



The PD Walkers team was formed in 2008 with the hopes of raising awareness, increasing education, and providing support to patients and family members who live with Parkinson's disease. In order to raise awareness and funds, the team walked in the IMT Des Marathon and did online fundraising to support their team's effort.

The idea to form a team came after captain, LaDona Molander, saw her cousin Leigh run Grandma's marathon in 2005 and raise over \$1500 for Team Parkinson in her honor. LaDona then trained and fundraised with 3 friends and walked a marathon and a half in the 2007 Avon Breast Cancer walk in Long Beach, California. This was a huge accomplishment and she decided since she could walk, fundraise and raise awareness to a cause, she would try to bring more awareness to Parkinson's disease (PD) since she had been diagnosed with Young Onset PD in 1999 at the age of 32.

The PD Walkers team became a reality and has turned out to be very successful in its goals. The 2008 team was featured in a full page and a half article of the Des Moines Register and the 2009 team was a feature story in LaDona's local hometown papers (The Starbuck Times and The Pope County Tribune) in Minnesota. The 2008 PD Walkers team had 58 members and fundraised over \$7000 and the 2009 team had 53 team members and raised \$9000. These funds were donated the local IA Chapter of the APDA which supports the IA Information and Referral Center of Iowa. The I&R Center provides support to the entire state of Iowa and parts of Missouri.

The I&R Center has been a support and a resource to many families and individuals who are affected by the diagnosis of PD. Although the average age of diagnosed onset for Parkinson's disease is in the early 60s, approximately 10% of the 1.5 million people with the disease are thought to be below the age of 40.

With the help of LaDona's friends, family and supporters, she is looking forward to the possibility of expanding the team to participate in other Midwest marathons, half marathons, 10Ks, 5ks, triathlons, local runs, bike races, etc.

If you are interested in supporting the PD Walkers at any venue, we will be able to provide you a personal fundraising page to benefit the team. You will also receive a PD Walkers dri-fit training t-shirt if you are able to fundraise over \$250 before the day of your event.

Please email pdwalkers@q.com if you have any questions or would like any more information.