



IMPORTANT INFORMATION FOR MOVING DAY BUFFALO

Moving Day Schedule:

9:00 a.m. – Registration, Refreshment Tent, Kids' Zone, Mission Tent, Resource Pavilion open

9:30 a.m. to 10:30 a.m. – Movement Pavilion

10:45 a.m. – Welcome and Warm-Up for Walk

11:00 a.m. – Opening Ceremony and Walk Begins (Ribbon Cutting at Balloon Arch)

12:45 p.m. – Closing Ceremony, Top Team Award Presentation

1:00 p.m. – Close

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 movingdaybuffalo.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?

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.

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 Buffalo 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 Western New York Chapter

ATTN: Moving Day Buffalo

2805 Wehrle Drive, Suite 12

Williamsville, NY 14221

Please make checks payable to Parkinson's Foundation. Include Moving Day Buffalo and your name on the memo line so we can properly credit the funds to you.

Directions?

The event is located at the Richardson-Olmsted Campus, 400 Forest Avenue, Buffalo, NY 14213. [Click here](#) for Google Maps driving directions. When you arrive follow the Moving Day signs.

From the East (via the NYS Thruway/Interstate 90)

Take Exit 51 (NY 33 West) to NY 198 West. Exit NY 198 at Elmwood Avenue South. Bear right onto Elmwood Avenue south. Parking is on the right past Rockwell Road.

From the West (via the NYS Thruway/Interstate 90)

Take Exit 53 (I-190). Follow to Exit 11 (NY 198 East). Take Elmwood Avenue exit and bear right toward light. Turn left at Elmwood. Parking is on the right past Rockwell Road.

From the North/Niagara Falls

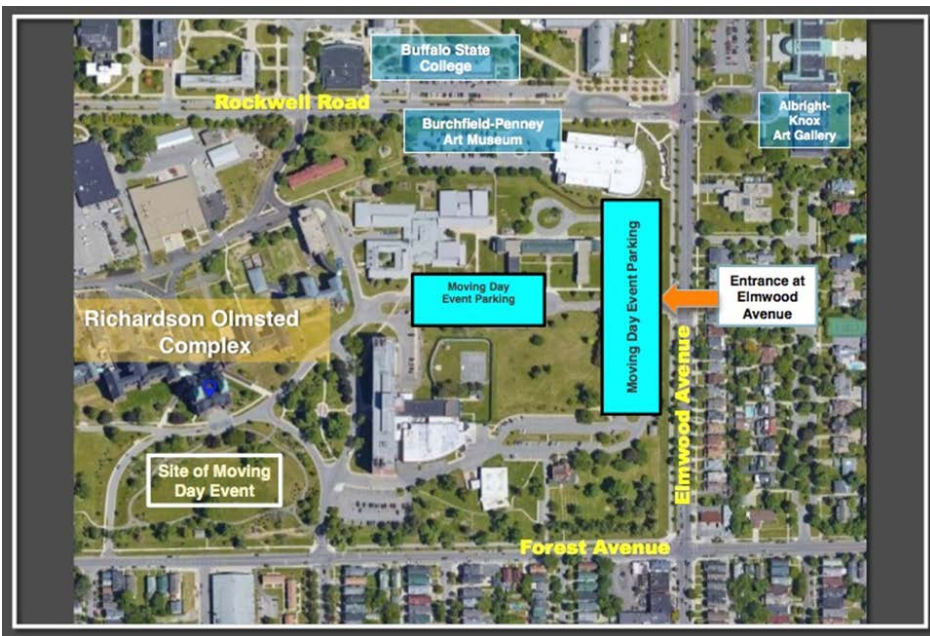
Take I-190 South (over the Grand Island Bridge) to Exit 11 (NY 198 East). Exit at Elmwood Avenue and bear right toward light. Turn left onto Elmwood. Parking is on the right past Rockwell Road.

From the South

Take I-190 North to Exit 11 (NY 198 East). Exit at Elmwood Avenue and bear right toward light. Turn left onto Elmwood Avenue. Parking is on the right past Rockwell Road.

Where do I park?

For parking, please access the Richardson-Olmsted Campus via Elmwood Avenue between Rockwell Road and Forest Avenue. Attendants will be there to assist you. Shuttles will be available only from the Richardson-Olmsted parking lots. Parking will also be available on Forest Avenue and nearby side streets. **Parking for Moving Day is not allowed anywhere on the Buffalo State Campus. This includes Rockwell Road. Tickets for violators may be issued.**



Will there be food or beverages?

Water and other light refreshments will be available on walk day.

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?

Well-behaved dogs are welcome on a leash. Please make sure you clean up after your pet.

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



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

- **Volunteers’ Tent (1)** – Volunteers will be able to pick up their volunteer T-shirts and lanyards.
- **Registration Tent (2)** – Here you will be able to register if you haven’t already or check-in if you already did. As well as donate and/or drop off donations, pick up your Moving Day T-shirts if you have met the fundraising minimum, and ask any questions about the event.

- **Sponsors' Tents (3)** – Meet with our sponsors and learn about the opportunities they provide for the Parkinson's community.
- **Kids' Zone (4)** – Activities for the younger set including carnival games and a visit by Miss Pockets, who will be entertaining the crowd and making fun balloon sculptures.
- **Movement Pavilion (5)** – Get moving at our signature pavilion! Here's an opportunity for everyone to try out many Parkinson's-friendly exercises led by trained professionals.
- **Parkinson's Foundation Mission Tent (6)** – 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.
- **Parkinson's Experience (7)** – The place to experience what having Parkinson's may feel like to some people.
- **Caregiver's Corner (8)** – A special area for caregivers to receive information and massages.
- **Resource Pavilion (9)** – Visit with local businesses and organizations providing services to the local community and people with Parkinson's.
- **Food & Water (10)**

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?

No, the walk is not timed and the longer route of our walk is approximately 1 mile.

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:

Movement Pavilion Schedule:

9:30 a.m. – PDdance with Cynthia Pegado

9:50 a.m. – Tai Chi

10:10 a.m. – PWR!Moves

11:30 a.m. – Drum Circle

Are ADA restrooms available?

Yes, there will be two ADA restrooms available for use.

Is First Aid on site?

Your safety is our top priority. First Aid will be located at the registration tent.

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!!!