

CAN DO Multiple Sclerosis 2012 Vertical Express for MS

March 10, 2012

Challenge the Mountain! Challenge Yourself! Change Lives!

The 2012 Vertical Express for Multiple Sclerosis MS hits the slopes of **Schweitzer Mtn. Resort** on **March 10th**. Celebrating 23 years at Schweitzer Mountain Resort, The 2012 Vertical Express for CAN DO MS, is an event for skiers, boarders and telemarkers of all abilities and ages that benefits Can Do Multiple Sclerosis, formerly The Heuga Center for MS, a national nonprofit (501)(c)(3) organization and leading provider of innovative lifestyle empowerment programs for people with MS and their support partners.

Teams of three skiers/riders raise a minimum of \$450.00 to enter the Vertical Express for MS. The day's activities include "Surmount the Obstacles" a timed obstacle course with skills stations in Schweitzer Village, an extended GS race on the NASTAR course, exciting prizes, complimentary lift tickets, food, goodie bags and an awards party.

Friday, March 9th

5:30pm-9pm Registration party at Alpine Motors in Ponderay

Saturday, March 10th

9:00-9:45 am	Breakfast in the Lakeview Cafe
9:00-9:45 am	Late Registration in the Caribou Room
9:45 am	Pre-Race Meeting in the Caribou Room
10:00 am	Group Photo at the Clock Tower
10:15 am-12:00 pm	GS race on Nastar (Long Course)
12:00-1:00 pm	Break for lunch - Caribou Room
	BYOL (Bring your own lunch) View and Vote on the Retro One-Piece contestants!
1:30 pm	<i>Surmount the Obstacles</i> meeting
1:45-3:30 pm	<i>Surmount the Obstacles</i> race
3:30-4:00 pm	Free skiing
5:00-8:30 pm	Celebration Party, Awards and Auction in the Caribou Room (\$40 for non-participants) *
8:30pm	Dancing in Taps to live music

Questions about the event? Contact Schweitzer Mtn. Resort VEMS Event Directors;
Pam Burke (208)660-0661, or Billybob Goyen (509)994-5493.