



IMPORTANT INFORMATION FOR MOVING DAY DFW

Moving Day Schedule:

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

9:40 a.m. – Welcome and Warm-Up for Walk

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

12:00 p.m. – Closing Ceremony, Top Team Award Presentation and Moving Day Passport winner will be announced.

12:30 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 movingdaydfw.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 DFW 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 DFW
200 SE 1st Street, Suite 800
Miami, Florida 33131

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

Directions?

The event is located at Lone Star Park, 1000 Lone Star Parkway, Grand Prairie, TX 75050. Click [here](#) for driving directions. When you arrive follow the Moving Day signs.

Where do I Park?

Free parking is available at Lone Star Park.



Will there be food or beverages?

Water and other light refreshments will be available on walk day. In-N-Out Burger will be donating 400 lunches to our participants.

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. In addition to Shimmy Giggles and Friends who will be on hand for face-painting and glitter tattoos, children can enjoy fun games and activities in the Kid's 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?



Parkinson's
Moving Day Dallas/
Ft. Worth

Saturday, October 27, 2018
Lone Star Park



Parking

Start Line
Water Stops
1 mile turn around
Walk Route
Portable Restrooms



Stage
Resource Pavilion
Movement Pavilion
Team Tailgate
IN-N-OUT Burger Food Truck

1-19

Walk Start & Finish Line
Sponsor Stations
Registration
T-Shirt Pick-up
Food Tent
Caregiver's Tent
Movement Pavilion
Resource Pavilion
Volunteer Station/Check-in
Photo Area
Parkinson's Pals (Kid Zone)
Parkinson's Fdn. Mission Tent
Team Tailgate
Portable Restrooms
First Aid Station

DIRECTIONS

NORTH

- Travel I-35E South
- Follow signs to Hwy 183 Westbound
- Exit Belt Line Road (proceed south 5 miles)
- Choose Gate 1 for general parking

SOUTH

- Travel I-35E North
- Follow signs to Hwy 183 Westbound
- Exit Belt Line Road (proceed south 5 miles)
- Choose Gate 1 for general parking

EAST

- Travel I-30 West
- Exit Belt Line Road Northbound
- Continue on Belt Line Road
- Choose Gate 1 for general parking

WEST

- Travel I-30 East
- Exit Belt Line Road Northbound
- Continue on Belt Line Road
- Choose Gate 1 for general parking

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

- **Resource Pavilion & Local Sponsor Spotlight** – Visit with local businesses and organizations providing services to the local community and people with Parkinson's.
- **National Sponsor Row** – Meet with our National Sponsors and learn about the opportunities they provide for the Parkinson's community.
- **Stage** – Home of the Opening and Closing Ceremonies, the Stage is also party central thanks to music provided by DJ Chris Brown from Chris Brown DJ Services.
 - *Activities: Zumba with Valerie Johnson at 9:50 a.m.*
- **VIP Team Area** – A special area for our VIP teams. Will your team earn a spot for Moving Day 2018?
- **Team Photo Area** – Gather your team together for group pictures!
- **Caregiver's Tent** – Need a break from all the fun activities, kick your feet up in the Caregiver's Tent.

- **Kid's Zone** – Activities for the younger set including carnival games and a visit by Shimmy Giggles and Friends, who will be entertaining the crowd and making fun balloon sculptures and glitter tattoos.
- **Parkinson's Foundation Mission Tent** – 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** – 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?

We will have two options; a 1 mile walk and a 5K. Neither are timed so take your time and enjoy the beautiful 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. Our current line-up includes the following classes:

Movement Pavilion Schedule:

- 8:30 a.m. to 9:00 a.m. — **Move/Laugh/Connect** - Instructor: Tammy Slauson, DAPS
- 9:00 a.m. to 9:30 a.m. — **LSVT Big/Loud** - Instructor: Elizabeth Peterson, LSVT Global
- 9:30 a.m. to 10:00 a.m. — **Head to Main Stage for Opening Ceremony** (Announcements, Testimonials, Zumba)
- 10:00 a.m. to 10:30 a.m. — **Cycling** - Instructor: Kevin McKinnon, Fort Worth YMCA
- 10:30 a.m. to 11:00 a.m. — **Dance for PD** - Instructor: Misty Owens
- 11:00 a.m. to 11:30 a.m. — **Rock Steady Boxing** - Instructor: Rick Gonzalez, UFC Gym
- 11:30 a.m. to 12:00 p.m. — **Tai Chi** - Instructor: Mike Braitsch, Tribe Wellness

Are ADA restrooms available?

Yes.

Is First Aid on site?

Your safety is our top priority. First Aid will be located next to the Main Stage.

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!!! Mark your calendars to get moving in 2019 at our next Moving Day DFW! Date TBD.