

# Raise \$250 for MS4MS → Get a FREE RACE coupon and join our Spartan Race team at Nationals Park on May 16th

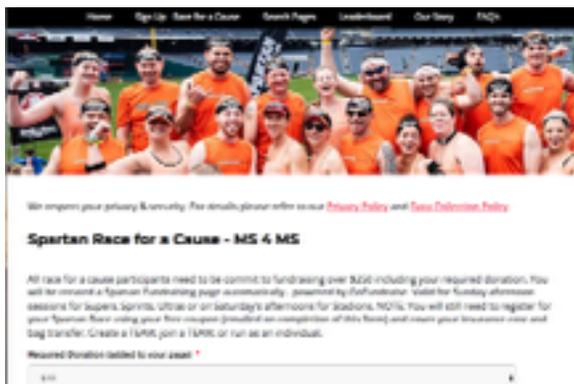
**Step 1:** Visit <https://ms4ms-spartanrace.gofundraise.com/> and click “Register - Race for a Cause”



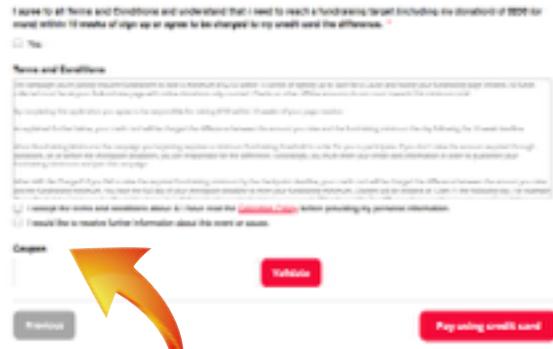
**Step 2:** Click “Join an existing team” and type in “MS4MS”



**Step 3:** Get your fundraising started by donating a minimum of \$10 directly to MS4MS



**Step 4:** Commit to raising \$250 to support MS4MS and join us in the fight against Multiple Sclerosis!



**Step 5:** Get your free race “coupon code” via email and then register under the existing race team “MS4MS” for the May 16th Nationals Stadium Race.

Your coupon code is valid only for Saturday, May 16th for the afternoon race, BUT our MS4MS team will be racing in the morning due to the afternoon heat for our MS Warriors racing. Please select the afternoon session and Spartan will change all our team member race times to Saturday morning.

**Step 6:** Start training and start fundraising!

For additional training and fundraising tips, check out [MS4MS.org](https://MS4MS.org) or contact Sam Greenberg, [samgreenberg@ms4ms.org](mailto:samgreenberg@ms4ms.org)



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