



FootNotes 2014



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Multiple Sclerosis
Society
Upstate New York
Chapter

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Team Aero Cares and their four-legged friends at Walk MS: Jamestown.

Walk MS Results: WE'RE ALMOST THERE!

Each year, Walk MS participants strive to raise as much funds as possible to support the mission of the National MS Society and to bring us closer to our vision of a world free of MS. This year is no exception. Across our 19 walk sites and among almost 12,000 participants, Walk MS has raised a colossal 1.3 million dollars! All your hard work has paid off, we have raised 93 percent of our goal. We can't thank you enough for all you've done to bring us to this point. But don't stop now! Make sure we reach this year's goal by continuing to fundraise or collecting outstanding donations and then sending them in today!

As of
August 14, 2014,
you have raised
\$1,342,820!
(\$1.433 Million Goal)

Save the Date for Walk MS: 2015

Mark your calendar for Walk MS: 2015 on Sunday, May 3. Some locations will have a different date, so be sure to check out a complete listing of locations and dates on our website (walkMSupstateny.org) in October when 2015 registration opens.

What Your Contribution Will Provide

Your .50 cent donation a week (\$26) provides:

- ▶ Support of a home for MS Service Day.
- ▶ Adaptive equipment for the home such as grab bars and kitchen equipment.
- ▶ Financial assistance to purchase a cane to help improve mobility.
- ▶ Access to an 800 number to allow individuals with MS and family members free access to a highly trained MS Navigator to assist them with their specific needs.

Your \$1.00 donation a week (\$52) provides:

- ▶ Newly diagnosed support services.
- ▶ Transportation to a monthly social support program.

- ▶ Access to a free monthly teleconference educational series.
- ▶ Access to over 60 booklets and brochures available to people with MS and their families.

Your \$5.00 donation a week (\$260) provides:

- ▶ An air conditioner for someone who is unable to manage the symptoms of MS during the summer due to rising temperatures.
- ▶ Three sessions of rehabilitation therapy sessions.
- ▶ Care management services.
- ▶ Transportation to medical appointments.
- ▶ Assistive technology including speech recognition software.

Thank You

A Message from our Chapter President



Stephanie Mincer, Chapter President

Despite the rain at Walk MS: 2014, I was energized by the teams and individuals that rallied together toward a common goal: to put an end to multiple sclerosis. I witnessed so many people battling through the elements — the cold, the wind, and the rain — to take steps toward a world free of MS. Thank you to everyone who participated in Walk MS!

Yet, as the event started, I could not help but think of the thousands of people in Upstate New York who face a similar battle with the symptoms of MS — people who push through pain, fatigue, and other challenges to face the day ahead. So, for the families affected by the daily challenges of multiple sclerosis, we remain committed to funding cutting-edge research and providing crucial programs to someday say goodbye to MS forever.

I am so encouraged by the progress we continue to make in research. In a recent research update which I received, I learned that a team funded by the National MS Society has shed new light on immune cells known as macrophages, and how one type of these cells may play a significant role in launching damage in MS. This may open up possibilities for developing therapies that target the bad cells and spare the good cells. These kinds of discoveries bring us closer to understanding the disease so that researchers can find treatments and a cure.

Together, we can make a difference! Please join me as we continue to support promising research toward stopping the disease in its tracks, restoring lost function, and ending MS forever. We are about \$100,000 away from our goal this year. It's not too late to take a stand against the challenges of MS! Visit MSupstateny.org to make a donation today. In the end, it is all of you — and your hard work — that will help us reach our ultimate goal of finding a cure for MS!



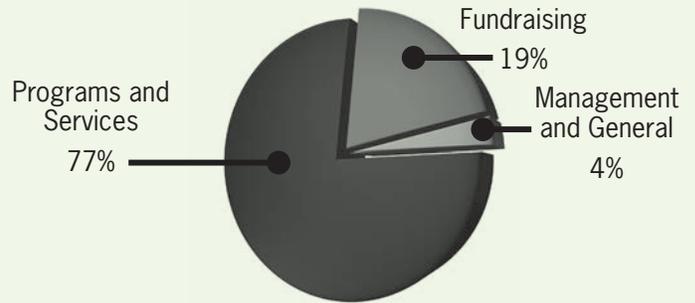
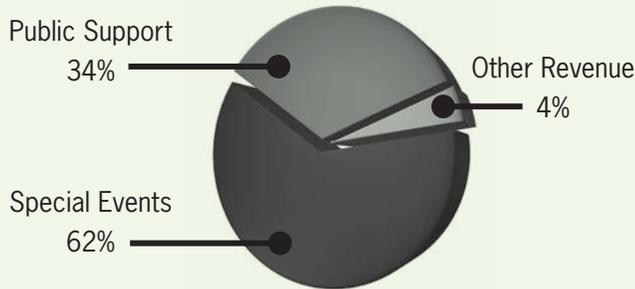
Jennifer Sims of Walk MS: Canandaigua team, Team PT is ready for action!



Gray skies didn't keep members of Walk MS: Jamestown team NMO from smiling!

Financial Report

The National Multiple Sclerosis Society Upstate New York Chapter, Inc.
October 1, 2012 through September 20, 2013



Support, Revenue, and Special Events

Special Events	\$1,945,462
Public Support	\$1,047,181
Other Revenue	\$120,244
Total	\$3,112,887

Expenses

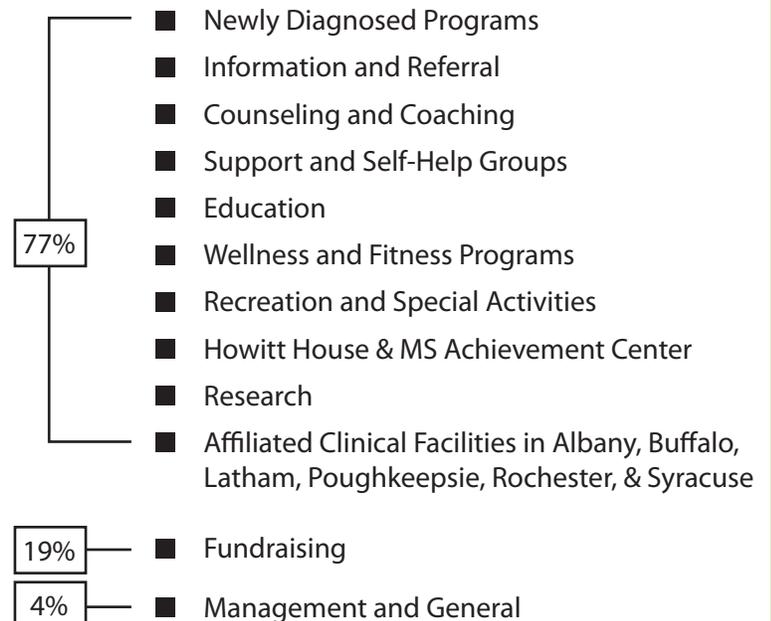
Programs and Services	\$2,402,700
Fundraising	\$629,860
Management and General	\$105,075
Total	\$3,137,635

Net Operations (24,748)

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 and Rochester, New York.



WALK HIGHLIGHTS

Line of Hope: A New Walk MS Tradition

The smiles were from ear to ear, or rather: line to line. A few tears were likely present too in the midst of the rain and drizzle at Walk MS 2014. This year our Albany and Syracuse sites debuted a new Walk MS tradition: the Line of Hope. This Line is a place for walkers to share why they connect and dedicate their steps.

At Long Branch Park in Syracuse, the Line of Hope consisted of a few clothes lines strung up on trees along the registration line. As walkers passed the time in line, they read the messages and shared their personal stories. We saw messages for moms, dads, aunts, uncles, coworkers, siblings, and friends.

In Albany at the Crossings of Colonie, the Line of Hope turned into the Wall of Hope to accommodate the weather. The Wall of Hope was placed under the mission and advocacy tent. This provided a safe place for friends and strangers to cry and laugh and share together. Children walking for their parents, parents walking for their children, and neighbors rallying in support around each other were just a few of the common themes among the messages.

In both locations, there was no doubt that the Line of Hope gave people something to talk about: everyone was buzzing with conversations about what they saw and what they wrote. The messages and conversations created a beautiful sense of community for everyone. The Line of Hope reminds us that, when walk together, we are stronger and every connection we make is the fuel that will help us end MS forever. Be on the lookout for the Line of Hope at Walk MS 2015!



Walk MS: Syracuse participants display their reason for walking on the MS 'line of hope'.



Volunteers worked to decorate the 'line of hope' at Walk MS: Albany.



A Walk to Remember



Community, making connections, and caring for one another are the highlights of Walk MS. That was definitely the theme at this year's Walk MS: Binghamton. Longtime Society supporters and top fundraising team, Team Donna, was in for quite the surprise this year! The night before the walk,

team captain Donna Richter received a phone call from her daughter's boyfriend Tom Corcoran. Tom asked permission to propose to Donna's daughter, Kelly Richter, at Walk MS. Although Tom had already asked for Kelly's hand in marriage a few weeks prior, Donna had no idea he planned to do the actual proposing during the walk. Donna explained, "It meant so much to me that Tom proposed to Kelly at Walk MS. She has been one of my greatest supporters and this walk is so important to our family. It was such a fairytale and the most special thing that could have happened." Kelly and Tom are now happily engaged and planning their wedding. For Team Donna, this year's trip to Otsiningo Park was definitely a walk to remember!

Mission Possible

Nothing is impossible for our 'Mission Possible' fundraisers!

Each year we honor those individual fundraisers who reach the milestone of raising \$1 per person living with MS in our chapter (12,800+), and those teams that raise \$2 per person living with MS in our chapter. These remarkable supporters of the mission to end MS are shining examples of how hard work and determination can have a direct impact on the lives of those living with MS. 'Mission Possible' fundraisers make it possible for the Society to fund programs and services and fuel critical research to find a cure. Thank you and congratulations to all those who have attained 'Mission Possible' status in 2014!

Individuals:

Karen Waldron: \$30,968.00

Joy Toppses: \$17,455.00

Teams:

Waldron's Walkers: \$34,343.00

Paving the Way to a Cure: \$26,600.00



Each individual and team that reaches 'Mission Possible' level will receive a specially designed award to commemorate their tremendous achievement (pictured here).

Walk MS Traveling Trophy Grows Roots

Every year after Walk MS fundraising totals have been finalized, the Walk MS Traveling Trophy is shined up and offered to the top fundraising team for safe keeping. The team's name and total is engraved into the base of the trophy as a reminder of their awesome accomplishment of being named the #1 team in Upstate New York!

For the third year in a row, Karen Waldron, Upstate New York Chapter Board Chair and Walk MS team captain, accepted the Traveling Trophy on behalf of her team, Waldron's Walkers. She and her team raised an impressive \$34,000.00, vaulting them to the top of our list in 2014. What's even more impressive is that since the trophy has been in their possession, the team has successfully raised close to \$94,000 for the National MS Society. Congratulations Waldron's Walkers! We can't wait to see what you'll accomplish next year – keep up the great work!



Team captain Karen Waldron and her mother and teammate Sylvia D'Aprile pose with Walk MS supporter Jason Schewe, General Manager of Delmonico's in Albany, NY.

Walk MS Memories!



Walk MS: Northern Chautauqua team, Balloon Crew.



Young Evelyn Levitt of team Greg's Gang enjoys some time on the slide at Walk MS: Rochester which she and her family attend in memory of her grandfather Greg.



The cold didn't stop participants from coming out to Walk MS: Batavia.



The Ghostbusters had some fun showing off their ghost-catching skills at Walk MS: Rochester.



Team Funk-a-Doodle shows their spirit and excitement for Walk MS: Greece.



Our amazing rest stop volunteers show their excitement at Walk MS: Canandaigua.



Mohawk Valley team members of Team Servatius sell raffle tickets for a cure!



Showing 'Giant' support and enjoying a chilly day at Walk MS: Plattsburgh!



Walk MS: Buffalo participants beat the rain by wearing ponchos as they pose for a photo in front of Buffalo's city hall.



There were sunny skies, furry characters from Hi-4 Entertainment, and music from Storm DJs to keep the crowd moving at the Culinary Institute of America for Walk MS: Poughkeepsie.



Michelle Clark, team captain of team Michelle's Supporters, and her mother, Virginia Wilmot, show off the bears they sell to raise money for Walk MS: Buffalo!



Members of Smiles Unlimited, Smiles for Rachel couldn't be stopped by the cold--it was a team effort completing Walk MS: Albany!



Walkers enjoying a sunny day at Walk MS: Wellsville!



It is never too early to stand up against MS. These little Watertown walkers contemplate playing in puddles before they put their rain boots forward to walk for the cause!



Binghamton University a capella group No Strings Attached entertained walkers at Otsiningo Park at Walk MS: Binghamton.



A sea of orange and green gathers at Long Branch Park to walk together in a joint effort to create a world free of MS in Syracuse, NY.



Walk MS fundraisers gather for a puppy parade at Dwyer Stadium at Walk MS: Batavia.



Walk MS team Wacky Wheatons dressed to the nines at Walk MS: Corning!



This Walk MS: Greece registration volunteer is excited to welcome walkers!



This Walk MS: Lockport volunteer proudly displays some of the great items for sale at Walk MS: 2014!



Volunteer Betty Calkins gets some help from her husband John as she sells basket raffle tickets at Walk MS: Binghamton.



Inside Saratoga Casino & Raceway, volunteers worked hard to get everyone registered at Walk MS: Saratoga.



Thanks to the Walk MS: Southern Chautauqua task force, community members in Jamestown banded together to create this fantastic window display to raise funds and awareness for Walk MS!



Walk MS: Lockport banner of hope.



Members of a new team, Team Mackey, enjoyed the view and relaxed by the pond in Neahwa Park at Walk MS: Oneonta.

Walk MS: 2014 TEAM STATS

Walk MS: 2014 has a total of 1,118 teams.

10,204 team members got together this year (an average of 9 members per team).

Team Mackey at Walk MS: Oneonta was the largest team with 108 members.

This year our teams asked for and received over 18,600 individual donations!

And last but certainly not least, Walk MS: 2014 teams raised a total of (...drum roll please)

\$1,197,266!

This was 89% of the total raised at Walk MS! Great job, teams! We couldn't have done it without you!

TEAM TYPES:

Friends and Family - 932

Corporate Teams - 35

Other - 151

ONLINE FUNDRAISING IN 2014:

\$581,445.17 was raised online this year and \$528,366.33 of it was collected by teams. That's almost 91% of all online pledges!

TOP 5 TEAMS THAT RAISED THE MOST FUNDS ONLINE:

- Team Boucher MS Scwalkers (Saratoga): \$12,665
- #MSSUCKS (Lockport): \$9,915
- Shooters (Saratoga): \$8,636
- Smart Alecks (Rochester): \$6,395
- Max Effort (Poughkeepsie): \$6,299

MATCHING GIFT FUNDRAISING IN 2014:

Our walkers raised an additional \$36,281.17 in matching gifts!

We would like to give recognition to a few teams that really increased their fundraising with matching gifts this year...

TOP 5 TEAM MATCHING GIFT TOTALS:

- Waldron's Walkers (Albany): \$11,040
- Shooters (Saratoga): \$4,475
- Team Vandetta (Greece): \$2,440
- Sole Sisters and Friends (Saratoga): \$1,850
- Team Ghiandoni (Buffalo): \$1,350

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 support for Walk MS: 2014

MS Pub Crawl

The MS Pub Crawl started with a group of friends who wanted to create a unique way to raise money for the National MS Society. For this reason, nine years ago, the MS Pub Crawl was born. Building on the success of the MS Pub Crawl, the team has created a second event called the MS Bocce Bash – now in its third year. Due to demand, they are also adding a Corn Hole Tournament to the bash, and there will be a live DJ and band who have donated their time. All information about the MS Bocce Bash (and team sign-up pages) can be found at www.msbocebash.org. To date, the success of the events by this group of friends has led to more than \$85,000 in donations to the National MS Society Upstate New York Chapter!

Team Tom

In Watertown, Team Tom makes fundraising a family affair, but they also make sure to have a lot of fun too. Starting in September, the team organizes their annual BBQ – cooking together for days to prepare for the large crowds that attend. At the BBQ there is a silent auction, 50/50 raffle, and music. This year's BBQ raised almost \$5,000, but they didn't stop there. The team also organized two trips to the Akwesasne Mohawk Casino, renting a bus and charging a small ticket fee to attend. Everyone who rides the bus also gets vouchers for the casino and a chance to win their money back. On the bus they play bingo and raffle off door prizes from different businesses like Texas Roadhouse and Red Lobster. The casino trips racked in almost \$2,000 this year! Even with their two big events, team members also made time to throw purse parties and candle parties rounding out their final total of \$7,132.

Cindy's Crew

We welcome more than 100 teams to our 19 Walk MS locations across Upstate New York. All of our teams work incredibly hard to raise funds as part of our quest toward a world free of MS. One of these stellar teams is Cindy's Crew, led by the incredibly passionate Shianne Snyder at Walk MS: Northern Chautauqua. Shianne starts by going door to door to ask businesses to donate funds to her team. This year, Shianne's team raised \$1,747!

Saccone Supporters

In their second year at Walk MS: Buffalo, Saccone's Supporters have raised \$6,630.00 for the programs, services, and research that Walk MS helps fund. Team captain Janine Saccone beat her goal by throwing one heck of a fundraiser! The event hosted dinner, drinks, live entertainment, and a stellar basket raffle. The event was so successful that they are currently looking for a new venue as they have officially outgrown their previous venue. Janine and her team are already hard at work planning next year's wraparound event. Walk MS can expect big things from Saccone's Supporters in the years to come!

MS Fight Club

Without a doubt, there is a special recipe when it comes to fundraising. The recipe calls for two heaping handfuls of hard work, a ton of dedication, and a whole lot of creativity. That is definitely the case when it comes to MS Fight Club from Walk MS: Mohawk Valley. This team works year round to meet their goal of \$9,000! MS Fight Club bundles up and embraces the cold every February with their annual Snowmobile Party. The event has races, games, raffles, massages and a

lot of food! What do they do the rest of the year? That is where the special recipe comes in: Co-team captain Arlene Andela puts her baking hat on and sells baked goods all around town.

Team Docus

Each year we have new faces and familiar ones, all coming together to do what they can to create a world free of MS. One team at Walk MS: Albany, Team Docus, has been participating for years. That didn't stop them from doing something a little different to raise funds in 2014. The weekend before Walk MS, Shalyn and some of her team members held an event to Zumba and dance their way towards a world free of MS. Shalyn said, "There were several people there with loved ones with MS and this event made everyone feel like they were making a difference."

They brought their spirit, enthusiasm, and Zumba outfits with them to Walk MS, and they look forward to making their wrap around event an annual one.

Smurfs

A team doesn't depend on one person to do all of the fundraising. Many teams depend on minifundraisers to build support. This is the case with Team Smurfs of Walk MS: Buffalo. Michele Amoia's third grade class at JT Waugh Elementary School in the Lakeshore Central School District worked hard to raise funds for Team Smurfs. During the month of May, these incredibly driven students traveled from classroom to classroom selling Walk MS footprints.

As if the fundraising wasn't enough, these kids also made regular school announcements to teach their classmates about MS. They prove that you don't have to be a corporate tycoon to raise funds.

Corporate Teams & Volunteers

Forming a corporate team is a great 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 some of our hard-working corporate teams in 2014!

Target

Walk MS couldn't happen without our amazing groups of volunteers who dedicate their time to making our events special. It is especially fun for us when corporate co-workers come together for a day of fun to help at our events. The Vestal Target employees joined us at Walk MS: Binghamton this year for a day of giving back to their community. Team captain Heather Bryant said that she had the most employee involvement for Walk MS than for any other event in which they have participated. The team helped with taking photos, working the concession stand, and registration. We can't wait to work with them again next year!

Kohl's

Although we like to plan ahead, sometimes securing volunteers happens last minute. Just a few days before Walk MS: Mohawk Valley, Gina Vandenberg from Kohl's in New Hartford gathered a dedicated group of co-workers and family members to volunteer at the event. Despite the rain and cool weather, the Kohl's staff ran the parking area and rest stops. Thank you Kohl's!



DWM

DWM Facilities joined the movement at Walk MS: Albany for the first time this year, thanks to the suggestion from their employees! Team captain Joe Fairley and the

rest of the DWM Cares crew showed their creative sides while raising funds for their team. At their annual conference, they held a black jack contest in which every time the house won, they donated \$25 toward the team goal – talk about a FUNdraising winner! The DWM Cares participants and their families showed up with bells (and boas!) on to show their support, despite the cool rainy day. In their first year with Walk MS, their 20 members raised more than \$1,000 and the company contributed \$500 in sponsorship. We are looking forward to what creative costumes and ideas this community partner has for next year. Thanks DWM Facilities Maintenance for your enthusiasm and support in 2014!

Morgan Stanley

There are no borders when it comes to large corporations gathering their offices together to create a large footprint on the Walk MS pavement! That was certainly the case this year with one of our newest corporate teams, Morgan Stanley. Albany team captain Ashley Bia motivated her office to bring in more than \$1,400 for the cause. In Syracuse, team captain Linda Goyer encouraged colleagues, families, and friends to sport Morgan Stanley team t-shirts and join together to stand up for the fight. The Syracuse office raised nearly \$1,600. Collectively, Team Morgan Stanley raised almost \$3,000 across the chapter!

Delta Engineering

Delta Engineering in Binghamton is known for their prize-winning work in engineering, architecture, and land surveying, but they are known in our book as a corporate team that knows how to step up to the starting line. This year was Team Delta's first year participating in Walk MS. They kicked off their fundraising with an office jump start party, coin collecting

at the front desk, and sporting the Walk MS yard signs in front of their office building. Kelcie Bimmler took over the team captain role half way through fundraising and helped her 17 member team surpass their goal and raise a total of \$2,196. Way to go Team Delta!

Key Bank

Throughout Western New York, the 73 branches that make up Key Bank sold Walk MS pin-ups for \$2 and \$5 donations during MS Awareness Week. Cumulatively, the branches were able to raise more than \$2,000 in their first year! Not only did they work hard to spread awareness and raise funds, but they also volunteered at Walk MS: Buffalo at the registration tent. Because of them, our lines ran smoothly and they were a "key" part to the Buffalo site beating its goal.

NYCM

New York Central Mutual is no stranger to Walk MS. The company has been participating in Walk MS in Mohawk Valley and Binghamton for several years. NYCM is a proud supporter of Walk MS as a Mission Sponsor. Plus, employees of NYCM work year round to raise money for Walk MS, and this year they raised \$5,059. Long time Walk MS supporters Charlotte Calkins and Sue Barrett volunteered their time before, during, and after the event with their friends, coworkers, and family members. Thank you New York Central Mutual for your long-time support of Walk MS.



FIRST TIME Fundraising Success Stories

*These first-year fundraising teams hit the ground running in 2014!
If you have a story to share, please e-mail us at nyrevents@nmss.org.*

Strides for Scrappy

On June 22, Walk MS: Rochester team Strides for Scrappy held a euchre tournament that raised \$1,165. The event was so successful in its first year, with nearly 35 participants, that Strides for Scrappy looks forward to having the euchre tournament annually!

Team WW

Family & Friends

Beth Russo found out that one of her friend's husbands was diagnosed with MS, which inspired her to participate in Walk MS: Corning. She pitched the idea to her Weight Watchers group, making sure to use the exercise and health benefits to her advantage. She found out that members of her group were living with MS and no one knew. After that, more people started to talk about their friends and family that also were living with MS. At that point, Beth decided that they should make a team with their friends and family to fundraise for Walk MS. They created the team WW Family & Friends. In their meeting room, she hung a sheet of paper for people to add names of those for whom they were walking. That list, although longer than expected, was a constant reminder of why they were working so hard. The team grew to 65 members and raised nearly \$3,700 in donations for Walk MS in their first year! Beth looks forward to Walk MS next year and has already started brainstorming ways to improve their fundraising efforts.



Team WW Family & Friends.

Mari's Candy Nails

New to Walk MS: Buffalo, The Cordero Family/ Mari's Candy Nails burst out of the Walk MS gate with lots of energy! Team captain Maria Melendez stayed up past midnight making granola, chocolate suckers, candy, chocolate covered apples, and much more. All items were individually wrapped, tied with an orange bow, and sold to help raise funds for their new team. The team walks for her uncle and has proved that you don't have to have a lot of money to raise funds and awareness for multiple sclerosis. All you need is passion and the love of your family. They are already planning fundraisers for the summer and fall! Maria's credo is: "I was given a voice and can't remain silent. It's up to us to spread the word and make people aware of MS and the National MS Society." Their team raised \$1,119.00 in its first year.



The Cordero Family/Mari's Candy Nails selling goodies at Walk MS: Buffalo.

Team Jackie

Starting a new team for your first year at Walk MS can be challenging, but Barbara Bessey didn't let that stop her. Barbara's mother, Jackie, was diagnosed with multiple sclerosis in 2013, but the team wasn't sure if they were ready to hit the pavement at first. This year, however, Barbara was ready to start walking. Barbara said, "I wanted to do something nice to support my mother." In their first year, Barbara gathered her family members and the team raised \$526. Barbara said they had a great time at Walk MS and are looking forward to making Walk MS a yearly tradition!

Hanover's Heroes

First time Walk MS: Syracuse team Hanover's Heroes set out to raise \$300 but had so much momentum they raised \$2,040! Never doing anything small, this team came sporting their St. Patty's Day gear, setup a tailgating tent, and brought lots of food to share.



Hanover's Heroes at Walk MS: Syracuse.

Gidget's Gang

Stephen Whipple, the son of team captain Elaine Stefani, lives in Maui, Hawaii. He is a spin instructor at the Maui Powerhouse Gym. Stephen held a special spin class that was called the Sugar Bowl Spin, based on the name of the restaurant the Stefani family used to own in Albion, NY. Through this class, members reserved a bike and raised \$4,000 worth of donations for Elaine's first year Walk MS: Batavia team, Gidget's Gang! The gym plans on making this an annual event to benefit the team.

Team Juliekins

At Walk MS, we receive new teams every year. Some teams come on the scene with great ambition and make new waves as first-time fundraisers. This was certainly the case with team captain Natalie Golubski's team, Juliekins. Breaking their \$1,000 goal, Juliekins raised a whopping \$6,268! How did they do this on their first year? Natalie worked hard to organize two 50/50 raffle drawings and a Chinese auction with more than 130 baskets, all of which were donated. Welcome Natalie and the rest of Team Juliekins! We are psyched that you Joined the Movement!

Congratulations to our Top 100 Club members!



Congratulations to the 2014 Top 100 Club. These 100 people raised an amazing **\$359,305** (27% of the total pledges raised). Thank you so much for all your hard work!

Rank	NAME	SITE	TOTAL
1	Karen Waldron	Albany	\$30,968
2	Joy Toppses	Albany	\$17,455
3	Mark Boucher	Saratoga	\$11,310
4	Bobbi Jo Dwyer	Lockport	\$10,900
5	Lisa Capizzi	Greece	\$7,265
6	Cindy Williams	Saratoga	\$7,155
7	Reisha Rieder	Saratoga	\$7,145
8	Doreen Poole	Buffalo	\$6,722
9	Ronald Surdej	Buffalo	\$6,344
10	Roy Simmons	Greece	\$5,565
11	Greg Milks	Batavia	\$5,451
12	Michelle Clark	Buffalo	\$5,343
13	Elaine Stefani	Batavia	\$5,299
14	Susan Horn	Albany	\$5,240
15	David Giunta	Rochester	\$5,142
16	Catherine DeLuca	Binghamton	\$5,092
17	Douglas Brown	Jamestown	\$5,000
18	Donna Richter	Binghamton	\$4,805
19	Allison Leckinger	Rochester	\$4,800
20	Karen Ragusa	Buffalo	\$4,795
21	Thomas Jewett	Watertown	\$4,757
22	Kimberly Miller	Albany	\$4,600
23	Richard Yates	Rochester	\$4,143
24	John Fogg	Saratoga	\$4,110
25	Teresa Pangburn	Albany	\$4,055
26	David Osterhout	Saratoga	\$3,924
27	Sheryl Lepkowski	Albany	\$3,920
28	Nicole Burroughs	Buffalo	\$3,615
29	Margaret Goodman	Buffalo	\$3,452
30	Jennifer Cadwallader	Buffalo	\$3,450
31	Mary Ann Foley	Saratoga	\$3,375
32	Maureen Fisher	Corning/Elmira/Bath	\$3,340
33	Dawn Nowak	Buffalo	\$3,305
34	Kathy Birk	Rochester	\$3,301
35	Rose Rivers	Buffalo	\$3,233
36	Sue Saburro	Albany	\$3,192
37	Nicole Lohnas	Buffalo	\$3,124
38	Lynne Gross	Buffalo	\$3,105
39	Thomas Witte	Mohawk Valley	\$3,030
40	Lori Almena	Poughkeepsie	\$2,920
41	Susan Bocchetti	Rochester	\$2,910
42	Rich Warden	Buffalo	\$2,895
43	Joan Green	Poughkeepsie	\$2,884
44	Amy Barbara	Buffalo	\$2,845
45	Marla Eglowstein	Albany	\$2,723
46	Denise Herkey-Jarosch	Buffalo	\$2,671
47	Gene Krist	Greece	\$2,640
48	Arlene Andela	Mohawk Valley	\$2,635
49	Patti Andela	Mohawk Valley	\$2,635
50	Jennifer McKenzie	Corning/Elmira/Bath	\$2,610

Rank	NAME	SITE	TOTAL
51	Linda Folkers	Corning/Elmira/Bath	\$2,590
52	David Apkarian	Albany	\$2,525
53	Angela Wheaton	Corning/Elmira/Bath	\$2,500
53	Alex DeLorme	Poughkeepsie	\$2,500
55	Kerrie Giesen	Rochester	\$2,470
56	Allyson Whittaker	Poughkeepsie	\$2,383
57	MacKenzie Brown	Canandaigua	\$2,380
58	Diana Jason	Greece	\$2,337
59	Alisa Langer	Plattsburgh	\$2,300
60	Suzanne Durfee	Albany	\$2,262
61	Betsy Bartle	Rochester	\$2,260
62	Joel Ghiandoni	Buffalo	\$2,235
63	Melissa Sutherland	Buffalo	\$2,185
64	Marybeth Leonard	Saratoga	\$2,065
65	Cindy LaRoe	Albany	\$2,031
66	Deb Tavares	Corning/Elmira/Bath	\$2,020
67	Joellen Lubanski	Canandaigua	\$2,000
67	Cristal Sabatini	Watertown	\$2,000
69	Jill Novak	Buffalo	\$1,980
69	John Rajter	Saratoga	\$1,980
71	Hilary Gamble	Syracuse	\$1,955
72	Marissa Bushman	Canandaigua	\$1,915
72	Diane Kelm	Poughkeepsie	\$1,915
72	Cassandra Paupst	Poughkeepsie	\$1,915
75	Amy Wells	Plattsburgh	\$1,913
76	Sheri Nichols	Watertown	\$1,905
77	Dana Guagliardo	Buffalo	\$1,895
78	Marcia Fishman	Poughkeepsie	\$1,890
79	Eleanore Pacos	Northern Chautauqua	\$1,877
80	Tammy Apkarian	Albany	\$1,875
81	Amy Aeckerle	Rochester	\$1,862
82	Kimberlee Gottschalt	Saratoga	\$1,850
83	Esmeralda Sierra	Buffalo	\$1,825
83	Jill Wroblewski	Buffalo	\$1,825
85	Tara Chapman	Corning/Elmira/Bath	\$1,770
86	Lori Cammett	Saratoga	\$1,725
87	Gabe Cinquegrana	Canandaigua	\$1,715
87	Lisa Smith	Corning/Elmira/Bath	\$1,715
89	Patricia Tormey	Corning/Elmira/Bath	\$1,700
89	Krissy Welch	Syracuse	\$1,700
91	Monica Kerr	Canandaigua	\$1,695
92	Rebecca Low	Poughkeepsie	\$1,690
93	Judith Pearce	Corning/Elmira/Bath	\$1,645
93	Robert Park	Rochester	\$1,645
95	Michael Hinman	Mohawk Valley	\$1,635
96	Molly Linehan	Canandaigua	\$1,625
96	Nadine Compisi	Rochester	\$1,625
98	Brenda Irving	Syracuse	\$1,610
99	Debra Matusiak	Watertown	\$1,600
100	Careyann Connors	Mohawk Valley	\$1,595

Congratulations
to the 2014
Top 50 Teams Club!



These 50 teams raised
\$415,201 (31% of the
total pledges raised).
Congratulations to all those
that made the list!

Rank	Walk MS Location	Team Name	Team Captain	Team Total
1	Albany	Waldrons Walkers	Karen Waldron	\$34,343
2	Buffalo	Paving the Way to a Cure	Guy Berberich	\$26,600
3	Saratoga	Shooters	Cindy Williams	\$19,371
4	Albany	God's Team	Joy Toppses	\$17,525
5	Saratoga	Team Boucher MS Swalkers	Mark Boucher	\$16,065
6	Lockport	#MSSUCKS	Bobbi Jo Dwyer	\$10,900
7	Poughkeepsie	Max Effort	Allyson Whittaker	\$10,513
8	Buffalo	Team PVH Cares	Doreen Poole	\$10,365
9	Watertown	Team Nick and Friends	Sheri Nichols	\$9,552
10	Mohawk Valley	MS Fight Club	Patti Andela	\$9,102
11	Buffalo	Walking With Ragusa	Karen Ragusa	\$8,665
12	Rochester	Smart ALecks	Allison Leckinger	\$8,456
13	Greece	TEAM VANDETTA	Elaine VanAtta	\$8,210
14	Saratoga	Sole Sisters and Friends	Reisha Rieder	\$7,935
15	Poughkeepsie	The Searchers	Rebecca Low	\$7,874
16	Buffalo	Team Ingram	Ronald Surdej	\$7,766
17	Binghamton	Shelley's Crew for the Cure	Patti Feeney	\$7,499
18	Albany	Bink's Bravehearts	Julie Bink	\$7,401
19	Buffalo	Smurfs	Sandy Laspada	\$7,231
20	Rochester	MS PubCrawl	David Giunta	\$7,217
21	Batavia	Gidgets Gang	Elaine Stefani	\$7,184
22	Watertown	Team Tom	Cheryl Martin	\$7,132
23	Albany	Oakley's Trotters	Kimberly Miller	\$6,850
24	Lockport	Gray Matter	Steven Gray	\$6,840
25	Albany	Just Keep Smyelin	David Apkarian	\$6,741
26	Buffalo	Saccone's Supporters	Janine Saccone	\$6,660
27	Albany	Netter's Go-Getters	Walt Lippmann	\$6,585
28	Binghamton	Team Donna	Donna Richter	\$6,540
29	Jamestown	Team DJ	Douglas Brown	\$6,510
30	Buffalo	Juliekins	Natalie Golubski	\$6,268
31	Binghamton	Homer Brink Chuck	Catherine DeLuca	\$6,222
32	Rochester	Karrie's Care Bears	Karrie Tiefel	\$6,165
33	Buffalo	Warden's Walkers	Rich Warden	\$6,155
34	Buffalo	Michelle's Supporters	Michelle Clark	\$6,065
35	Rochester	Travers Old Travelers	Richard Yates	\$5,787
36	Batavia	Greg's Team Arcade Center Farm	Jeannine Fox	\$5,661
37	Buffalo	Mark's Minions	Lucinda Farrauto	\$5,520
38	Poughkeepsie	NYSP Troop K	Jeffrey Galm	\$5,514
39	Mohawk Valley	Team Steven	Amber Wood	\$5,385
40	Albany	MS Terminators	Susan Horn	\$5,382
41	Buffalo	Movers & Shakers	Nicole Burroughs	\$5,286
42	Canandaigua	Team FLX	Molly Linehan	\$5,160
43	Rochester	Wacky Walkers	Amy Aeckerle	\$5,039
44	Saratoga	David's Angels	Carol Osterhout	\$5,033
45	Albany	Jim's Auto Sales	Sue Saburro	\$5,021
46	Buffalo	Team Ghiandoni	Lisa Ghiandoni	\$4,977
47	Mohawk Valley	TEAM CARE	Ann MarieRuth	\$4,895
48	Saratoga	Jamie's Buddies	Jamie Rajter	\$4,876
49	Rochester	Shelly's Stampede	Michael Colway	\$4,855
50	Corning/Elmira/Bath	Fishtoon Day	Maureen Fisher	\$4,793

“Walk MS is only one day each year. I want to do more! How can I get involved?”

The National Multiple Sclerosis Society holds several large fundraisers throughout the year along with many smaller events. Volunteers have a big impact in creating successful events!

There are several volunteer opportunities at the chapter:

- Do you have experience working in an office? Can you file documents? Help make calls? Work on Excel spreadsheets? Consider volunteering at one of our branch offices.
- Do you like to plan events and parties? Consider joining one of our many event task forces. Being a part of a planning team does not always equal long meetings and long hours – it equals fun! You can have a hand in soliciting food and decorations for events, creating invitations, inviting members of the community and much more. Take a look at the many exciting events put on by the Upstate New York Chapter and contact a staff person today!
- No time for a task force, but you still want to be a part of the event? Think about volunteering at the event itself. We always need volunteers to assist us with registration, food service, security, photos, and more. Contact us to find out more about upcoming events and volunteer needs – we’d love to have an extra set of hands!
- MS Service Day is an opportunity for groups of volunteers to gather together and make a direct impact in someone’s life. Gather a team and get ready to help around the home of someone affected by MS. Visit MSupstateny.org for more details about the upcoming MS Service Day.

For more information on any of these volunteer opportunities or to talk with a staff person to see where your talents would be best utilized – call 1-800-344-4867 (press option 2).



Bike MS Events Offer Something for Everyone

Bike MS: ROC the Ride

**Genesee Valley Park • Sept. 7 • Rochester
15, 30, 45, 62 & 100 mile routes**

Join us for our brand new ride in Rochester! Starting and finishing in Genesee Valley Park, this new and exciting ride has 5 route options that will appeal to cyclists of all abilities! Options include a 15 mile stop-and-go tour of historic sites and scenic views throughout the city, a 30 mile cruise along Rochester waterway paths, a 45 mile trail ride through the Genesee River Trail, Lehigh Valley Trail, Auburn Trail (and more), and a metric century and century ride along the beautiful lakeshore.

Bike MS: Hudson River Ramble

**Birch Hill Catering • Sept. 20 • Schodack
10, 30, 62, & 100 mile routes**

Join us for the third annual Bike MS: Hudson River Ramble. Great new features at this year’s ride include an earlier dinner and entertainment all day long. Invite your friends and families to join you in celebrating your accomplishment!



Register online at bikeMSupstateny.org,
or call 1-800-344-4867 (press 2).

**"A WICKED
RUN THAT'S
WICKED FUN!"**

5K **10K**
MONSTER SCRAMBLE

*This Halloween, it's not what you're running FROM...
It's what you're running FOR!*

Join us this October and November
in a run to stop MS.

Get information on the race nearest you and register today!
www.monsterscramble.org

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

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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.

Save the Date

Walk MS: 2015

Walk MS 2015 will be on **May 3***. 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 2015 registration information.*

Find more information about fundraising and Walk MS teams and fundraisers on our website: www.walkMSupstateny.org, or "like" us on Facebook (Walk MS: Upstate NY Chapter)

facebook