

**FOR IMMEDIATE RELEASE**  
**March 26, 2012**

**Taking a Step towards a Cure at Walk MS 2012**  
Eighteen Communities, One Destination – A World Free of MS

PHILADELPHIA— In running shoes, on scooters, wheelchairs and strollers, thousands of local residents will partake in Walk MS this spring. This incredible event is designed for anyone and everyone who wants to make their mark against multiple sclerosis (MS). With 18 community walk sites to choose from, fighting MS is as easy as a walk in the park or at the zoo or on the boardwalk.

At Walk MS, people across the Greater Delaware Valley – from the Poconos to the Jersey shore – will be united in a single goal, raising \$2.1 million to provide necessary funding for crucial multiple sclerosis programs and research. This year's Walk MS campaign will take place on Sunday, April 22, Saturday May 5, and Sunday May 6. With different walk lengths, scenic routes and a variety of walk courses, Walk MS provides something for everyone. Sites include the Elmwood Park Zoo, the Pocono Raceway, the Ocean City boardwalk and the Philadelphia Museum of Art among others.

"Walk MS is your chance to get involved in something that has a real impact on your community and your neighbors living with this disease," said Tami L. Caesar, president of the Greater Delaware Valley Chapter of the National MS Society. "The growing personal and financial costs of MS mean people living with MS need your support more than ever. Gather your friends, family members, co-workers and neighbors and join us at one of our accessible, family-friendly community walk sites throughout our region."

Walk MS helps raise funds for 13,000 people living with MS in the Greater Delaware Valley area. These funds help pay education and wellness programs, sponsor self-help groups, make home and vehicle modifications, purchase medical supplies and provide financial assistance to families living with MS.

"We're building ramps, giving rides to the doctor, funding home-care aides and standing up for you when your insurance company says 'no,'" said Caesar. "This is what Walk MS means to our community. And this is why it's so important for everyone to get involved."

For more information or to register for Walk MS 2012, please visit [www.walk4MS.org](http://www.walk4MS.org). Pre-registration is preferred. A complete list of sites and dates can be found below.

*Note: All walks are held rain or shine.*

**SUNDAY, APRIL 22**

East Goshen Township Park, West Chester, PA (5k run)  
Elmwood Park Zoo, Norristown, PA  
Gring's Mill Recreation Area, Reading, PA  
Lenape Park, Sellersville, PA  
Mainline, Radnor, PA  
Moorestown High School, Moorestown, NJ

Ridley Creek State Park, Media, PA (5k run)  
Tyler State Park, Newtown, PA  
Washington Lake Park, Washington Twp., NJ

### **SATURDAY, MAY 5**

Philadelphia Museum of Art, Philadelphia, PA (5k & 10k run)

### **SUNDAY, MAY 6**

Coca-Cola Park, Lehigh Valley, PA  
Eastern High School, Voorhees, NJ  
Medford Lakes, Medford Lakes, NJ  
North Penn High School, Lansdale, PA  
Ocean City Boardwalk, Ocean City, NJ  
Parvin State Park, Vineland, NJ  
Pocono Raceway, Long Pond, PA  
Valley Forge Area, Valley Forge, PA

### **About MS**

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.

### **About the National MS Society**

MS stops people from moving. The National MS Society exists to make sure it doesn't. We do this through our home office and 50-state network of chapters by funding more MS research, providing more services to people with MS, offering more professional education and furthering more advocacy efforts than any other MS organization in the world. Join the movement at [nationalMSSociety.org](http://nationalMSSociety.org) or by calling 1-800-FIGHT-MS.

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