



PD Walkers is a new team of friends who are walking the IMT Des Moines Marathon in an effort to raise public awareness and funds to help end the suffering caused by Parkinson's Disease. As a friend and team member I am inviting you, your friends, neighbors, co-workers, family and anyone else you know, to join our team and walk an event (5k, half marathon, full marathon) at the IMT Des Moines Marathon on October 19, 2008. I believe this challenge will not only inspire others, but will ultimately shorten the road to a cure.

- We have scheduled three Team Meetings, each with a guest speaker and great door prizes. The first meeting is on **Tuesday, August 26, 2008 at 7:00 pm** at the Lutheran Church of Hope, Room 128, 925 Jordan Creek Pkwy, in West Des Moines. A representative from the Running Room will talk to us about choosing the right shoes and the benefit of finding a good fit.
- To encourage you to spread the word, make a donation and/or join our team, there will be a prize for the person who brings the most friends to our PD Walkers Team Meetings. There will be another prize for the person who has collected the most money in donations (please bring your donations to a Team Meeting). These prizes and others will be given away at each Team Meeting.
- We have scheduled two training sessions with the Running Room. The first one is on **Saturday, August 23, 2008 at 8:30 am**. We will meet at the Running Room, 6305 Mills Civic Parkway in West Des Moines. There will be routes available for all distances (5k, half marathon and marathon).
- All sponsors and all team members who have registered for the IMT Des Moines Marathon and the PD Walkers team will receive a PD Walkers t-shirt so we can recognize who is on our team when we are walking in our event. **We must receive your registration before September 15, 2008.**

I have included with this letter a schedule of upcoming events, a donation form and a registration form. If you want a sample fundraising letter, information about PD or the marathon weekend schedule of events, please email me at [pdwalkers@q.com](mailto:pdwalkers@q.com). You can get more information and a link to the PD Walkers page on the [apdaiowa.org](http://apdaiowa.org) web site (look at Upcoming Events). Or, go to [desmoinesmarathon.com](http://desmoinesmarathon.com) to register for the marathon and find more information on the races. I hope this will make it easier for you to help and I hope you can join me and make a difference in the lives of those living and struggling with Parkinson's disease.

live, love and laugh,

LaDona  
[pdwalkers@q.com](mailto:pdwalkers@q.com)



**Upcoming Events for PD Walkers**  
**IMT Des Moines Marathon**  
**Sunday, October 19, 2008**



## Upcoming Events

### Team Training for All Distances

Saturday, August 23, 2008

Saturday, September 27, 2008

8:30 am - Meet at Running Room

6305 Mills Civic Parkway, WDM

### Team Meetings

Tuesday, August 26, 2008

7 pm Choosing the Right Shoe

Good Feet and Running Room

Tuesday, September 9, 2008

7 pm Prevention and Injury

Personal Trainer, Karla Richards

Tuesday, September 23, 2008

7 pm Nutrition

Dietician

Lutheran Church of Hope, Room 128

925 Jordan Creek Pkwy, WDM

### Walking Event

Saturday, September 13, 2008

APDA Walk - Raccoon River Park

3.2 mile trail or 1 mile paved

Registration begins at 8:00 am

Walk begins at 9:00 am

\$20—includes a t-shirt



**Donation Registration for PD Walkers  
IMT Des Moines Marathon  
Sunday, October 19, 2008**



I would like to support APDA and the PD Walkers team members by (check all that apply):

Registering as an **athlete** to walk or run (please fill out Registration form and **mail before 9/15**)

Making a personal contribution. Enclosed is my donation \$ \_\_\_\_\_

Collecting sponsor's donations. Enclosed is a total of \$ \_\_\_\_\_

Your name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Sponsor Name	Address	City, State, Zip	Phone	Amount Donated

To register and/or donate, please print the appropriate form, fill it out and include your check(s) made payable to:  
**APDA-PD Walkers**

Total Sponsor Donations \$ \_\_\_\_\_

Mail donations and registration to:

APDA-PDWalkers  
3726 132<sup>nd</sup> Circle  
Urbandale, IA 50323  
...or call 515.254.9181  
...or email [ladonamolander1@msn.com](mailto:ladonamolander1@msn.com)

Personal Donation \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

THANK YOU FOR YOUR SUPPORT!

You may also donate online at [www.active.com/donate/pdwalkers](http://www.active.com/donate/pdwalkers).

APDA Iowa is a 501(c)3 organization. Your donation is tax deductible to the extent allowed by law.

Signature: \_\_\_\_\_

Waiver: I hereby waive all claims against the American Parkinson Disease Association, Inc., sponsors of any personal injury I might suffer at this event. I grant full permission for organizer to use photographs of me in the legitimate accounts and promotions of this event.



**Athlete Registration for PD Walkers  
IMT Des Moines Marathon  
Sunday, October 19, 2008**



Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State & Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Event I will participate in:

- Marathon  
 Half Marathon  
 5 K

**Important:** All athletes must also register with the IMT Des Moines Marathon at [desmoinesmarathon.com](http://desmoinesmarathon.com).

I will attend the PD Pasta Dinner: yes \_\_\_\_\_ no \_\_\_\_\_

Saturday, October 18, 6-8 pm  
Gathering House – Faith Lutheran Church  
1311 NW 104<sup>th</sup>, Clive

Check all that apply:

- I have Parkinson's Disease  
 Friend or relative has PD  
 I want to help find a cure

T-shirt Size (check one)

- Small  
 Medium  
 Large  
 X-Large  
 XX-Large

**PD Walkers registration deadline is September 15, 2008.** Please mail this form to:

APDA-PD Walkers  
3726 132<sup>nd</sup> Circle  
Urbandale, IA 50323  
Email: [ladonamolander1@msn.com](mailto:ladonamolander1@msn.com)  
Phone: 515-254-9181