

# 2019 MDA Muscle Walk

## Individual Fundraising Incentives

**Thank you for participating in MDA Muscle Walk!**

The dollars you raise fund urgently-needed research, care and support. Thank you for reaching out to your family, friends, neighbors and colleagues to raise critical awareness and funds for muscle-debilitating diseases.

You're encouraged to raise a minimum of \$100 to secure your 2019 Muscle Walk t-shirt, but don't stop there! Take a look at this year's incentives for all-star fundraisers!

**\$100-\$249**



2019 Muscle Walk Participant Shirt

**\$250-\$5000 LEVELS:  
SELECT ONE OF THESE  
ITEMS AT YOUR  
HIGHEST ACHIEVED  
LEVEL OR BELOW.**

**\$250-\$499**



Viking Tumbler

or



Everyday Packable Duffel

**\$500-\$999**



Illuminating Speaker

or



Three quarter Sleeve tee  
Adult & Youth Sizes Available

**\$1,000-\$2,499**



Core Jacket  
Men's & Women's Sizes Available

or



Urban Peak Waterproof  
Backpack/Duffel

**\$2,500-\$4,999**



Igloo Marine Backpack Cooler

or



Cascade Waterproof Jacket  
Men's and Women's Sizes Available

**\$5,000+**



Kenneth Cole  
Underseat Organizer

or



Gravenshirt Roots Jacket  
Men's and Women's Sizes Available

MDA's Circle of Strength is an exclusive group of participants who go above and beyond in their fundraising efforts. This is an additional thank you along with your incentive gift. As a registered Muscle Walk participant, once you reach these fundraising milestones (over \$500), you will qualify for each of these items as well as one of the prizes listed above based on your fundraising total.



Circle of Strength - \$500  
Vault RFID Drawstring  
Sportsack



Circle of Strength - \$1,000  
Game Day Cooler Tote