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# PD Walkers

## At the IMT Des Moines Marathon

### October 17, 2010

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Regular exercise is extremely important if you have Parkinson's disease. It helps improve mobility, balance, range of motion and even emotional well-being.

Evidence suggests that regular exercise can improve some PD symptoms and enhance quality of life.

Keep in mind that your energy level may go up and down, and you'll sometimes need to pace yourself. If you're tired, try doing one part of your routine at one time of day and adding another segment later. Choose a time to exercise when your medicines are working well and you feel strong.

### **What is PD Walkers?**

PD Walkers is a team of people, some with and others without Parkinson's disease (PD), committed to walk or run an event at the IMT Des Moines Marathon to raise awareness of PD, to empower and inspire people living with PD, and to raise money to support the fight against PD. PD Walkers is for anyone concerned with finding a cure for Parkinson's disease, i.e. people with PD, caregivers, family, friends, co-workers, neighbors, you...

### **What is Parkinson's Disease?**

Parkinson's Disease is a progressive neurological disorder affecting more than a million Americans today. A person with Parkinson's disease gradually loses the ability to totally control their body movements. The symptoms of Parkinson's disease 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. Currently there is no cure, but with your help there is hope.

### **Why a marathon?**

Research has proven that exercise is a key component in the successful management of PD. Finishing a half-marathon or marathon is a big challenge, but we know it's an achievable target, even for those with Parkinson's disease.

### **Can I walk or run a marathon if I have PD?**

Yes, you can! If you are committed to your goal you can do it! Training is very important for anyone walking or running a marathon so stay positive. Experts say running, walking and other activities all help build muscle mass, which is a boon for people who are fighting not just the disease but also the loss of muscle power that comes with age. Exercise gives people with Parkinson's more strength and balance and fitter patients are better able to perform daily tasks that can help keep them independent.

### **How do I train?**

There are several different levels of preparation and many different personal goals, however, anyone who is reasonably fit can train for and complete a marathon or a half marathon. You will need to be willing to dedicate yourself to a training schedule and be committed to your goal. PD Walkers has used a 4 month training schedule to increase their stamina gradually. Come to a PD Walkers Speaker meeting for more information.

### **Do I have to walk the full marathon if I join PD Walkers?**

No, you can register for any of the events: 5k, half marathon or full marathon. You may also join the team and be a supporter on the sidelines. One of our goals is awareness so the more supporters, the better. Being at a marathon is an amazing experience, everyone is cheering for YOU, even the participants on the route!!

Be sure to stretch before and after you exercise. Stretching warms up your muscles, helps prevent stiffness, and improves your flexibility and balance. Yoga is a great way to stretch.

#### PD Websites:

apdaiowa.org  
apdaparkinson.org  
michaeljfox.org  
parkinson.org  
parkinsonsaction.org  
parkinsonalliance.org  
pdf.org  
youngparkinsons.org

## How do I join PD Walkers?

Go online to the following link: [www.pdwalkers.org](http://www.pdwalkers.org) print out the PD Walkers registration form and mail to address listed below. If you are collecting donations, mail with check(s) made payable to PD Walkers.

## How much does it cost to join PD Walkers and what are the benefits?

5k - \$30      ½ - \$60      Full - \$75    + collect \$250 in donations

- \*Automatic registration to the IMT Des Moines Marathon (inc. marathon t-shirt)
- \*Invitation to PD Walkers Pasta Dinner at Mama Lacona's on October 16, 2010
- \*Updates on PD Walkers activities
  - training schedules, Speaker Meetings with door prizes, invites to fund raiser events
- \*Exclusive PD Walkers t-shirt
- \*Personal fundraising web page
- \*Physical fitness
- \*Opportunity to increase awareness of Parkinson's disease

## Where does the money go?

In 2008 PD Walkers raised over \$6000 and in 2009 \$9000 for the Iowa Chapter-American Parkinson Disease Association (APDA). APDA the largest grassroots Parkinson's disease organization in the United States and our local IA Chapter supports the IA Parkinson Disease Information and Referral Center which in a great resource for the entire state of Iowa. In 2010 we are hoping to contribute to the local Iowa Chapter of APDA again and also to another Parkinson's cause TBD

## Where and when do I start?

Start walking today and then join us for a PD Walkers Speaker meeting.

## What is a PD Walkers Speaker Meeting?

We schedule guest speakers and personal trainers to assist in our training. Each meeting will be at the YMCA Healthy Living Center, check [pdwalkers.org](http://pdwalkers.org) for up to date information. At these meetings, we will accept registrations and donations. There will also be door prizes at every meeting.

## Need more information?

Contact LaDona by email at [PDWalkers@q.com](mailto:PDWalkers@q.com) or call (515)254-9181. For more information on the marathon visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com).

## Registration and Donation Information...

Please make checks payable to **PD Walkers**.

Mail registration and donations to:

PD Walkers, PMB 196, 4949 Westown Pky, Ste 165, West Des Moines, Iowa 50266

Donate online at TBA.