

Moving Day Nashville 2018 Event Details

Saturday, April 7, Centennial Park, Nashville, TN

9 a.m. - noon

TO REGISTER: www.movingdaynashville.org

EVENT DETAILS

Date: Saturday, April 7, 2018

Location: Centennial Park
2500 West End Ave
Nashville, TN 37203

Schedule of Events:

9:00 a.m. Registration Opens
Movement Pavilion Activities Begin
Sponsor Tents Open
Resource Pavilion Opens
Kid Zone Opens
10:15 a.m. National Anthem
10:30 a.m. Ribbon Cutting and Walk Start
12:00 p.m. Event Closes

Movement Pavilion: Activities Schedule TBD

Walk Route: Around Pond at Centennial Park

What to Bring:

- Friends, family members, coworkers and supporters to join you for the event. To expedite the check-in process, make sure people register at www.movingdaynashville.org. 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.





- **Any donations that you have received and need to turn into the Parkinson's Foundation.** We will have official PF staff onsite collecting donations. Make sure you raise \$100 or more before the event or bring the donations with you to collect your special Moving Day t-shirt! All other incentive prizes will be sent out after the event.
- **Walking shoes and a smile.** Bottled water and light snacks will be provided at the event. There will also be two food trucks available with breakfast items for purchase.
- **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!

DIRECTIONS AND PARKING

The location of the event is by the Locomotive in Centennial Park. The pavilion will be the location for the event and the starting point for the walk. The parking is first come first serve at various locations inside the park and around our venue.

Coming from the South—Brentwood, Cool Springs, Franklin, Columbia; Huntsville, AL

1. 65 North to 440 West
2. Exit West End Avenue (to the right towards downtown)
3. Left on 25th Avenue North

Coming from North—Madison, Gallatin, Hendersonville; Bowling Green, KY

1. 65 South to 40 West to 40 East (follow signs to Nashville)
2. Exit Charlotte Avenue (turn right on to Charlotte)
3. Left on 23rd Avenue North
4. Right on Patterson Street and then Left on 25th Avenue North

Coming from West—Bellevue, Kingston Springs, Dickson, Memphis

1. 40 East to 440 East
2. Exit Murphy Road, turn Left
3. Left on to West End Avenue
4. Left on 25th Avenue North

Coming from East—Donelson, Hermitage, Lebanon, Knoxville

1. 40 West to 440 West
2. Exit West End Avenue (to the right towards downtown)
3. Left on 25th Avenue North

Coming from South East—Lavergne, Smyrna, Murfreesboro, Mont Eagle, Chattanooga

1. 24 West to 440 West
2. Exit West End Avenue (to the right towards downtown)
3. Left on 25th Avenue North

Coming from North West—Joelton, Springfield, Clarksville

1. 24 East to 65 South
2. 40 West to 40 East (follow signs to Nashville)
3. Exit Charlotte Avenue (turn right onto Charlotte)
4. Left on 23rd Avenue North
5. Right on Patterson Street
6. Left on 25th Avenue North



QUESTIONS?

For updated event information, please visit our website at www.movingdaynashville.org. Please direct all questions to Amy Hickman at 502-242-7168 or ahickman@parkinson.org. Thank you for all that you do!