



**WEEKEND  
IN REVIEW**



**2010**

presented by  
Booz | Allen | Hamilton

**WALK  
MS**



# dear walkers, volunteers and sponsors,

Walk MS is about all of us coming together to raise funds and celebrate hope for a future free of multiple sclerosis. **THANK YOU** for being a part of the movement toward a world free of MS.

*The National Multiple Sclerosis Society  
National Capital Chapter Staff*

# THANK YOU!

Thank you to our sponsors:

Booz | Allen | Hamilton



*Scott and Kristin Rothrock  
American Bankers Association, The Home Depot,  
Giant, Whole Foods and Utz Quality Foods*





## WHAT WAS YOUR FAVORITE PART OF YOUR WALK EXPERIENCE?

“Walking in the local community, seeing the support of friends and family and fellow walkers with MS.”

“Everything about these walks is wonderful, spirited, friendly, purposeful, and we are all working toward one goal – a cure.”



“The setting (Washington, D.C.) really makes this walk special, not just for the scenery, but also for the national significance of the event.”

2010

# Top Individual Fundraisers

as of June 7, 2010

## Hail to the Chief

**Mary Mason      \$22,490.00**

## Mission Possible (\$6,500+)

|                    |             |                   |            |
|--------------------|-------------|-------------------|------------|
| Caren Milman       | \$20,821.00 | Jeremy Works      | \$9,030.00 |
| Cathy Onufrychuk   | \$19,500.00 | Heather Mansfield | \$9,027.00 |
| Steve Murphy       | \$13,005.00 | Rachel Miller     | \$8,364.00 |
| Kristina Marlow    | \$12,571.00 | Bronwen Blass     | \$7,415.00 |
| Kevin Thie         | \$10,864.33 | Meg Morgensen     | \$7,245.00 |
| William Onufrychuk | \$9,370.00  |                   |            |

## Top Fundraisers (\$1,000+)

|                           |            |                       |            |                     |            |
|---------------------------|------------|-----------------------|------------|---------------------|------------|
| Stacey Morton-Bowlin      | \$6,280.00 | Andi Lipstein         | \$3,232.00 | Doris Holmes-Hughes | \$2,370.00 |
| Jennie Donnellon          | \$5,625.00 | MaryKate Hughes       | \$3,220.00 | Heather Randolph    | \$2,350.00 |
| Charlotte Flaherty        | \$5,585.00 | Kristin Loiacono      | \$3,206.00 | Meagan Sliney       | \$2,316.00 |
| Mark Engle                | \$5,150.00 | Lynne Becker          | \$3,196.00 | Sharon Moore        | \$2,300.00 |
| Susan Stanton             | \$5,110.00 | Reisha Rieder         | \$3,140.00 | Andrea Campbell     | \$2,285.00 |
| Tommy Joes Fundraiser     | \$5,014.00 | Sandra Troutman       | \$3,045.00 | Mary Otte           | \$2,250.00 |
| Marcie Blackman           | \$4,810.00 | Brian McGrail         | \$3,039.50 | Lizzy Shumaker      | \$2,250.00 |
| Ronald Lubcher            | \$4,404.00 | Lynn Bailly           | \$3,025.00 | Booker Viso         | \$2,250.00 |
| Paul Johnson              | \$4,270.00 | Adam Hartman          | \$3,000.00 | Wendy Edwards       | \$2,240.00 |
| Matt Abelson              | \$4,130.00 | Laurie Hartman        | \$3,000.00 | Teresa Rawson       | \$2,195.00 |
| Frank Shore               | \$4,005.00 | Carole Hughes         | \$2,955.00 | Tereasa Mccrady     | \$2,155.00 |
| Ellen Kandell             | \$3,810.00 | Peter Strang          | \$2,945.00 | Jessica Strelitz    | \$2,155.00 |
| Joseph Larounis           | \$3,700.00 | Nancy Blair           | \$2,940.00 | Burt Edwards        | \$2,149.00 |
| Rebecca Scott             | \$3,575.00 | Melissa Merz          | \$2,850.00 | Claire Forrest      | \$2,145.00 |
| Jamey Bocompani           | \$3,488.00 | Traci Hartsell        | \$2,845.00 | Bruce Johnson       | \$2,140.00 |
| Veronica Gallagher-Kaelin | \$3,415.00 | Emma Blankenbaker     | \$2,790.00 | Jeffrey Snyder      | \$2,100.00 |
| Ryan Bocompani            | \$3,392.50 | Stacie Nuttall        | \$2,750.00 | Marjorie Tharp      | \$2,100.00 |
| Susan Algeo               | \$3,380.00 | Lindsay Jurist-Rosner | \$2,680.00 | Mona Assaf          | \$2,050.00 |
| Bruce Pearlman            | \$3,356.00 | Corinna Bonk          | \$2,568.00 | Marie Wilson        | \$2,050.00 |
| Keith Clark               | \$3,340.00 | Tracy Abdo            | \$2,525.00 | Achara Mah          | \$2,040.00 |
| Becky Slight              | \$3,340.00 | Betsy Karel           | \$2,500.00 | Amanda Herbert      | \$2,035.00 |
| Patricia Iannucci         | \$3,275.00 | J. Nicole Alford      | \$2,420.00 | Jennifer Smith      | \$2,000.00 |
| Jeannine Braun            | \$3,265.00 | Jennifer Lohr         | \$2,385.00 | Judith Casassa      | \$1,975.00 |
| Elizabeth Bradley         | \$3,263.00 | William McElrath      | \$2,385.00 | Ellen Alers         | \$1,965.00 |
| Dianne Carroll            | \$3,240.00 | Luby Ismail           | \$2,375.00 | Kimberly Koerner    | \$1,950.00 |

# Top Fundraisers

continued

|                     |            |                           |            |                     |            |
|---------------------|------------|---------------------------|------------|---------------------|------------|
| Karen Jackson       | \$1,927.00 | Elise Lestz               | \$1,387.00 | Jack Hyman          | \$1,118.00 |
| Stacey Moore        | \$1,919.00 | Karin Soyster             | \$1,380.00 | Meg Cole            | \$1,115.00 |
| Janice Brown        | \$1,905.00 | Karen duCellier           | \$1,360.00 | Danielle Moten      | \$1,102.00 |
| Asha Proctor        | \$1,900.00 | Stacey Blaine             | \$1,325.00 | Athena Dilullo      | \$1,100.00 |
| Kat Murray          | \$1,898.00 | Jarret Christensen        | \$1,325.00 | Elizabeth Hitchcock | \$1,075.00 |
| Barry Cohen         | \$1,889.00 | Tammy McNeel              | \$1,325.00 | Kay Moses           | \$1,075.00 |
| Tonique Robinson    | \$1,888.00 | L. Chris Miller           | \$1,325.00 | Deborah King-Jones  | \$1,073.00 |
| Zodie Makonnen      | \$1,865.00 | Michael Araj              | \$1,320.00 | Laura Weidner       | \$1,062.67 |
| Adam Hughes         | \$1,860.00 | Wendy Fletcher            | \$1,305.00 | Mary Lane           | \$1,060.00 |
| Lesli King Brown    | \$1,840.00 | Keith Baldwin             | \$1,300.00 | Denise Olsen        | \$1,060.00 |
| Sara Spivey Roseman | \$1,800.00 | Jamey Jeff                | \$1,300.00 | Cynthia Nguyen      | \$1,050.00 |
| Charles Shorette    | \$1,795.00 | James McDowell            | \$1,295.00 | Neal Racioppo       | \$1,050.00 |
| Candace Thie        | \$1,775.50 | Andrew Scruggs            | \$1,285.00 | Chastity Ryce       | \$1,050.00 |
| Christine Pereira   | \$1,765.00 | Blissliving Home          | \$1,275.00 | Elisabeth Schmidt   | \$1,050.00 |
| Kenneth Egger       | \$1,755.00 | Joe Walker                | \$1,251.00 | Nikki Territo       | \$1,045.00 |
| Mike Scott          | \$1,740.00 | Arlene Becker             | \$1,250.00 | Rebecca Taffet      | \$1,040.00 |
| Heather Jeff        | \$1,735.00 | Kai Brown                 | \$1,250.00 | Natalia King-Simms  | \$1,030.00 |
| Michelle Gresalfi   | \$1,716.00 | Deborah Harmon            | \$1,250.00 | Martin Taylor       | \$1,030.00 |
| Caroline Tran       | \$1,690.00 | Jennifer McIntosh Bennett | \$1,250.00 | Andrew Austin       | \$1,025.00 |
| Tonya Vassell       | \$1,660.00 | Heather Rickman           | \$1,250.00 | Carol Diaz          | \$1,025.00 |
| Steven Gray         | \$1,630.00 | Ramin Yazdanfar           | \$1,245.00 | Vern Roseman        | \$1,015.00 |
| Mike Woodworth      | \$1,625.00 | Betsy Handwerker          | \$1,243.00 | Geoffrey Meehan     | \$1,014.46 |
| Danielle Rice       | \$1,620.00 | Sara Matyas               | \$1,241.00 | Chris Urban         | \$1,010.00 |
| Florence Eley       | \$1,600.00 | Gregory Sailor            | \$1,235.00 | Karen Denniston     | \$1,002.77 |
| Delia Ponce         | \$1,600.00 | Wendy Smallwood           | \$1,235.00 | Julie Murphy        | \$1,001.00 |
| Andrea Cohen        | \$1,590.00 | Marcie Grau               | \$1,225.00 | Tracy Arend         | \$1,000.00 |
| Charmaine Singleton | \$1,570.00 | Lauren Hyland             | \$1,225.00 | Ethan Cerrito       | \$1,000.00 |
| Kathleen Jones      | \$1,548.00 | Mandy Sheehy              | \$1,225.00 | Elaine Dynes        | \$1,000.00 |
| Paul Immo           | \$1,545.00 | David Stanton             | \$1,225.00 | Elin Farm           | \$1,000.00 |
| Erika Ogedegbe      | \$1,525.00 | Greg Pereira              | \$1,220.00 | Theresa Foley       | \$1,000.00 |
| Tia Wright          | \$1,510.00 | Jay Kraemer               | \$1,200.00 | Mickey Holman       | \$1,000.00 |
| Marc Neglia         | \$1,505.00 | Maura Lange               | \$1,200.00 | Bruce Kay           | \$1,000.00 |
| Jennifer DiOnne     | \$1,500.00 | Neda Jafari               | \$1,180.00 | Margaret Keeley     | \$1,000.00 |
| Bobbie Johnson      | \$1,500.00 | Ursula Wright             | \$1,175.00 | Jaime Klima         | \$1,000.00 |
| Brian Onufrychuk    | \$1,500.00 | Lisa Manwiller            | \$1,169.00 | Amanda Nanayakkara  | \$1,000.00 |
| Randy Shifflett     | \$1,500.00 | Regina Devese             | \$1,166.00 | Sandi Nanayakkara   | \$1,000.00 |
| Melanie Sessa       | \$1,475.00 | Pam Helberg               | \$1,165.00 | Jennifer Roth       | \$1,000.00 |
| Becca Willcox       | \$1,450.00 | Elizabeth Cipriano        | \$1,157.00 |                     |            |
| Karlyn Lothery      | \$1,395.00 | Scott Mackenzie           | \$1,155.00 |                     |            |
|                     |            | Lisa Dawson               | \$1,150.00 |                     |            |
|                     |            | Erin Kennedy              | \$1,145.00 |                     |            |
|                     |            | Tamika Myers              | \$1,145.00 |                     |            |
|                     |            | Kirsten Carroll-Teal      | \$1,135.00 |                     |            |
|                     |            | Edward Casassa            | \$1,120.00 |                     |            |
|                     |            | Ruth Garcia               | \$1,120.00 |                     |            |





# 2010

## Elite Fleet Teams

### Gold Level

#### Onos

TC Cathy Onufrychuk    \$32,565

### Silver Level

#### Mary's Marchers

TC Mary Mason                \$29,351

#### Milman et al.

TC Caren Milman            \$27,871

#### BlassKickers

TC Bronwen Blass        \$21,575

### Bronze Level

#### Team

The M.S. KETEERS

J & R Rockers

Team QueenBee

Cure Crew

Special K

MS Behaving

Andra's team

V3: The Remix (aka Vern's Voluptuous Vixens)

The A-Team

Team Gallagher

MOM Team

Lockheed Martin NOVA Teams

EB's Bunch

#### Team Captain

Kevin Thie                                \$17,471

Ronald Lubcher                        \$15,099

Rachel Miller                            \$14,577

Meg Morgensen                        \$14,299

Kristina Marlow                        \$14,131

Steve Murphy                           \$13,810

Ellen Kandell                            \$13,687

Sara Spivey Roseman                \$13,601

MaryKate Hughes                    \$12,580

Veronica Gallagher-Kaelin        \$11,308

Kirsten Carroll-Teal                  \$11,086

Mandy Sheehy                         \$10,304

Elizabeth Bradley                      \$10,137

## Team Awards

### Top Fundraising Teams

#### Rockville

Milman et al.

TC Caren Milman                \$27,871

#### Reston

Onos

TC Cathy Onufrychuk        \$32,565

#### Bowie

V3: The Remix (aka Vern's Voluptuous Vixens)

TC Sara Spivey Roseman        \$13,601

#### Manassas

J & R Rockers

TC Ronald Lubcher                \$15,099

#### D.C.

BlassKickers

TC Bronwen Blass                \$21,575

### Largest Community Team

ECPI-Eagles in Flight    TC Sydni Samano    202

### Top Fundraising Community Team

Onos    TC Cathy Onufrychuk    \$32,565

### Largest Corporate Team

Team TheraCom    TC Meagan Sliney    78

### Top Fundraising Corporate Team

Lockheed Martin NOVA Teams    TC Mandy Sheehy    \$10,304

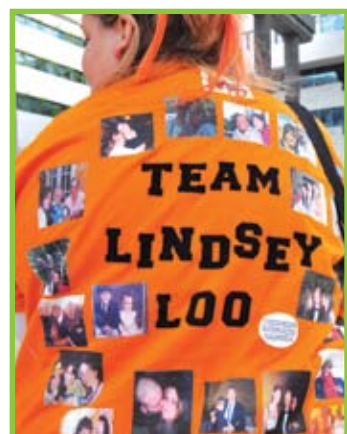
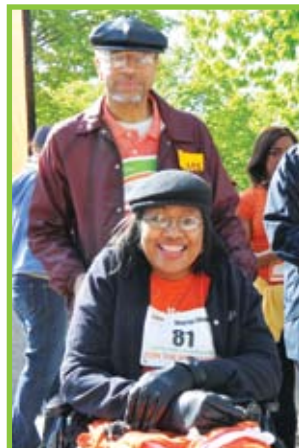
### Highest Team Member Pledge Average

Onos    TC Cathy Onufrychuk    \$4,652.14 per team member

### Best Team Tent

Dreammakers    TC Liza Levenson







# save the date!

## Walk MS 2011

*Saturday, April 9*

Manassas, VA  
Rockville, MD  
Waldorf, MD

*Sunday, April 10*

Bowie, MD  
Reston, VA

*Saturday, April 16*

Washington, DC

Registration for 2011 opens July 19, 2010  
visit [www.MSandYOU.org/walk](http://www.MSandYOU.org/walk)



***National Multiple  
Sclerosis Society***

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National Capital Chapter

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