



Far West Ski Association

presents the **Jimmie Heuga Award** to

Kate Togneri— “Can Do MS”

Pacific Rim Alliance has been participating in the Vertical Express in support of Can Do MS since 2012. We have always been in awe of “Team AntariciKate,” who is usually one of the top fund raisers in Squaw Valley.

This year we met **Kate Togneri**, the inspiration of “AntariciKate.” Turns out she spent some time working in Antarctica after finishing school, hence the team’s name. The team, previously called “A Coup des Squaws,” was formed as a way of giving back to Can Do MS for all that the organization has done for Kate.

The event, renamed SKI for MS, is a day-long ski community fund raiser benefitting Can Do Multiple Sclerosis, founded by our friend Jimmie Heuga. Skiers and riders come together at Squaw Valley, and other ski areas across the country, to help people with MS and their families thrive.

Kate has been a part of the recent movement to put the spotlight back on Jimmie Heuga, a Squaw Valley legend, and all that he has contributed to the Fight against MS. This is the charity event he started, run by the organization, Can Do MS, he established. The event lives on today in his honor on the mountain he grew up skiing.

With that in mind, Kate accepted Can Do’s invitation to be the 2017 Ski for MS Event Director in Squaw Valley. Besides managing the event activities, consisting of a scavenger hunt, NASTAR race, awards reception, breakfast and loads of prizes, she was one of the top fund raisers on her team.

Kate personally raised \$3,685 in 2017 and her 14-person team “AntariciKate” raised \$16,518 and was the top fund raising team in Squaw Valley.

In addition to directing the Squaw Valley event, Kate served two terms on the Can Do Multiple Sclerosis board in an organization position from 2010-2014.

The last thing we learned about Kate is that she was diagnosed with MS in 1995 at the age of 18. She is an amazing woman who has not let the diagnosis stop her from living an extraordinary life with her husband and two boys.

Kate gives back to Can Do MS because of Jimmie so that people like herself can continue to be healthy and active while living with MS!

The Jimmie Heuga Award is given to the individual who, like Jimmie, has demonstrated courage and skill in three arenas – the ski slope, the human body, and the courageous heart.

Respectfully nominated by *Catherine Ohl* and *Gene Fulkerson*.