

Join in the

26th Annual
Mission Steps® Walk

&

MS Awareness Day

Benefiting

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



March 3, 2024

9:30 a.m.

Destiny USA – Canyon Area

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

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

Celebrating 26 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:

<https://msrofcny.org/2024-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+) \$ 45**

(*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+) \$ 40**

(Will receive a Walk Shirt)**

To receive a shirt **ON WALK DAY***, you must be pre-registered by **FRIDAY, February 14, 2024.**

(Sorry for the early date, it's a timing issue with the shirt vendor)

***If you register after February 14th, 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 18, to be eligible for prizes.**

Any pledge money collected prior to the Walk, **should be turned in on Walk Day (March 3, 2024) at check-in.**

Questions??

Email us at: 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

\$ 100 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 Speedway 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 14TH**

✓ 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 14th** 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 18, 2024.**

REGISTERING AFTER FEB 14TH

IN-PERSON or **VIRTUAL** Walkers registering after **February 14th** 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 18, 2024.**

Pledge minimums are:

AGE MINIMUM PLEDGE

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

***Adults (13+) \$ 45**

(*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 18, 2024, 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 2024

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 BCBS

TG Therapeutics

EMD Serono®

Infusacare

ThermApparel

Empower Federal Credit Union

Kinney Drug's Foundation

Renewal By Andersen of CNY

Landmark Graphics

Nucor Steel

Bristol Myers Squibb

Noble Health Services

WellCare

Microwave Filter, Co., Inc.

Care Fare, LLC

Syracuse Hemporium

Xylem, Inc.

DeFrancisco & Falgiatano Personal Injury Lawyers

Etain, Inc.

Participating Food Court Vendors