



## **IMPORTANT INFORMATION FOR MOVING DAY NEW JERSEY**

### **What is the schedule for Moving Day New Jersey?**

#### **Moving Day Schedule**

8:30 A.M. – Registration, Refreshment Tent, Kid's Area, and Movement Pavilion open

9:30 A.M. – Welcome and Warm-Up for Walk

9:45 A.M. – 5k Run begins

10:00 A.M. – Opening Ceremony and Walk Begins (Ribbon Cutting at Balloon Arch)

12:00 P.M. – Closing Ceremony, Top Team Award Presentation

12:30 P.M. – Close

#### **Policies and what to bring:**

- Friends, family members, co-workers, and supporters to join you for the event. To expedite the check-in process, make sure people register for your team or for the event at [movingdaynewjersey.org](http://movingdaynewjersey.org) Otherwise – upon their arrival they will need to sign a waiver at the Registration Tent where day-of registration is also available.
- THIS DOCUMENT. Please read and print this document so you have directions and parking information the morning of the event. We will have directional signage and volunteers, but it's a good idea to have this information handy as well.
- Bring walking shoes, sunscreen and a smile.
- Team spirit. You and your teammates can make your own team shirts, signs, etc. to show your Moving Day spirit!
- Appropriate gear for the weather. Moving Day is rain or shine so please dress appropriately!
- Selling items, sign-ups for other walks or activities or raising money for other efforts is prohibited **THANK YOU FOR YOUR UNDERSTANDING OF THIS POLICY.**
- Please pay close attention to posted parking and meter signs.

#### **What is the registration fee?**

Moving Day does not charge to participate in our event. As our largest fundraiser, however, we hope that everyone in attendance donates and/or fundraises.

#### **Do I have to visit the Registration Tent? What if I registered online?**

Yes. We ask that everyone in attendance stops by the Registration Tent, even if you've already registered online. It's how we'll provide you with important information, including last minute updates, and make sure you've signed a participation waiver.

#### **How do I get a t-shirt? Can I buy one?**

Limited-edition Moving Day t-shirts are awarded to participants who have raised \$100 or more.

Registration officials will provide you with redemption information to claim your t-shirt on event day.

They are not for sale.



**Do I have to be on a team? How big do teams have to be?**

You can participate in Moving Day as an individual. There's no size requirement for teams. Whether your team has two members or 200, we're happy you're participating in Moving Day New Jersey to raise money and awareness of Parkinson's disease.

**I have donations to turn in. Can I do that day of event?**

Please drop them off at the Registration Tent when you arrive.

**Can I donate at Moving Day?**

Of course! We'll be accepting cash, check, and credit card donations at Registration.

**I'm still waiting for some donations. Can I turn them in after the event?**

YES!!! You can continue fundraising and turn in donations up to 60 days after the event.

**What should I tell people who don't want to donate online?**

Donations can be mailed to:

Parkinson's Foundation

ATTN Moving Day New Jersey/Nahid Wardeh

200 SE 1<sup>st</sup> Street, Suite 800

Miami, FL 33131

Please make checks payable to Parkinson's Foundation. Include Moving Day New Jersey and your name/team name on the memo line so we can properly attribute the funds to you and your team.

**Directions?**

The event is located at Oak Ridge Park - 136 Oak Ridge Road Clark, NJ, 07066. [Click here](#) for Google Maps driving directions. When you arrive follow the Moving Day signs.

**Where do I Park?**

Free parking is available at the park. There is additional free parking at the Clark Township Municipal Pool, down the street. There will be Police escorts.

**Will there be food or beverages?**

We will serve water, light snacks, and other light refreshments.

**Is Moving Day kid friendly?**

Yes! Please bring the whole family! Moving Day is a great opportunity for all your loved ones to rally around friends or family battling Parkinson's disease. All children can enjoy fun games and activities in our Kids Zone!

**Who can help if I have questions or get lost at the event?**

Please look for a volunteer in a neon yellow shirt, or a committee member in a light gray shirt.



**How far is the walk? Is it timed?**

You will have 3 route options: Full 5k, 2 miles, and 1 mile. There will be signs and volunteers at each point, letting you know when to turn for your preferred route.

**Will the other areas still be open during the walk?**

Yes! We understand not everyone will participate in the walk, so all activities will still be available during the walk. However, we do encourage everyone to join us at the Main Stage for the Opening and Closing Ceremonies.

**What activities are in the Movement Pavilion?**

EVERYONE is invited to get moving at the Movement Pavilion. Exercises are Parkinson's-friendly and can be done both seated and standing. Schedules will be posted throughout the event site and will be available at Registration. Detailed information about the classes and where you can find them will be available at the Movement Pavilion. Check back here for the full lineup!

**Are ADA restrooms available?**

Yes, there is 1 ADA restroom available near the entrance and 1 ADA restroom along the short walk route.

**Is First Aid on site?**

Your safety is our top priority. First Aid is located at the Parkinson's Foundation Resource Tent in the main area near the entrance.

**Is there a hashtag I can use for social media?**

Yes! Thanks for asking! Please let everyone in your network know how much fun you're having while helping to raise awareness by using the hashtags *#MovingDayNJ* *#move4PD* or *#BeatParkinsons*.

**Can we do this again next year?**

You bet!!! Keep an eye out on our website [movingdaywalk.org](http://movingdaywalk.org) and our Facebook Page [@MovingDayNewJersey](https://www.facebook.com/MovingDayNewJersey) to see our upcoming date for Fall 2019!