

Footnotes

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Manitoba Lotteries
MS WALK
EVERY STEP MATTERS.



mswalks.ca

**2010 Manitoba Lotteries
MS Walk
Sunday, April 25
Winnipeg**

NEW! Take Advantage of Advance Check-in and Win an iPod!

Take advantage of Advance Check-in at the MS Society office and you can not only avoid the long line-ups, but also enter to win an iPod. From April 12-21, the Winnipeg office (located at 100-1465 Buffalo Place) will be open to take your pledge money. Prize ballots will be available when you turn in your money at Advance Check-in. This way, all you have to do on Walk day is show up and have fun.

Advance Check-in Schedule:

Monday, April 12	11:00am - 4:30pm
Tuesday, April 13	11:00am - 4:30pm
Wednesday, April 14	11:00am - 4:30pm
Thursday, April 15	11:00am - 7:00pm
Friday, April 16	11:00am - 4:30pm
Monday, April 19	11:00am - 7:00pm
Tuesday, April 20	11:00am - 7:00pm
Wednesday, April 21	11:00am - 7:00pm

NEW! Paint the Town Red!

This year, the Manitoba Lotteries MS Walk will be Painting the Town Red. All participants and teams are encouraged to show their spirit by writing cheers, wearing costumes and bringing props and noise makers to the Walk. Get creative, make your mark, and help end MS by Painting the Town Red!

Be a Sole Mate

Make your mark in the fight to end MS by wearing your 2010 Manitoba Lotteries MS Walk Sole Mate Bib. Bibs will be available at Advance Check-in at the Winnipeg office and at registration on the morning of the Walk. Your Sole Mate bib is a great way to honour the teammates, family and friends that you Walk for each year.

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MS Multiple Sclerosis Society of Canada
Manitoba Division

Manitoba Lotteries MS Walk

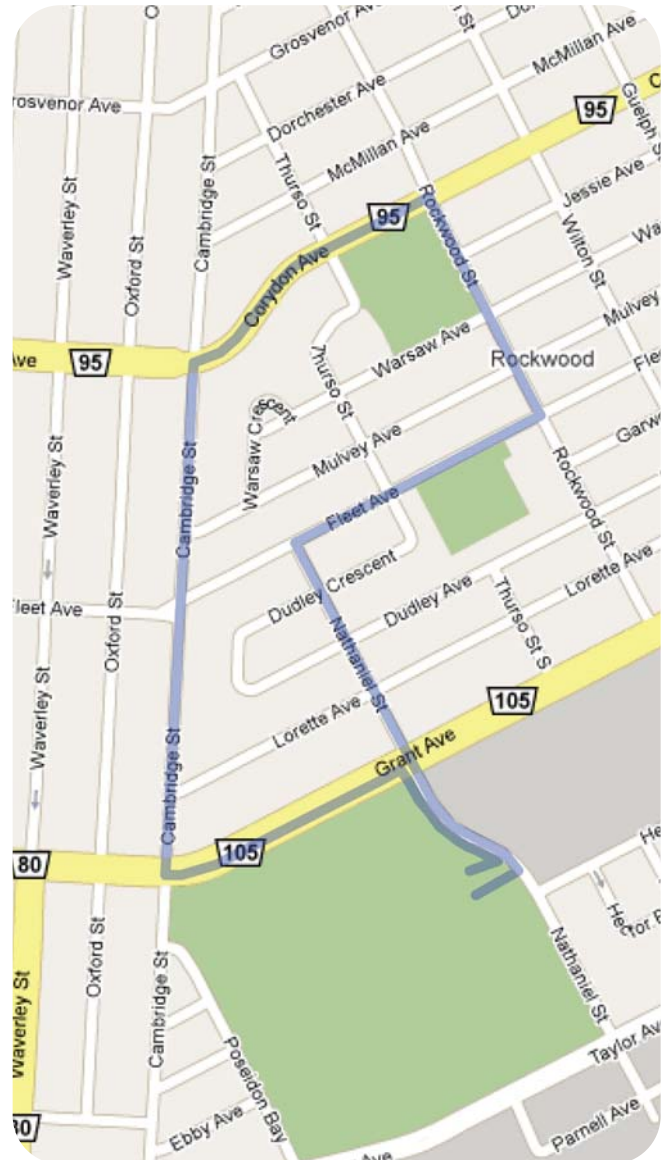
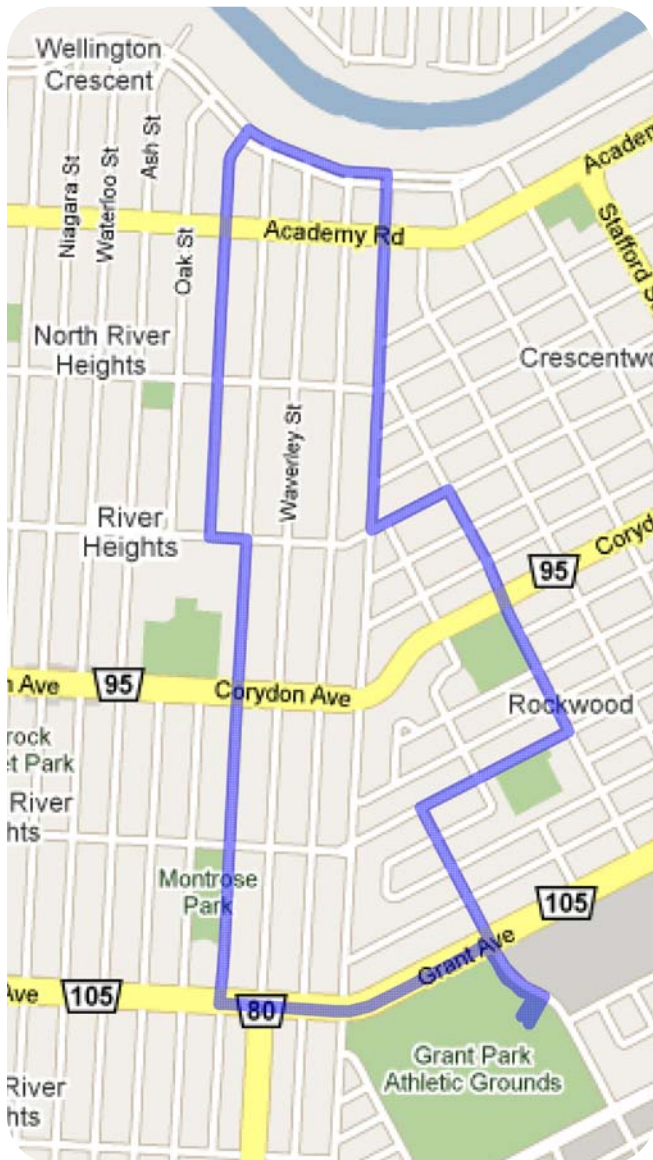
Winnipeg **Sunday, April 25**

NEW! Shorter Route Addition

We've added a 3km route to the Manitoba Lotteries MS Walk. Like the 6km route, the 3km route will take Walkers through beautiful River Heights. All Walkers will begin at Grant Park High School. The 3km route will loop down Corydon and back to the school, allowing Walkers on either route to meet up at the end of the Walk and cross the finish line together. This added route allows Walkers of all ages and abilities to participate together and take pride in knowing they have taken the steps to end MS.

Manitoba Lotteries MS Walk, Winnipeg
Long Route Map

Manitoba Lotteries MS Walk, Winnipeg
Short Route Map



Manitoba Lotteries MS Walk

Check-in: 8:00am in the Grant Park High School Senior Gym

Opening Ceremonies and Warm Up: 9:30am

Walk Start: 10:00am

Start and Finish Line: Grant Park High School, 450 Nathaniel Street

**May is
MS Awareness Month**

Check our website for news
and events:

www.mssociety.ca/manitoba

Have Fun at the Manitoba Lotteries MS Walk!

The Manitoba Lotteries MS Walk is more than just a walk down the street. It's a Sunday full of family fun! Take advantage of these **FUN** activities at the 2010 Manitoba Lotteries MS Walk!

NEW! Food

Join us for a healthy pre-Walk breakfast inside the Charles A. Barbour Arena. Breakfast will open at 8:00am and you'll be able to enjoy a wonderful assortment of bagels, muffins, fruit, juice and coffee provided by Harvest Bakery and McDonalds.

Along the route you'll be treated to rest stop snacks including fruit snacks, cookies and granola bars hosted by Manitoba Lotteries.

Following the Walk, fruit, juice and coffee will be available in the Charles A Barbour Arena. Grab a snack and head out on to the field to take in some of the festivities like hair streaking, music, and activities in the Family Fun Zone.

Streak for MS

Get a temporary red hair streak put in your hair at the Streak for MS tent. The tent will be located at the front of the Team Village by the track. For a minimum donation of \$5, our stylists will put the removeable and reuseable streak in your hair before or after the Walk. Streak for MS is a fun and stylish way to show your support to end MS.

Family Fun Zone

Colouring, balloons, face painting, games and more! The Family Fun Zone is a great place for the whole family.

Pet Zone

Our Pet Zone is a great place for pets to come for a drink of water and a tasty treat. Pets are not permitted in the registration gym or the food service arena. But don't worry! Our pet sitters are there to watch your pet for a few minutes while you turn in your pledge money or grab some breakfast.

Volunteer!

Invite your friends and family to join your Walk team, or to come out and show their support by volunteering! We have an excellent variety of positions available, including pet sitting, start/finish line cheering, photography assistants, putting in red hair streaks at our Streak for MS tent, route marshals to cheer participants on along the Walk, as well as musicians and entertainers at the site and the rest stops. And don't forget, volunteers can join a team and fundraise just like all Walk participants can! Together, you can make your step the one that ends MS.

Our volunteers help make the Walk a huge success. Sign up today by emailing our Volunteer Coordinator, **Brandy Schmidt**, at brandy.schmidt@mssociety.ca or calling her at **988-0919**.



Reward Yourself!

Fundraise and reward yourself with these fantastic prizes!

There are two Elite Feet Club levels: \$1000+ and \$2000+. Along with gift card prizing, Elite Feet Club members receive additional apparel as a reward for their outstanding fundraising commitment.

Take the extra step this year, set your fundraising goal to \$1000+ and be part of the Elite Feet Club!

Raise	Receive
\$10,000+	Join fellow Fundraisers from across the country in the MS Walk of Champions** and join the movement to end MS on an international scale or a \$1000 gift card plus Manitoba Lotteries MS Walk T-shirt, Elite Feet Jacket and Elite Feet Pants
\$5000	\$500 gift card plus Manitoba Lotteries MS Walk T-shirt, Elite Feet Jacket and Elite Feet Pants
\$2000	\$200 Gift Card plus Manitoba Lotteries MS Walk T-shirt, Elite Feet Jacket and Elite Feet Pants
\$1000	\$100 Gift Card plus Manitoba Lotteries MS Walk T-shirt and Elite Feet Jacket
\$750	\$75 Gift Card plus Manitoba Lotteries MS Walk T-shirt
\$500	\$50 Gift Card plus Manitoba Lotteries MS Walk T-shirt
\$250	\$25 Gift Card plus Manitoba Lotteries MS Walk T-shirt
\$125	Manitoba Lotteries MS Walk T-shirt

*Gift Cards available from: Lululemon Athletica, Sobeys, Sears, Chapters/Indigo (all have online ordering available). **Want to help more?** At any level, you are able to receive a tax receipt equal to the value of your prize when you allocate your pledge money and decline to take a prize.

NEW! **MS Walk of Champions

\$10,000+ fundraisers for the Multiple Sclerosis Society of Canada can choose as their prize to attend the MS Walk of Champions in Las Vegas, Nevada in April, 2011.

This is not a vacation and it is important to share with your donors the high degree of personal time and resources that you have committed to fundraising for the MS Society of Canada. This prize includes flight, accommodation for two, and registration for two to participate in the 2010 MS Walk in Las Vegas.



Manitoba Lotteries MS Walk Team Village



The Team Village is a fun, festive area at the Manitoba Lotteries MS Walk, where our top fundraising teams meet and celebrate on Walk Day. Visit the Team Village and meet some of the Manitoba Lotteries MS Walk Top Fundraisers. To learn about how you and your team can be a part of the 2011 Team Village, contact **Melanie Fatouros** at **988-0913** or email her at **melanie.fatouros@mssociety.ca**.

This year's Team Village will feature the following teams:

**Friends of Joanne
Team Pharmacy
Blue Cross WALKers
Student Works Painting**

**Manitoba Lotteries CC Walkers
Intrepid Walkers
MASS SYNERGY
Mel's Belles**

NEW! We've Got Spirit, Yes We Do!

At the 2010 Manitoba Lotteries MS Walk, all participating teams have the opportunity to win the New Team Spirit Award.

Following this year's theme, "Paint the Town Red," teams are encouraged to pull out their noise makers, wigs and red clothing to show their support in the fight to end MS.

MS staff and volunteers will be around all day, looking and listening for the team that stands out the most, by demonstrating their team spirit and helping to paint the town red. The winning team will be recognized at our annual awards night.

All teams are eligible no matter what size. So whether you have a team of 4 or 100, get ready to show your team spirit on April 25 at the 2010 Manitoba Lotteries MS Walk.



**Be a walker.
Be an end to MS.**
register for 2010
www.mswalks.ca

Manitoba Lotteries
MS WALK
EVERY STEP MATTERS.



Thank you to our Sponsors!

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Contact the Manitoba Lotteries MS Walk Manager: **Shauna Jurczak**
email: shauna.jurczak@mssociety.ca

Visit us online at mswalks.ca

Phone: 1.800.268.7582 for more information

Mail: 100-1465 Buffalo Place, Winnipeg, MB R3T 1L8

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.