

**MULTIPLE SCLEROSIS  
RESOURCES OF CNY, INC. ®**

**MISSION:** Multiple Sclerosis Resources of Central New York, Inc.,® is dedicated to creating awareness and providing resources to improve the lives of individuals with multiple sclerosis and their families.

We provide services including, but not limited to; information, referrals, equipment loan, transportation for medical appointments, workshops, lectures, retreats, aqua therapy program scholarship funds and much more.

MSR of CNY, Inc. ® is the only **locally run, agency** that raises funds, which are **entirely spent on local MS clients.**

Our future vision is to make the lives of individuals with multiple sclerosis comfortable and free of barriers and obstacles.

**MISSION STEPS® WALK**

Walk and raise money to support services provided to persons with MS and their families in Upstate New York. Your participation is crucial - we rely on individuals, like you, to show your community support.

Walk in a climate-controlled atmosphere, free of rain, snow and traffic. You select the number of laps.

Mission Steps® Walks have raised over \$770,000, which has supported client services so greatly needed in Central New York.

**HOW TO GET STARTED**

**REGISTER:**

Mail registration form  
Fax registration form (315) 438-4704  
Call MS Resources (315) 438-4790  
or 1-800-975-2404  
E-mail: msrofcny@msrofcny.org  
Register online at: www.msresources.org

Once registered, Mission Steps® information will be sent to you. Collect pledges and recruit friends and family members to walk with you.

**PLEDGES**

Walkers **must raise pledge minimum to participate, receive Walk Shirt** \*(must be pre-registered by deadline date per walk site) **and Lunch.**

<u>Age</u>	<u>Minimum Pledge</u>
Children( 12 & under)	\$25
Adults (13+)	\$30

**\*\*\* Children under 6 need not register, but must fill out an ID card. However, if they want a shirt, lunch, etc. pledges must be turned in. (see above-so please register them) In order to receive the shirt on Walk Day, walkers must be pre-registered** \*(must be pre-registered by deadline date per walk site). **Walk Ons will receive shirts at a later date.**

Ask sponsors for a flat donation- \$5, \$10 or \$20. **Sponsor yourself** first and then collect donations. Pledge deadline – **One month after the event to be eligible for prizes.** Collected pledge money should be turned in on the day of the walk at registration.

**Make checks payable to MS Resources.**

**PARTICIPANTS  
WILL RECEIVE ON WALK DAY:**

❖ **A Mission Steps® T-shirt \***

**\*you will receive a t-shirt on Walk Day** only if you have pre-registered for the Mission Steps Walk® -- Look for details under Event Days -- For Pre-Registration Info

❖ **Lunch coupon**

❖ **Snacks**

**Prizes**

The top highest individual fundraisers for each Walk Site will be able to select gift certificates from the following locations: Walmart, Target, JC Penney's, Price Chopper, TOPS, or Wegman's.

Please check your Walk Event Newsletters for specific information on the site you are walking in once you have registered.

**SPECIAL GIVEAWAY**

**\$500 Gas Give-Away**

**\$500 Target Give-Away**

**Turn in a minimum of \$250 on Walk Day** (all sites) and your name will be entered in two drawings for:

**\$500 Gas Card**

**\$500 Target Gift Card**

Two drawings for all three sites.

## REGISTRATION FORM

Mail, fax, e-mail, call, register online  
MS Resources of Central New York, Inc.®  
P. O. Box 237 E. Syracuse, New York 13057  
Phone: (315) 438-4790 or 1-800-975-2404  
Fax: (315) 438-4704  
E-Mail: msrofcny@msrofcny.org  
On-line: [www.msresources.org](http://www.msresources.org)

### **I am walking in:**

**Syracuse**-Sunday, March 4<sup>th</sup> Carousel Ctr.

**Watertown**-Sunday, March 25<sup>th</sup> Salmon  
Run Mall

**Utica**-Sunday, April 15<sup>th</sup> Sangertown Sq.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Employer \_\_\_\_\_

Age \_\_\_\_\_ Sex M F

Do you have MS? Yes No

Shirt Info: \_\_\_\_ I do not need a shirt, thank you

Adult T-shirt size M L XL XXL

Youth T-shirt size M L XL

Are you the Team Captain: Yes No

Captain's Name \_\_\_\_\_

Team Name \_\_\_\_\_

Please check appropriate box:

- Walking & Raising pledges
- Only making a donation-not walking
- Not Walking but will collect pledges
- Will Volunteer at Walk, Contact Me

## SPECIAL THANKS

### *Presenting Sponsor*

*EMD Serono®*

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*Teva Neuroscience®*

*Biogen Idec®*

*Acorda Therapeutics®*

*QUESTCOR®*

*Novartis Pharmaceuticals Corp.*

*COR Development*

*Adam's Apple Services, Inc.*

*Anaren Inc.*

*Coyne Textile Services*

*Empower Federal Credit Union*

*Carousel Center*

*Salmon Run Mall*

*Sangertown Square*

*Microwave Filter Co.*

*Landmark Graphics*

*Price Chopper Supermarkets*

*Arby's Chicken Now Sbarro's*

*Sicilian Delight Subway*

*Taco Bell Wendy's*

### MS Awareness Day 2012

MS information will be available at the pharmaceutical displays. Reps from MS drug companies will be on hand to answer questions. Stop by and gather information about specific MS Drug therapies. Stop by the MS Resources Table and learn about the services the agency provides.

## Event Days

### *Dates*

Sunday, March 4, 2012 Syracuse  
Sunday, March 25, 2012 Watertown  
Sunday, April 15, 2012 Utica

### *Check In:*

9:30a.m. – all walk sites

### *Walk Starts:*

10:00 a.m. – all walk sites

### *Distance:*

3 - 6 laps – all walk sites

### *Lunch:*

All walkers will receive a food coupon redeemable at one of the participating Food Court Vendors.

### *Questions:*

Call Mission Steps® Headquarters  
(315) 438-4790 OR 1-800-975-2404  
E-Mail: msrofcny@msrofcny.org

**All Walkers** must check in at the  
**Registration Tables.**

### *Pre-Register:*

**Pre- Register by February 21 for Syracuse,  
March 15 for Watertown and  
April 1 for Utica and receive your shirt on  
Walk Day. After those dates shirts will be  
mailed after the Walks.**

### **Walk-Ons Welcome.**

Pledges are required - one month to collect.  
Check In at Walk On Table. Your shirt will  
be sent after the deadline date.

***EMD Serono®***  
***Presents***  
**Mission Steps® Walks**  
***In***  
***Syracuse***  
***Watertown***  
***Utica***  
***&***  
***MS Awareness Days***

***Multiple Sclerosis Resources***  
***of***  
***Central New York, Inc.®***

***LOGO***

***9:30AM***  
***March 4, 2012 Syracuse***  
***Carousel Center***

***March 25, 2012 Watertown***  
***Salmon Run Mall***

***April 15, 2012 Utica***  
***Sangertown Square***



