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50 Miles and 3 Days – Walking to Support the Fight Against MS

WASHINGTON, D.C. – Hundreds of D.C. metropolitan area residents are gearing up for a very important challenge – walking three days and 50 miles to the nation’s capital, in an effort to fight the devastating effects of multiple sclerosis.

September 28 through September 30, 2007, will mark the fifth anniversary of the **MS Challenge Walk Presented by Security Storage**. This event benefits the **National Capital Chapter of the National MS Society**. Though many participants have already started training and fundraising, the National MS Society is still recruiting more participants and volunteers.

“Walking fifty miles to support the fight against MS is an unbelievably noble challenge,” says J. Christopher Broullire, President of the National Capital Chapter of the National MS Society. “Every step of this walk is a step towards a cure, and these walkers can feel it. They can feel it in their legs, in their feet and in their hearts.”

Participants can walk individually or as part of a team. Teams are a great way to socialize with friends, family or colleagues in a fun, challenging and fulfilling way. Teams also serve to increase visibility in the community, promote team building and team work, boost group morale, show community involvement and enhance corporation or group pride – all while raising awareness and support for multiple sclerosis.

The Chapter ensures that each walker and team has the resources to make their experience rewarding and efficient. The Chapter offers a variety of informational meetings and social gatherings to help prepare for the challenge, as well as fundraising seminars, online fundraising tools and team organization kits available upon registration. These tools help each participant to reach the \$1,500 fundraising minimum, which helps support research and local programs and services for people living with MS and their friends and families.

Walking is certainly not the only way to make a difference - everyone can contribute something meaningful to the effort. Volunteers can help the walk run smoothly during the event, or provide in-office support in preparation for the walk. The National MS Society relies on dedicated volunteers to make the event successful, every step of the way.

“It doesn’t matter whether you walk, crew or volunteer to help organize the event,” says Broullire. “Every step of this walk is a step towards a cure, and every person who is involved is essential to our success.”

About Multiple Sclerosis

Multiple sclerosis interrupts the flow of information from the brain to the body and stops people from moving. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness

Please designate the National MS Society #8203 in your United Way or Combined Federal Campaign.

The National Multiple Sclerosis Society is proud to be a source of information about multiple sclerosis. Our comments are based on professional advice, published experience and expert opinion, but do not represent therapeutic recommendation or prescription. For specific information and advice, consult your personal physician.

and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. MS affects more than 400,000 people in the U.S., and 2.5 million worldwide.

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional and contact the National MS Society at www.MSandYOU.org or (202) 296-5363 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

About the National Multiple Sclerosis Society

MS stops people from moving. The National MS Society exists to make sure it doesn't. Locally, the National Capital Chapter provides a wide range of vital services in the areas of counseling, education, employment, information and referral, public policy development and advocacy, and financial assistance to the more than 6,000 people with MS and their families who live in the Washington, D.C. metropolitan area. For more information about MS or the National Capital Chapter, please call (202) 296-5363 or visit www.MSandYOU.org.