

Footnotes 2

**ENERFLEX
MS WALK**

EVERY STEP MATTERS.



YOUR STEP MATTERS. Thank YOU!

You took a step to end MS! On May 7th you helped raise **\$178,918** in the **Lakeland Enerflex MS Walk**. Whether you walked on your own or with friends, family and co-workers, you played a vital role in supporting people in our community who live with MS. The steps you took, together with the steps of 400 other walkers and volunteers, made a loud and powerful statement that “together we will end MS.”

We are still shy of our fundraising goal and encourage you to send in any final pledges. Your pledges help provide vital services for individuals and families affected by MS in our community. Proceeds also help fund MS research to find a cure. Because you walked and raised pledges, we are able to offer MS wellness programs that help people achieve the quality of life they deserve.

The Lakeland Region hosted their 4th annual Enerflex MS Walk on May 7, 2011. **We were pleased to add an Xtreme Half Marathon Challenge this year to our event.** The half marathon was an exciting new addition for people who wanted to challenge themselves for a great cause.

The weather was a bit chilly but 30 people tied up their shoelaces and completed the 21.1 km run. This was the first half marathon for some of the runners. It gave them a sense of accomplishment to complete the run and cross the finish line where friends and family members stood cheering and clapping thier hands.

The Xtreme Half Marathon, which was sponsored by Xtreme Oilfield Technology, was a success and **we look forward to making it an annual event that will get bigger and better each step of the way.**



MS Multiple Sclerosis Society of Canada

Alberta & Northwest Territories Division

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Your STEP making a difference: MS Teen Escape

Fun, friends and support



During the weekend of June 3-5, 19 teens from around the province got together for the 10th Annual MS Teen Escape held at Gull Lake, near Red Deer. It was a chance for teens affected by MS to participate in fun educational and recreational activities, and mingle with new and old friends alike.

“What I really like about Teen Escape is the support. It really helps to open up and be around people who go through the same thing as you do. You have people at school and people in your everyday life, and sometimes they don’t really understand what it’s like to have a parent with MS and how hard it can be. I really like coming here because we all have that in common. We meet people here and most of the time we stay in touch and talk throughout the year.”

-Bria

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“I love coming to MS Teen Escape because of all the activities we do and we get to learn about MS without it being a boring classroom scenario and you get to meet new people.”

-Haley

.....

“I really like it because of the support and all the friends you meet because you do stay in touch with them all year and you can talk to them whenever you want.”

-Stephanie

.....

“What I like about Teen Escape is the fun activities, the food and how nice all the people are.”

-Cody



Another outstanding year for our top fundraisers!

2

Congratulations to our committed participants and teams for another great year! These top fundraisers are worth more than mentioning. We can't thank you enough for all your hard work and spirit. We couldn't do it without you!

Top Fundraising Teams 2011

1. MS AIN'T PURDY.....\$39 277.04
2. Team AWsome, Bonnyville.....\$30 767.05
3. TEAM MACK.....\$11 335.89
4. MS Rockstars.....\$10 333.48
5. Heartt's Heroes.....\$8 805.00

Top Fundraisers 2011

1. James Purdy.....\$16 331.02
2. Ernest Isley.....\$11 000.00
3. Gerald McCormack.....\$4 930.00
4. Donna Ulliac.....\$4 841.00
5. Corinne Lotoski.....\$3 651.00

On Walk day our Team MS crew handed out some prestigious Awards to some deserving teams for their team spirit and dedication. Congratulations!

2011 Best Dressed Team – Team Mack

2011 Most Team Spirit – Team Awesome Bonnyville

2010 Top Fundraising Team – MS Ain't Purdy



Thank You to our Sponsors

Thank you to our generous sponsors.
Without you the 2011 Lakeland Enerflex MS Walk could not be possible!

Provincial Title Sponsor

ENERFLEX

National Sponsors

Chatelaine

BRINKS



Lakeland Sponsors



Contact your local Enerflex MS Walk Team:

Enerflex MS Walk: MS Society of Canada Lakeland Region
Office: (780) 645-3441 ext. 222 Gail Plouffe, Email: Gail.Plouffe@mssociety.ca
Extreme 1/2 Marathon: Corinne Lotoski, Email: lotoskic@yahoo.com

Visit us online: mswalks.ca or search MS Society Alberta on

The Multiple Sclerosis Society of Canada would like to remind all participants to display their best conduct and use appropriate language as the MS Walk is a family friendly fundraising event.