

Footnotes

3

Thank You for Walking to end MS!



mswalks.ca



Prizes



will be ready



to be picked up



Aug 3 - 31st

Our sincere thanks to you and all other participants, volunteers, donors, and sponsors who were a part of the 2010 Enerflex MS Walk!

The 2010 Enerflex MS Walk was a huge success! On June 6th over 2,200 walkers and 100 volunteers came together to make their mark on MS – and make their mark they did!!! The weather was perfect and there was a real sense of hope and community; all of this combined with great food, great friends and great entertainment made for a perfect day in the park!

We are on track to beat last years fundraising record of \$908,000, proudly making Calgary the largest MS Walk in Canada for the second year in a row! Money raised will be used to fund crucial research and provide much needed support and services for those affected by MS.

Thank you so much for your hard work and support, you ARE making a difference!



BE A STEP AHEAD.
REGISTER NOW
FOR 2011

www.mswalks.ca or
403-250-7090



Become a Facebook fan "MS Society of Canada, Calgary & Area Chapter"
Follow us on Twitter @MS_Calgary

Honouring a Local Idol...

Whether this was your first year walking or your 19th, you know that it's not your average walk in the park; it's about a community coming together to celebrate hope and work towards one common goal – ending MS!

On June 6th 2010 one very special walker walked through the finish line celebrating her 15th and final year with the Enerflex MS Walk.

Ms Winnifred Gray has been fundraising and participating in the Enerflex MS Walk since 1995 – **in these 15 years she has walked more than an incredible 240 kilometers and raised over \$49,000 in the fight against MS....oh** and did we mention she's in her 90's?

Although quiet and reserved, anyone who has had the pleasure of meeting Winnifred would agree she has a heart of gold and a kind spirit. Winnifred makes several trips into our office to drop off her pledge money throughout the year, and all the staff looks forward to seeing her and saying hello; she tells us stories of living in India for several years as well as being a nurse during the war and caring for a young woman who was living with multiple sclerosis. She is a modest woman who will not accept prizing and until a few years ago did not want us to acknowledge her

incredible accomplishments, but in 2009 she graciously accepted the MS Society Determination Award, which is awarded to a participant who has demonstrated that hard work and determination pays off and who has gone above and beyond in their fundraising efforts for several years.

It was an emotional moment as thousands of people cheered on Winnifred as she made her final journey past the finish line; she proudly stood at that finish line as people took her photo and posed with this local idol. What surprised us most was when she made her way to the stage and asked if she could say a few words; you could hear a pin drop as people stopped and watched her walk to the front of the stage and in her soft spoken voice thanked everyone for their support. Although Winnifred won't physically be at next years Walk, her spirit and kindness will always be present as she has left a footprint on everyone's heart that was fortunate enough to meet her. ■



Winnifred on route in 2007



Winnifred with two volunteers at checkstop 3



Winnifred poses with the walk's youngest fundraiser Selena DeSouza 4 months old



Did you know that most of the money raised at this year's Walk came from people on teams? A big thank you goes out to you all! Your enthusiasm and passion is incredible, and you should be proud of your amazing accomplishments! Don't forget, if you had your team photo taken at this year's Walk, it is now available. Please email teamMS@mscalgary.org to get yours today!



Help us

END MS!

Don't forget to pick up your prizes at our office, Mon-Fri, August 3-31,
8:30 am - 4:00 pm, or Saturday, Aug. 28,
10:00 am - 2:00 pm

Win a flight for two anywhere West Jet flies- visit our website for more details at www.mssociety.ca/chapters/calgary



Thank You to our Sponsors!

Provincial Title Sponsor

ENERFLEX

National Sponsors



Chatelaine

BRINKS

Local Sponsors



MR. LUBE



QUALITY
Claver Leaf
cheese



Bestway
TELEVISION AND APPLIANCES LTD.



CALGARY HERALD



SIGN CRAFT DIGITAL



ATCO Gas

Contact your local Enerflex MS Walk Coordinator

Phone: 403-250-7090 Fax: 403-250-8937

Email: walk@mscalgary.org

Mail: 100, 2421 37th AVE NE, Calgary AB T2E 6Y7

Or visit us online at www.mswalks.ca

Without you the 2010 Calgary Enerflex MS Walk could not be possible!