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Thousands Walk to Fight MS in Nation's Capital

WASHINGTON, D.C. – More than 6,500 walkers and 400 volunteers are expected to go the distance in the **19th Annual MS Walk Presented by Booz Allen Hamilton on Saturday, April 14 and Sunday, April 15, 2007**, an event which is expected to raise more than \$1.5 million for the fight against multiple sclerosis. The event benefits the **National Multiple Sclerosis Society, National Capital Chapter**.

“The walk is a great event for all ages and skill levels,” says J. Christopher Broullire, President of the National Capital Chapter of the National MS Society. “It’s a terrific way to get outside, have some fun, and contribute to a wonderful cause. It may be only one morning, and just a few hours of your time, but it is certainly an experience you will never forget.”

Walkers can choose from six possible routes, each varying in length and starting time. Saturday’s walks are located in Manassas, Va; Oxon Hill, Md; Potomac, Md and Washington, D.C. The Manassas route is a quaint five-mile stroll through historic Old Town Manassas, filled with charming shops, museums and galleries. The Oxon Hill route, also five miles, meanders through scenic Henson Creek Stream Valley Park. The Potomac route is an eight-mile walk along the scenic C&O Canal, a route that is as historic as it is picturesque. The Washington, D.C. route also follows the C&O Canal, starting in the beautiful Georgetown area and continuing along the Canal for seven miles.

Sunday offers two possible routes – Reston, Va and Bowie, Md. The Reston route offers walkers two options – a 3.5-mile route and a six-mile route, both weaving through Reston’s parks and communities. The Bowie route is a five-mile walk through Bowie Town Center, strolling through Bowie’s charming streets, neighborhoods and scenic parks. All routes, both on Saturday and on Sunday, feature rest stops, support vehicles for those who need assistance with the walk and fully catered lunch celebrations at the finish lines.

After registering, walkers are provided with a variety of tools to collect contributions and organize a successful walk experience. As additional motivation, walkers who raise at least \$125 receive a commemorative t-shirt, and walkers who raise more than \$125 earn more great prizes, including merchandise, gift certificates, local media recognition and airline tickets.

To make even more out of the walk experience, the TeamMS program allows walkers to participate as a team, which is a great way to bring friends, family or co-workers together in support of a common cause. Friends and family can spend a morning outside, walking and talking with the people they care about. Companies, schools, churches, synagogues, organizations and clubs can also increase their 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.

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.

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 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.