

PD Walkers

Des Moines Marathon October 19, 2008

I. Welcome and thank you

- a. PD fundraiser (who we are, what your hard work, commitment and money will fund) - We will be donating our proceeds to the American Parkinson Disease Association which focuses on research, patient services, education and raising public awareness.
- b. LA Avon Breast Cancer marathon 8/07 - I trained for about 3 months with 3 other friends and walked a marathon and a half in two days. The four of us raised about \$12,000 by asking for donations, working concessions at the I-Cubs, working the grill at Hy-Vee and having a garage sale. As a team we have not planned or organized any fundraisers at this time. We will be accepting donations online at apdaiowa.org and by mail.

II. Marathon options

- a. Run or walk
 - i. Full marathon 26.2 miles
 - ii. ½ marathon 13.1 miles
 - iii. 5k (3.2 miles)

III. Entry fees

- a. Register at desmoinesmarathon.com
 - i. Full \$65 to 7/21 or \$75 until 10/4
 - ii. ½ marathon \$40 to 7/21 or \$45 until 10/4
 - iii. 5k \$25 to 7/21 or \$30 until 10/4

IV. Event information on 10/19

- a. Full Marathon Walkers only – early bird start 7:00 am
- b. Full and ½ marathon walkers and runners start 8:00 am
- c. 5k runners and walkers start 9:00 am

V. Enrollment to become a member of the PD Walkers team

- a. **All athletes** -- must register first for the Des Moines Marathon at desmoinesmarathon.com
- b. PD Walkers registration can be mailed or emailed to pdwalkers@q.com
- c. Donation checks are to be made payable to APDA and mailed to LaDonna Molander-PD Walkers at 3726 132nd Circle, Urbandale IA 50323
- d. Mail by October 12th in order to contribute to the PD Walkers fundraiser

VI. Fundraising

- a. Goal is to raise \$10,000 for APDA Iowa
- b. Recruit and enlist friends and family to walk and donate for the cure of Parkinson's
- c. Get more information and donation forms at www.apdaiowa.org under "Upcoming Events"
- d. Create your own fundraising page on the PDWalkers donation page (active.com/donate/pdwalkers)

VII. Training

- a. Begin training now
- b. Information for training can be found at desmoinesmarathon.com or walking.about.com
- c. Guidance for training to walk a full marathon is 16-18 weeks of preparation

VIII. Next Steps

- a. Help organize the following functions:
 - i. PD Walkers T-Shirts
 - ii. Sponsorship and/or organizing of pasta feed - night before the marathon

IX. Thank you, thank you, thank you...LaDonna Molander - pdwalkers@q.com