

13TH ANNUAL VIKING CHALLENGE FOR MG



The 13th Annual Viking Challenge for MG was a bright, feel-good day full of connections and community. Friends, families, and supporters visited Berens Park to raise awareness for Myasthenia Gravis and support those affected by it.

The vibe was relaxed and positive, with lively discussions, cheering, and simply being surrounded by one another all for a good cause. Our raffle was a big hit, and tickets went quickly. We had amazing prizes from our generous donors and all of the winners were thrilled to win!



Joan kept things moving with her amazing energy as emcee. From start to finish, it was easy, fun, and meaningful.

One of the most memorable parts of the day was honoring two incredible advocates with the Tracy Shackelford MG Service Award. Tammy Carter and Janet Bauer have each made a huge impact in the Myasthenia Gravis community through their leadership and care. Everyone was proud to celebrate their work and the difference they've made.

The Viking Challenge also created space for people who were newly diagnosed or just learning about Myasthenia Gravis to meet others and feel supported. The MG Experience stations provided a hands-on way to understand how living with MG can feel like. With vision-blurring glasses, ankle and wrist weights, and a few quirky challenges, participants got a real sense of the physical struggles that come with the condition. It was eye-opening in the best way.

The whole day concluded with new friendships, lots of laughs, and a strong sense of community. Whether people were walking the course, trying out the MG stations, or just soaking in the sunshine, it felt like everyone left with more understanding and a deeper connection. Myasthenia Gravis can be a hard journey, but this event reminded everyone that *no one has to go through it alone*