Hope

Each spring I look forward to the Walk to Defeat ALS®. It's a fun environment with music, dancing, food and miles of smiles. It is an incredible feeling to see so many people fundraise and walk to support our local North Carolina Chapter. Money raised goes towards ALS research, advocacy and patient care services. One year I was asked to cut the ribbon to begin the Walk. That was a true honor and privilege. I love seeing all of my friends and family gathered in one place and I always look forward to the award ceremony. I've participated in the Walk for three years and I strongly encourage other pALS to get involved. ~ Kristin McCoy

Support

I LOVE the Walk to Defeat ALS® because it is a wonderful way to support the one organization that supports me in so many ways – by funding the clinics, providing loaner equipment, funding support groups and giving grant funding for medical and home improvement needs. We are also raising money we desperately need for research. The more money, the closer we are to a cure.

Our Walk team has participated for two years and we can’t wait for the next one. It is an amazing event where friends and family can show their support for your fight, which they so want and need to do. The event is filled with love, hugs and positive energy. All teams come together and share in the hope for cure. There is free food, music and the best part for me – other than family and friends – cute dogs.

It is easy to start a team and all of us have someone who loves us who can help with the team set up. It is your way to also leave a legacy. Please join us in this fun, exciting and life-changing event. I’ve even joined the Walk Committee in my area to help get the ball rolling.

If you have never done a team, you are welcome to contact the Chapter and there is a team there ready to assist you. You can design team t-shirts, set up your personal story on the website, raise money through social media and most importantly, share our journey and raise awareness of this horrible disease.

The more people know about ALS and raise money, the closer to a cure! TOGETHER FOR A CURE!!!! Join us and you will not regret it! ~ Mary Luper

Friendship

We look forward to participating in our third Down East Walk to Defeat ALS®. It’s our chance to enjoy the friendships we have with other pALS, caregivers and staff from our ALS clinic and friends. Additionally, we can remind the public about the realities of this disease and how we need the community’s support to fight ALS. My favorite part is connecting with others and looking forward to curing ALS.

~ Bruce Hopfengardner

Help Make ALS a Thing of the Past! #WalkToDefeatALS

2017 Walk to Defeat ALS®

Charlotte Walk to Defeat ALS®: April 1
Wilmington Walk to Defeat ALS®: April 8
Down East Walk to Defeat ALS®: April 15
Triangle Walk to Defeat ALS®: April 22
Greensboro Walk to Defeat ALS®: May 6
Winston-Salem Walk to Defeat ALS®: May 13

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