

## What is Parkinson's Revolution?

Parkinson's Revolution is an indoor cycling event that combines the positive impact of exercise and the power of peer to peer fundraising to generate funds and awareness for Parkinson's disease. Participants can register individually or on teams of two or more. Our Virtual option allows riders to join Parkinson's Revolution on their spin bikes at home while supporting their local event. Don't see an event in your city? Join Parkinson's Revolution USA today!

### 1. Which ride is right for me?

There are 3 ride options for you – Ride #1: our beginner low impact ride, Ride #2: a traditional high intensity ride, and Ride #3: a 90-minute challenge ride. For first time riders we recommend registering for Ride #1, our low impact ride. For fitness enthusiasts or weekend warriors, Ride #2 or the 90 minute ride are great opportunities to challenge yourself as you ride for Parkinson's.

### 2. Do I have to join a team, or can I ride on my own?

How you ride is up to you! Ride by yourself or form a team of two or more. Teams will ride at the same time in the same ride and cheer each other on from the bike.

### 3. Can I bring my family to ride?

We welcome riders who are 14 years or older to join the Parkinson's Revolution in studio! Riders under 18 need to be accompanied by a parent/guardian.

### 4. What about spectators?

We'd love to see all your supporters the day of the event, but due to space limitations in each studio, we ask that you come to the Parkinson's Revolution with just your team. You'll make friends at the event, and you're welcome to meet up with your cheer squad after the ride!

### 5. Do I have to wear anything specific when I ride?

Wear comfortable workout attire. Most riders opt for a T-shirt or tank top to keep cool and shorts or form-fitting pants that won't interfere with the pedals. Every rider who raises \$250 will get a Parkinson's Revolution shirt. The cycle studio will provide complimentary shoes, but please bring socks. Bring your own water bottle.

### 6. How much money do I have to raise?

Each Parkinson's Revolution rider is encouraged to raise \$250 for their ride, but there is no minimum to participate. Every dollar counts. If you're challenging yourself to ride 90 minutes, we recommend setting a higher fundraising goal! Once you're registered you can use our fundraising toolkit to write emails, post to social media and spread the word about your fundraising ride.

### 7. How do I connect my fundraiser to Facebook?

Log in to your participant center to connect your fundraiser to Facebook and start reaching out to your online community! Need help? [Here's a step by step how-to guide.](#)

### 8. How do I train? Can I attend if I've never taken a spin class?

Parkinson's Revolution is an event for all levels of fitness. Everyone is welcome! If this is your first time riding, we recommend registering for Ride #1 which will ease you into the fun of a spin class. The class will have an instructor who guides you through each song and helps you set the intensity for your own bike.

[Click here](#) for a [few resources](#) to give you an idea of what to expect in an indoor cycling class.

### 9. What time do I need to arrive?

Closer to your event you'll get an event day logistics email with all the information you need for your event. In general, expect to arrive about 15-30 minutes before the ride starts in order to register, drop off last minute donations and pick up your spin shoes.

### 10. What about matching gifts?

Do you work at a company that offers matching gifts? Do your donors? Check to see if you can double your donation by asking your HR department if your job matches charitable giving. If you have matching gift questions, email us.

### 11. How long do I have to fundraise for my event?

Your fundraising starts the day you sign-up and you have 60 days after the event to ask for donations. You can post photos during the ride and pictures from your Parkinson's Revolution to boost your fundraising as well!

### 12. How else can I help?

Interested in volunteering on event day or joining our planning committee? Email: [revolution@parkinson.org](mailto:revolution@parkinson.org) or contact your local event planner!

### 13. Do you accept checks?

Yes! Have donors write checks to Parkinson's Foundation and put your name in the MEMO line. We ask that you mail all check to:

Parkinson's Foundation  
c/o Parkinson's Revolution EVENT CITY  
200 SE 1<sup>st</sup> St  
Suite 800  
Miami, FL 33131

### 14. COVID-19 Precautions.

Your safety is our top priority. Please respect all studio requirements – from social distancing to mask usage. If you are experiencing COVID-19 symptoms please do not attend the event. Though regulations will vary by state, we encourage participants to wear masks during the event and during the ride.

### Other Questions?

**Don't hesitate to reach out to your local event coordinator with any questions. If you have questions about the event you can email [revolution@parkinson.org](mailto:revolution@parkinson.org). We are here to help!**

The Movement Begins With You.