

Join in the

25<sup>th</sup> Annual  
**Mission Steps® Walk**

&

**MS Awareness Day**

Benefiting

**Multiple Sclerosis Resources  
of Central New York, Inc.®**



March 5, 2023

9:30 a.m.

Destiny USA – Canyon Area

**“Continuing the Legacy of  
Bill Jackson”**

Multiple Sclerosis Resources of  
Central New York, Inc.,®

**Celebrating 25 Years**  
of providing services to

individuals with Multiple Sclerosis

## **Multiple Sclerosis Resources of Central New York, Inc.®**

We are a local agency dedicated to creating awareness and providing resources to improve the lives of individuals with multiple sclerosis and their families.

MS Resources assists persons with MS to meet the daily challenges of living with a chronic disease. Our future vision is to make the lives of individuals with multiple sclerosis comfortable and free of barriers and obstacles.

### The **Mission Steps®** Walk

is one of the many ways we help to create awareness and raise local funds to support local client services provided to local persons with Multiple Sclerosis in the Central, Upstate and Southern Tier areas of New York.

To date over **\$ 2 Million Dollars** has been raised.

### **REGISTER NOW!**

Be a participant and help us raise the funds so greatly needed by our local persons with MS in our local community!

Simply click this link:

<http://msrofcny.org/2023-mission-steps-walk/>

Fill out the registration form completely then hit submit. **Please make sure your email is correct.** You will immediately receive an email confirming your registration for the Walk. You will be provided with a **custom personalized link.** Save this link! Copy the link, and send it via email or share it on social media so family members, friends, co-workers, etc., can contribute towards your pledges for the Walk. You can also download a pledge form to keep track of your pledges.

### **PLEDGES**

**EVERY WALKER MUST TURN IN  
PLEDGES TO PARTICIPATE.**

**Walk In-Person or Virtually,** it's your decision, just click, the correct box on the registration form.

**AGE                      MINIMUM PLEDGE**

#### **\*IN- PERSON WALKERS:**

\*Children (under 12)                      \$ 30

\*Adults (13+)                                      \$ 40

(\*Will receive a Walk shirt & lunch)

Children under 6 need not register, unless they want a shirt and lunch then their minimum pledge is \$ 30.

#### **\*\*VIRTUAL WALKERS:**

\*\*Children (under 12)                      \$ 30

\*\*Adults (13+)                                      \$ 30

(\*\*Will receive a Walk Shirt)

To receive a shirt **ON WALK DAY\***, you must be pre-registered by **FRIDAY, February 8, 2023.** (Sorry for the early date, it's a timing issue with the shirt vendor)

**\*If you register after February 8<sup>th</sup>, you will receive a shirt after the Pledge deadline.**

## GET STARTED

Set a **goal**. Try going above the minimum! **Striving for \$ 100 would help us greatly!!**

Sponsor yourself, then ask, ask, ask everyone! Use that personalized custom link provided, so people can charge their donations. All checks should be made payable to: **MS Resources.**

## PLEDGE DEADLINE

All pledge monies must be received in the MS Resources Office **by Monday, March 20, to be eligible for prizes.**

Any pledge money collected prior to the Walk, **should be turned in on Walk Day (March 5, 2023) at check-in.**

## Questions??

Email us at: [msrofcny@msrofcny.org](mailto:msrofcny@msrofcny.org)  
MS Resources Office 315-438-4790

## PRIZES

Gift Cards will be awarded to the top **10 Highest Individual Fundraisers**  
**SPECIAL GIVEAWAYS**

❖ **Be one of the first 100 people to register for the Walk and you will be entered into a drawing to win a**

**\$ 125 Visa Card**

❖ **Each person that turns in a minimum of \$ 300\*\* before, or on Walk Day will have their name entered into a drawing to win one of the following gift cards.**

**\$ 25 Target Gift Card**

**\$ 25 Wegman's Gift Card**

**\$ 25 Walmart Gift Card**

**\$ 25 TOPS Gift Card**

**\$ 25 Amazon Gift Card**

**\*\*money received in the MS Resources Office via checks or PayPal donations for walkers prior to Walk Day will be added to the Day of Walk money turned in to calculate your eligibility for these drawings.**

**PRE-REGISTERED WALKERS  
REGISTERING BY FEBRUARY 8<sup>TH</sup>**

✓ **will receive newsletters via email**

✓ **will be notified of checks or PayPal donations received at the MS Resources Office for you**

✓ **walking IN-PERSON & registered by February 8<sup>th</sup> you will receive on Walk Day: a Walk Shirt, water & lunch (a Lunch Coupon to be redeemed at one of the participating Mission Steps® Walk Food Vendors at the Destiny USA Food Court**

✓ **walking VIRTUALLY will be able to pick up their shirt at the MS Resources Office after the pledge deadline date of March 20, 2023.**

## REGISTERING AFTER FEB 8<sup>TH</sup>

**IN-PERSON or VIRTUAL Walkers registering after February 8<sup>th</sup> will be able to pick up their shirts at the MS Resources Office, we will notify you when they are in\*\***

**\*\* Please note- a second order for shirts will be placed after the Walk. Due to their cost, we cannot order extra shirts to have on hand, I hope you understand.**

**We promise you will get your shirt!**

**If you are unable to pick up your Shirt at the MS Resources Office, we can mail it, but we will have to charge shipping and handling fees, as we cannot afford the additional expense at this time. Thank you for understanding. We will notify you of the charges.**

## **IN-PERSON WALK-ONS ARE WELCOME ON WALK DAY**

**Go to the Walk-On Tables to register. You are required to turn in pledges to participate in the Mission Steps® Walk. Money can be turned in at the Check-In Table or it can be mailed to the MS Resources Office by the deadline date - **March 20, 2023**.**

**Pledge minimums are:**

### **AGE                      MINIMUM PLEDGE**

**\*Children (under 12)                      \$ 30**

**\*Adults (13+)                                \$ 40**

**(\*Will receive water & lunch)**

**Children under 6 need not register, unless they want a shirt and lunch then their minimum pledge is \$ 30**

**Your Walk Shirts will be ordered after the Walk date. Your pledges must be paid by the Walk Deadline date of March 20, 2023, to be eligible for a shirt. When the shirts come in, we will contact you and make arrangements for pick up at the MS Resources Office.**

**If you are unable to pick up your Shirt at the MS Resources Office, we can mail it, but we will have to charge shipping and handling fees, as we cannot afford the additional expense at this time. Thank you for understanding. We will notify you of the charges.**

## **MS AWARENESS DAY 2023**

**In the Canyon Area, prior to the start of the Mission Steps® Walk at 9am, a variety of vendors and pharmaceutical representatives will be available. Stop by the tables, get information on MS, ask questions and get answers on related medications and/or management products that may be of interest to you. **Also, pick up giveaways!****

### **EVENT DAY INFORMATION**

**Exhibits - Open 9a.m.**

**Stop by, get info and giveaways!**

**Check-In - 9:30 a.m.**

**Go to the appropriate table\*\***

**\*\*Pre-Registered Walkers:**

**Go to the Tables in the Canyon Area of Destiny USA with signs reading- Pre-Registered Walkers and check in there**

**\*\*Walk-Ons:**

**Go to the Tables in the Canyon Area of Destiny USA with signs reading- WALK -ONS and register there.**

**Walk Starts - 10:00 a.m.**

**Lunch - Opens at 11 a.m.**

**Redeem your lunch coupon at one of the participating Food Court Restaurants listed on the Food Coupon given to you at registration**

## **Our Partners - Through the Years....**

**Biogen**

**Genentech**

**Novartis Pharmaceuticals Corp®**

**Excellus BC/BS**

**Care Fare, LLC**

**EMD Serono®**

**Infusacare**

**ThermApparel**

**Empower Federal Credit Union**

**Kinney Drug's Foundation**

**Sanofi Genzyme**

**Landmark Graphics**

**Woodlawn Cemetery**

**Bristol Myers Squibb**

**Noble Health Services**

**WellCare**

**Microwave Filter, Co., Inc.**

**Time Cap Development**

**Syracuse Hemporium**

**Xylem, Inc.**

**DeFrancisco & Falgiatano Personal Injury Lawyers**

**Nucor Steel**

**Etain, Inc.**

**Table Hopping Magazine**

**Participating Food Court Vendors**