

# THANK YOU TO OUR SPONSORS!

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# EVERY STEP MATTERS



## THANK YOU TO OUR SPONSORS!

**Papa Murphy's** **pepsi**  
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## SPECIAL THANKS TO:

Metals Fabrication Company • Walls Construction • G&S Distributing • Mukogawa Ft. Wright Institute • Gamma Epsilon, Epsilon Sigma Alpha • Providence Holy Family MS Center • Evergreen Club • WSU Professional Pharmacy Student Organization • Wilbert Precast Inc. • Victory Riders Christian Motorcycle Association • Northwest Renaissance Performers • Spokane Falls Community College • Riverside State Park • American On-Site Services • Food Services of America • Wittkopf Landscape Supplies • Costco • Spokane Entertainer's Guild • Spokane Ghostbusters

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 SPOKANE, WA  
 PERMIT # 148

818 E Sharp Ave  
 Spokane, WA 99202-1935

**MS**  
**National Multiple Sclerosis Society**  
 Inland Northwest Chapter

GET CONNECTED



**Spokane**

April 14, 2013

REGISTER TODAY

walkMSnorthwest.org  
 1.800.344.4867



WALK TO CREATE A WORLD FREE OF MULTIPLE SCLEROSIS



## BE INSPIRED. GET CONNECTED. WALK MS.



Walk MS connects people living with MS and those who care about them. It is an experience unlike any other — a day to come together, to celebrate the progress we've made and to show the power of our connections.

## WALK MS: LOCATIONS

### CLARKSTON, WA

April 6, 2013 - Saturday

Snake River Levee Walkway

Start: 10:00am

Check-in: 8:30am

### SPOKANE, WA

April 14, 2013 - Sunday

Spokane Falls Community College

Start: 10:00am

Check-in: 8:30am

### WENATCHEE, WA

April 20, 2013 - Saturday

Walla Walla Point Park

Start: 1:00pm

Check-in: 12:00pm

### COEUR D'ALENE, ID

April 27, 2013 - Saturday

North Idaho College Campus

Start: 10:00am

Check-in: 8:30am

## DONATIONS EARN PRIZES!

After registering, you'll have access to our online fundraising tools, making fundraising easier and more convenient than ever! Set a goal for yourself! Ask your employer if there is a matching gift program available. Your donations make a difference!

The prize levels begin once you have raised \$75 in donations, which will earn you the collectable Walk MS 2013 short-sleeved t-shirt.

*Please note, this is the last year to receive this very special t-shirt for \$75 - next year, prizes will begin once you raise \$100.*

## FUNDRAISING CLUBS

### ELITE FEET

Once you have raised and turned in \$500 or more for Walk MS, you are an official Elite Feet member for the following year. Membership perks include special recognition the day of the walk and on the Walk MS website, and the opportunity to be the first to start the walk in your community!

### TEAM ROW

Team Row is an area designated for our top teams to gather, bond, and share their enthusiasm and spirit before and after the Walk MS event. Teams decorate their tent, compete in a spirit competition, and enjoy membership perks!

### MISSION FIRST

Participants who elect to donate their Walk MS prizes back to the Inland Northwest Chapter not only reduce the overall expense of the event, they demonstrate to others that the mission comes first.

## REGISTER & START FUNDRAISING TODAY

When you participate in Walk MS, the funds you raise give hope to the more than 2,500 people living with MS in our community. The dollars raised support promising research to stop the disease, restore function that has been lost and to end MS forever. Your dollars also help fund local programs for people living with MS right here in our community.

### A WORLD FREE OF MS

Early and ongoing treatment with FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at [nationalMSSociety.org](http://nationalMSSociety.org) or 1.800.344.4867.

### REGISTER OR VOLUNTEER TODAY

[www.walkMSnorthwest.org](http://www.walkMSnorthwest.org)

1.800.344.4867



**REGISTER TODAY.** Save time & register online at [walkMSnorthwest.org](http://walkMSnorthwest.org).

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_

Individual Fundraising Goal \_\_\_\_\_

I WANT TO PARTICIPATE AT:

Clarkston - 04.06.13

Wenatchee - 04.20.13

Spokane - 04.14.13

Coeur d'Alene - 04.27.13

FORM OR JOIN A TEAM:

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

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

Representing (name of organization) \_\_\_\_\_

Team Type  Corporate  Friends/Family

MAIL THIS FORM TO:

National Multiple Sclerosis Society, 818 E Sharp Ave, Spokane, WA 99202

INTERESTED IN VOLUNTEERING FOR WALK MS?

Call the chapter office at 509-482-2022 for more information about volunteer opportunities!

In consideration for being permitted to participate in Walk MS, I voluntarily agree for myself, heirs and assigns to the following: TO ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, OR PERSONAL INJURY OR PROPERTY DAMAGE as a result of participating in Walk MS; TO RELEASE, WAIVE, AND COVENANT NOT TO SUE the National MS Society including staff and volunteers from any and all liability, claims, or losses relating to this event; BY SIGNING BELOW, I AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE COMPLETE WAIVER AND RELEASE which can be found at [www.walkMS.org](http://www.walkMS.org).

Signature \_\_\_\_\_