



Dear Friends and Family:

On October 19, 2008, my team, PD Walkers, will be playing an important part in the war against Parkinson's. As a PD Walker member I will be walking the full marathon event at the IMT Des Moines Marathon. Our team is taking on the challenge of this fundraising endeavor to raise money to end the suffering caused by Parkinson's Disease (PD). I am dedicating my efforts to the American Parkinson Disease Association (APDA) because I believe that my work as a team member will not only inspire others with the diagnosis, but will ultimately shorten the road to a cure.

Nearly five million people worldwide are living with Parkinson's disease – a chronic, degenerative neurological disorder characterized by symptoms that typically progress from mild tremors to complete physical incapacitation. There are currently no known ways to prevent or accurately predict who will develop Parkinson's disease, but scientists believe that, of all the brain disorders, Parkinson's is the one closest to a cure.

The APDA focuses its energies on research, patient support, education and raising public awareness of the disease. Advances in Parkinson's research are likely to significantly contribute to the understanding of other devastating neurological diseases such as Alzheimer's, ALS and multiple sclerosis. The opportunity for therapeutic breakthroughs has never been greater, yet research remains severely underfunded.

I'm asking for your support in our race to finish PD. My personal goal is to walk the entire marathon and help my team raise \$10,000. Please help us reach our goal by making a contribution. Donations are tax-deductible to the full extent allowed by law and can be made payable to APDA-PD Walkers. I have enclosed a donation form, registration form and also a self-addressed, stamped envelope to make it easier for you to help. You may also go online to www.active.com/donate/pdwalkers to donate and track our fundraising efforts. I'm inviting you to make a difference in the lives of those living with Parkinson's disease. You can play a part in the effort to eradicate this debilitating disease. Go to apdaiowa.org for more information on PD and our other upcoming events.

Thank you in advance for your generous support as we strive together toward the finish line on the fast track to a cure.

Sincerely,

What is Parkinson's Disease?

Parkinson's Disease is a chronic, progressive neurological disorder affecting more than a million Americans today. Currently there is no cure, but with your help there is hope.

Who are the PD Walkers?

PD Walkers is a team, some with and others without Parkinson's Disease. They are training to walk or run an event in the IMT Des Moines Marathon and you are invited to join; **please register before Sept. 15, 2008.**

Why are they walking?

To raise awareness of Parkinson's Disease, to empower and inspire people living with PD and to raise money to support the American Parkinson Disease Association.

How does APDA use donations?

APDA focuses its energies on research, patient support, education and raising public awareness of the disease.

Do I get a PD Walkers t-shirt?

Yes, if you are an athlete registered with both the IMT Des Moines Marathon and PD Walkers.

Can I be included as a donor or a sponsor on the t-shirt?

Yes, donate or collect donations of \$250 or more before Sept. 15th and your name can be added on the t-shirt. For additional sponsorship opportunities please call 515-241-6379 or email ladonamolander1@msn.com.

How do I join?

Fill out the registration form and mail, email or bring registration form to a team meeting.

Is there a registration fee?

Yes and no. There is a fee to register for the IMT Des Moines Marathon, however there is not a registration fee to join PD Walkers.

How do they raise money?

They are asking all registered athletes to join their on-line fundraising site at **www.active.com/donate/pdwalkers** and collect donations from friends, family, co-workers, neighbors, etc. You may also use the donation form and mail donations. Go to **apdaiowa.org** for more information.

Marathon Weekend

Friday, October 17 - Athlete Packet

Pick Up 3:00 p.m. to 8:00 p.m.

Saturday, October 18 - Athlete Packet

Pick Up 10:00 a.m. to 8:00 p.m.

Sports and Fitness Expo

Athlete Packet Pick Up

Polk County Convention Complex

501 Grand Avenue, Des Moines

Saturday, October 18 - Pasta Dinner

6:00 -8:00 p.m. Faith Lutheran Church
Gathering House-1311 NW 104th, Clive
Donated by Olive Garden

Sunday, October 19—Marathon Starts

Early bird-7 am (marathon walkers only)

Marathon-8 am

1/2 marathon-8:30 am

5 K-9:00 am