

What do you do if someone asks you whether you would like to join a team to find a cure for MS? Of course you say sure – Then they tell you all you have to do is raise \$2,500 and walk 50 miles! Well, now that is a challenge...

We accepted the MS Challenge!

Challenge Walk MS 2010 was a three-day walk benefitting the National MS Society. Nearly 300 participants walked 3 days and 50 miles to make an important difference in the lives of people living with multiple sclerosis. United for one cause, we took over 100,000 steps in one of the most rewarding journeys of our lives, filled with friendship, unforgettable moments and, most of all, hope.

Why did we do it?

Multiple sclerosis (or MS) is a chronic, often disabling disease that attacks the central nervous system (CNS), which is made up of the brain, spinal cord, and optic nerves. Symptoms may be mild, such as numbness in the limbs, or severe, such as paralysis or loss of vision. The progress, severity, and specific symptoms of MS are unpredictable and vary from one person to another. Today, new treatments and advances in research are giving new hope to people affected by the disease.

And now the fun part.... Here's how to prepare for the walk:

- 1) Bake cup-cakes and sell them to folks at AAA for donations
- 2) Get up at 8.00am on weekends and hike around the hills
- 3) Bake more cup-cakes and sell them to folks at AAA for donations
- 4) Get up at 7.00am on weekends to walk (it's getting hotter in Phoenix)

- 5) Bake even more cup-cakes and try to tell people how popular they will be if they bring them to team meetings... for a small donation, of course
- 6) Get up even earlier on the weekends to walk...4.30 am was generally when the alarm went off to walk 9 miles before it starts to hit 100 degrees
- 7) Add candy to the cup-cake sales and hijack people as they walk past your desk with the pitiful, pleading smile.
- 8) Go mall-walking on the weekends before the shops open, its 110 degrees outside now – up to 12 miles, that’s a lot of turns around the mall...window shopping.
- 9) Cup-caked out... never mind, buy just one more for a good cause
- 10) Finally, its off to San Diego for the 3 day challenge and guess what.... there’s a heat wave with record breaking temperatures around 100 degrees

And how did we do?

Team “On our way” raised a whopping \$ 22,606.95. We won the prize for most spirited team on both Friday and Sunday and we raised the most donations for a team from Arizona

But most importantly.....

WE RAISED AWARENESS FOR MS AND HELPED TO FURTHER RESEARCH TO FIND
A CURE FOR MULTIPLE SCHLEROSIS.

We are truly blessed to have such wonderful family, friends, co-workers, and employers (AAA) who supported us on our journey. We will be doing it again next year, please join us!

Team ON OUR WAY

Shannon Oughton (Team Captain), Diane Burkert, Tamara Faulkner, Kathleen Foster,
Torey Leitzke, Lori Musgrove, Fiona Rivard