



*Improving the lives of people living with multiple sclerosis.*

•

*The Vertical Express for MS supports The Heuga Center's internationally renowned educational and wellness programs.*

The Heuga Center  
27 Main St.  
Suite 303  
Edwards, CO  
81632

•

# VERTICAL EXPRESS FOR MS

**Squaw Valley, March 7-8, 2009**

**Challenge the mountain. Challenge yourself. Change lives.**

## **What's it about? Skiing hard and raising money!**

The Vertical Express for MS is an on-snow fund-raising extravaganza.

- Skiers/boarders/telemarkers of all ages & abilities form teams of 3.
- Teams of 3 raise at least \$1,000 to participate.
- Event is 2 days of skiing, food & wine, competition, and prizes.

Here's what you get: complimentary lift tickets at Squaw Valley USA, race clinic, dual giant slalom competition, and all-mountain challenge course, plus a wine reception and awards ceremony. And most important – the satisfaction of knowing you're helping others!

## **Where does the dough go? To help people with MS.**

The Vertical Express raises money for the [Heuga Center for MS](http://www.heuga.org), a non-profit organization dedicated to improving the lives of people with multiple sclerosis (MS) through educational and wellness programs. MS is a chronic, disabling disease of the central nervous system that affects over 400,000 Americans. There is no known cause or cure. Funds raised go to support CAN DO programs, focusing on helping people and families living with the impacts of MS reclaim their lives. ([www.heuga.org](http://www.heuga.org))

## **Wanna play? Sign up!**

Join a great group of enthusiastic skiers and riders for a fun-filled, memory-making weekend. Get your team together and sign up today. Teams that raise plenty of cash and ski hard on the mountain have a chance to win great prizes, including a trip to Vail for the finals! Gather three eager buddies, pick a team name, and register for the event at:

<http://www.active.com/donate/vemssquaw09>

Interested but don't have a full team? Let us know and we'll try to hook you up with other eager racers.

Want to take part but not compete? Volunteer. We could use your help.

## **Questions? Contact us.**

Squaw VEMS event directors: Catherine Rudiger, Josh Richter  
[squawverticalexpress@gmail.com](mailto:squawverticalexpress@gmail.com)

Call 1-888-DO-IT-4MS or visit [www.verticalexpress.org](http://www.verticalexpress.org) or [www.heuga.org](http://www.heuga.org) to learn more about The Heuga Center and the *Vertical Express for MS* events.