



WALK MS MEANS DETERMINATION,  
COURAGE & HOPE.

- Sharon, diagnosed in 2009

**THANK YOU FOR REGISTERING FOR WALK MS:  
PITTSBURGH ON SUNDAY, APRIL 22, 2012.  
YOUR PARTICIPATION WILL  
HELP CREATE A WORLD FREE OF MS!**

**Check-in:** Point State Park 9:00am - 9:45am.

ALL WALKERS MUST CHECK-IN.

Meal Tickets will be given at registration!

**Start time:** 10:00am

**Address:** 101 Commonwealth Place, Pittsburgh, PA 15222

**Parking:** Parking will be available in city garages or meter parking on the street is free on Sundays. Give yourself enough time to park and walk to registration! A drop-off area is available on Commonwealth Place across from the Wyndham Hotel. Do NOT park in this area. You must have an accessible parking plate or window tag to pull in to the drop-off area.

**Routes:** Once again we will have an accessible 1 Mile and 5K route. Route maps will be available at check-in. \*Route is subject to change, there will be notification. Be sure to follow the police and orange arrows! The roads are NOT closed - USE SIDEWALKS!

**Remember to wear your ORANGE FLARE!**

**Emcee's Ken Rice of KDKA-TV and Jeff Hathorn from KDKA Radio  
will be hosting the opening ceremony, along with the CW's Green team.**

**A gun salute and stretching exercises by the Pittsburgh Power will send you off!**

Coffee will be available courtesy of Old Time Coffee! After the walk, visit the Fort Pitt Museum for a special discounted rate that day! Stop by and learn about all the history that happened right at the Point! Also enjoy the activities provided by our local sponsors. Participate in the first MS Scavenger Hunt - see your route map for details!

**This year we are focusing on the Mission of the Walk MS Campaign: to Create a World Free of MS. Please note - no prizes will be given at registration. Gift Acknowledgements will be sent out following the Walk MS event for additional donations and prize selection. If you select a prize, they will be mailed out after the donation deadline, June 1, 2012. Let's have fun on Sunday, April 22nd!**



**Western  
Pennsylvania  
Chapter**

**Walk 2012**

presented by





WALK MS MEANS HOPE, THAT SO MANY CARE, THAT I AM NOT ALONE.

– Margarita, diagnosed in 1994

### WHAT EVERYONE NEEDS TO KNOW...

**Buy NMSS Swag:** At this year's Walk MS event purchase NMSS Swag including a long-sleeve NMSS T-shirt, a Join the Movement® wristband, and a car magnet.

**Wall of Hope and Walking for:** Many people already are walking for a loved one with MS can pick up an "I am walking for..." sticker at registration. This is a great opportunity for participants to personalize their mission. Sign the Wall of Hope with your message of hope!

**Support Vehicles:** In honor of Earth Day, Pittsburgh Pedi-Cabs will be available along the route to give you a lift. Transport U will also be providing an accessible van for transport if needed.

### EVERYTHING YOU WANTED TO KNOW ABOUT WALK MS...

#### How does walker 'check-in' work the morning of the walk?

1. When you arrive at the Walk to check-in, you simply turn in the enclosed envelope to a registration volunteer. (Please fill out the front of the envelope, sign the waiver and seal it before you get in the line.)
2. If you turn in \$100 or by the day of the event, you will receive a T-shirt ticket to use to claim your official Walk MS T-shirt at the designated T-shirt area.
3. ALL walkers must come to check-in. Parents can sign a family waiver and all members will receive their meal tickets.

**Do I need to bring my money envelope you sent me if I do not have money to turn in on the day of the Walk?** YES! YES! YES! Even if you turn in an empty envelope, this will record your attendance at the Walk. You are receiving one envelope per walker-please turn in each envelope so we have an accurate count (even for kids!)

**Can my family or team combine our pledges into one envelope?** No! Each member needs to turn in their own pledges. If family or team members combine pledges only the member turning in the pledges will get credit and be eligible for prizes.

**Do I need to turn in my pledge form?** NO. This is your record of who your sponsors are and who still owes you money after the walk.

**When do I turn in the balance of my pledges?** You have until **June 1st** to turn in the balance of your pledges and to be eligible for prizes.

**How do I indicate my prize choice?** You will receive a prize sheet in the mail and it will have a place for you to indicate your prize choice. Send it back to us along with the balance of your pledges in the envelope provided. You will also have the opportunity to donate your prize back to the Society.

**If I raise more than \$100 dollars do I still get the T-shirt?** Yes! If you raise enough money to put you at another prize level, above \$100, you will get the T-shirt in addition to the prize of your choice at that level. T-shirts are only available at the event.

PLEASE CALL US AT (412) 261-6347 IF YOU HAVE ANY QUESTIONS!



I LOVE SHOWING SUPPORT & RAISING FUNDS ON BEHALF OF MY SISTER.  
 – Tori, participating since 1997

To get your official T-Shirt, turn in at least \$100 by the day of the Walk MS event.

**PRIZE UPDATE:** Please note that we will not be issuing any prizes at this year's event. Only T-shirts will be distributed. Thank you for understanding!





Each year, the Chapter purchases thank you gifts for Walk MS participants to reward them for their fundraising efforts. By donating your prize, more funds are able to be put towards our mission, creating a world free of MS, and you become a member of the Mission First Club - we will list your name on our website to celebrate your support!

| Raise                           | Receive Your Choice of...   |
|---------------------------------|---|
| \$300 to \$499.99               | MS Sling Bag  |
| \$500 to \$749.99               | Walk MS Hooded Sweatshirt   |
| \$750 to \$999.99               | MS Fleece Throw Blanket   |
| <b>Join the ELITE FEET CLUB</b> | <b>All walkers who raise \$1000 or more will receive a Walk MS "Elite Feet" pin in addition to their prize selection!</b>     |
| \$1,000 to \$2,499.99           | Walk MS Pullover "Elite Feet" Jacket<br><u>OR</u> \$25 Giant Eagle Gift Card  |
| \$2,500 to \$4,999.99           | Walk MS Pullover "Elite Feet" Jacket & Sling Bag<br><u>OR</u> \$75 Giant Eagle Gift Card                                      |
| \$5,000 to \$7,499.99           | Walk MS Pullover "Elite Feet" Jacket & Sweatshirt<br><u>OR</u> \$150 Giant Eagle Gift Card                                    |
| \$7,500 to \$9,999.99           | Walk MS Pullover "Elite Feet" Jacket & Throw Blanket<br><u>OR</u> \$250 Giant Eagle Gift Card                                 |
| \$10,000 or more                | Walk MS Collection including:<br>Pullover "Elite Feet" Jacket, Sling Bag, Sweatshirt<br><u>OR</u> \$300 Giant Eagle Gift Card |



*\*Note—pictures are examples, not exact colors or styles*



The Washington Wild Things and the Western PA Chapter are joining forces to Create a World Free of MS!

Join us for the first Washington Wild Things MS Night on Thursday, May 10th, 100% of ticket sales benefit the Western PA Chapter.

Visit the 'Mission Tent' to buy Wild Things Tickets!



GET OUT THERE, MEET OTHERS & SHARE WHAT WALK MS MEANS TO YOU.

– Diane, diagnosed in 2008

**THANK YOU TO YOUR SPONSORS!**

Be there. Because every movement you make and every dollar your raise supports our mission to create a world free of MS.

Walk MS 2012 events are sponsored by:



We would like to thank our Honorary Media Chairs Ken Rice (KDKA TV) and Jeff Hathhorn (KDKA Radio) for all their support during the 2012 Walk MS Campaign.

PUT THE MONEY YOU HAVE COLLECTED IN THE ENCLOSED ENVELOPE AND BRING IT WITH YOU TO THE WALK! BRING IT EVEN IF YOU'RE NOT TURNING IN ANY MONEY! PLEASE TURN IN ONE SIGNED ENVELOPE FOR EVERY PERSON-INCLUDING KIDS!

If you are on a team; Fill in the name of your team and the name of your team captain.

**BRING THIS WITH YOU TO THE WALK MS CHECK-IN, WITH OR WITHOUT PLEDGE MONEY ENCLOSED**

| TEAM INFORMATION   | OFFICIAL USE ONLY  |
|--|--|
| <input type="checkbox"/> I have joined a Team since registration.<br>Team Name _____<br>Team Captain _____     | T-Shirt Issued: _____<br><i>(Minimum pledge payment is required, initial if they are going to pick-up their T-shirt)</i> |
| PLEDGE INFORMATION   |  |
| Enclosed \$ _____<br>Previously Turned-in or Online \$ _____   |  |
| <input type="checkbox"/> <b>Oops! I forgot my envelope, but I am pre-registered for walk MS.</b>               |  |
| Name _____<br>Address _____<br>City _____ ST _____ Zip _____<br>Email _____<br>Phone _____ Date of Birth _____ |  |

Fill in the total amount you have collected for the day of the walk. Put this money in the envelope & seal it!

**WAIVER:** I understand that participating in the Walk MS event can potentially be a hazardous activity presenting risk. For consideration of participation in the event, I freely accept and voluntarily assume the risks of personal injury or property damage that may result.

I, and anyone entitled to act on my behalf, waive and release from all claims and liabilities of any kind arising out of my participation even though that liability may arise out of negligence or carelessness on my part. I agree to hold harmless the National MS Society, corporate sponsors, cooperating organizations and all parties connected with this event from any liability as a result of my participation. I will permit emergency treatment in the event of injury or illness while participating and give permission to use my name and photo taken of me during the event in any promotional material, publication, or on the website. I understand that the National Multiple Sclerosis Society withholds the right to dismiss anyone that may cause disturbance. I certify that I have read and understand the intent of this waiver and release.

In addition, if you are under 18 we will require a waiver that is signed by a parent or guardian.

Participant or Guardian Signature \_\_\_\_\_

Your envelope has been personalized with your registration information. Please make sure all of this information is correct!

The wavier must be signed by each walker in order to participate in this event. (If you are under 18 years old your parent or guardian must sign this wavier.)