



American Parkinson
Disease Association
Information & Referral Center

Join PD Walkers at the IMT Des Moines Marathon October 19, 2008

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 small group of people, some with and others without Parkinson's Disease, forming a team to walk or run the IMT Des Moines Marathon to raise awareness of Parkinson's Disease, to empower and inspire people living with Parkinson's Disease, and to raise money to support the American Parkinson Disease Association (APDA) in their fight *To Ease the Burden To Find The Cure*.

Who can be a PD Walker?

PD Walkers is for anyone concerned with finding a cure for Parkinson's disease—people with Parkinson's, caregivers, family and friends, co-workers, neighbors, anyone...

What is Parkinson's Disease?

Parkinson's Disease is a progressive neurological disorder affecting more than a million Americans today. 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. You will need to be willing to dedicate yourself to a training schedule and be committed to your goal.

PD Walkers will be using a 4 month training schedule to increase their stamina gradually. This training schedule is available online at desmoinesmarathon.com Training Page. There are many free training guides available to you online. Visit about.com and search marathon walking for many hints, tips and strategies.

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

Do I have to walk the marathon to become a PD Walker?

No, there are many ways to be a PD Walker. At the IMT Des Moines Marathon you can be an **athlete** (walking or running) of any of the races offered (marathon, half-marathon, 5K, 5 person relay challenge). You can choose to be a **supporter** of our team by collecting donations from friends, family, co-workers, neighbors – request a donation from everyone you know and come down to cheer us on. You can also choose to be a **donor** by giving your own generous donation to APDA-PD Walkers.

How do I join PD Walkers?

* As an **athlete**: You must register online at www.desmoinesmarathon.com and choose your race event. Then go to www.apdaiowa.org click on Upcoming Events and download the PD Walkers registration form and email to pdwalkers@q.com or mail to address listed below. If you are collecting donations, mail with check(s) made payable to APDA. Go to www.active.com/donate/pdwalkers to set up your own fundraiser page and ask friends and family to sponsor or support you – request a donation from everyone you know.

*As a **supporter**: Go online to apdaiowa.org and click on Upcoming Events. Download a registration/donation form, fill out form, collect donations and mail with check(s) made payable to APDA to address listed below. You may also go online and email the registration form to pdwalkers@q.com and then go to www.active.com/donate/pdwalkers to donate and set up a fundraiser page.

*As a **donor**: Give your own generous donation to APDA. Go to apdaiowa.org and click on Upcoming Events and then click “donate here”. You may also send in a check(s) made payable to APDA to the address below.

Is there any other way I can help in the fight?

Explore the web and learn about Parkinson's disease and the many ways you can make a difference. Some will run or walk a marathon, half-marathon or a 5K. Some will compete in bike races or triathlons. Others will have a dog walk, garage sale, or any other organized activity to support Parkinson's research. The possibilities are endless.

Where and when do I start?

Start walking today. Most people try to find a nice day, a good pair of walking/running shoes, a trail or sidewalk and time to get started. One foot in front of the other is a great start. Check out desmoinesmarathon.com for training ideas, schedules and lots of useful information on how to train. Walking sticks or walkers are allowed on the course.

Need more information?

Go to apdaiowa.org, if you need information or registration forms. If you have any questions, contact LaDona by email at PDWalkers@q.com or call Sam at the APDA I&R Center at (515) 241-6379. For more information on the marathon visit www.desmoinesmarathon.com.

Registration and Donation Information...

Please make checks payable to **APDA**. Mail registration and donations to:

PD Walkers, 3726 132nd Circle, Urbandale, Iowa 50323

...or donate online at www.active.com/donate/pdwalkers