



## Frequently Asked Questions (FAQs) *9<sup>th</sup> Annual MoveIt! Walk Charlotte 2023*

### When and where will the event take place?

The event will be held on Saturday, April 22nd, 2023 from 8:30 A.M. to 12:00 P.M. at Symphony Park, located at 4400 Sharon Road Charlotte, NC 28211 (behind SouthPark Mall).

### How will the event work?

Our goal is to raise awareness of Parkinson's disease and to increase support for Parkinson Association of the Carolinas' (PAC's) programs and services offered to the Parkinson's community. We will be awarding prizes for Top Fundraiser, Team with the Most Walkers, and Team with the Most Spirit (matching team shirts, costumes, etc. – have fun with it). In addition, there will be an "Ask the Doc" session (you'll be able to ask questions to a Movement Disorder Specialist), a large number of disease specific exhibitors, a massage area, kid's activity area, "relaxation area," yoga, a raffle prize drawing, live music and more!



### Is there a registration fee?

There is no registration fee to take part in our MoveIt! Walk. However, we ask every walker to make a personal donation and/or commit to raising funds and awareness in the fight against Parkinson's disease.

### Should I register to participate and/or fundraise in this event?

**Yes! Register before March 17th, 2023 to secure your T-Shirt size and to be entered in the drawing for a free Fitbit for early registration!** Anyone registered after March 17th, 2023 may not receive their t-shirt size depending on availability. We encourage you to register as an individual walker or create/join a walk team for the event by visiting the event website at <https://give.parkinsonassociation.org/event/moveit-walk-charlotte-2023/e458545> . The funds raised from the MoveIt! Walk will help PAC to continue offering and expanding its movement therapy programs (exercise), educational events, other programming and Care Advisers for individuals affected by Parkinson's disease.



### How do I register for this event?

To register online, visit us at

<https://give.parkinsonassociation.org/event/moveit-walk-charlotte-2023/e458545> and click on the green REGISTER button. 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 have difficulty registering online, please feel free to call our Associate Director **Sydney McKinney** at **980-245-2848** or email her at [smckinney@parkinsonassociation.org](mailto:smckinney@parkinsonassociation.org) for assistance.

### How do I turn in my donations?

Donations not made through the online event page at

<https://give.parkinsonassociation.org/event/moveit-walk-charlotte-2023/e458545> should be mailed into the PAC office. The mailing address is as follows: **Parkinson Association of the Carolinas 2101 Sardis Road North, Suite 102 Charlotte, NC 28227**. Have the checks payable to PAC and be sure to include a note with your donation so we know who to credit the donation to. For example, "CLT 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 can 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, coworkers, neighbors, etc., 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 can my company participate in or sponsor a walk?

Our MoveIt! Walk offers companies the opportunity to be leaders in their local community and in the fight against Parkinson's disease. Companies can participate in many ways including forming a team, which is a great way to bring staff together for fun and team building, or by sponsoring this event. Contact Executive Director Ann Marie Worman for sponsorship opportunities at [aworman@parkinsonassociation.org](mailto:aworman@parkinsonassociation.org) or 980-245-2786.



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

The red route in this photo is almost completely paved – but there is a small section of gravel after you turn off of Morrison Blvd. (We will have volunteers at this section to assist anyone over the gravel area.) It is a ¼ mile walk. The blue route shows a completely paved route. You are not required to walk. Other activities and vendors will be available for visiting while the Walk is going on. Also, you are not required to walk the route a certain number of times.

#### What are Matching Gifts?

Did you know you could be increasing your MoveIt! Walk donation through an employer matching gift? Many companies encourage employees to donate to their favorite charities by matching their contributions, in some cases dollar-for-dollar or more. Check with your employer, or take a look at this [list](#) to see if they offer a match program.

#### In what other ways can I support this event?

We will be posting content on our social media outlets over the months leading up to this event, and we would greatly appreciate your assistance in helping us spread this valuable information by sharing, reposting, and tweeting the social media content. We also want to make this event as festive and exciting as possible, and we want to hear from our community and our supporters. We would like for you to interact with us during this time by liking and commenting on our posts to share your thoughts, feelings, and positive energy with us. We want to have fun with this and help to keep our community motivated. Please feel free to share posts with us of how you are still managing to “MoveIt!” through exercise, dance, play, etc.

#### Can I volunteer for this event?

Volunteers are always needed and appreciated! You may contact our Associate Director Sydney McKinney via telephone at 980-245-2848 or via email at [smckinney@parkinsonassociation.org](mailto:smckinney@parkinsonassociation.org) to inquire about volunteer opportunities.

#### 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. from Barclay Downs via Morrison Blvd. or Fairview Road. 

Look for "Event Parking" signs.

**Is this a pet friendly event?**

Yes, well behaved dogs on leashes are welcome. Anyone bringing a dog is expected to clean up after them throughout the venue.



**What are the account names for PAC's social media platforms?**

YouTube: <https://www.youtube.com/channel/UCVPXK9JAtb2eYj1UystOIkA/>

Facebook: <https://www.facebook.com/ParkinsonAssociation>

Instagram: <https://www.instagram.com/parkinsonscarolinas>