

Hello PD Walkers and friends!!

A few important reminders for you!!

## **REGISTRATION**

It is September 9th and our deadline for registration is October 1st!! We have less than a month to get all of our walkers and runners registered! If you, your friends, your family, or neighbors are interested in signing up for any of the events at the Des Moines Marathon, please urge them to go to [www.pdwalkers.org](http://www.pdwalkers.org) and print out a registration form (I am attaching one also) and mail it with the registration fee to IA APDA / PD Walkers, PMB 196, 4949 Westown Pkwy, #165, West Des Moines, IA 50266.

PLEASE remember, if you would like to join us for the Pasta dinner on October 16th, please mark this on your registration and include the \$10/pp in your registration fee!!

If you are unable to join us at an event on October 17th, but would like to donate to the cause, please go to [www.pdwalkers.org](http://www.pdwalkers.org) and click on the link "donate to PD Walkers" and you will be directed to our fund raising page. There is a small credit card fee charged on this site. If you would like to send a check instead, please make payable to IA APDA/ PD Walkers and mail to PD Walkers, PMB 196, 4949 Westown Pkwy, #165, West Des Moines, IA 50266. You can also deliver checks made out to the IA APDA/PD Walkers personally to myself or any of our PD Walkers Team members, who will then make sure your contribution is given to the IA APDA!! Remember, the IA APDA is a 501 3(c) charity and your donation is tax deductible. You will receive an acknowledgment of your contribution before the end of the year.

**IA APDA accepts employer matching donations**, please send the appropriate form with your donation and the Chapter will take care of contacting your employer!!!

Team members, please go to [www.pdwalkers.org](http://www.pdwalkers.org), click on "Donate to PD Walkers" and go to "click here to become a fundraiser". Your page can be a group effort or individually. After you set up your page, just forward the link to everyone you know to help reach your \$200 fund raising goal!!

## **SPEAKERS MEETING**

We have our final Speaker Meeting on Tuesday, September 14th, 2010 at 6:30 - 7:30 pm. Our guest speaker is Jason Wulf, Head Swim Coach for Zoom Performance, an elite triathlon training group. He will speak to us about endurance training for the upcoming Des Moines Marathon, October 17, 2010.

**We are hoping you will be able to make it to this final Speaker Meeting as we are inviting several media contacts in hopes to encourage others to join our team and help raise Parkinson's awareness and funds to help in the PD cause.** We will be taking a team picture, if you have a PD Walkers shirt from previous years, please wear it. I will also have some red PD Walkers women's cut dri-fit shirts size S-M-L available and a few gray PD Walkers dri-fit men's t-shirts available for \$5.

A short (1-3 miles) training walk, will take place at 5:45 pm before the meeting. If you want to walk, meet in the North parking lot of the YMCA-HLC.

## **HOTEL RESERVATIONS**

If you are interested in a hotel room for the marathon, I have 3 extra rooms under my name at the Des Moines Marriott Downtown 700 Grand Avenue, Des Moines. This is about 3 blocks from the start line. If you would like any of these, let me know so I can give you a confirmation number for you to use. I got the marathon rate of \$119+ tax for Saturday, October 16, 2010.

Please let me know if you have any questions!!

Go PD Walkers...Parkinson's Awareness, One Step at a Time!