



## Frequently Asked Questions

Join us **Saturday, April 13, 2019** for the Move It! Awareness Walk with Parkinson Association of the Carolinas (PAC) at Symphony Park – 4400 Sharon Road, Charlotte, NC 28211. Walk (roll..or run!) for Parkinson’s and help us raise awareness of the Disease, while also helping to support PAC. We will move it, groove it and much more!

### **How do I register?**

To register online, visit us at [www.moveitwalk.dojiggy.com](http://www.moveitwalk.dojiggy.com) and click on the Registration link. You can either Create a Team, Join a Team, or Register as an Individual Walker. Fill out the form, and you’ll be set! Upon completion of the registration form, a personal web page will be added for you. If you do not wish to register online, call us at 866-903-PARK (7275). Check in begins at 8:30 AM the day of the walk. All walkers should be registered as individuals, even if they are part of a team. Wheelchairs, walkers, strollers, and dogs on leashes are welcome.

### **Do I have to register in order to walk?**

Yes, we want to know you’re walking with us and need every walker to complete the standard registration.

### **How much is Registration?**

While there is no registration fee, we encourage all registered walkers to raise funds on behalf of the Move It! Awareness Walk for Parkinson’s. 100% of funds raised will benefit North and South Carolina through educational events, support groups, exercise programs and printed resources.

### **Do I have to have a fundraising page to participate in the walk?**

No. You do not have to raise any money to participate in the walk. We want everyone to come out to help support our walkers and raise awareness of the disease.

### **How do I turn in my donations?**

Donations will be collected the day of the Walk OR you can mail them in. Please bring all donations in an envelope with either the team name – or the participant name you would like to be credited with the donations.

## Where should check or cash donations be mailed?

Parkinson Association of the Carolinas  
2101 Sardis Road North, Box 15  
Charlotte, NC 28227

**\*\*Make sure you include a note with your donation so that PAC knows who to credit the donation to. For example, "Move It! Awareness Walk for (participant name or team name) \*\***

## How do I set up a team?

Setting up a team is just as easy as registering as an individual walker. If you complete your registration online, you will select the option to "Set up a team". Upon completion of the registration form, your personal page will be set up which you can edit as you wish. You are able to set your own goals for your team as well. Then, begin recruiting and find your team members!

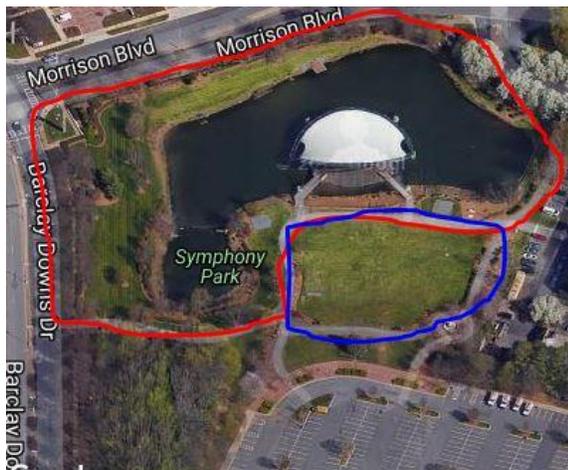
## What responsibilities does a team captain have?

Team captains are the heart of the Walk. As a team captain, you recruit your team of family, friends and coworkers, help them fundraise, keep them motivated and have fun while raising awareness for Parkinson's disease. You will also have access to a team fundraising web page and numerous tools to make your team a success.

## How do I receive a t-shirt?

Every person **registered as a walker** that shows up the day of the event will receive a t-shirt.

## What does the walk look like and how long is it?



The red route is almost completely paved – but there is a small section of gravel after you turn off of Morrison Blvd. If you use a walker/wheelchair – you should only use this route if you feel comfortable walking across the gravel. The blue route shows a completely paved route. The red route is ¼ mile. You are not required to walk. Other activities and vendors will be available for visiting while the Walk is going on.

### **Will food be provided?**

Bottled water and light snacks will be available for participants.

### **What if it rains the day of the walk?**

This is a rain or shine event. Walking is optional. Stay and enjoy the day's events.

### **Where will parking be located?**



Enter on Carnegie Blvd. Look for “Event Parking” signs.

### **Volunteering for the event:**

Volunteers are always needed! You may contact PAC at 866.903.7275 or [pac@parkinsonassociation.org](mailto:pac@parkinsonassociation.org) to inquire about volunteer opportunities.

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PAC is a 501(c)(3) non-profit organization