

Run for MS team

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and all our partners and supporters

picture
Run for MS team,
Brussels Half-Marathon,
October 2013



Support us!

www.runforms.org

People with MS and supporters, come join the Run for MS Team and fund our initiative! We need to shift our moods to something better and we found that running is a good solution.



Donate section on our blog (upper right corner):
www.runforms.org
and select one of the possible donation options



Bank transfer

ING Bank
to EMSP aisbl, Brussels, Belgium
IBAN: BE74 3101 4457 0607
BIC: BBRUBEBB
Reference: "RunforMS + your name"



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Run for MS

This is an EMSP initiative aimed at encouraging people with multiple sclerosis to take up running or any kind of physical exercise, to the best of their abilities. Our 'Run for MS' story began in October 2013 when our team of MS advocates, activists and volunteers successfully completed the Brussels Half-Marathon.

In March 2014 we started our own blog, www.runforms.org, where we regularly post articles and news about our latest runs and initiatives.

www.runforms.org

For 2014, our team has committed to run the following races:

- **Corre Por la Esclerosis Multiple**
together with our Spanish MS Society
31 May, Madrid, Spain
- **Swissalpine Half-Marathon**
26 July, Davos, Switzerland
- **Cologne Half-Marathon**
14 September, Cologne, Germany
- **Brussels Half-Marathon**
5 October, Brussels, Belgium

MS and running

Multiple sclerosis is one of the most common chronic diseases of the central nervous system (brain and spinal cord). MS is an inflammatory demyelinating condition.

Fighting multiple sclerosis is not just about early diagnosis and proper treatment and care. Physical activity can also help those living with MS cope better with the symptoms. The exercise of running has already allowed numerous 'MSers' to stay in shape and fend off anxiety and depression. For some it has even offered the opportunity to become part of large communities and to have their story told for the benefit of other people with similar conditions.

“Being part of the EMSP Run for MS Team is a powerful reminder that not only am I using my body, I'm part of a bigger movement, a team to inspire.”

[Emma Rogan MS advocate and EMSP Project Coordinator]

www.runforms.org

Run for MS

not from MS



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