



IMPORTANT INFORMATION FOR MOVING DAY COLUMBUS

Moving Day Schedule

12:30 P.M. – Registration, Food Trucks, Kid's Area, and Movement Pavilion open

1:00 P.M. – Welcome and Opening Ceremony

1:50 P.M. – Warm-Up for Walk

2:00 P.M. – Walk Begins (Ribbon Cutting at Balloon Arch)

3:00 P.M. – Closing Ceremony, Top Team Award Presentation

Movement Pavilion Schedule:

12:30pm – 1:00 pm: Delay the Disease

1:05pm – 1:25pm: Boxing

1:30pm – 1:50pm: OSU Rehabilitation and PD Group Exercise

1:50pm – 2:00pm: Warm up by the stage with David Zid

2:00pm: Walk begins

2:10pm – Closing Ceremony: Columbus Dance for Parkinson's

Policies and what to bring:

- Friends, family members, co-workers, and supporters to join you at Moving Day!
- 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.

When should I register for Moving Day?

Register online at movingdaycolumbus.org for easy check-in the day of walk. If you don't register online prior to the event, please visit the Registration Tent upon arrival.

What is the registration fee?

There is no registration fee for Moving Day. However, we ask every participant to make a personal donation and commit to raising funds for the fight against Parkinson's disease.

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

If you registered online and did not earn a t-shirt or have donations to turn in on event day, then you do not need to visit the registration tent. We ask that everyone who has not registered online, has money to turn in, and/or has earned a t-shirt stops by the Registration Tent.

How do I get a T-shirt? Can I buy one?

Every registered participant will receive a T-shirt on walk day after achieving the fundraising minimum of \$100. 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 Columbus to raise money and awareness of Parkinson's disease.

I have donations to turn in. Can I do that on walk day?

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 Columbus, 2800 Corporate Exchange Drive, Suite 265, Columbus, OH 43231. Please make checks payable to Parkinson's Foundation. Include Moving Day Columbus and your name on the memo line so we can properly credit the funds to you.

Directions?

The event is located at MAPFRE Stadium, One Black and Gold Blvd, Columbus, OH 43211. [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 stadium.

Will there be food or beverages?

There will be food trucks (#9 on the map below) at the event and water will be provided.

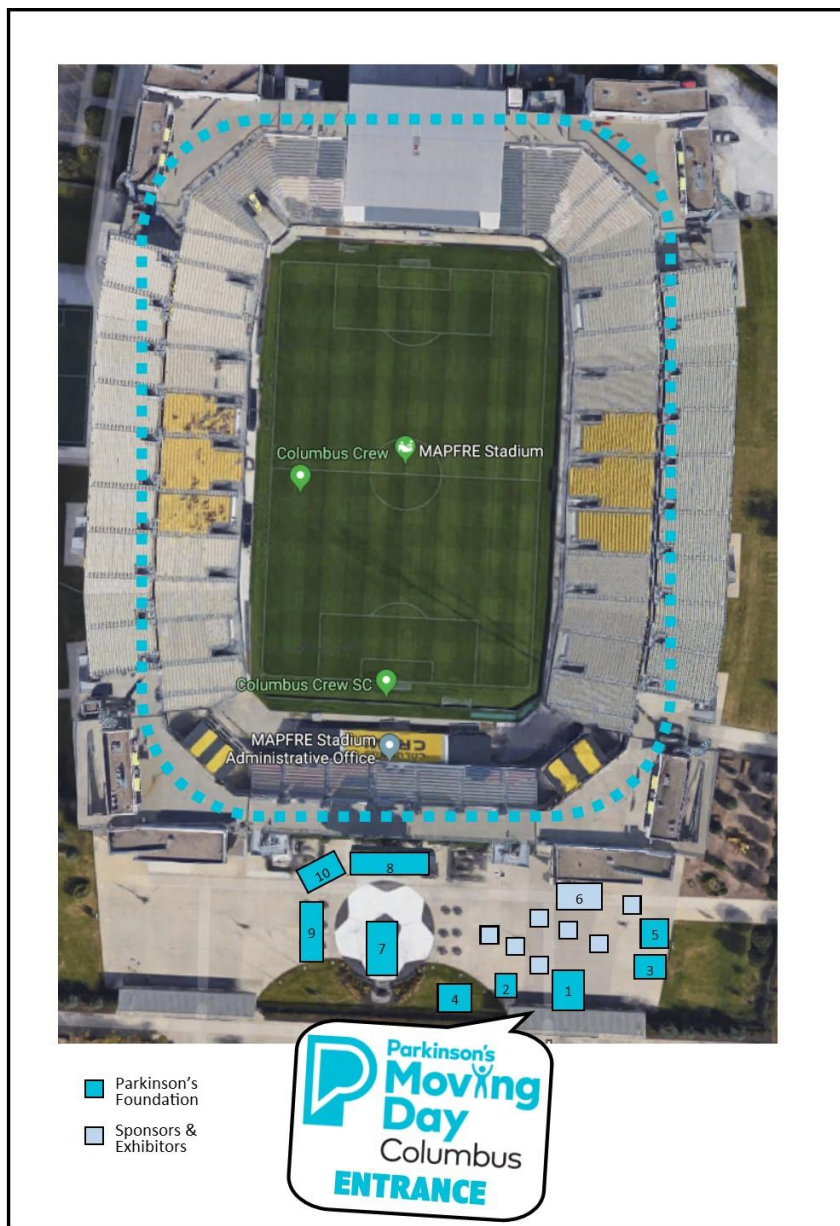
Is Moving Day kid-friendly?

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

Can I bring my dog?

Unfortunately, only service animals are allowed in the stadium, so please leave your furry friends at home.

IN ADDITION TO THE WALK, WHAT ELSE CAN I DO?



The walk is just one part of Moving Day Columbus. There are many other activities at Moving Day:

- **Resource Pavilion & Sponsor Spotlight (#6 & Light Blue Tents)** – Visit with local businesses and organizations providing services to the local community and people with Parkinson’s. Meet with our National Sponsors and learn about the opportunities they provide for the Parkinson’s community.
- **Stage (#8)** – Home of the Opening and Closing Ceremonies, the Stage is also party central thanks to music provided by DJ Greg.
- **Kids Zone (#5)** – Activities for the younger set including face painting, crafts, and more.
- **Parkinson’s Foundation Mission Tent (#3)** – Learn about all the free resources, educational materials, programs, and training available from the Parkinson’s Foundation. Fill out a Walk Bib to honor loved ones and show why Moving Day is important to you. Visit the Parkinson’s Connection Station to get free beads that you can wear to show your connection to Parkinson’s disease.
- **Movement Pavilion (#7)** – Get moving at our signature pavilion! Here’s an opportunity for everyone to try out many Parkinson’s-friendly exercises led by trained professionals.

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

Please look for a volunteer in a bright yellow shirt.

How far is the walk? Is it timed?

The walk is not timed but will end when the Closing Ceremony begins. Each lap around is approximately half a mile and participants are welcome to do as many or as few laps as they are able.

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. Our current line-up includes the following classes:

Are ADA restrooms available?

Yes!

Is First Aid on site?

Your safety is our top priority. First Aid will be located on site behind the Registration Tent (#4 on the map).

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 *#move4PD* or *#BeatParkinsons*.

Can we do this again next year?

You bet!!! A Save the Date will be sent to all participants when the date for 2019 Moving Day Columbus is finalized! We hope to see you there!