



Melissa (R) with her friend Sharon.

Walking in memory – Rotary Team Challenge 2016

Melissa Lang's mother Carole was diagnosed with MS over 30 years ago. A long-time Member of the MS Society, sadly Carole passed away in 2013 due to MS complications. Melissa wanted to find a way to honour her mum's memory and got in touch with the MS Society. She participated in the Rotary Team Challenge in 2015 and has signed up once again to walk in memory of her mother. We spoke to Melissa to find out more about her motivation to participate.

Why are you participating in the Rotary Team Challenge?

I first learnt about Rotary Team Challenge in 2014 and got in touch with the MS Society to inquire further. I told them about my mother, Carole, and was humbled and touched when MSWA employees offered to walk in honour of my mum. As MSWA had been an amazing support to my parents for over three decades, I felt participating in the Rotary Team Challenge and raising funds for MSWA was one positive way I could give back to them. So I took the plunge and signed up last year!

What did you think of the event?

My best friend Sharon and I participated in the 2015 Rotary Team Challenge and absolutely loved it! There were so many positives; it got us outdoors, we chatted for nearly 4 hours uninterrupted, the location was divine, temperature perfect, a fun way to exercise, we engaged the community for donations and to top it off, we shared so many laughs. It was a fantastic experience and one we really enjoyed.

Do you have any fundraising plans this year?

Last year, we raised over \$1,000 through our friends by posting on Facebook explaining to them what we were doing and why.

This year, I have emailed and posted requests for fundraising support to local members of Parliament, the Shire, businesses and the Lions Club.

I am also fundraising via gardenexpress.com.au by promoting buying flower bulbs as a gorgeous Mother's Day gift idea. It's a win-win as people often like to get something back when spending money. In outlaying money for bulbs, they are assisting fundraising for a great cause and buying something for their garden or selecting a personal gift for Mother's Day.

My main fundraising avenue however is still via friends on Facebook but family and colleagues are also on our hit list.

What would you say to encourage other MSWA members, family and friends to join in?

Make this a priority and commit to the challenge. See it as some much deserved me time or your good deed for the day. Think of it as going on a rather long walk, a time to catch up with a mate and raise some much needed funds at the same time. And remember when you see the tunnel, the end is nigh! Just get out there and do it!

The 2016 Rotary Team Challenge is being held on Saturday, 7 May. Cycle, run or walk along parts of the picturesque Avon River edge, the Kep Track, the Railway Heritage Trail and John Forrest National Park to the finish line at the Swan View Railway Station. Choose your distance from 22km, 50km or 75km. A unique event and a great physical challenge, in a scenic part of Western Australia, all for a great cause raising funds for the MS Society of WA. Register now at rotaryteamchallenge.org.au/register