

**PD WALKERS AT THE MINNEAPOLIS MARATHON  
SUNDAY, JUNE 6, 2010**

\*All athletes must ALSO register for the Minneapolis Marathon at [www.minneapolismarathon.com](http://www.minneapolismarathon.com)

**APPLICANT INFORMATION**

Name:		
Date of birth:	Age as of 06/06/2010:	Sex (M/F):
Current address:		
City:	State/Zip:	Email:
<i>(Please circle)</i> Walk    Run 5k        5k-9        Half        Full \$50 registration fee for PD Walkers due 5/14/10		<i>(Please circle)</i> PD Walkers dri-fit t-shirt: Women's cut size:    S    M    L    XL    XXL Men's size:        S    M    L    XL    XXL Start times: 7 A.M. full and half-marathon; 8 A.M. 5K Packet pick up: Sat 6/5/2010, 10 A.M. – 8 P.M. Mpls. Convention Center, 301 2nd Ave S, Minneapolis, MN 55403

**EMERGENCY CONTACT**

Name:	Phone:
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**PD WALKERS REGISTRATION DEADLINE – MAY 14, 2010**

Create your own fundraising web page to help meet your \$200 goal at [https://secure.getmeregistered.com/get\\_information.php?event\\_id=3143](https://secure.getmeregistered.com/get_information.php?event_id=3143)

**WAIVER – REQUIRED BY SIGNATURE**

I am participating at my own risk and waive all claims of every nature against the organizers, officials, sponsors, and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I also fully understand the rigors of such competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition. I agree to follow the rules which govern road racing. I, the undersigned, have read the above waiver and release, and understand that I have given up substantial rights by signing it, and sign it voluntarily. The registrant acknowledges that MarathonGuide.com/Web Marketing Associates has no responsibility for the operation of the Team Ortho Minneapolis Marathon and associated events and is only acting as an agent to register applicants who wish to participate in the Team Ortho Minneapolis Marathon and associated events. Accordingly, the registrant agrees to hold MarathonGuide.com/Web Marketing Associates and its agents harmless from any liability or injury resulting from the Team Ortho Minneapolis Marathon and associated events. Furthermore, the registrant agrees that it shall have no claim against MarathonGuide.com/Web Marketing Associates for any injury that may occur during the Team Ortho Minneapolis Marathon and associated events. The individual event operators and sponsors have provided information included in this site and MarathonGuide.com/Web Marketing Associates does not verify the accuracy or completeness thereof. All confirmed orders are final once payment is submitted. MarathonGuide.com/Web Marketing Associates does not issue refunds.

Signature (parent or legal guardian if under 18):	Date:
Mail forms to: PD Walkers, PMB 196, 4949 Westown Pkwy, Suite 165, West Des Moines, IA 50266	Inc. \$50 reg. fee payable to: PD Walkers

**If you would like to assist the PD Walkers organization in continuing PD awareness and providing resources and education to those affected by PD, please consider contributing by making a donation.**

**"I would like to make a donation."    \_\_\_\$25        \_\_\_\$50        \_\_\_\$100**

**If you would like to assist the PD Walkers organization by providing funds to help cover the costs of our training and event t-shirts and a team and family pasta dinner, please consider the following amounts which will allow your logo to be placed on our t-shirt and acknowledgement in our upcoming events.**

**"I am interested in sponsoring PD Walkers."    \_\_\_ \$250        \_\_\_ \$500        \_\_\_\$1000**

find a cure, one step at a time



at the Minneapolis Marathon

*Help raise awareness of Parkinson's disease  
And raise funds to support PD Walkers and  
Parkinson Association of Minnesota*



**Sunday, June 6, 2010**

Races begin at The Depot  
Downtown Minneapolis, MN

**Registration deadline  
for PD Walkers  
May 14, 2010**

For more information call  
(515)254-9181 or visit  
[www.pdwalkers.org](http://www.pdwalkers.org)  
[www.minneapolismarathon.com](http://www.minneapolismarathon.com)

## What is Parkinson's disease?

Parkinson's disease 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.

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## What is PD Walkers?

PD Walkers is a non-profit group committed to walk or run at any event to raise awareness of Parkinson's disease (PD), to empower and inspire people living with PD, and to raise money to support the fight against PD.

LaDona Molander, who was diagnosed with Young Onset Parkinson's Disease (YOPD) at the age of 30, formed the first PD Walkers team in 2008. With the support of many friends and family members she walked the full marathon at the 2008 IMT Des Moines Marathon and the half marathon in 2009.

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**PD Walkers...** has fundraised 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 "find a cure, one step at time"!!

## How do I join PD Walkers?

Fill out the registration form and mail with \$50 registration fee made payable to PD Walkers at the address listed below, or go online to the link: [www.pdwalkers.org](http://www.pdwalkers.org) and print out the "Registration form for PD Walkers at the Minneapolis Marathon 2010". If you are collecting donations, mail with check(s) made payable to PD Walkers.

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## How much is the registration fee for PD Walkers?

The registration fee is \$50. We also ask each team member to set a fundraising goal or make a donation of \$200. Your PD Walkers \$50 registration fee includes a "PD Walkers" dri-fit t-shirt and access to a personal fundraising page at:

[https://secure.getmeregistered.com/get\\_information.php?event\\_id=3143](https://secure.getmeregistered.com/get_information.php?event_id=3143)

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\*PD Walkers registration is separate from the Minneapolis Marathon registration. All athletes must also register and pay entry fees at [www.minneapolismarathon.com](http://www.minneapolismarathon.com).



**find a cure, one step at a time**

PD Walkers is a non-profit organization whose mission is to increase public awareness and raise funds for the Parkinson's disease cause. We are dedicated to provide local PD organizations with funds which will help provide education, resources and support to PD families in the community.

## Where does the money go?

Funds raised from the PD Walkers at the Minneapolis Marathon 2010 will be used to support the efforts of PD Walkers and will also support Parkinson Association of Minnesota (PAM).

PAM is a nonprofit, voluntary alliance, dedicated to improving the lives of those affected by Parkinson's disease, through fundraising, community building, advocacy, and increasing public awareness. It is a chapter affiliate of the National Parkinson Foundation (NPF), which sponsors research and treatment centers around the world.

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## CONTACT US

*PD Walkers*

4949 Westown Pkwy, #165

PMB 196

West Des Moines, IA 50266

[pdwalkers@q.com](mailto:pdwalkers@q.com)

[www.pdwalkers.org](http://www.pdwalkers.org)

(515)254-9181