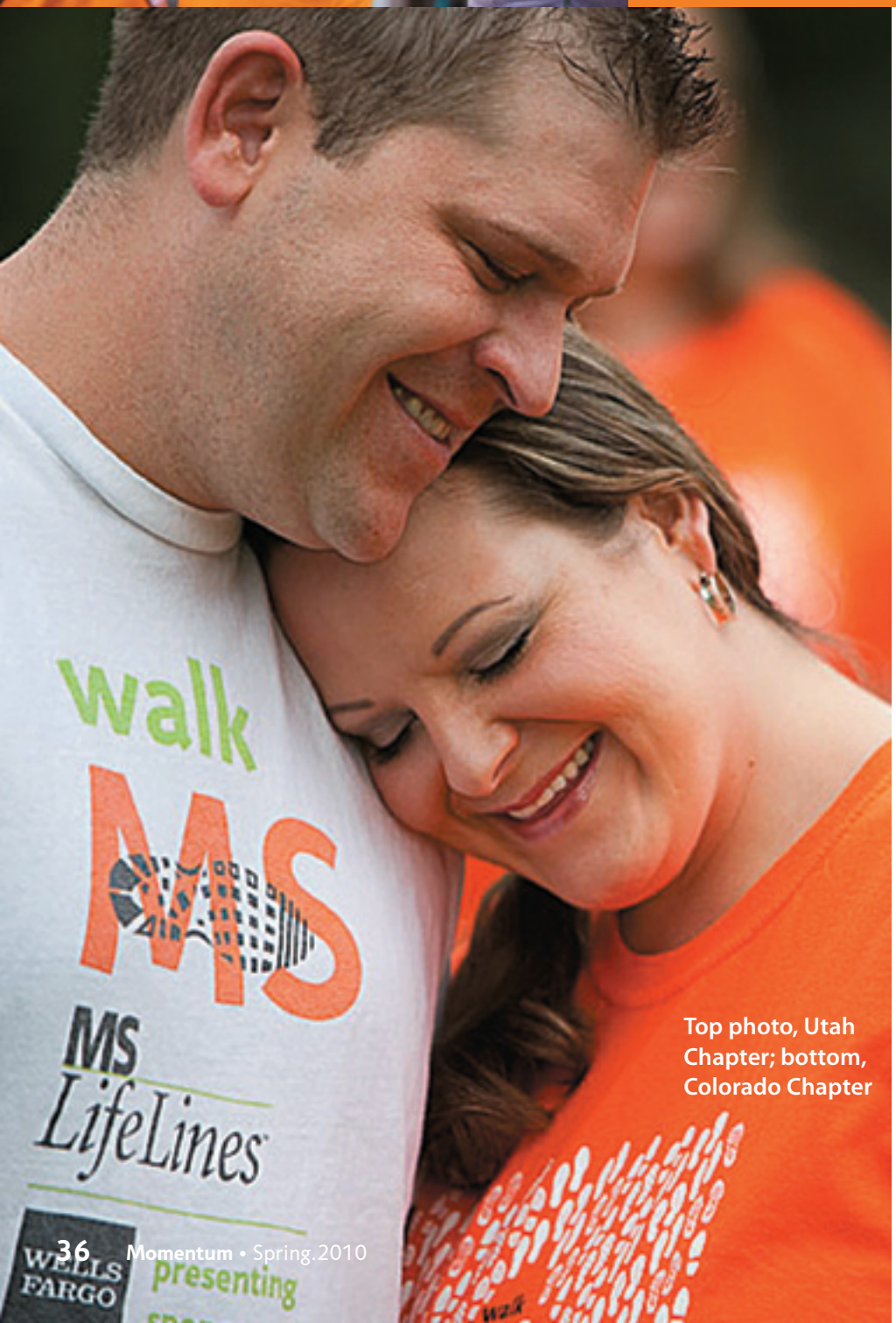
Coming Together to Celebrate Hope for Our Future



Top photo, Utah Chapter; bottom, Colorado Chapter

All across the country people who want to do something about MS now are lacing up their sneaks, oiling their wheels, and doing trial walks around their neighborhoods.

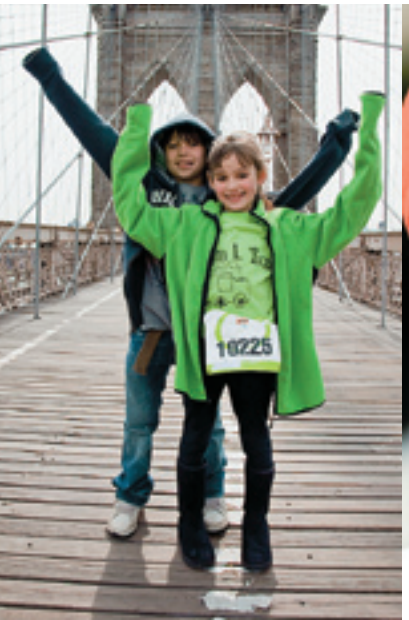
Every chapter hosts Walk MS, starting as early as February and wrapping up in November. But most happen in the spring. We not only collect contributions from family, friends, neighbors and co-workers, we raise community awareness of MS and share camaraderie and support second to none. Here's a snapshot of last year:

530 walks in Walk MS 2009
600,000 total miles walked.
8,000 route signs put up—and taken down.
1,950 rest stops, set up, staffed and dismantled.
25,000 porta potties rented.
200,000 candy bars given out.
Plus 300,000 bananas and other healthy fruits.
37,500 gallons of cool beverages consumed.
50,000 wonderful volunteers who did all this work.

Our Vision for Walk MS 2010

What did Walk MS 2009 accomplish?
$48 million dollars! That's almost a quarter of the Society's total income for the year. The funds support research to end MS. We also put funds back into the communities where it was raised for programs, services and direct financial aid. And we invest in the future by funding fellowships for young doctors and scientists.

We're looking to do even more in 2010. Because there is more to do!
Just visit **WalkMS.org**. We have a rainbow of tools to help people find a walk, join a team, create a team, support a team, make friends and reach out—online, in person, by mail, on the phone. Join the movement.



Top three photos, Southern California Chapter; left, New York City Chapter; right, Georgia Chapter