

# Moving Day Omaha FAQ

**What is Moving Day?** Moving Day is the Parkinson's Foundation annual fundraising walk event. It is a fun and inspiring fundraising event that unites families, friends and communities both large and small in the fight against Parkinson's disease (PD). This celebration of movement will feature a family friendly walk course, a kids' area, a Mission tent and a special Movement Pavilion featuring exercise and activities proven to help manage the symptoms of PD.

It is "A day to move, a day to move others, a day that moves YOU!" We encourage you to visit our website [www.parkinson.org](http://www.parkinson.org) to find out how you can participate!

**Is there a fee to participate? Is this a timed race?** No! While we hope that everyone chooses to raise funds to fight Parkinson's Disease, the purpose of this event is to raise awareness about PD and celebrate movement. Join us to learn, find resources and just have fun!

**Do I have to register?** Yes. Just go to our website at [www.MovingDayOmaha.org](http://www.MovingDayOmaha.org) to register: as an individual walking for a specific team, as an individual donor to a specific team and/or as a team captain of a new/returning team.

**What time does the walk start? The walk begins at 10:30. What is the route like? Can I be successful in a wheelchair, using a walker or pushing a stroller?** The official route is ½ mile or two loops around Stinson Park's ¼ mile of paved path flat walkway. Walkers who wish to can walk as many loops as they desire.

**I don't want to walk. Is there something for me?** Of course! You can skip the walk and participate in exercise demonstrations in the Movement Pavilion. You can also enjoy the Mission Tent, the Resource Pavilion, the Food Tent or spend time with your younger team members at the Kids' Zone.

**How do I get a Moving Day® Event t-shirt?** Individuals raising \$100 will receive a t-shirt. Raise more money to win incentive prizes featured at <https://movingdaywalk.org/article/moving-day-fundraising-rewards-program/>

**Where and when do I turn in my donations?** We have an option for everyone!

1. Make donations online at [www.MovingDayOmaha.org](http://www.MovingDayOmaha.org) by finding your favorite participant or team. Once you find them, click on the "Donate Now" button and make your donation!
2. Don't have a particular team/individual you are supporting? You can still make a donation online! Just find the Heartland Chapter Team and make your donation straight to the Chapter.
3. Bring your donations with you the day of the event. We will have volunteers collecting donations at the Registration Tent.
4. Contact Robyn at (913) 341-8828 or [rtota@parkinson.org](mailto:rtota@parkinson.org) for other options.

**I raised enough for other incentive prizes besides a t-shirt. When do I get it?** All other incentive prizes will be sent out about one month after the May 28 deadline to turn in donations.

**How long do I have to fund raise to qualify for incentive prizes?** You have until May 28 to turn in donations to qualify for incentive prizes. Information about incentive prizes can be found at <https://movingdaywalk.org/article/moving-day-fundraising-rewards-program/>

**Can I bring my kids?** Of course! The route around the Stinson Park is stroller accessible. We also have a Kids' Zone with activities just for our younger participants.

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**Can I bring my dog?** Well behaved furry friends on a leash are welcome. You are expected to clean up after your dog by “scooping the poop.”

**Where do I park?** Free parking is available at two parking garages within Aksarben Village and just a short walk from Stinson Park. The Zone 3 Parking Garage is just north of Center Street on 64<sup>th</sup> Avenue. The Zone 5 Parking Garage is on Aksarben Drive, just north of Mercy Drive.

**What if it rains?** Moving Day is rain or shine so please dress appropriately for the weather!

**Are there any “rules” for teams?** The only rules are to bring your team spirit, wear your walking shoes and to have fun! You and your teammates can make your own team shirts, banners, signs, etc. to show your Moving Day® spirit! You can even do some “tailgating” before or after the event in the grassy area around the Memorial.

**Will there be food?** Bottled water, coffee and light snacks will be provided at the event. You and your teammates are welcome to bring a picnic to enjoy if you wish something more substantial. This is a family event so we ask that you do not bring alcohol.

**Who do I contact if I still have questions?** For up to the minute event information, visit our website at [www.MovingDayOmaha.org](http://www.MovingDayOmaha.org) OR contact Community Development Manager Robyn Tota at (913) 341-8828 or [rtota@parkinson.org](mailto:rtota@parkinson.org).