



MS WALK RUN+ROLL GUIDE 2021

ACT | NSW | VIC | TAS
MSWALK.ORG.AU

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Thank you for signing up for the MS Walk Run + Roll

Welcome to the 2021 MS Walk Run + Roll. You have joined an incredible community of participants, supporters, donors, and volunteers that will move together to make sure no one faces MS alone.

Every week, more than 10 Australians are diagnosed with multiple sclerosis and the average age of diagnosis is just 30 years old.

By taking part and fundraising, you are making sure the 25,600 Australians living with multiple sclerosis continue to access vital support and services that help them live well at home, the workplace, and the community.

It is your support and dedication that makes sure no one faces MS alone.

Thank you for joining us for the 2021 MS Walk Run + Roll. I trust you will enjoy the day and feel proud of your contribution to Australians living with multiple sclerosis.



**John Blewonski, Chief Executive Officer
Multiple Sclerosis Limited**

About the MS Walk Run + Roll

The MS Walk Run + Roll is a great day out for the whole family and friends.

In 2021, we're looking forward to welcoming people to walk, run or roll on their own terms! Join us at the event, or participate virtually from your gym or local park.

Event details

ACT



Sunday 28th March

Run - 8am

Walk or Roll - 10.30am

Distances - 5km, 10km & 14.4km*



**Rond Terrace,
Parkes, ACT 2600**

NSW



Sunday 11th April

Run - 8:30am

Walk or Roll - 10am

Distances - 4km & 8km



**Metcalf Park, Pyrmont,
Sydney, NSW 2000**

VIC



Sunday 30th May (World MS Day)

Run - 9am

Walk or Roll - 10.30am

Distances - 5km & 10km

**Palms Lawn, Albert Park,
Melbourne, VIC 3206**

TAS



Sunday 19th September

Run - 9am

Walk or Roll - 10am

Distances - 4.5km & 9.5km



**Inveresk Precinct, Invermay,
Launceston, TAS 7248**

Note: Updates may occur after printing. Visit mswalk.org.au for the latest information.

* 14.4km run only

What is multiple sclerosis?



Multiple sclerosis is a lifelong disease for which there is **no known cure**.



Australians will be **directly impacted** through a diagnosed family member, friend or colleague.



No two cases of multiple sclerosis are identical. The visible and invisible symptoms of multiple sclerosis vary from person to person.



The average age of diagnosis is between **30 years of age**, although children as **young as 10** have been diagnosed.



Multiple sclerosis **attacks the central nervous system** (the brain, spinal cord and optic nerves).



Multiple sclerosis is the **most common neurological condition** among young people.



3 out of 4 people living with multiple sclerosis **are women**.

Some symptoms of multiple sclerosis:

Blurred vision

Slurred speech

Dizziness

Balance issues

Altered sensation and libido

Tingling, numbness or pins and needles

Difficulty swallowing

Tremors

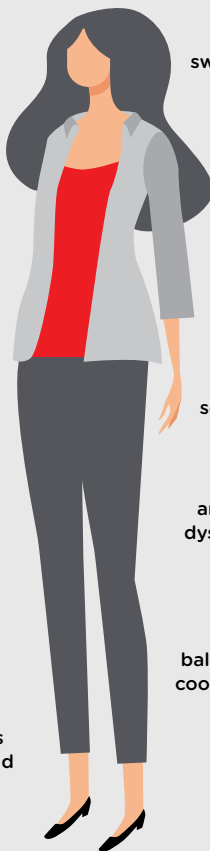
Extreme fatigue

Heat and cold sensitivity

Bladder and bowel dysfunction

Loss of balance and coordination

Difficulty walking





Meet Courtney

Courtney is Team Captain of Team Gryffindor – incredible fundraisers for the MS Walk Run + Roll in Victoria. **Team Gryffindor have raised an incredible \$64,500 over the last nine years to help people with multiple sclerosis.**

Courtney takes part to make a difference to the lives of people with MS.

“I want to play a pivotal role in assisting change in my own future and the future of others living with MS. Team Gryffindor and their fundraising is contributing to this worthwhile cause.” says Courtney

Courtney’s altruistic nature goes beyond her amazing participation in the MS Walk Run + Roll. She’s also completed studying a Master of Social Work and is working toward a career helping others. **She knows how the right support and services can make a positive impact on people’s lives.**

In 2004, after countless hospital admissions, the loss of some beloved hair, and an attack affecting her left leg,

Courtney was finally given a diagnosis relating to demyelination. She received six months of special treatment.

Courtney says, “With a few adjustments and the help of incredible family and friends, in particular my amazing parents and brother, I managed to get on with my life, finish schooling, finish my undergraduate degree and begin travelling.”

In 2012, after returning from an overseas holiday, Courtney experienced a relapse and was formally diagnosed with MS. Her left leg and arm were affected, and her limp became more noticeable, but the treatment helped Courtney remain stable overall.

“I experienced a major relapse in September 2014, becoming reliant on a walking stick. I was only 27 years old. I pushed through and finished my degree because I was not going to let MS win.”



“My MS is physically declining, and I cannot do anything to stop it... It’s more frustrating than I can ever explain.”

“2020 has been rough, with another hospital admission. It has now been 17 years since I ran for the last time, went up and down stairs un-assisted or held a full glass in my left hand.”

In 2021, Courtney is determined that with Team Gryffindor they can make an even bigger impact for people with multiple sclerosis.

“I am determined that in 2021, our tenth year, Team Gryffindor will have raised \$70,000. To my amazing uncle Steve who has helped raise a lot of that money over the years, I am so grateful. To my family and friends your fundraising is helping my future, so thank you.”

Courtney knows first-hand how the money raised directly helps people with multiple sclerosis to manage their symptoms, live well and feel supported throughout their journey.

“Through the stories I have seen in the MS Magazine, Intouch, over the years, I now know nothing is impossible. It is about having the right supports in place and anything can be achieved.”

“My standout experiences from MS Limited would be the knowledge of the MS Connect team and the MS Peer Support program. The MS Peer Support Group allows me to meet other people who are experiencing similar issues to me. I’ve also volunteered as part of the MS Peer Support program since 2014, which offers me the opportunity to help others, one to one.”

Courtney loves that the MS Walk Run + Roll brings together people living with MS, their families and friends, as well as creating awareness among the broader community.

To all the MS Walk Run + Roll participants taking part in 2021, Courtney has a message for you: “Try to fundraise. The sense of achievement you feel afterwards is huge!”

The difference you make

1 in 3 Australians will be directly impacted by multiple sclerosis through a family member, friend or colleague. The uncertainty of what lies ahead after diagnosis can be a difficult experience, and that's why we are here to make sure no one faces MS alone.

Here's how your support will make a difference:



MS Connect – Helpline and support centre

This year, people with MS, their families and carers will reach out over 27,000 times to our free helpline MS Connect.



MS Advisor – Personalised advice + referrals

More than **1,600 people** with MS will receive specialised advice from caring nurses, occupational therapists and social workers through MS Advisor.



MS Employment

Over **700 people** will receive employment support to help them stay in the jobs or to find employment.



MS Education – Webinars & Events

Over **2,700 people** will participate in MS Education webinars and events to better understand and live well MS.



MS Peer Support Group – Connection & Belonging

Nearly **600 new people** with MS and their loved ones will find social connection through MS Peer Support groups, held online, in-person and by phone.



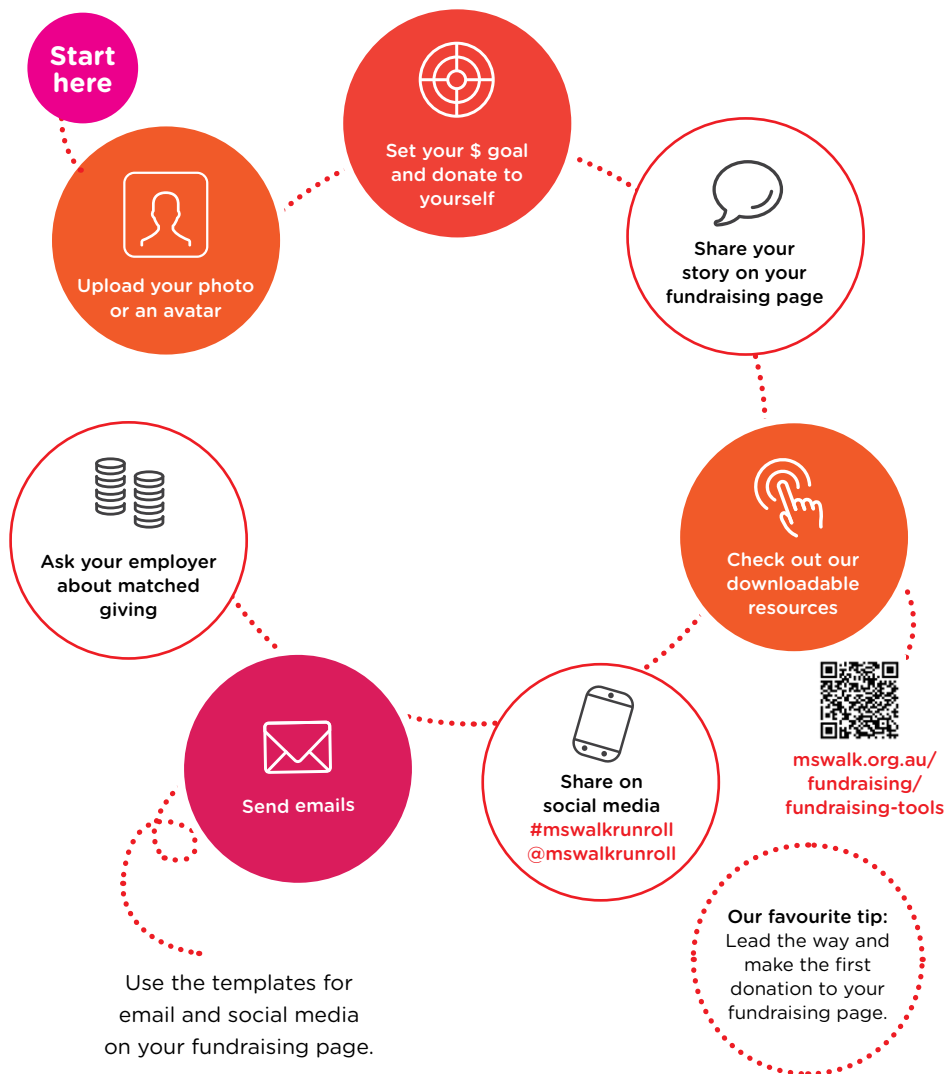
NDIS Support Coordination

Around **1,500 people** will seek assistance with their NDIS plans.

**It's thanks to your support that this is possible.
Thank you for making sure no one faces MS alone.**

How to get your fundraising started

We hope you are getting excited for your walk, run or roll to support Australians living with MS! With these top tips, you're sure to reach your fundraising goal!



Ideas & inspiration

We're here to help! Maximise your efforts by implementing these easy ideas.



BBQ



**Morning or
afternoon tea**



**Trivia
night**



**Dinner
party**



**Social media
challenge**



**Virtual
bake off**



**Fancy dress
challenge**



**Sponsorship on
your team shirts**



**After work
drinks**



**Raffle or silent
auction**

For more guidance
on hosting a fundraiser
visit our website:

[mswalk.org.au/
fundraising/
ideas-inspiration](https://mswalk.org.au/fundraising/ideas-inspiration)





Double your Donations - with Matched Giving! Ask your employer today!

Many companies have a matched funding program and will match 'dollar for dollar' the amount you or your team fundraise for charity.

Find out if your workplace has a policy for matched giving?

Your Human Resources Department will know whether your company matches money raised by their employees or has a program that supports the charitable causes of its employees. Tell HR about the distance of the event, the number of members in your team and what you hope to achieve.

How to ask your workplace?

The most engaging way to ask is to do so in person. If that's not possible, send an email. Have a document detailing the event, your request and the benefits to the company of supporting your team. We have a great video from an MS Ambassador to share with your work - include the link below in your email!



Share this with your employer: youtu.be/bU6T7vqBWqQ

**For matched funding our company details are:
Multiple Sclerosis Limited, ABN 66 004 942 287.**

Other options

If your company does not have formal matched funding, they may support you in other ways such as covering your registration fee or enable the team to purchase a custom team kit. We can help you create a custom team t-shirt, just reach out.

Contact us for any support you need, including a letter to confirm our charitable status, tax-deductible receipts or a letter of thanks.

Fundraising rewards

Raise \$150 or more and you will join the MS \$150 Club and receive a MS Walk Run + Roll Fund raiser Lapel Pin to wear with pride!

Become a MS Hero Fundraiser

If you would like to continue your fundraising and make an even bigger difference for those living with multiple sclerosis, you could become a 2021 MS Hero. As an MS Hero, you will be rewarded to recognise your outstanding fundraising efforts. The more you raise, the bigger the reward!



\$300 Hero

Raise \$300 to receive an MS Lycra Fitness Belt!



\$500 Hero

Raise \$500 to receive an MS Sweat Wrist Band with pocket for your key or card!



Bronze Hero \$1,000

Raise \$1,000 to receive an MS Fundraiser Power Bank!



Silver Hero \$2,000

Raise \$2,000 to receive a MS Fundraiser Backpack!



Gold Hero \$5,000

Raise \$5,000 to receive a JBL Bluetooth Portable Speaker!



Ruby Hero \$10,000

Raise \$10,000 to receive a Fitbit Activity Tracker!



Fleur

Questions? Contact us

Phone: 1300 733 690
Email: events@ms.org.au

The MS Events Team have a wealth of knowledge in fundraising and can provide you with the tips, tools and support you need to reach your goal. Be sure to contact the MS Events Team if you require any assistance.



Bec

Ask us about:

Setting up your team

Running a successful fundraising event

MS official merchandise

Tax deductible receipts

Matched giving and much more!



Join our

Facebook group

'MS Walk Run + Roll Community'

facebook.com/groups/mswalkrunrollcommunity



#mswalkrunroll

Don't forget to share your photos on the day!
Tag us @MSWALKRUNROLL and #mswalkrunroll

Get into gear with MS official merchandise!



Purchase online

[shop.ms.org.au/collections/
ms-walk-run-roll](https://shop.ms.org.au/collections/ms-walk-run-roll)

ORDER CUT-OFFS:

ACT 5 March
12 February

NSW 19 March
26 February

T-shirts
Run shirts & singlets

T-shirts
Run shirts & singlets





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MOVEMENT
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