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Challenge the Mountain. Challenge Yourself. Change Lives.

VERTICAL EXPRESS

FOR

CAN DO
Multiple Sclerosis

Founded by Jimmie Heuga



THE POWER TO BE MORE THAN YOUR MS

Can Do MS is a national nonprofit organization and innovative provider of lifestyle empowerment programs for people with MS and their support partners.

800-367-3101 | www.mscando.org

2012

www.mscando.org/verticalexpress

SKI OR RIDE to make a difference

VERTICAL EXPRESS FOR CAN DO MS

is a series of on-snow events for skiers, snowboarders and telemarkers of all ages and abilities.

TEAMS OF THREE PARTICIPATE IN A VARIETY OF ON-SNOW EVENTS AT SKI RESORTS AROUND THE U.S. TO RAISE MONEY FOR CAN DO MS.

*All participants receive a free lift pass, goodie bag and food!
Additional prizes are based on dollars raised.*



Since Olympic Skier, Jimmie Heuga founded Can Do MS in 1984, his positive *can do* philosophy has helped thousands of people living with MS.

Sign up your team today!

AND MAKE A DIFFERENCE IN THE LIVES OF PEOPLE LIVING WITH MS.

**STEP
01**

CREATE A TEAM

Choose your team of three skiers, boarders and/or telemarkers.

Give yourselves a clever name!

**STEP
02**

REGISTER YOUR TEAM

888-DO-IT-4MS / 888-364-8467
www.msando.org/verticalexpress

**STEP
03**

FUNDRAISE

We will provide you with a "Get Started Packet" and your own personalized online fundraising page.

Teams must raise a minimum of \$1,000 per team to participate.



**RAISE \$15,000 OR MORE
AND EARN A TRIP TO VAIL, CO
FOR APRIL AWARDS 2012!**

Don't ski?

You can still sponsor a participant.
Visit www.msando.org/verticalexpress
and **click** on Sponsor A Participant.

April Awards - Vail, Colorado
APRIL 12-14, 2012