



Moving Day Tampa Bay Event Details

Date: Saturday, April 6, 2019

Location: University of South Florida – West Pond Pavilion (*New Location at USF*) | [MAP](#)
West Pond Pavilion is adjacent to Simmons Park.

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IMPORTANT – We have some exciting new changes to our location and to our event program this year. Please read the following carefully!

Registration & Festivities Begin: 8:30 a.m.

We Move Pavilion Opens: 9:15 am

We Move Ceremony: 9:45 a.m.

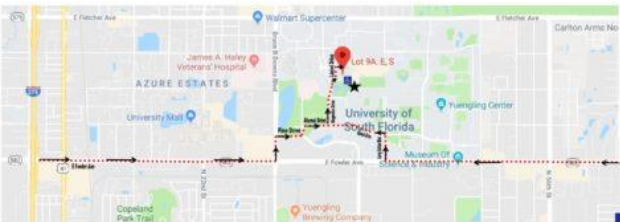
Walk Start Time: 10:00 a.m.

We Move Pavilion Schedule

Time	Movement Activity
9:15 a.m.	NIA
10:15 a.m.	Yoga
10:45 a.m.	Rock Steady Boxing – Fishhawk
11:15 a.m.	Tai Chi
11:45 a.m.	Zumba

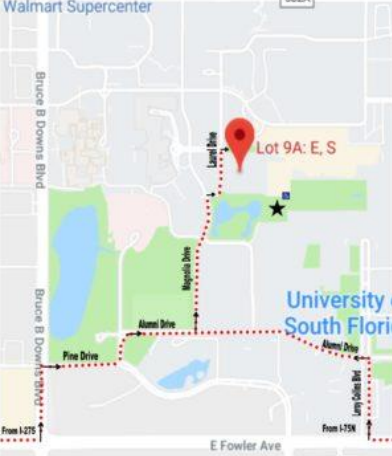
Location & Parking

Moving Day Tampa Bay will take place at a new location within the University of South Florida, West Pond Pavilion off of USF Laurel Drive. Follow the Moving Day directional signs to the parking area. Free, unlimited parking will be available at Parking Lot 9A. Parking spaces will be reserved for people with handicap placards. Click on either map below to download and print.





Parking Map & Driving Directions
April 6, 2019



From I-275

- ⇒ Take exit 51 from I-275 FL-582 E/E Fowler Ave.
- ⇒ Head East for 1.7 miles.
- ⇒ Use the right 3 lanes to turn right onto FL-582 E/E Fowler Ave.
- ⇒ Use the 2nd from the left lane to turn left onto N 30th St/Bruce B Downs Blvd.
- ⇒ Turn right at the 1st cross street onto USF Pine Drive
- ⇒ Turn right onto USF Alumni Drive
- ⇒ Turn left onto USF Magnolia Drive
- ⇒ Turn right onto USF Laurel Drive
- ⇒ Turn right into **Parking Lot 9A**

From I-75N

- ⇒ Use the right 2 lanes to take exit 265 to merge onto FL-582 W/E Fowler Ave toward Temple Terrace
- ⇒ Merge onto FL-582 W/E Fowler Ave. (Pass by Havoline Xpress Lube on the right in 2.4 mi)
- ⇒ Turn right onto Leroy Collins Blvd.
- ⇒ Turn left onto USF Alumni Drive
- ⇒ Turn right onto USF Magnolia Drive
- ⇒ Turn right onto USF Laurel Drive
- ⇒ Turn right into **Parking Lot 9A**





KEY:

Walk Start

University of South Florida - West Pond Pavilion
Saturday, April 4, 2019

Registration & Festivities begin at 8:30 am
We Move Pavilion opens at 9:15 am
We Move Ceremony begins at 9:45 am
Walk starts at 10:00 am

NEW LOCATION AT USF!

Registration & Check-In

Registration and event activities begin at 8:30 am. Every participant must check-in to receive your official Event Wristband (required for all participants) and, if applicable, your Moving Day Rewards Pick-Up Card. Participants who have registered online ahead of event day must check-in. Participants who need to register may do so at the Registration & Check-In tent. Only participants who are registered and checked-in will receive the new I Move Ribbon so please be sure to check-in!

Donation Drop-Off

Any participant dropping off or making additional donations may do so at the Registration & Check-In Tent. Cash, check and credit card donations will be accepted. Donations may be made in person to qualify for and earn a Moving Day Reward.

Walk Route

The Moving Day walk is for participants of all ages and all abilities. There is a 1-mile option and a 5K option. Click on the map below to download and print.



Moving Day Rewards

We are thrilled to offer our new Moving Day Rewards to participants who raise \$100 or more.

When you check-in at the Registration & Check-In Tent you'll receive a Rewards Card to pick up your earned items at the Rewards Tent. Click [here](#) to learn more about great gear and exclusive experiences you will receive on walk day if you raise \$100 or more.

Light Snacks & Beverages

Light snacks will be available before and during the walk. Water stations will be set up along the walk route.

The New Moving Day Experience

At this year's event you'll experience a new, powerful We Move Ceremony at 9:45 am that will unite us in our commitment to move against Parkinson's. This year, every registered participant will get a free I Move Ribbon representing your connection to the Parkinson's community. You can use the ribbon during the ceremony and sessions at the We Move Pavilion. Also join us for a new Parkinson's Experience, top fundraiser rewards, music, communal moments and activities.

What isn't changing this year is our passion for helping those with Parkinson's and helping fund critical research. We know that you will love our new Moving Day experience and we hope you will help us show the rest of the nation that Tampa knows how to move toward the end of Parkinson's, together. Please arrive at 8:30 am to register, pick up your I Move Ribbon and take part in movement activities. Then, head over to the stage at 9:45 am for the We Move Ceremony.

Weather

Moving Day will take place rain or shine! Check the weather forecast to prepare accordingly. Should conditions warrant any change, we will make an announcement via email and on the Moving Day website.

Dogs

For the safety of our participants, dogs are not allowed at Moving Day.

Raffle

Five amazing baskets with all kinds of wonderful prizes will be raffled off to benefit Moving Day Tampa Bay. For more information on baskets and tickets [click here](#).

Donations

The [Moving Day website](#) will be open until August 31. After the event, mail checks and matching gift forms to:

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

Please include a note with your name and team name to receive fundraising credit.