



**Crystal Russell**  
**2014 Walk to Cure Arthritis**  
**Adult Honoree**  
**Topeka, KS**

My name is Crystal Russell, and I grew up in a small town in Northeast Kansas and have lived most of life in Kansas. I graduated from Peru State College in 1996 with a Bachelor of Science Degree in Management/Marketing. After college I started working for BNSF Railway in September of 1996 as a clerical employee. I went back to school to get my masters and graduated from Baker University in 2000 with a Master of Science in Management Degree. I was promoted to an exempt in 2000 as a Senior Analyst for BNSF Railway, and then was promoted to a manager position in 2004.

I have had many volunteer opportunities working for BNSF Railway, but I have enjoyed volunteering the most for the Arthritis Foundation for over 12 years. The Arthritis Foundation is near and dear to my heart, and what it provides to so many people. Many of my family and friends are affected by some form of arthritis including myself. I have been diagnosed with Fibromyalgia. Just like with any form of arthritis you have your good days and your bad days, as far as pain. I get through these days with the support of my husband, Brad, and our beautiful five year old son, Cooper.

My hope for the future is for my child to never feel the arthritis pain so many of us suffer from, and I am confident we can get there through the amazing dedication of the Arthritis Foundation!

Thank you, Crystal. We greatly appreciate all you do for us. We are thrilled to celebrate your determination and effort as we proudly recognize you as the 2014 Walk to Cure Arthritis honoree.

#### **About the Arthritis Foundation**

The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.