

TIPS OF THE TRAIL

- Make sure to follow the signs along the route and refer to your map when in doubt
- For safety, please stay on the route and follow the Route Marshals instructions
- In case of accident or extreme fatigue, remain on the spot and an event volunteer will assist you
- Do not block the sidewalk by walking more than two abreast
- Please keep the walk route litter free and pick up after your pets
- Have fun and tag your photos online using #MSWalk

Special Thanks to your MS Staff, Walk Committee Members and Volunteers