

MSAA 10 YEARS

10 CHALLENGES

ONE MISSION

Celebrate Team MSAA's 10th Anniversary by completing all 10 challenges and showing what it means to race with purpose. Every mile, every post, and every connection helps us build a stronger Team MSAA community while supporting individuals and families living with multiple sclerosis.

10 Challenges

Complete details for each challenge are listed on the second page.

- 1 Introduce Yourself in the Team MSAA Facebook Group
- 2 Take Advantage of Your Team MSAA Coaching Benefit
- 3 Recruit a Future Teammate and Help our Team Grow
- 4 Attend a Team MSAA Event
- 5 Learn More About the Mission You're Supporting
- 6 Spotlight Your Training Journey in the Team MSAA Facebook Group
- 7 Share a Successful Fundraising Tip in the Team MSAA Facebook Group
- 8 Show Off Your Team MSAA Pride
- 9 Complete Your Fundraising Goal
- 10 Earn Your Medal

What is the Challenge Reward?

Challenge finishers will receive a special **10th Anniversary Team MSAA commemorative magnet**, and will be entered into a drawing to win a **\$100 Disney Gift Card**.

How to Enter:

Complete the Challenge Submission Form at
<https://www.surveymonkey.com/r/10challenges>

Deadline: April 29th, 2027

10 Challenges

1

Introduce Yourself in the Team MSAA Facebook Group

Example of the basics to include in your post:

"Hi, my name is Sara! I'm running my first full marathon during Walt Disney World® Marathon Weekend with Team MSAA! This is my first time running with Team MSAA. I chose to support MSAA because of the organization's impact for the MS community."

2

Take Advantage of Your Team MSAA Coaching Benefit

Connect with Coach Jamie for personalized free training support. Whether you have questions about your training schedule, injury prevention, pacing, recovery, or race-day strategy, Coach Jamie is here to help! Reach Jamie directly at jamie.law.15@gmail.com

3

Recruit a Future Teammate and Help Us Grow

Invite a friend, family member, or fellow runner to join the Team MSAA Facebook Group to learn more about the opportunities MSAA has with *runDisney*.

4

Attend a Team MSAA Event

Participate in a Team MSAA event during the season, such as:

1. A virtual training session with Coach Jamie (September, November, and/or February)
2. A Team MSAA race weekend meet-up

5

Learn More about the Mission You're Supporting

Read about one of MSAA's programs or educational resources and share which one inspires you the most in your Challenge Submission Form.

6

Spotlight Your Training Journey

Post a training tip, favorite workout, recovery strategy, or any motivational advice in the Facebook Group. Whether you're a seasoned runner or training for your first race, your experience can help another teammate succeed!

7

Share a Successful Fundraising Tip

Help another runner reach their goal by sharing a fundraising idea or strategy that has worked well for you. Your advice can inspire fellow teammates to reach their goals!

8

Show Off Your Team MSAA Pride

Share a photo from race weekend while wearing your Team MSAA swag in the Facebook Group! Whether you're at the Expo, the start line or finish line, show us how you're proudly representing Team MSAA and helping raise awareness for the MS community.

9

Complete Your Fundraising Goal

Fundraising is just as important as your training. Reach your fundraising commitment by the deadline and celebrate knowing you've helped improve the lives of individuals with MS.

10

Earn Your Medal

Crossing the finish line is more than earning a medal – it's a celebration of the miles you've run, the funds you've raised, and the lives you've helped impact. Share what the journey meant to you in your Challenge Submission Form!