



25th Anniversary

Challenge the Mountain.
Challenge Yourself.
Change Lives.

www.verticalexpress.org
888-DO-IT-4MS

*Funds raised support Can Do MS's
Lifestyle Empowerment Programs.*

Can Do Multiple Sclerosis

Formerly The Heuga Center for Multiple Sclerosis
Founded by Jimmie Heuga

*Empowering people with
MS and their support partners
to discover the power to
be more than their MS.*

**27 Main St. Ste. 303
Edwards, CO 81632**

**www.mscando.org
888-364-8467**

Can Do Multiple Sclerosis™ 2010 VERTICAL EXPRESS FOR MS

Challenge the Mountain. Challenge Yourself. Change Lives.

WWW.VERTICALEXPRESS.ORG

QUICK FACTS

1 One person – YOU – making a difference

1 2.5 million people worldwide are affected by MS.
73 percent are women.

3 Great reasons to be a part of the Vertical Express for MS

- You and your teammates will enjoy a fun-filled day on the slopes with a chance to win great prizes.
- Raise \$15,000 and earn a trip to Vail, CO, April 15-18, 2010.
- No matter how much money you raise, you'll be helping people living with multiple sclerosis (MS) transform challenges into possibilities.

4 Number of fundraising options for supporters to donate to Vertical Express for MS

Donating options include:

- Form a team of three and fundraise \$1,000 to participate
- Donate to a team at www.verticalexpress.org
- Participate virtually through at www.verticalexpress.org
- Make a general donation to Can Do MS

6 Resorts across the U.S. taking part in Vertical Express for MS

Big Sky, MT – February 5-6
Crystal Mt., WA – February 26-28
Squaw Valley USA, CA – March 6-7
Steamboat Springs, CO – March 7
Solitude, UT – March 7
Schweitzer Mt., ID – March 13

25 Years of Can Do MS consecutive on-snow fundraising event history

60+ Number of Can Do MS's lifestyle empowerment programs the Vertical Express will help fund in 2010

Visit www.mscando.org for program dates.

10,000+ The number of people living with MS touched by
Can Do MS in 2009

400,000 Number of people in the United States living with MS

1-888 Call 888.DO.IT.4MS (364.8467) or visit
www.verticalexpress.org or www.mscando.org to learn more about
Can Do MS and the Vertical Express for MS events.