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THOUSANDS WALK TO FIGHT MS IN NATION'S CAPITAL

Washington, DC Metropolitan Area--Over 6,500 walkers and 400 volunteers are expected to go the distance and raise over \$1.4 million at the **18th Annual MS Walk** on **Saturday, April 1** or **Sunday, April 2, 2006**. The event benefits the National Capital Chapter of the National Multiple Sclerosis Society. This pledge event features rest stops, support vehicles for those unable to complete the walk, and fully catered lunch celebrations at the finish lines. Registration and kick off times vary at each of the 6 area locations.

The six routes include Saturday's five-mile path at Henson Creek Trail in Oxon Hill, MD; a 7.5-mile walk along the C&O Canal towpath from the Georgetown Waterfront in Washington, DC to Glen Echo, MD; an eight-mile walk along the C&O Canal towpath from Potomac, MD to Glen Echo, MD; and a six-mile path through historic Manassas Battlefield Park, VA. On Sunday, April 2, walkers can choose to participate on either the 3.5- or 6-mile path along the Reston Pathways in VA; or take a five-mile stroll starting and ending at the Bowie Town Center in Bowie, MD.

Walkers who raise \$100 or above receive an official event t-shirt; other prizes include gift certificates, local media recognition and airline tickets. Corporations, schools, churches, synagogues, organizations and clubs can form MS Walk teams to increase their visibility in the community, and raise awareness about multiple sclerosis.

Multiple sclerosis is a chronic, often disabling disease of the central nervous system that strikes people in the prime of their lives. The National Capital Chapter provides a wide range of vital services such as employment assistance, counseling, advocacy, respite care, and education. The Chapter serves approximately 6,000 people with MS and their families living in Maryland, Northern Virginia, and the District of Columbia. While there is no cure, there is hope--the Society is a major supporter of MS research.

If you would like to walk or volunteer for the 2006 MS Walk, contact the **National Capital Chapter** at **(202) 296-5363** or visit www.MSandYOU.org.