



MEDIA RELEASE

Contact:
**Kat Bullins, Marketing
Coordinator**

National MS Society
Central NC Chapter

Kathryn.Bullins@ncc.nmss.org

Office: (336) 299-4136 Ext. 225

FOR IMMEDIATE RELEASE

Graduate to Run Entire State to Benefit National MS Society

With the thought of school finally ending, most college seniors envision graduation as a time when they can relax without the frustrations of class, upcoming deadlines or extra-curricular commitments. Russell D. Warriner, a senior at Appalachian State University, has something else in mind.

On May 7, just one day after graduation, Warriner will begin a 390-mile run across North Carolina. His mission is to raise money for the National Multiple Sclerosis Society.

Warriner became inspired to plan the run on a car ride back to campus from an academic conference.

“Truthfully, the idea for this run just started as something that I thought would be fun,” Warriner said. “I just planned on running to friends’ houses across state, and then I realized this could be something that I could raise money for. The MS Society was definitely the first organization that came to mind.”

Warriner’s mother, who was diagnosed with MS six years ago, is his main motivation for the run. “At one point in her life, my mom was very active, but now MS has affected my mother’s legs tremendously,” Warriner said. “In my family, we’re all very thankful for our abilities. This has taught us to enjoy what we have now because it could all change for us very quickly.”

In addition to raising money for MS, Warriner also aims to increase MS awareness through his run. “On top of my mother’s condition, I feel that, in general, people are less aware of MS than they should be,” he said.

When Warriner told his mother about the run, however, she was not initially as excited as he expected. “At first, her ‘mom-instincts’ came out, and she was very nervous for me and concerned with my safety,” Warriner said. “Now that she knows all the details, she’s really excited about it.”

Warriner will run from Trade, Tenn., across North Carolina to Atlantic Beach. It will take about two full weeks to cross the state, running from 20 to 30 miles a day. Of course, Warriner says that he is keeping his options open should he need to make minor adjustments to his route.

This is the equivalent of completing almost 15 marathons in two weeks.

“I’ve actually never competed in a marathon, but I have run the distance before,” Warriner said. “The way that my training is going now, I’m very confident that I can complete this run on time.”

Warriner was part of the Appalachian State University track team and recently founded the Running Club for other students who enjoy the sport at Appalachian State University.

Warriner is finance and banking major as well as a Holland’s fellow. He studied abroad in Shanghai, China, for three months in a business program partnered by the Walker College of Business. In August, Warriner will return to Shanghai to work with Fudan University as a liaison between the University and students in the North Carolina area who are considering traveling to China.

Warriner will use this experience to prepare himself before entering the work force. “I am driven. I am learning how to improve myself,” he said. “I need to strive to be that ideal person, well, eventually.”

All the money raised will go to benefit the Central NC Chapter of the National MS Society. To support Russell Warriner in his mission to increase MS awareness or to donate, checks can be made payable to The National MS Society and sent to The Central NC Chapter at 2211 W. Meadowview Rd., Suite 30, Greensboro, NC 27407. Attn: Emily Conner.

About Multiple Sclerosis

Multiple sclerosis interrupts the flow of information from the brain to the body and stops people from moving. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. MS affects more than 400,000 people in the U.S., and 2.5 million worldwide.

About the National Multiple Sclerosis Society

MS stops people from moving. The National MS Society exists to make sure it doesn't. We help each person address the challenges of living with MS through our 50 state network of chapters. We fund more MS research, provide more services to people with MS, offer more professional education and further more advocacy efforts than any other MS organization in the world. The Society is dedicated to achieving a world free of MS. We are people who want to do something about MS now. Join the movement at nationalmssociety.org.