

What is Parkinson's disease?

Parkinson's disease (PD) is a progressive neurological disorder affecting more than a million Americans today. A person with PD gradually loses the ability to totally control their body movements. The symptoms of PD include tremors or trembling (shaking hands are often the most telltale signs of it); difficulty maintaining balance and coordination; trouble standing or walking; stiffness; and general slowness.

Who are PD Walkers?

PD Walkers team members commit to walk or run at any event to raise awareness of Parkinson's disease, to empower and inspire people living with or without PD, and to raise money to support the fight against PD.

LaDona Molander, diagnosed with Young Onset Parkinson's Disease (YOPD), formed the first PD Walkers team in 2008. She walked the full marathon at the 2008 IMT Des Moines Marathon, the half marathon in 2009 and the Minneapolis half marathon in June 2010. Other team members have also participated in Dam to Dam, the Parkinson's Unity walk and other events across the country.

PD Walkers...has fund raised approximately \$15,000 for the local Iowa Chapter of APDA; averaged 50 team members; will continue to promote exercise for PWP that may help slow the progression of PD and in some cases may even reverse some symptoms; goal is to raise funds and "Parkinson's Awareness, One Step at a Time..."!!

How do I join PD Walkers?

Fill out the registration form and mail a check with the registration fee made payable to IA APDA at the address listed below, or go online to the link: www.pdwalkers.org and print out the "Registration form for PD Walkers at the Des Moines Marathon 2010". If you are collecting donations, mail with check(s) made payable to IA APDA.

How much is the registration fee for PD Walkers?

The registration fee (see back) includes the lowest registration fee to the Des Moines marathon and a \$15 donation to PD Walkers. We also ask each team member set a fundraising goal or make a donation of \$200. Your PD Walkers registration fee includes a "PD Walkers" dri-fit t-shirt, a Des Moines Marathon shirt, training and speaker meetings, and access to a personal fundraising page at:

<https://secure.getmeregistered.com>

The Des Moines Marathon registration fee is paid directly to IA APDA. For more information on the events at Des Moines Marathon go to:

www.desmoinesmarathon.com



**Parkinson's Awareness,
One Step at a Time...**

Money raised for the IA Chapter of APDA is used specifically to ease the burden and find the cure through medical research, patient and family support and education. IA APDA is a 501(c)3 organization which means your donation is tax deductible to the extent allowed by law.



Benefits of registering as a PD Walker:

- Automatic registration to the IMT Des Moines Marathon
- Lowest registration fees to the IMT Des Moines Marathon
- Updates on PD Walkers activities (speaker meetings and training walks)
- Exclusive PD Walkers t-shirt
- Personal fund raising website
- Increase Parkinson's awareness



CONTACT US

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