

# DIRECTIONS & PARKING

**Parking for Walk MS is \$5 per car** at the Social Sciences Parking Structure (Campus & Stanford). ADA parking is available.

The Walk Check-In area, Start/Finish line and festival area will be on Pereira Drive in Lot 1.

There are no in-and-out privileges. Parking in any other unattended lots, on or off campus, is at your own risk. Please be aware of lots that are for permitted parking only.

## DIRECTIONS FROM THE NORTH:

- Take 405 South, exit at Jamboree Road. Turn right onto Jamboree Road. Turn left on Campus Drive.
- From Campus Drive, go past West Peltason and turn right on Stanford Drive into the Social Sciences Parking Structure (**ADA parking is available**).

## DIRECTIONS FROM THE SOUTH:

- Take I-5 North to 405 North and exit at Culver Drive. Turn left onto Culver Drive. Turn right on Campus Dr.
- From Campus Drive turn left on Stanford Drive into the Social Sciences Parking Structure (**ADA parking is available**).

## DIRECTIONS FROM 73 FREEWAY:

- Exit at Bison Avenue. Head East on Bison into UC Irvine. Turn left on West Peltason.
- Continue on West Peltason and turn right on Campus Drive.
- Turn right on Stanford Drive into the Social Sciences Parking Structure (**ADA parking is available**).

**WE ENCOURAGE YOU TO CARPOOL WITH FRIENDS AND FAMILY.**

**PARKING STRUCTURES COST \$5 PER CAR.**

## BRING CASH TO WALK MS TO PURCHASE EXCLUSIVE ITEMS!



YOU ARE REGISTERED FOR WALK MS ON:

Saturday, April 9, 2011  
University of California, Irvine

[www.MSwalk.com](http://www.MSwalk.com)



**NEW!** Police & Fire Academy

**NEW!** Flamingo Landing

**All Walkers receive a bib coupon\* for 50% off**

**Admission to LEGOLAND® California and SEA LIFE™ Carlsbad Aquarium.**

\*Coupon is on bib and received during check-in. Coupon is valid through May 31, 2011.

LEGOLAND California features more than 60 rides, shows and attractions. New this spring, Fun Town Police and Fire Academy. And, now you can visit Octopus Garden at SEA LIFE™ Aquarium, where you can discover the amazing world of Cephalopods. For Resort information, visit [www.LEGOLAND.com](http://www.LEGOLAND.com).

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Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at [www.nationalMSSociety.org](http://www.nationalMSSociety.org) or 1-800-344-4867 (1-800-FIGHT-MS).

**MS**

National Multiple Sclerosis Society

Pacific South Coast Chapter  
12121 Scripps Summit Dr. #190  
San Diego, CA 92131

ADDRESS SERVICE REQUESTED

Non-Profit Org  
U.S. Postage  
PAID  
Permit #451  
San Diego, CA

# IMPORTANT EVENT DETAILS

## SCHEDULE OF EVENTS

- 7:30 a.m. Check-in
- 8:00 a.m. Opening Ceremonies
- 8:15 a.m. Be checked in by
- 8:30 a.m. Walkers start on route
- 9:00 a.m. Route closes to new Walkers
- Festivities continue until 12:00 p.m.



## THREE THINGS TO PLAN BEFORE THE WALK

- Bring your Donation Collection Envelope for speedy check-in
- Carpool with friends and/or family, we are expecting 4,000 walkers so please give yourself time.
- Dress appropriately. **WEAR ORANGE!**
  - Prepare to compete for team prizes: Most Creative Team Costume, Coolest Team, Largest Team, Most Inspirational Team and Most Team Spirit
  - Wear comfortable walking shoes
  - Bring sunscreen and a hat or visor

## TOP FIVE THINGS TO DO AT THE WALK

- Go to the check-in tent to turn in remaining money and pick up your Walker bib. ALL Walkers must check in, including teams.
- Pick up your T-shirt at the T-shirt tent if you have raised \$100 or more.
- Visit the Wall of Hope. Fill out an "In Honor Of" bib to signify why you are walking.
- Meet your team members at one of the colored balloon columns (red, orange, green or blue; consult with team members ahead of time to decide) and head over to the Team Photo area to take your team photo.
- Have fun! Remember you can continue to raise funds to move us toward a world free of MS. Prize deadline is May 27, 2011.



## GENERATIONS OF HOPE JUDY'S TRIBE

When Lynda Misajon's mother, Judy, was diagnosed with multiple sclerosis in 1979, it was just her first brush with a pervasive disease that would forever impact their lives. At the time, treatment options were limited, and despite Judy's participation in various research studies, her health became progressively worse. "Back then they just gave people with MS steroids," said Lynda, now a third-grade teacher in Garden Grove.

Hopeful that a cure would be found in her mother's lifetime, Lynda became involved with Walk MS during its early years. "I grew up seeing MS affect my mom and I wanted to do something to help people with MS. I had no choice. It was going to be a part of my life, and I wanted it to be something positive, not negative." Sadly, her mother passed away in 2000 after living with MS for over 20 years.

In early 2007, at 34, Lynda began experiencing numbness and tingling

in her legs. Within days it spread to her chest. "In the back of my mind, I always thought there was a chance that I would have MS. As soon as I went numb, I knew." The numbness was originally thought to be caused by a pinched nerve, but an MRI revealed lesions on her back and neck. The day before the 2007 Walk, Lynda was diagnosed with MS. Her son was just six months old at the time. "That Walk was very different. I probably didn't talk about it a lot that day because I was obviously upset still, not so much for myself but for my husband and my son. The outpour of love was very uplifting. It just makes you feel a lot better having people surround you who love you and would do anything for you."

The numbness persisted and walking was difficult. "It felt like I had brick feet." Lynda's symptoms have since improved thanks to rapid advancements in treatment not available for previous generations. Most of the feeling has returned to her body and she now lives a

relatively normal life. "I feel very lucky because you never know with MS. It affects people so differently."

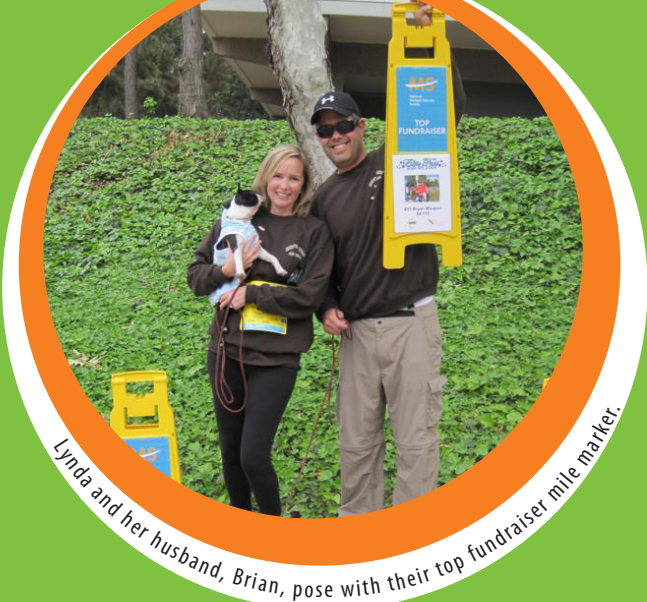
Lynda has participated in Walk MS for over 15 years. Her team, Judy's Tribe, continues to be among the event's top fundraising teams. "The Walk is the culmination of what my family and friends and I do all year long," she said. "It's a time to celebrate." Last year, the team raised \$16,000 for advocacy, treatment and research. Research that wasn't possible in her mother's lifetime. With the tremendous support and funding raised by the event, Lynda remains hopeful her generation will see a cure.

This year, Judy's Tribe is again a top fundraising team, and she looks forward to joining her family, friends and thousands of supporters walking for a cure. "I don't feel alone on this journey," said Lynda. "The Walk is a day to be thankful for all the people who support me, and to appreciate all they do for people who have MS and toward a world free from MS."

## ATTENTION TEAMS

If your team raised at least \$10,000 last year, or raises \$10,000 this year by March 25, you qualify for your own private tent! It's a great place to have all your team members meet and enjoy the day. Bring snacks, decorations and lawn chairs to make your team tent a festive destination.

Only teams that qualify for team tents as stated above will be allowed to receive or bring their own tent. Due to permitting and logistics restrictions, non-qualifying teams are not permitted to bring their own tent. Grilling equipment is not permitted in the tents at any time. All tents must be set up and vehicles out of the festival site before 6:30 a.m.



Lynda and her husband, Brian, pose with their top fundraiser mile marker.



Lynda with her son and father at the Walk.

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### WALK DAY

- What if it rains?**  
We walk rain or shine. Please dress appropriately.
- Can I bring my dog?**  
Yes, but it must be on a leash and please be kind by cleaning up after your dog.
- Are razor scooters, roller blades, bikes or skateboards allowed at the Walk?**  
For safety reasons, we do not allow these items on the Walk route.
- Do you have a wheelchair loan at Walk MS?**  
Yes. Please call Sandi at 714-689-9605 one week in advance to reserve.
- Where do I find an "In Honor Of" or "I Walk For Myself" bib?**  
Go to the Wall of Hope in the festival area to pick up an "In Honor Of" or "I Walk For Myself" bib. While you are there sign the Wall of Hope as to why you walk.
- What if I cannot complete the route?**  
Accessible vehicles will be on the route ready to pick you up if need be. If possible, walk to the nearest rest stop and alert a volunteer that you are unable to finish.

### CHECK-IN & REGISTRATION

- Should I check in even if I am not turning in money?**  
Yes. Everyone must check in and be assigned a bib number to participate in Walk MS.
- Can people who didn't sign up ahead of time still come and walk?**  
Yes! Report to the check-in tent to register and turn in any money you would like to contribute. Prize deadline: May 27, 2011.
- I was a "Top Fundraiser" in 2010. Where do I go to check in?**  
Go to the "VIP" check-in tent. There you will also receive a special thank you gift, catered lunch and more!

### MONEY & PRIZES

- Where do I pick up my prizes?**  
You can pick up your Walk MS T-shirt at the T-shirt tent in the festival area if you raised \$100 or more. All other prizes will be mailed after the prize deadline of May 27, 2011.
- How do my donations help people living with MS?**  
Your support helps to fund vital research to find the cause and cure for MS, as well as provide important programs and services for the 45,500 people affected by MS in San Diego, Orange and Imperial counties.

### ADDITIONAL QUESTIONS?

Visit [www.MSwalk.com](http://www.MSwalk.com) or call 1-800-486-6762.

**Papa John's donates \$1 for every Walk MS online special**

**WALK MS ONLINE SPECIAL**

**\$23<sup>00</sup>**

**One Large Specialty & One Two-Topping Pizza**

\$1 from the sale of each Walk MS Online Special will be donated to the National MS Society.

Customer pays all applicable tax and delivery charges. Limited delivery area. Expires 05/31/2011. Go to [www.papajohns.com](http://www.papajohns.com) for the special.

