

FOR IMMEDIATE RELEASE

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Join Us for the First Inaugural Berkshire Walk to Defeat ALS

Step Up for Your PALS, and Walk for Those Who Can't...Because You Can!

Pittsfield, MA – Join the ALS Association Massachusetts Chapter and **walk for those who can't** with over 100 PALS (persons with ALS), family members and friends at the **First Inaugural Berkshire Walk to Defeat ALS** on **Saturday, September 26th**, at Wahconah Park in Pittsfield. Registration begins at 9:00 a.m. and the Walk at 10:00 a.m. – rain or shine. Each step raises funds to support global lifesaving ALS research and provide critical patient services with this year's goal set at \$50,000.

Walkers can choose from one and three-mile routes, beginning and ending at Wahconah Park. Both routes will circle the downtown Pittsfield business district on North Street. Join us after the walk for a refreshing snack with friends.

Call 888-CURE-ALS or visit www.walktodefearthALS.org today to find out how you can bring us one step closer to a cure. Pull down the menu for walks in Massachusetts and select the Berkshire Walk. Those who cannot join us on September 26th can sign up as virtual walkers. For more details please contact Suzanne Engels at (413) 770-1047 or Terri Handler at (781) 255-8884.

The Walk is co-chaired by Sue Engels and Heidi Nejaime. Permobil and VITAS Innovative Hospice Care are the national sponsors of the Walk to Defeat ALS.

ALS (Amyotrophic Lateral Sclerosis) is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. More commonly known as Lou Gehrig's Disease, ALS causes patients to lose the ability to speak, move, swallow and breathe. An estimated 30,000 Americans are living with ALS, and patients typically die within two to five years of diagnosis. There is no known cause, cure or effective treatment – yet.

The only ALS-related organization in Massachusetts to provide direct patient services, The ALS Association Massachusetts Chapter *provides care today while supporting hope for tomorrow* by offering hundreds of ALS patients free services. Services include individualized case management, a respite care grant program, an equipment loan program, support groups and more. The ALS Association Massachusetts Chapter is dedicated to provide funding for cutting-edge ALS research, advocacy and public awareness campaigns in the ongoing fight against Lou Gehrig's Disease.

The ALS Association Massachusetts Chapter's Mission

To lead the fight to cure and treat ALS through global, cutting-edge research, and to empower people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care, support and advocacy.

About Wahconah Park

Constructed in 1919, the 3500 seating capacity ballpark has been home to professional baseball for nearly 100 years and remains one of the last wooden grandstand pro ballparks in the country. More than 200 former Pittsfield minor league ballplayers have played in the Major League, **including Lou Gehrig** who once hit a home run into the Housatonic River behind the right field fence.