



# FootNotes 2013



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Society

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Upstate New York  
Chapter

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## 2013 Walk MS Results:

### SO CLOSE TO GOAL

Walk MS is the rallying point of the MS movement. We hope you enjoyed the outpouring of support from the thousands of walkers around the state. More than 11,000 people came together in May to make a giant impact in the lives of those with multiple sclerosis. Every dollar raised at Walk MS directly benefits the more than 12,800 people and their families living with MS in the Upstate New York Chapter. Words cannot express the gratitude the National MS Society feels for every Walk MS supporter – THANK YOU!

**As of  
July 29, 2013,  
you have raised  
an amazing  
\$1,359,411!**  
(\$1.454 Million Goal)

## Save the Date for Walk MS: 2014

Mark your calendar: Walk MS 2014 is scheduled for May 4.  
Registration opens in October at [walkmsupstateny.org](http://walkmsupstateny.org)

## What Your Contribution Will Provide

- ▶ **\$1 per week** will help provide transportation to clients who attend monthly social support group meetings to reduce isolation.
- ▶ **\$1 per week** helps provide an 800 telephone number to allow clients and family members free access to a highly trained MS Navigator to help them with their specific needs.
- ▶ **\$10 per week** will provide vehicle modifications to ensure that someone with MS maintains employment and independence within their community.
- ▶ **\$10 per week** will provide an air conditioner for someone who is unable to manage symptoms in summer due to rising temperatures.
- ▶ **\$20 per week** will provide people whose lives are touched by MS with unlimited access to up-to-date information about MS and MS symptom management, as well as referrals to needed resources.
- ▶ **\$20 per week** will provide a person who lives with MS a ramp for their home, allowing them to remain independent and continue to access community resources as needed.
- ▶ **\$50** will purchase a cane to improve walking ability.
- ▶ **\$75** will pay for a family to receive counseling when a loved one has just been diagnosed with MS.
- ▶ **\$84** will pay for an occupational therapist to evaluate the safety of the home of someone living with MS.
- ▶ **\$100** will cover the cost of a walker for someone living with MS who has difficulty walking.
- ▶ **\$250** provides three sessions of rehabilitation therapy.
- ▶ **\$1,500** can cover the cost of a scooter for someone living with MS.
- ▶ **\$2,500** provides 150 hours of homecare assistance.



*"The A team" at the Northern Chautauqua Walk MS site are having a great time!*

# Thank You

## A Message from Our Chapter President



*Stephanie Mincer,  
Chapter President*

For two years in a row, we've been lucky enough to have perfect weather across Upstate New York for our biggest fundraiser, Walk MS, and not only that – we broke a record. This year, we had more walkers participate than ever before, breaking the 11,000 mark. Thank you to all who participated and raised funds to support MS research and programs. It is so greatly appreciated, as we continue to make progress toward finding a cure for this often debilitating disease. Despite record numbers and perfect weather conditions, we are short of our goal of \$1.454 million, but I remain hopeful that, with your help, we will hit this goal. I know some of you still have money to collect, wrap-around fundraising events to complete, and matching gift forms to send in. Every dollar counts. Thank you again for your support and for being a part of the movement to create a world free of MS. We'll see you next year!



*Karen Waldron and her Mom, Sylvia D'Aprile  
pose with the Walk MS traveling Trophy.  
Together, they and their team are unbeatable!*

## Walk MS Traveling Trophy Finds New Home

Each year, the top fundraising team in the chapter is awarded a Traveling Trophy to display. The team name and total will also be forever etched into the base of the trophy. For the second year in a row, the trophy will be passed to Karen Waldron and her team, Waldron's Walkers. Karen's team pushed hard this year and raised just over \$30,000! We would also like to congratulate Karen as the Upstate New York Chapter Board Chair-Elect. Karen has been a board member for several years, and we are honored to have her take on this important role.

***Congratulations, Waldron's Walkers!***

# Financial Report

The National Multiple Sclerosis Society Upstate New York Chapter, Inc.  
October 1, 2011 through September 30, 2012

## Support, Revenue and Special Events

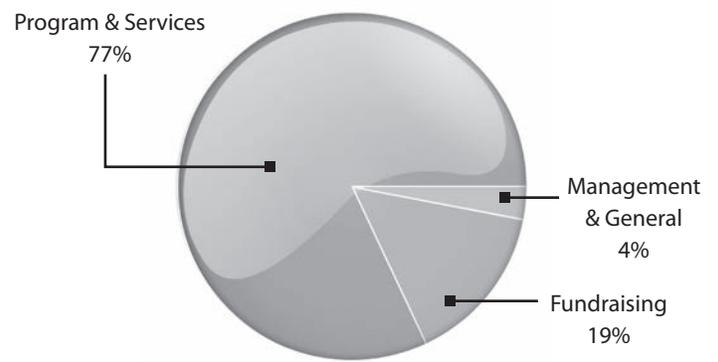
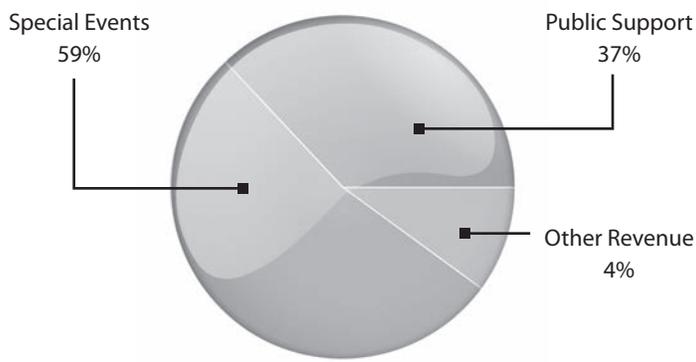
Special Events	\$1,917,466
Public Support	\$1,216,536
Other Revenue	\$139,509
<b>Total</b>	<b>\$3,273,511</b>

## Expenses

Programs and Services	\$2,364,976
Fundraising	\$590,565
Management and General	\$117,406
<b>Total</b>	<b>\$3,072,947</b>

**Net Operations** **\$(200,514)\***

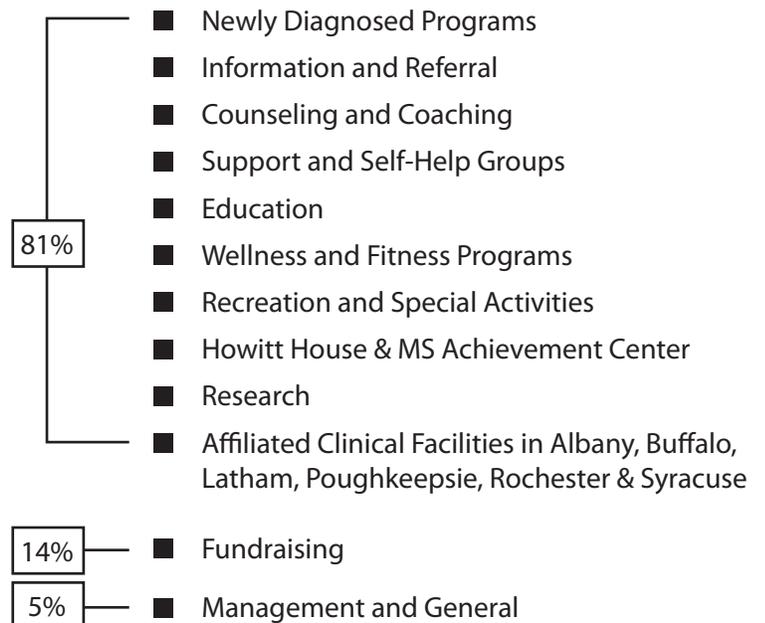
\*This surplus will be kept in reserves to return to past years' operating deficits incurred during difficult economic times.



## Upstate New York Chapter Expenditures

### Where your money goes

The National Multiple Sclerosis Society supports more MS research, offers more services for people with MS, provides more professional education programs and furthers more MS advocacy efforts than any other MS organization in the world. A percentage of funds collected is dedicated to supporting MS research worldwide and specifically to research currently being conducted in Buffalo, Rochester and Saranac Lake, New York



# MS NOW: A Research Revolution



This is our chance to take down MS once and for all, so no opportunity will be wasted and no stone will be left unturned. Because even enough doesn't cut it. We have to do it all. We have to do it together.

And we have to do it now. Today, we are putting our collective foot down and declaring this instant the time to take action. It is time to stop the disease, restore what's been lost, and end MS forever. We have reached the point when individual efforts can be made exponentially stronger through support and collaboration – through an MS research revolution. Join the Movement and Become an MS Research Champion today!

## Stop The Disease

There are more potential MS therapies in development today than at any other time in history, and a variety of therapies exist, largely for those with relapsing forms of multiple sclerosis.

For some, these treatments reduce the number and severity of attacks and slow disease activity, but more must be done to stop disease progression for everyone affected by MS – including those with progressive forms.

We must find ways to stop all disease activity and prevent further progression for those who already have MS. Here's how:

- We must better understand the role the immune system plays in the cause of MS and in ongoing disease activity
- We must pursue research leading toward clinical trials of new therapies to stop damage and progression of disability
- We must ensure that we understand health care issues and gather data to advocate for policies that enable everyone with MS to access quality care and treatment
- We must understand the mechanisms that cause tissue injury and that drive disease progression.

## Restore What's Been Lost

Just a few short years ago, there was little belief that nervous system repair was even possible. Through the

Society's tireless efforts and multi-million dollar funding, there is not just belief, but a whole new field that has emerged to pursue strategies to repair the nervous system and restore function to people with MS.

Potential cell therapies are now in clinical trials, and creative new rehabilitation strategies and symptom management techniques are being explored to maximize abilities and to treat troubling symptoms.

But more must be done to give back what has been lost. Here's how:

- We must better understand how nerves and myelin work normally, and stimulate repair
- We must aggressively pursue clinical trials of new cell therapies and other therapeutic approaches to rebuild the nervous system
- We must ensure that innovative rehabilitation techniques are developed to maximize function, and develop better ways to reduce MS symptoms
- We must provide data on optimal health care delivery and policy to fuel advocacy efforts to improve quality of care and quality of life

## End MS Forever

The uncertainty of MS affects everyone with a diagnosis; uncertainty about what tomorrow might hold. But it also demands urgency to bring an end to this disease for everyone – forever.

Prevention for future generations must become a reality. Without it, we haven't delivered a complete solution to people with MS.

Ending MS means no one will ever get this disease again. That means we need to find the cause of MS, what triggers it, and what may protect against it. Here's how:

- We aggressively pursue studies to identify all common MS-related genes - because genes make people susceptible to MS – so that we can answer how it is triggered and how it could be prevented
- We must better understand what factors in the environment influence whether a person gets MS
- We must identify possible infectious triggers for MS

## Corporate Teams

*Corporate teams are a growing segment of the overall structure of Walk MS teams. We encourage coworkers to rally around those they work with who live with MS and create Walk MS and/or Bike MS teams. It is a wonderful way to support your colleagues, build camaraderie in the office, and allow your company to give back to the community. We tip our hats to two of our hard-working corporate teams this year:*



### Team PVH Cares

Team PVH Cares did their first walk as a team six years ago in Corning. Since then, they have become known as a traveling team, walking in Jamestown, Canandaigua and Buffalo.

Team PVH Cares is comprised of managers, upper management and associates from PVH Corp., Phillips-Van Heusen, owner of retail stores IZOD, Calvin Klein, GH Bass and Co., and Van Heusen. The Walk MS team members come from a district of stores extending from Corning, Geneva, Niagara Falls, down to Pittsburgh, PA. They choose a different Walk MS site each year so they can walk together.

PVH Corp. challenges its employees to become active in the community. Since PVH employee, Doreen, had already been walking for MS, her district decided to take on MS as their cause. Doreen's mother was diagnosed with MS about 15 years ago, making the cause very personal to Doreen. As she began rallying store managers for this cause, Doreen discovered many of them were also personally affected by MS. One manager's husband has it, another has two cousins with the disease, and one store reported that everyone working there had at least one relative with MS. It became important to all of them to do what they could to help. The employees went to their parent company and asked that Walk MS be named their cause of choice.

They pointed out that MS mostly strikes women ages 20-40, which is the demographic typically runs their stores.

Team PVH Cares fundraises by asking customers to donate at the cash register. They ask during a five week period in March and April. Stores compete against each other to see who can raise the most, and they hold bake sales, candy sales and water sales to supplement the cash they raise. This year, four IZOD stores, five GH Bass Co. stores, five Van Heusen stores and nine Calvin Klein stores participated – 23 stores raised \$9,948! They hope to continue to do this for many years to come.

Doreen's mom has benefitted from experimental drugs being developed in Buffalo. A year ago, she couldn't do her own grocery shopping because she couldn't get around the large supermarkets. Now she can, and recently walked her 8-year-old granddaughter home seven blocks.

"I am so excited to see the funds we raised being used for MS research, and that I have a personal connection to someone who benefits," says Doreen. "I participate in Walk MS because my mom and others affected by MS can't. It really is the least I can do to help fight MS."

### Team National Fuel Baskets MS



Team National Fuel raised \$4,575 for Walk MS by holding a basket raffle at its corporate headquarters in June. Inspired by colleagues, family members, and members of the Upstate New York Chapter, team captain, Evan Crahen, managed the basket raffle by communicating with local businesses as an advocate

## Corporate Teams (continued)

for the National MS Society, soliciting donations and volunteers for the event, engaging fellow co-workers to participate, wrapping baskets, and more.

To help complete the event planning and execution, a steering committee was formed with Patti DiPaolo and Kathryn Nikisch-Hoffman, two colleagues and team members. The steering committee had creative perspectives and three different skill sets, which helped get the job done. Patti was responsible for decorating all 73 baskets. Kathryn was responsible for signage, marketing and communications, and assisting with event logistics.

When asked how the event went, Crahen said, "The kindness and generosity of local businesses in the Buffalo area is touching and absolutely humbling. A number of items and baskets were donated by business owners who wanted to get involved and wanted to support the Upstate New York Chapter. The remaining items were graciously donated by family, colleagues and friends."



"It is important to thank my wife and family," said Crahen, "especially for the time spent planning and facilitating the event. Team National Fuel and the steering committee made this event a success. We couldn't have achieved such a great result without everyone who took the time and initiative to help. Team National Fuel is already looking forward to participating in Walk MS 2014!"

# Walk MS Memories!



"Team Stahl" at the Oneonta Walk MS site poses for a team photo in beautiful Newah Park.



Team "MS-No thank you" of the Plattsburgh Walk MS site shows off their team spirit



This handsome pooch at the Poughkeepsie Walk MS site looks great in his orange bandana. Dog bandanas reading "I'm helping my human end MS" were available for sale this year at Walk MS.



These young supporters of Walk MS memorialize the day with a self-pic at the Poughkeepsie Walk MS site.



This group of lovely ladies is ready to step out in style in matching bandanas at Walk MS in Rochester.



Longtime top-fundraising team "David's Angels" get pose in their spiffy shirts at the Saratoga Walk MS site.

# Mission Possible



*Each of these teams will receive a specially designed Mission Possible award (pictured here).*

*Each year, we honor those fundraisers and teams that reach the milestone of raising \$1 per person in our chapter living with MS (12,800+) and for teams, \$2 per person living with MS. Please help us congratulate these teams and individuals who have reached these Mission Possible levels.*

## **Teams:**

Waldron's Walkers: \$30,363.59

## **Individuals:**

Karen Waldron: \$27,192.77

Joy Toppses: \$18,895

# Fresh, Fun, New Events!

The Upstate New York Chapter is proud to present new events to help fund a world free MS. Check out these fresh, fun events and consider participating or volunteering. More information can be found at our website [www.msupstateny.org](http://www.msupstateny.org) or you can call 1-800-344-4867 (press 2)



## The Mac and Cheese Bowl

Join us and sample the best Mac & Cheese from 30 area restaurants. 1st Annual Mac & Cheese Bowl to benefit the National Multiple Sclerosis Society Upstate New York Chapter to be held at the Syracuse Convention Center Complex on Jan from 11 am-2:30pm. Chris Taylor, a local Country Music star, and his band will perform. Vote on your favorite Mac & Cheese and crown the best in the area!

Tickets are \$20 in advance and \$25 at the door. (Kids under 10 are just \$5). Call Nikki Bomasuto at 1-800-344-4867 (press 2) or email [nikki.bomasuto@nmss.org](mailto:nikki.bomasuto@nmss.org) for more info.



## Monster Scramble 5K, 10K and 1 Mile Family-Fun Stroll

You've already cycled, walked and golfed for MS – now it's time to RUN! Make your personal achievement of running a long-distance race even more memorable by helping those who live with the unpredictable challenges of multiple sclerosis. Join us throughout the month of October at a location near you, and run to stop MS!

### About our race:

The Monster Scramble 5K, 10K, and 1 mile family-fun stroll is just what you've been waiting for – a Halloween themed, chip-timed run through one of our spooky sites. It's sure to make your heart (and feet) race! If running isn't your speed, choose to stroll along our family fun one-mile route, collecting Halloween goodies along the way. We encourage participants to dress up and have fun. Prizes will be awarded to the top male and female finishers, the best in each age category, and the best costume.

### Registration:

When you register as a runner: The registration fee for a runner is \$25 pre-event and \$30 day-of. Those who raise at least \$100 by the day of the event will have their registration fee waived. All run registrants will receive a free Monster Scramble t-shirt.

When you register as a walker: The registration fee for a walker (age 3 and up) is \$5. Additional fundraising is encouraged. All walkers who raise at least \$30 by the day of the event will receive a free Monster Scramble t-shirt. If you would like to ensure you receive a t-shirt, consider making a \$30 self-pledge!

When you register as a volunteer: There is no registration fee for volunteers, but they are encouraged to fundraise. All volunteers who raise at least \$30 by the day of the event will receive a free Monster Scramble t-shirt. If you would like to ensure you receive a t-shirt, consider making a \$30 self-pledge!

**Monster Scramble Buffalo:** October 19th, 2013- Acacia Park Cemetery, North Tonawanda, NY

**Monster Scramble Lake George:** October 19th, 2013- Fort William Henry, Lake George, NY

**Monster Scramble Rochester:** October 20th, 2013- Mt. Hope Cemetery, Rochester, NY

**Monster Scramble Syracuse:** October 20th, 2013-Woodlawn Cemetery, Syracuse, NY

### To Register:

Call 1-800-344-4867 (press 2) or visit [www.monsterscramble.org](http://www.monsterscramble.org).



## WALK MS: 2013 TEAM STATS

Walk MS: 2013 had a total of 1,031 teams.  
9,805 team members got together, an average of 9 members per team.  
Largest team: Bink's Bravehearts, Walk MS Albany (102 team members).  
Walk MS 2013 teams raised a total of (...drum roll please)  
\$1,171,955 or 87% of the total raised at Walk MS.

**Team Types :**  
Friends and Family – 858  
Corporate Teams – 39  
Schools – 21  
Places of Worship – 2  
Other – 111

### **ONLINE FUNDRAISING IN 2013:**

**\$480,638.92 was raised ONLINE**

#### **Top 5 Teams Who Raised the Most Funds Online:**

- Shooters in Saratoga – \$8,395
- Smart Alecks in Rochester – \$8,200
- Waldron's Walkers in Albany – \$7,316
- Max Effort in Poughkeepsie – \$7,268
- Team CMD in Lockport – \$6,385

### **MATCHING GIFT FUNDRAISING IN 2013:**

- Our walkers raised an additional \$34,471 in matching gifts.

***Kudos to teams that greatly increased  
their fundraising with matching gifts***

#### **"Top 4" Matching Gift Totals:**

**Waldron's Walkers – \$7,280**  
**Shooters – \$4,220**  
**Team Vandetta – \$4,150**  
**Team CMD – \$3,745**

# Team FUNdraisers

*Team FUNdraisers are a terrific way to do just that – have fun while raising money to meet your team goal. Here are some of the team fundraisers that took place across Upstate New York to raise pledges for Walk MS 2013:*



*MS Fight Club continues to be Mohawk Valley's Top Fundraising Team!*

**MS Fight Club** holds multiple bake sales throughout the year at local stores or places of employment. One bake sale can generate up to \$1,000 in donations. Along with bake sales, the team runs basket raffles at Walk MS and fundraising events throughout the year. At Walk MS 2013, a few baskets raised nearly \$300. People enjoyed themed baskets such as movie night and rainy day kits. At each sale, the team shares information about the National MS Society and Walk MS.



*This year, team captain Bobbi Jo Dwyer of team "CMD" joined forces with Erin's Entourage to bring their fundraising to ultimate proportions.*

**Team CMD** hosted two major events in 2013, earning them the title of "Top Fundraising Team" at Walk MS Lockport. In April, the team held had two bid pitch and euchre tournaments where they sold food, had a 50/50 raffle, and donated bar tips gathered at the event. Then in May, the team held an "MS Sucks" golf tournament and basket raffle where they welcomed 25 golf teams and put close to 100 baskets up for bid. Overall, they were able to raise close to \$10,000 for the Society. Team CMD is already looking forward to next year's walk and the opportunity to team up with others in the Lockport area to grow and strengthen their team for future years.



*Shelley's Crew for a Cure came to Binghamton from Roscoe, NY and were joined by friends from the Sullivan County Boys and Girls Club.*

Getting into the spirit of Walk MS on May 5, **Shelley's Crew for a Cure** held a Cinco de Mayo themed fundraiser for Walk MS Binghamton. More than 100 family members, friends and neighbors packed Rockland House to nosh on Mexican treats and bid on more than 30 auction items. The event raised more than \$3,000 toward the team's current \$6,447 fundraising total.



**MS Destroyers**, of Walk MS Greece, with team captain, Bryan Redick, has so far raised \$6,162.50. This is their second year as a team. They walk to support his Redick's wife, Amanda, who was diagnosed with MS in 2010. The team raised nearly all donations through email solicitation, by relating how MS has personally impacted their family. They ask as many people as they can think of for a donation, and are amazed at the generosity shown, as well as at how many people respond sharing their own connections to MS. This year, their son, Jacob, suggested placing change jars in certain locations to collect money. Between his school and their places of employment, they were able to raise an additional \$125. Walk MS is a way the Redick family can bond, make a difference, and have hope in the face of this unpredictable disease.



Led by team captain Bryan Redick, MS Destroyers proved just how serious they are about finding a cure for MS at Walk MS Greece raising almost \$6,000!

*We want to highlight a few of you who continue to give your all – you stand tall, rally your friends and family, inspire others to give, believe in the cause, and so much more. We want every one of you to know how much we appreciate all that you do to make Walk MS so special for your fellow walkers and your community. Here are just a few highlights across our chapter.*



Tracee Brooks is surrounded by Tracee's Angels, a group of friends and relatives who came together to help create a world free of MS.



**Kerrie Giesen**, team Captain of Team Giesen, Walk MS Rochester, has so far raised more than \$3,000 individually and almost \$5,000 as a team. Kerrie started walking in Walk MS in the early 90s in Minneapolis, Minnesota, where the walk originated in 1989. Walk MS soon became personal for her when a friend was diagnosed with MS, and then her own diagnosis several years after that. This was Kerrie's first year forming a team, and she quickly gained 50 team members and raised nearly \$5,000. She says she has been astonished by how much people want to support, both financially and emotionally, those who are living with MS. Kerrie says the Society's website and staff supported her fundraising efforts, and she found that securing online donations was very easy.

**Mike Kohli** (*not pictured*) says he participates in Walk MS Utica by running, because many with MS cannot. Mike's wife was diagnosed with MS in 2000, in the prime of her life, and he says the diagnosis began a "new normal" for them. Mike, who is currently nearing the \$3,000 fundraising mark, says he raises money to find a cure for this disease, which he calls "heartless". He says he is constantly amazed at the inner strength of people living with MS, in the way they refuse to let it get the best of them. They fight. They continue to look for ways to better themselves, to walk the way they did before MS came. He runs so that one day, he will be able to cheer news that the world is free of this dreaded disease.

*Find more information about online fundraising, Walk MS teams and fundraisers on our website, [MSupstateny.org](http://MSupstateny.org), and "like" us on Facebook (Walk MS Upstate New York chapter.)*

# Congratulations to our Top 100 Club members!



Congratulations to the 2013 Top 100 Club!  
These 100 individuals are responsible for raising  
**\$386,069** (30% of the total pledges raised).  
Way to go!

Rank	Name	SITE	Total
1	Karen Waldron	Albany - Walk MS	\$27,193
2	Joy Toppses	Albany - Walk MS	\$18,895
3	Bobbi Jo Dwyer	Lockport - Walk MS	\$9,825
4	Roy Simmons	Greece - Walk MS	\$8,415
5	Cindy Williams	Saratoga - Walk MS	\$7,740
6	Reisha Rieder	Saratoga - Walk MS	\$6,638
7	Kimberly Miller	Albany - Walk MS	\$6,150
8	Doreen Poole	Canandaigua - Walk MS	\$6,104
9	Lisa Capizzi	Greece - Walk MS	\$6,070
10	Greg Milks	Batavia - Walk MS	\$6,054
11	Teri-Lyn Spotswood	Saratoga - Walk MS	\$5,995
12	Steven Gray	Lockport - Walk MS	\$5,457
13	Nicole Laurin	Plattsburgh - Walk MS	\$5,371
14	Shalyn Docous	Albany - Walk MS	\$5,205
15	Jennifer Cadwallader	Buffalo - Walk MS	\$5,100
16	Allison Leckinger	Rochester - Walk MS	\$5,025
17	Karen Ragusa	Buffalo - Walk MS	\$4,620
18	Ronald Surdej	Buffalo - Walk MS	\$4,585
19	Nicole Burroughs	Buffalo - Walk MS	\$4,461
20	David Apkarian	Albany - Walk MS	\$3,960
21	Jeffrey Galm	Poughkeepsie - Walk MS	\$3,855
22	Kathy Birk	Rochester - Walk MS	\$3,833
23	Evan Crahen	Buffalo - Walk MS	\$3,825
24	Bryan Redick	Greece - Walk MS	\$3,760
25	Donna Richter	Binghamton - Walk MS	\$3,651
26	Gary Whitaker	Rochester - Walk MS	\$3,615
27	Suzanne Durfee	Albany - Walk MS	\$3,582
28	David Osterhout	Saratoga - Walk MS	\$3,548
29	Alex DeLorme	Poughkeepsie - Walk MS	\$3,538
30	Diana Jason	Greece - Walk MS	\$3,525
31	Jessica O'Connor	Rochester - Walk MS	\$3,415
32	Abigael Moore	Albany - Walk MS	\$3,409
33	Maureen Fisher	Corning/Elmira/Bath - Walk MS	\$3,350
34	Lynne Gross	Buffalo - Walk MS	\$3,319
35	Michelle Clark	Buffalo - Walk MS	\$3,270
36	Rose Rivers	Canandaigua - Walk MS	\$3,165
37	Dawn Nowak	Buffalo - Walk MS	\$3,160
38	Kerrie Giesen	Rochester - Walk MS	\$3,055
39	Cassandra Paupst	Poughkeepsie - Walk MS	\$3,048
40	Mary Ann Foley	Saratoga - Walk MS	\$3,045
41	Amy Barbara	Buffalo - Walk MS	\$3,009
42	Jonathan Buckley	Binghamton - Walk MS	\$3,000
42	Rachel Lawton	Binghamton - Walk MS	\$3,000
43	Sheryl Lepkowski	Albany - Walk MS	\$2,970
44	Janine Saccone	Buffalo - Walk MS	\$2,950
45	Michael Kohli	Mohawk Valley - Walk MS	\$2,931
46	John Fogg	Saratoga - Walk MS	\$2,800
47	Sue Saburro	Albany - Walk MS	\$2,795
48	Thomas Jewett	Watertown - Walk MS	\$2,771
49	Teresa Pangburn	Albany - Walk MS	\$2,701
50	Lisa Hastings	Saratoga - Walk MS	\$2,675
51	Michelle Scialdone	Greece - Walk MS	\$2,670
52	Tom Benson	Rochester - Walk MS	\$2,655
53	Marla Eglowstein	Albany - Walk MS	\$2,622

Rank	Name	SITE	Total
54	Mary Beth Leonard	Saratoga - Walk MS	\$2,610
55	Thomas Witte	Mohawk Valley - Walk MS	\$2,575
56	Gene Krist	Greece - Walk MS	\$2,535
57	Sarah Lutz	Oneonta - Walk MS	\$2,534
58	Jaclyn Stummer	Syracuse - Walk MS	\$2,527
59	Lori Almena	Poughkeepsie - Walk MS	\$2,511
60	Denise Herkey-Jarosch	Buffalo - Walk MS	\$2,478
61	Michelle Gerry	Albany - Walk MS	\$2,385
62	Diane Kelm	Poughkeepsie - Walk MS	\$2,335
62	Sheri Nichols	Watertown - Walk MS	\$2,335
63	Rich Warden	Buffalo - Walk MS	\$2,310
64	Elizabeth Ireland	Albany - Walk MS	\$2,308
65	Jessica Mitchell-Briehl	Plattsburgh - Walk MS	\$2,297
66	Joan Green	Poughkeepsie - Walk MS	\$2,279
67	Allyson Whittaker	Poughkeepsie - Walk MS	\$2,260
68	Mary Lou Coleman	Wellsville - Walk MS	\$2,251
69	Randy DeRooy	Canandaigua - Walk MS	\$2,245
70	Betsy Bartle	Rochester - Walk MS	\$2,171
71	Eleanore Pacos	Northern Chautauqua - Walk MS	\$2,166
72	Michelle Bonn	Rochester - Walk MS	\$2,165
73	Ed Drozen	Lockport - Walk MS	\$2,149
74	Anne Marie Perkins	Albany - Walk MS	\$2,125
75	Emilie McHale	Albany - Walk MS	\$2,115
76	Patricia Tormey	Corning/Elmira/Bath - Walk MS	\$2,110
77	Marissa Bushman	Canandaigua - Walk MS	\$2,060
78	Michael Hinman	Mohawk Valley - Walk MS	\$2,040
78	Careyann Ruth	Mohawk Valley - Walk MS	\$2,040
79	Arlene Andela	Mohawk Valley - Walk MS	\$2,019
80	Patti Andela	Mohawk Valley - Walk MS	\$2,015
80	Cristal Sabatini	Watertown - Walk MS	\$2,015
81	Lydia Pfeiffer	Buffalo - Walk MS	\$2,000
81	Kathy Wood	Syracuse - Walk MS	\$2,000
82	Douglas Kaleta	Rochester - Walk MS	\$1,991
83	Susan Bocchetti	Rochester - Walk MS	\$1,935
84	Brenda Irving	Syracuse - Walk MS	\$1,920
85	Nicole Lohnas	Buffalo - Walk MS	\$1,912
86	Suzanne Laese	Rochester - Walk MS	\$1,895
87	Melissa Sutherland	Buffalo - Walk MS	\$1,890
87	Laura Ryan	Syracuse - Walk MS	\$1,890
88	Joanne Andela	Mohawk Valley - Walk MS	\$1,865
89	Rebecca Low	Poughkeepsie - Walk MS	\$1,820
90	Richard Yates	Rochester - Walk MS	\$1,811
91	Elizabeth Pride	Rochester - Walk MS	\$1,808
92	Jason Hastings	Saratoga - Walk MS	\$1,770
93	Marc Mitrano	Rochester - Walk MS	\$1,750
94	Cindy LaRoe	Albany - Walk MS	\$1,740
95	Judith Pearce	Corning/Elmira/Bath - Walk MS	\$1,690
96	Judy Vinehout	Saratoga - Walk MS	\$1,654
97	Nyr Nyranonymous	Buffalo - Walk MS	\$1,643
98	Karen Doll	Buffalo - Walk MS	\$1,640
98	Frank Williams	Saratoga - Walk MS	\$1,640
99	Valerie Chakedis	Albany - Walk MS	\$1,630
100	Robin Bacon	Buffalo - Walk MS	\$1,620

# Congratulations to the 2013 Top 50 Teams Club!



These 50 teams are responsible for raising **\$449,009** (33% of the total pledges raised).  
Extraordinary work, teams!

Rank	Team Name	Team Captain(s)	Walk MS Location	Team Total
1	Waldron's Walkers	Karen Waldron	Albany - Walk MS	\$30,364
2	Paving The Way To A Cure	Guy Berberich	Buffalo - Walk MS	\$22,995
3	God's Team	Joy Toppses	Albany - Walk MS	\$19,420
4	Shooters	Cindy Williams	Saratoga - Walk MS	\$17,981
5	Team Nick and Friends	Sheri Nichols	Watertown - Walk MS	\$15,677
6	Smurfs	Sandy Laspada	Buffalo - Walk MS	\$14,216
7	Smart ALecks	Allison Leckinger	Rochester - Walk MS	\$11,470
8	Team CMD	Bobbi Jo Dwyer	Lockport - Walk MS	\$10,650
9	TEAM VANDETTA	Elaine VanAtta	Greece - Walk MS	\$10,205
10	Team PVH Cares	Doreen Poole	Canandaigua - Walk MS	\$9,948
11	MS Fight Club	Patti Andela	Mohawk Valley - Walk MS	\$9,654
12	Max Effort	Allyson Whittaker	Poughkeepsie - Walk MS	\$8,538
13	Sole Sisters and Friends	Reisha Rieder	Saratoga - Walk MS	\$7,998
14	The Searchers	Rebecca Low	Poughkeepsie - Walk MS	\$7,587
15	Adam's European Contracting	Teri-Lyn Spotswood	Saratoga - Walk MS	\$7,415
16	Team Clarix	Amber Waasdorp	Rochester - Walk MS	\$7,326
17	Sams Club	Robin Rockwell	Corning/Elmira/Bath - Walk MS	\$7,287
18	Team SRC	Laura McIlroy	Syracuse - Walk MS	\$7,127
19	NYSP Troop K	Jeffrey Galm	Poughkeepsie - Walk MS	\$6,867
20	Beta Buddies	Mary Beth Leonard	Saratoga - Walk MS	\$6,800
21	Movers and Shakers	Nicole Burroughs	Buffalo - Walk MS	\$6,761
22	Keep on Moving	Denise Herkey-Jarosch	Buffalo - Walk MS	\$6,568
23	Shelley's Crew for the Cure	Patti Feeney	Binghamton - Walk MS	\$6,477
24	Gray Matter	Steven Gray	Lockport - Walk MS	\$6,442
25	Team Ingram	Ronald Surdej	Buffalo - Walk MS	\$6,330
26	Team Tom	Cheryl Martin	Watertown - Walk MS	\$6,311
27	Hands For HOPE - HOPE For A Cure	Sarah Lutz	Oneonta - Walk MS	\$6,306
28	Greg's Team Arcade Center Farm	Jeannine Fox	Batavia - Walk MS	\$6,179
29	Oakley's Trotters	Kimberly Miller	Albany - Walk MS	\$6,150
30	Walking with Ragusa	Karen Ragusa	Buffalo - Walk MS	\$6,120
31	Just keep smyelin	David Apkarian	Albany - Walk MS	\$6,015
32	Sam's Club	Azalea Dennis	Binghamton - Walk MS	\$6,010
33	MS Destroyers	Bryan Redick	Greece - Walk MS	\$5,966
34	Sneakers for Success Against MS	Suzanne Durfee	Albany - Walk MS	\$5,807
35	Kathy's Crew II	Don Young, Kathleen Weider	Rochester - Walk MS	\$5,747
36	Warden's Walkers	Rich Warden	Buffalo - Walk MS	\$5,610
37	Bink's Bravehearts	Julie Bink	Albany - Walk MS	\$5,593
38	Meg's MS Mission	Devon Luty- Swenson	Poughkeepsie - Walk MS	\$5,587
39	Fishtoon Day	Maureen Fisher	Corning/Elmira/Bath - Walk MS	\$5,573
40	Team Docous	Larinda Garrity	Albany - Walk MS	\$5,505
41	MS PubCrawl	David Giunta	Rochester - Walk MS	\$5,448
42	MS Warriors	Cassandra Paupst	Poughkeepsie - Walk MS	\$5,408
43	Sam's Club 6456	Nicole Laurin	Plattsburgh - Walk MS	\$5,376
44	Team NYCM	Kathleen Dennin		\$5,372
45	Balloon Crew	Susan Zanghi	Northern Chautauqua - Walk MS	\$5,306
46	Michelle's Supporters	Michelle Clark	Buffalo - Walk MS	\$5,247
47	David's Angels	Carol Osterhout	Saratoga - Walk MS	\$5,233
48	Kelly's Crew for the Cure	Kelly Ryck	Rochester - Walk MS	\$5,171
49	Paychex, Inc.	Teressa Davis	Rochester - Walk MS	\$5,063
50	Saccone's Supporters	Janine Saccone	Buffalo - Walk MS	\$4,995

# Volunteers don't just do the work, they make it work!

*Many volunteers not only give of their time and talent, but choose to raise funds.*

Volunteers are at the core of our events. Their help, support and enthusiasm truly make Walk MS happen. We can't thank the 500+ volunteers enough who showed up on the day of Walk MS to ensure that things ran smoothly, from set up, to clean up and all the jobs in between. Not only did these volunteers execute Walk MS flawlessly, they also raised nearly \$8,000 to help create a world free of MS.

The Upstate New York Chapter would also like to take a moment to thank your fantastic planning taskforces. A planning taskforce is made up of local volunteers who want to help plan Walk MS. They begin their planning in January and partner with the National MS Society staff to help make Walk MS happen. Their help is invaluable as they have ties to local community members and businesses that we can call upon to donate, sponsor and walk. We would like to give a shout out to our planning taskforces at the following sites:

Batavia	Oneonta
Binghamton	Plattsburgh/North Country
Canandaigua	Poughkeepsie
Corning/Elmira/Bath	Rochester
Greece	Syracuse
Jamestown	Watertown
Mohawk Valley	Wellsville
Northern Chautauqua	

We are always looking to form taskforces and expand membership in the areas we already have standing taskforces. Please contact your local campaign manager if you would like to join or start a taskforce.

NATIONAL MS SOCIETY UPSTATE NEW YORK CHAPTER

**MS SERVICEDAY**  
WHAT A DIFFERENCE A DAY MAKES

**OCTOBER 5, 2013**

MS Service Day is a community outreach initiative of the National Multiple Sclerosis Society Upstate New York Chapter, made possible with the help of community sponsors, local businesses and volunteers. Teams of volunteers go into homes of those living with multiple sclerosis, roll up their sleeves and get to work doing chores, light household repairs and yard work.

Are you interested in getting involved as a volunteer or sponsor?

Contact us at 1-800-344-4867 (press option #2) or email [nyrMSserviceday@nmss.org](mailto:nyrMSserviceday@nmss.org)



# A Special Thank You to the Walk MS: 2013 Sponsors!

## Champion



## Presenting



## Movement



## Mission Possible



## Contributor

- |                            |                            |                                       |                   |
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| Bradford Hall              | Ernst & Young              | All Pro Parking                       | Quest Diagnostics |
| Ferguson Electric          | Excellus Health Plan, Inc. | Chobani                               | Main Mobility     |
| Bangs                      | Slocum-Dickson             | Lockport Locks and Erie Canal Cruises | Lockport Locks    |
| Capello Salon              | SRC, Inc.                  |                                       |                   |

## Media





**National  
Multiple Sclerosis  
Society  
Upstate New York  
Chapter**

1650 South Avenue, Suite 100  
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## **MS Stops People From Moving.**

*We don't stop trying to find a cure!*

*Check out upcoming events to help support the work of our chapter year-round.*

walk  
*Save the Date*

**Walk MS: 2014**

Walk MS 2014 will be on **May 4\***. Mark your calendar now and join us again at the rallying point of the MS movement.

*\*There may be a few sites that will take place on a different day. A complete list of dates and locations will be available in October, along with 2014 registration information.*

Find more information about online fundraising, Walk MS teams and fundraisers on our website [www.msupstateny.org](http://www.msupstateny.org) or "like" us on Facebook (Walk MS Upstate)!

**facebook**