



TEAM TALK

*A newsletter for Walk MS Team Captains
January 2013*

STOP. RESTORE. END.

The Northwestern Ohio Chapter of the National MS Society is a driving force of MS research and treatment. We continue our efforts in moving forward to stop disease progression, restore function, and end MS forever.

Each year, we host Walk MS events in 7 communities throughout the 26-county chapter area to increase awareness about multiple sclerosis and to raise the crucial funds needed to support research, which aims to end MS.

The new year marks an opportunity to start fresh and to begin thinking about engaging friends, family, co-workers and the community NOW. Don't be afraid to talk about MS. Tell everyone why you are walking and why you are passionate about stopping this disease. The more people who hear about MS and learn about the disease, the more opportunities we have to connect people together to achieve great things. YOU are an important piece in our puzzle. You CAN make a difference. Help us make a huge impact this year. Let us begin working together to stop the disease, restore function and end multiple sclerosis.

Register Now: www.walkMSohio.org



walk to
create a world
free of MS

SITES & DATES



APRIL 14, 2013

Toledo, University of Toledo

MAY 18, 2013

Lorain Co., First Church in Oberlin

APRIL 27, 2013

Allen County, Bradfield Community Center
Findlay, University of Findlay

MAY 4, 2013

Sandusky, Erie County Senior Center
Defiance, Independence Dam State Park
Richland County, Lexington Senior Civic Center

National MS Society, Northwestern Ohio Chapter, 401 Tomahawk Dr, Maumee, OH 43537

P: 1.800.FIGHT MS or 419.897.9533 | F: 419.897.9733 www.nationalMSsociety.org.oho /www.walkMSohio.org

Frequently Asked Team Questions

Q: Do all team members have to register?

A: Yes, all team members age 18 & over must register and complete a Walk MS waiver. If you want children counted toward team member total, they must be registered individually. If kids are just joining you at Walk MS but NOT fundraising or earning rewards, please complete the "Child Waiver" on the back of parent's "Speedy Registration Form".

Q: My team participated last year, why can't I find my team name online?

A: The Team Captain needs to **CREATE** the team name each year; they do not carry over from prior year. This is why it is so important for Team Captains to register **FIRST** so team members can find your team to join.

Q: Are Teams eligible for prizes?

A: Fundraising rewards, like Walk MS t-shirts, are based on **INDIVIDUAL** fundraising total, **NOT** team total. So if 5 team members each turn in \$100, they would **EACH** be eligible for a T-shirt. **BUT** if the donations are turned in by Team Captain, then **ONLY** that person is eligible for a higher prize and other team members do not receive prizes.

Teams are recognized in several other ways: 1) Most Team Members 2) Highest Team Total 3) Top Rookie Team 4) Mission Possible Club (for raising at least \$1 for each client registered with NW Ohio Chapter).

Q: Where can I get materials to help promote Walk MS?

A: We have a variety of materials to help you promote & fundraise, including Walk MS posters, info cards, donation cans, Team Tracking Thermometer, 100 Fundraising Ideas, yard signs & more. Visit website at www.walkMSohio.org for a Materials Order Form or contact Karen Moore at 419-482-1586 / 1-800 FIGHT MS / karen.moore@nmss.org.

Team Challenges for Walk MS: 2013

January 7-11: Team Captain Recognition Week

We want to start the New Year off by saying "Thank You for being a Team Captain"! Plus now is the time for YOU to register so you can start rallying your team members. The first 50 team captains who register by midnight, Friday, Jan. 11, 2013 will receive Walk MS shoelaces. If you registered prior to this week, you can still get in on the fun, register at least 4 team members this week and receive a Walk MS water bottle.

March 11-15: National Team Week & MS Awareness Week

Promote National MS Awareness Week by holding a team recruitment party or fundraising event. Watch your email, website, & Chapter's Facebook page for details on contests & activities planned for this week.



WALK TO CREATE A WORLD FREE OF MS