

National Sponsors



abbvie



OCTOBER 1, 2017
NC TRIANGLE



EVENT DETAILS

UPDATED 09/15/17

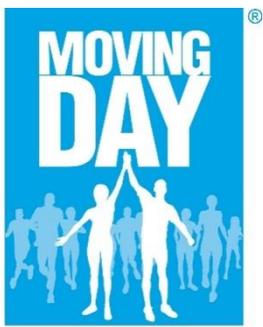


Medtronic

National Parkinson Foundation
200 SE 1st Street, Suite 800
Miami, Florida 33131

MovingDayNCTriangle.org
btedder@parkinson.org
800.4PD.INFO
Parkinson.org

event web
event email
helpline
national web



MOVING DAY® NC TRIANGLE 2017

Event Details

ABOUT MOVING DAY® AND WHY WE WALK

The Parkinson’s Foundation’s (PF) Moving Day® is a unique fundraising and awareness-raising event held in local communities across the United States. With a festival atmosphere and multiple engagement opportunities, Moving Day is not your traditional walk event. In addition to a family-friendly walk, participants are encouraged to explore sponsor tents and actively participate in demonstrations of health and well-being – like dance, yoga, boxing and Pilates – that are proven to help manage the symptoms of Parkinson’s disease.

Moving Day is designed to create greater awareness – not just of the importance of movement, but of Parkinson’s itself, a movement disorder.



EVENT DETAILS

Date/Time: Sunday, October 1, 2017, at 12:00 p.m. - 3 p.m.

Location: Koka Booth Amphitheatre, Cary (8003 Regency Pkwy)

Website: www.MovingDayNCTriangle.org

Contact: Blake Tedder, Community Development Manager

Email: btedder@parkinson.org

Phone: 919-391-8002

Get Social With Us!

[PFParkinsonsNC](#)



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[PFParkinsonsNC](#)



#Together4PD

#PFMovingDay

#Move4PD

WHAT IS PARKINSON’S DISEASE?

Affecting an estimated one million Americans and four to six million worldwide, Parkinson’s disease is the second most common neurodegenerative disease after Alzheimer’s. 60,000 new cases are diagnosed each year in the United States alone. The average age of diagnosis is 62, but can be diagnosed as young onset around age 40. There is no cure but there are excellent treatments, including medications, surgeries and rehabilitative therapies.

Parkinson’s can cause tremor, rigidity, slowness of movement and balance problems, but is more complicated than that (e.g., anxiety, apathy, sleep issues, constipation, fine motor coordination, difficulty with attention and planning). Because of its complex and chronic nature, it can impact someone’s sense of self, roles, and lifestyle.

Still, you can live well with PD! With the right care, exercise, support system, and attitude, most people live with Parkinson’s for well over 15 years, adapting to the changes and challenges as they come.



ABOUT THE PARKINSON’S FOUNDATION

The Parkinson’s Foundation makes life better for people with Parkinson’s disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience, and passion of our global Parkinson’s community. Visit www.parkinson.org or call the [PF Helpline at 1-800-4PD-INFO \(473-4636\)](tel:1-800-4PD-INFO).

WHERE DOES THE MONEY GO?

Funds raised through Moving Day® help support PF's mission to help every person diagnosed with Parkinson's live their best possible life now, by funding better research, better treatment and better lives. This is done through...

NATIONAL MISSION

- ☛ Delivering quality care 100,000+ Parkinson's patients worldwide through [PF Center of Excellence](#) network
- ☛ Funding cutting-edge research, like the [Parkinson's Outcomes Project](#), aimed at better treatment and care
- ☛ Hosting [Allied Team Trainings for Parkinson's](#) across the country to educate clinicians
- ☛ Providing [free resources](#) for patients and their families:
 - Toll-free Helpline ([1-800-4PD-INFO](tel:1-800-4PD-INFO))
 - Life-saving [Aware in Care](#) hospital kits
 - The CareMap.parkinson.org website for PD care partners
 - Our widely recognized, in-depth, and free [educational booklets](#)

LOCAL GRANTS

Our Moving Day® funded community grants provide health, wellness, support and other critically important services in North Carolina - 6 programs were funded by the funds from Moving Day 2016:

- ☛ [Atlantic Music Therapy, LLC](#): offering two, year-long music therapy groups for PWP & Care partners
- ☛ [Morehead City NC Parkinson's Support Group / Sports Center \(Morehead City\)](#): Rock Steady Boxing program
- ☛ [The Poise Project \(Statewide\)](#): Alexander technique for Care Partners of People Living With Parkinson's
- ☛ [Parkinson's Movement Initiative at ADF \(Durham\)](#): Dance 4 PD and Pilates for PD classes
- ☛ [Pamlico Coastal Activities Council \(Oriental\)](#): Parkinson's Exercise Prescription (PEP) Rally
- ☛ [UNC Dept of Pathology & Laboratory Medicine \(Chapel Hill\)](#): Addressing the Unmet Need for More Parkinson's Research in North Carolina



FUNDRAISING CHALLENGES & INCENTIVE PRIZES

- 📍 **Limited Edition “Year 5” Medals** will be given to our Top 10 Team Captains and Top 10 Fundraising Individuals at Registration! Earn those medals!
- 📍 **Special Awards Given Out on Stage For:**
 - Top Fundraising Individual
 - Top Fundraising Team
 - Largest Team (registered before 9/27)
 - Most Creative Team T-Shirt or Outfit
 - Best Team Banner or Sign
- 📍 **Limited Edition T-Shirt** given to registered participants raising \$100 or more. Donations must appear on your Walker Page or collected at Moving Day. If you have given but don't see money on your Walker Page, call us today, and we will see if we can help! 919-391-8002 or btedder@parkinson.org.
- 📍 **Team Tailgate Challenge** All teams that have that have raised \$4,000+ by September 27nd will be given a 10x10 tent in our Team Tailgate area Moving Day®—a place to gather at the event. To see the other great Tailgate incentives, see the Team Tailgate page below).
- 📍 **Special Fundraising Incentives** for those raising \$500 and above [Click Here](#). An email will be sent to you within the month after the event if you would like to redeem a prize.

SCHEDULE

12:00 p.m.	Doors Open
12:00 - 2:00	Festivities, exercise classes, contests, kids activities, resources
2:00	Opening Ceremony
2:15	Walk Begins
12:00 - 3:00	Food Trucks & Music
2:50	Closing Ceremony
3:00	Event Ends



PEOPLE WHO MOVE CHANGE THE WORLD.®



NEW IN 2017!!!

Get & Give a YEAR FIVE HI-FIVE!!

THE HILLS ARE ALIVE!!

You'll notice this year that there's a lot of Music going on at Moving Day! We are featuring a few surprises from the stage from PWP's and our Music Therapy for PD (MT4PD) Team. Operatic phenom Heather Davis will be singing the national anthem with some very special support. There will be a Music Tent at the Back of the Venue with Music Therapy for Parkinson's demonstrations happening nearly every 20 minutes. You'll also hear a Moving Day® music playlist that was entirely chosen by our all-volunteer Planning Committee. Make maracas in the Kidz Zone or join the improvised drum circle.

SPECIAL GUEST MC

We would like to thank Media Partner ABC11 Eyewitness News (abc11.com) for bringing in reporter Gloria Rodriguez to be our special guest MC. Gloria's involvement will really help us put Parkinson's Disease in the spotlight!



FALL PICNIC

We will set up tables and chairs in the Golden Circle (by the stage) and under the Crescent Deck. Picnic tables are also in the Pine Straw area by the lake. You may bring your own blankets and chairs to put on the Moving Day lawn or under the trees. Feel free to bring your own your own picnic/food to share with your team, family, and friends [No Alcohol!]. We will provide light snacks (granola bars, popcorn, juice, water) We will also have 2-3 **FOOD TRUCKS** again and a new way to order box lunches ahead of time from **Whole Foods** (details below) this year to fill your bellies.

NEW LOOK OF MOVING DAY!

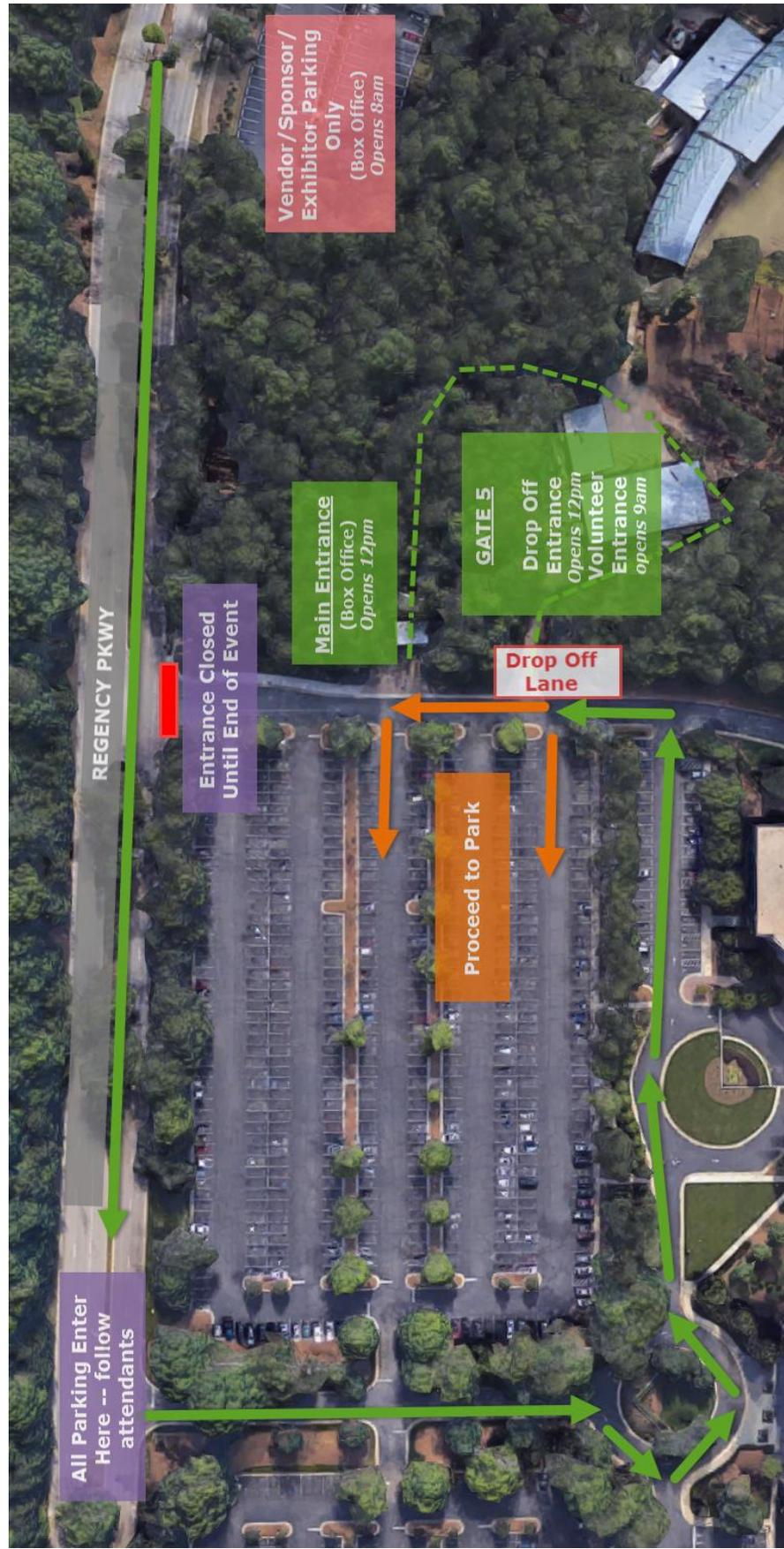
Moving Day® NC Triangle will have a new look when you arrive! We are the first event to feature our NEW Moving Day® logos and signs to represent the new energy of the fully merged Parkinson's Foundation!

NEW WALK ROUTES!!

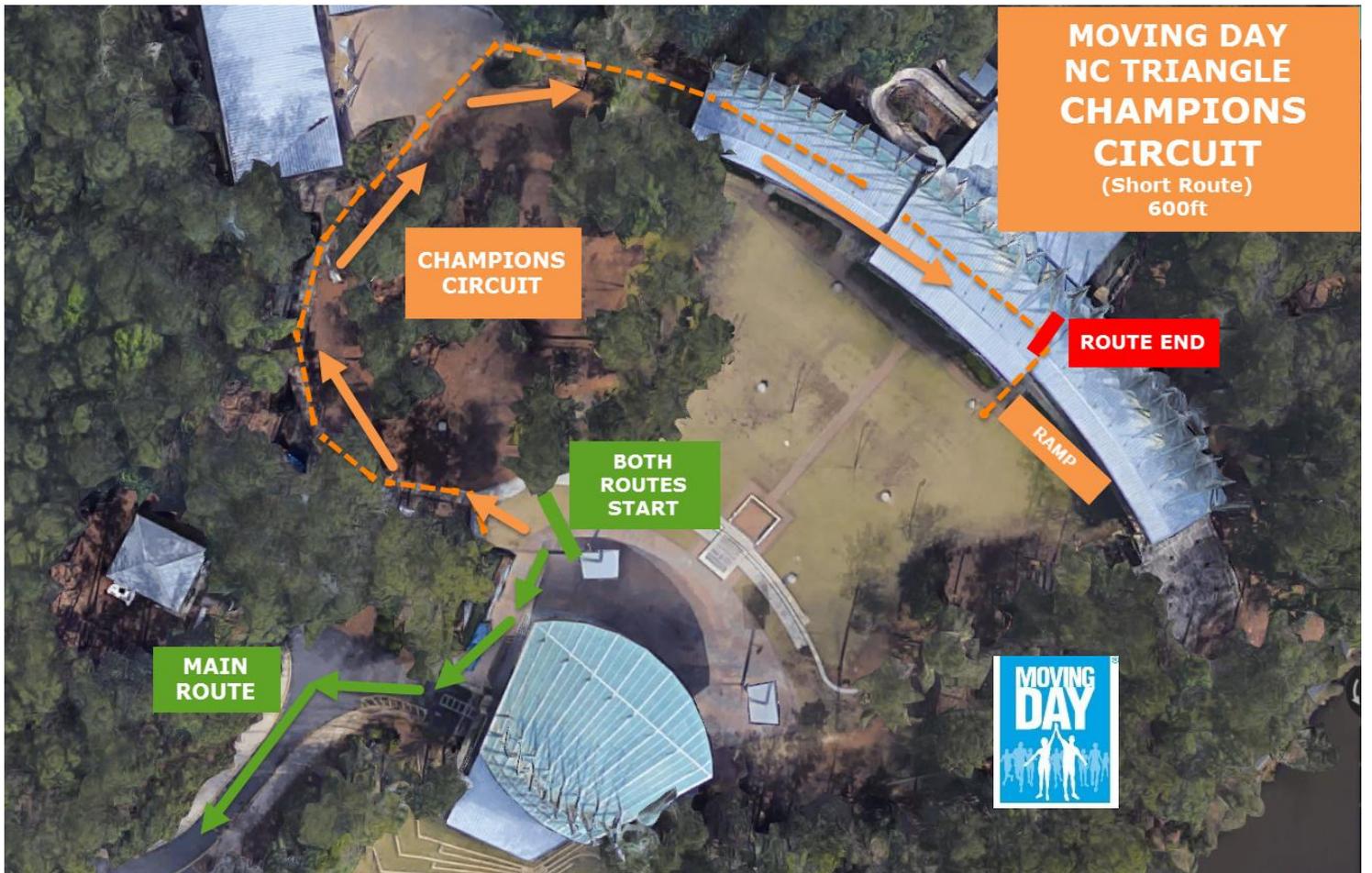
We have two new (redesigned) Walk Routes this year: a shorter path that stays inside the venue called the **Champions Circuit** (600 ft) and the **Long Route** around the lake that leaves from behind the stage (1.7 mi). Most people walk while others prefer to run. Others enjoy taking in the ambience of the Amphitheatre and trying out an exercise class. Look for our **PD-PT Challenges** along the walk route where you can add a challenging movement to your walk. You are welcome to do more than one lap! (See the new maps below)

PARKING

Plenty of parking is available at the venue in the large lot adjacent to the venue. Please park there and walk through the “Box Office” entrance—a beautiful wooded path and approach the registration tent. If your rider needs to be dropped off, follow signs for the Drop Off Lane in front of Gate 5. You may then walk through the main entrance OR the entrance at Gate 5. All doors open at 12pm to participants. Please visit the website to see a higher resolution map.



WALK ROUTE MAP



VENUE MAP



DONATING and/or REGISTERING AT MOVING DAY

KNOW BEFORE YOU GO!

We accept checks, credit cards, and cash at Moving Day. You'll be handed a "Collection Envelope" like the one below. To make sure we log your donation correctly, you'll want to fill out all the fields in **YELLOW** below. You'll place your donations inside if cash or check and seal them up! We will have a dedicated volunteer who can take your credit card donations on a secure device linked directly to our fundraising system.

If you need to register, you'll either fill out a Registration Sheet or an envelope like the ones below if you have a donation.

Moving Day® **1** Donation Envelope

Please fill out the fields below completely.

Make checks payable to the Parkinson's Foundation.

Are you joining or forming a team?
If so, please list your **team name** below:

WALKER CONTACT INFORMATION

First and Last Name

Mailing Address

Mailing Address

City State Zip Code

E-mail Address

Phone



A Walk for Parkinson's

Registration Questions **2**

Already registered? Yes No

If you are registering onsite, please complete the following information.

How did you learn about Moving Day® (e.g., friends/family, website, ad, social media, Parkinson's Foundation e-mail)?

T-Shirt size: S M L XL 2XL 3XL

Sex: M F Birthday: _____

WAIVER: I hereby waive all claims against Parkinson's Foundation and the local Parkinson's Foundation Chapter, event sponsors and personnel for any injury I might suffer in this event.

I authorize Parkinson's Foundation, the local Chapter or anyone authorized as a representative of Parkinson's Foundation to use my name and/or photographs of me, which I have provided or are taken of me at the event to promote or advertise any Moving Day® event. (See the back of this envelope for complete liability waiver information.)

MUST SIGN

SIGN HERE

Participants under the age of 18 must have a parent/guardian sign and acknowledge the liability waiver:

SIGN HERE

Donation Information **3**

Please include information about the donations you are turning in today.

Total cash: _____

Total checks: _____

Total credit card: _____

GRAND TOTAL: _____

Fundraising Incentive Program: You have 30 days after Moving Day® to continue fundraising. Anyone who raises \$500 or more will receive an email 5-6 weeks after the event with instructions on how to redeem a fundraising incentive item.

OFFICIAL USE ONLY

This section should be completed by accounting staff only.

Total cash verified: _____

Total checks verified: _____

Total credit card verified: _____

GRAND TOTAL VERIFIED: _____

Accounting staff signature:



MOVING DAY® NC TRIANGLE - OCTOBER 1, 2017 TEAM TAILGATE AT MOVING DAY®

By Wednesday September 27nd if Your Team Raises:

\$4,000+

Receive a 10 x 10 tent for your team to gather at the event.

\$8,000+

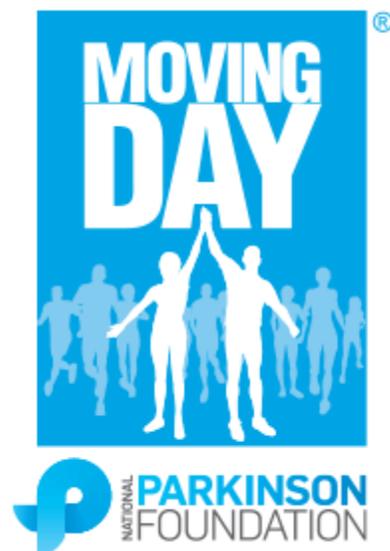
Receive a tent & a table and 6 chairs.

\$15,000+

Receive a tent & 2 tables, a dozen chairs, snacks and drinks.

\$20,000+

Receive a tent, 2 tables, 12 chairs, & boxed lunches for 20 people.



This is a great way to ensure that your whole party will have a place to meet on walk day and will help encourage more individual fundraising from your team! The deadline to raise funds for Team Tailgate eligibility is Wednesday, September 27. Teams who become eligible for a space in the Team Tailgate will be contacted by Moving Day staff to reserve their space. If you have any questions or need any help with your fundraising efforts, call MovingDay Blake right away at 919-391-8002 or email at btedder@parkinson.org.

FOOD

Because Moving Day occurs over the lunch hour in 2017, we thought we'd have some food options available! Please feel free to bring your own food or try out some options below.

There are 3 main ways to make sure your team is fueled up for the walk!

Bring Your Own Picnic picnic chairs, blankets, and food and enjoy a family picnic on the moving Day lawn.

Order Ahead from Whole Foods Market in Cary who will craft box lunches for you and your team and bring to the event for pick up. Box lunches are \$10. \$1 from each box will go to Moving Day!



Orders can be placed by:

- Calling **919-816-8830** asking for "Catering"
- Say you would like to order a Box Lunch for Moving Day on October 1st
- Please provide Credit Card information.
- Whole Foods will include a receipt with your order at the event.

Box Lunch Menu:

- **Turkey in Tomato Wrap**, cheddar, lettuce, with mixed fruit, and a cookie.
- **Grilled Portobello in Pesto Wrap**, roasted red peppers, provolone, pesto wrap with mixed fruit, and a cookie.

Food Trucks! (donating 10% - 20% of proceeds to Moving Day®!!)



Pick up a delicious lunch or accompaniments to your picnic! Three trucks will be on the Golden Circle in the front of the stage.

[Big Mike's BBQ](#) - barbecue and southern
[Flirting with Fire](#) - wood-fired Pizza
[Mama Voulas](#) - Mediterranean

LOCAL ACCOMODATIONS



Homewood Suites Cary

1.8 miles from the venue
100 MacAlyson Court
(919) 467-4444



Hampton Inn Raleigh-Cary

1.3 miles from venue
201 Ashville Ave
(919) 859-5559



Email btedder@parkinson.org if interested in group rates for 10 or more.

MOVING DAY® FAQs

Why is the walk for Parkinson's called "Moving Day"?

Moving Day® is more than just a walk. It highlights "movement" and exercise as a symbol of hope and progress because of its essential role in treating Parkinson's disease. Each event features our unique Movement Pavilion, with stations such as yoga, Pilates, Tai Chi, dance and much more.

What does the walk look like and how long is it?

Both routes are completely paved and wheelchair/walker-friendly. They are relatively flat. The Long Route is 1.7 miles and takes you Counter Clockwise around Symphony Lake, named for the NC Symphony who often play wonderful outdoor concerts at Koka Booth Amphitheatre. The shorter route, about 600ft called the Champions Circuit remains within the venue and is designed for people with mobility issues, walkers, and chairs who might not be up for the long route.

Do I have to do the walk?

No. You don't have to participate in the walk. The Movement Pavilion and other activities (including Sponsors and Exhibitors) will remain open during the walk.

Is there a fee to register?

No! Registration is FREE but we strongly encourage all participants to make a personal donation to their fundraising account during the registration process. A personal donation shows your donors how invested you are and sets the bar high for them to match or exceed your donation.

What is the point of registering online?

Once you create a team or join a team or register as an individual walker, you will be able to log into the website to send emails through the website, create a shortened hyperlink to your page, set a goal and track that goal, be notified when people register to walk with your team or donate to you, create an online profile that shares your story of what you're walking, and to upload a picture to your page.

I'm having trouble with the website. What do I do?

If you are experiencing technical difficulties, email Blake at btedder@parkinson.org and we'll get your question directed to someone at PF who can help you.

I'm not comfortable using a computer. Can I register over the phone?

Yes, although online registrations are preferred. PLUS if you register online, you will be more comfortable using the amazing fundraising resources we have waiting for you. An instructional video is available at www.MovingDayNCTriangle.org or you can contact Blake, our local NPF manager, at btedder@parkinson.org or 919-391-8002 for assistance.

What should my fundraising goal be?

We encourage participants to set a personal goal of at least \$250! Teams should then set a team goal of \$250 x the number of team members. That means if you have ten people on your team, set your team goal at \$2,500 or more. Your fundraising efforts will help PF provide life-changing services to people with Parkinson's disease.

Are there fundraising incentives?

Yes! Anyone who raises \$100 or more will receive a Moving Day® NC Triangle t-shirt. If you raise \$500 or more, you will qualify for our other amazing incentive items. www.movingdaywalk.org/article/moving-day-fundraising-rewards-program/. And of course, the biggest incentive is knowing that you are making a tremendous impact on your Parkinson's community in North Carolina and helping PF further its mission across the globe.

What are the benefits of forming a team?

Not only will you have more fun at the Moving Day® NC Triangle event as a team, but teams are also a great way to meet new people, encourage others to get involved and to collectively fundraise and raise awareness. Together you and your team can host a fundraising event, recruitment event, go on training walks and decorate team t-shirts for the walk. Top fundraising teams can win prizes, and teams raising over \$4000 will receive a Team Tailgate Tent at Moving Day®—a place to gather with your team!

How do I start fundraising?

After you register at www.MovingDayNCTriangle.org you can log in to the website and begin using all of the fundraising tools and resources in the "Participant Center". Make sure to personalize your personal and team pages with your story and a photo and email all of your friends and family members asking for their support.

Can I register at the walk?

Yes, but it's better to register online before event weekend so that you can help us spread the word and encourage others to participate. If you register early, you will also have more time to raise funds to support NPF's mission to help every person diagnosed with Parkinson's live their best possible life now. Together, we can fund better research, better treatment and better lives.

Where should check or cash donations be mailed?

Parkinson's Foundation
ATTN: Moving Day NC Triangle
200 SE 1st Street, Suite 800
Miami, FL 33131

****Make sure you include a note with your donation so that PF knows who to credit the donation to. For example, "Moving Day NC Triangle for [Participant Name and Team Name]"*

Can I bring cash or check donations to the event?

Yes! We have special collection envelopes for your donations in the Registration tent.

Can I keep fundraising after the event?

Yes! You have 30 days after the event to continue fundraising and become eligible for an incentive prize. After 30 days, we will email out incentive certificates to everyone who raises \$500 or more.

Are donations tax-deductible?

Yes! All donations are tax-deductible. And PF will send you donation receipts by email or mail. Contact us after the event if you have not received or have misplaced your receipts.

How do I make it easier to send out information out to family and friends about my team and fundraising?

You can create a short, personal URL to easily include in emails, letters and social media. Visit www.MovingDayNCTriangle.org and after you've created your team, you can log in (in the top right corner of the homepage) click on "My Center," click on "Team Page" tab, type 1-3 words related to your team name, then save! Your URL will look like "http://www.movingdaywalk.org/TEAMNAME".

I'm interested in volunteering, how do I do that?

Go to www.MovingDayNCTriangle.org, scroll down and click on the “Volunteer” link. From there you can sign up directly in the time slot and activity desired, and you can email with our Volunteer Committee Chair. Or email us at movingdayncvolunteers@gmail.com.

Is the venue and walk route handicap-accessible?

Yes.

Are dogs allowed?

Yes! As long as they are kept on a leash at all times and are cleaned up after (we will have bags available, if needed).

Is there a raffle this year

No. There is no raffle this year. But there are a lot of great [incentive prizes](#) for fundraising!

Is the event rain or shine?

Yes! The event is rain or shine unless there is severe weather in which case we will contact participants in advance.

The event starts at 12:00pm. What time does it end?

It wraps up around 3:00pm, but this year we will have food trucks and live music to enjoy after the walk, so you're welcome to continue your picnic and hang out until 3:00pm.