Regardless of age or mobility, everyone is welcome. The walk provides an environment where everyone can **BEAT THE MS BLUES!** In 2008 the walk route went right through our neighborhood. Seeing the usually quiet street full of walkers was just wonderful. The people cheering us on from houses and passing cars really helped to encourage and support us!
Katie Fitzmier, Walk MS: Madison committee member, walk participant two years

I think the walk is a great event for all – even those who can't participate in the walking part of it. I was diagnosed with MS in 2004 and find it is helpful to meet others with MS who **UNDERSTAND MY CHALLENGES** (the ones that you can see, as well as the ones you can't).
Sue Lerdahl, Walk MS: Madison committee member, walk participant five years

My husband and I have walked two years in Waukesha and two years in Wausau. This is our second year volunteering. I have MS and I support the walk because I want to make sure **RESEARCHERS HAVE THE FUNDS THEY NEED** to keep working to find the cause and the cure ASAP.
Carol Kober, Walk MS: Wausau committee member

HOW CAN I NOT GET INVOLVED when my lovely wife, Peg, has this disease? I am excited and honored to be part of the inaugural walk in Janesville!
Jere Johnson, Walk MS: Rock River-Janesville committee co-chair