

FREQUENTLY ASKED QUESTIONS:

Who are the Parkinson's Champions?

Parkinson's Champions participate in the Parkinson's Foundation's community fundraising and endurance programs to raise funds and awareness for Parkinson's disease (PD). Together, Parkinson's Champions have hosted more than 150 annual community fundraisers across the country, run more than 15,000 miles and raised nearly \$15 million to help make lives better for people living with Parkinson's.

What is an "Endurance Event?"

Endurance events include any type of distance/time based fitness event such as a run, bike ride, triathlon, obstacle race, Iron Man, or mud run. Organized endurance events often include a "race" element, and might offer medals or prizes for finishers.

Which events do you take part in?

As of 2024 we are official charity partners for 16 different races around the United States. You can always find our full current list at Run4PD.org

Do you only have running events?

Running based events are currently by far our most popular option. HOWEVER, we are always looking to add more events and races to our roster, and are currently in the process of adding triathlons and cycling events to our list. You are welcome to sign up for ANY endurance event of your choosing through our Run Your Own Race program.

What if I want to participate in a different race or event?

We would LOVE to have you join us as a Parkinson's Champion through our Run Your Own Race program. You will still get most of the same benefits of our official race teams, but your fundraising minimum is only \$500 since you will be purchasing your own entry/bib to the race. Learn more and signup now at Run4PD.org. If you are interested in setting a personal fitness challenge (such as planking every day for a month, or running 100 miles over the summer) we recommend checking out our self-directed Champions @ Home program at ChampionsAtHome.org

Who organizes the races?

All of the races we take part in are organized by outside groups, such as the [New York City Road Runners](#), [Twin Cities in Motion](#), or [runDisney](#). We as the Parkinson's Foundation partner with these groups to purchase discounted entries to their races on behalf of our Parkinson's Champions athletes, however we are not involved in organizing the races themselves in any way.

Do I have to have Parkinson's to run with you? Can I run if I have PD?

We welcome ALL athletes aged 5 and over! The vast majority of our participants have a direct connection to Parkinson's disease, through a family member, friend, or as a medical professional (though this is not required). Yes, many of our athletes have PD themselves, which is fantastic, since exercise is the single most important thing you can do to reduce the symptoms of PD. Always consult with your doctor before taking part.

Does it matter how fast I am?

While we are always excited when one of our athletes sets a record, receives a medal, or has a significant accomplishment, our focus is entirely on promoting exercise and fitness, no matter the level. We hope you will set a goal for yourself that feels like a healthy challenge, but doesn't put you at risk of serious injury. Always consult with your doctor before taking part in any fitness or endurance event, whether you have PD or not. Do be aware that most races have a time limit for how long you can be on the course (usually 6.5hrs from when the last athlete leaves the start line). Some races do actually allow walking the course, and even keep the finish line open for extended periods. Some of the more flexible events we take part in include the: NYC Marathon, Philadelphia Marathon Weekend, Eugene Marathon Weekend, and Twin Cities Marathon Weekend. Don't hesitate to reach out to us and we can help you find an event that fits your particular needs!

Can I run with a guide or support runner?

Many races DO allow another participant to take part to support you, though they usually won't qualify for medals or awards unless they sign up as an official runner. Please reach out to us and we would be happy to help you navigate the various available programs.

How do I train for a race?

All Parkinson's Champions athletes receive live fitness coaching support through Enhance Sports including a complimentary Training Peaks account. You are definitely not required to use this service though and can arrange your own training as you see fit. You are also free to download our pre-made race training plans to use as you see fit:

[5k Training Plan](#)

[10k Training Plan](#)

[8-week Marathon Training Plan](#)

[16-week Marathon Training Plan](#)

Do I have to wear anything specific for my race?

All Parkinson's Champions are provided with a complimentary singlet/jersey or dry-fit shirt to race in, which the majority of our athletes do choose to wear. This helps show your Parkinson's pride on race day, and can help our volunteers keep an eye out for you for photos. However you are definitely not required to do so, and we encourage you to choose whatever athletic attire will make you the most comfortable.

Can my friends and family come watch me race?

Yes absolutely! Have them sign up for our official Champions Cheer Team at [Parkinson.org/ChampionsCheer](https://www.parkinson.org/ChampionsCheer) to get access to our official Cheer Zones on race day, complimentary cheer supplies, snacks and drinks, and other fun perks.

When do I have to show up for the race?

Every race is different, and once you claim your digital bib/entry (after registering your fundraising page with us) you will receive tons of communication from the race organizing organization itself with all of those details. All events we take part in DO require you to pickup your physical bib and welcome packet during the race expo which occurs the 2-3 days prior to the race. It is your responsibility to plan your travel so you can pickup your required materials. While some races allow a friend to do the pickup for you, many do not.

Do the Parkinson's Champions cover my travel expenses?

At this time we do not, though we do our best to share any information we have about travel discounts and promotions that are available to you. We have found that the majority of our athletes have their own unique travel needs, and arrangements such as hotel blocks can be limiting. Instead, we spend our resources on our high-quality training program, team celebration events, and other athlete perks. Do you think we should change this up? Make sure to fill out our post-event survey and let us know!

Will I have a chance to meet other Parkinson's Champions team members?

Yes! We host a number of virtual meetups throughout the year that you will receive invitations too. We also host in-person Team Celebration Parties for most of our events, the Saturday before the race. When possible, we also will host a table at some of the event expos, and always try to host a Cheer Zone on race day wherever we are able.

Do I have to fundraise?

Parkinson's Champions is officially a fundraising and resource generating program, and we do expect our participants to work to spread awareness about Parkinson's disease and ask for donations. However, we have TONS of resources to help you along your journey and will be with you as a support every step of the way. We ARE working to develop a program to allow our athletes with PD to take part at no cost, and hope to roll that out soon.

How do you set your fundraising minimums?

We work hard to set our fundraising minimums so they are both reasonably attainable, while also covering our expenses and bringing in as much support for our Parkinson's community as possible. Each race we take part involves different costs to take part in their charity program and purchase bibs/entries, and some races are more competitive than others. We are proud to say that 83 cents of every dollar donated to the Parkinson's Foundation goes DIRECTLY to our mission, which is an incredibly high amount compared to other similar organizations. Learn more at Parkinson.org/FinancialReports

How long will it take to fundraise?

Every fundraiser is different, and the sky is the limit on how far you can go! We expect that most people will spend at least 1 hour a week on their fundraising efforts, especially for our top-tier events such as the New York City Marathon and Chicago Marathon. Officially your fundraising minimum is due by 60 days after your race, however we always try to provide extra flexibility if our athletes are struggling.

Can I fundraise as a team and have a team page?

Absolutely! The first step is to register your individual fundraising page, as all outside race organizations require that we have a fundraising page registered for each runner. After that just send us an email at Run4PD@Parkinson.org with your list of team members and what you want your team name to be, and we will get it set up for you.

Do accept checks, matching donations, DAFs, etc.?

Yes! We accept donations by cash, check, credit-card, PayPal, Donor Advised Funds, stock, real-estate, employer-matching, certain in-kind donations, IRA rollovers, and other securities. Just reach out to us for more unique donations and we will help you set it up!

PARKINSON'S CHAMPIONS ENDURANCE

DEFERRAL & CANCELTION POLICIES

The Parkinson's Champions Endurance program partners with race event organizations around the country and purchases bibs/entries to their races. We offer these out to individuals who choose to fundraise for the Parkinson's Foundation. The Parkinson's Foundation owns these bibs/entries and athletes are allowed to use them in exchange for a fundraising commitment. Due to the significant cost to pre-pay for these bibs/entries, as well as provide race benefits (celebration parties, swag, prizes etc.), athletes are required to provide a credit card to be kept on file which can be charged for any remaining fundraising they have not completed by the race deadline (usually 60 days after the event date). While it is never our preference to do so, we can rescind those bibs/entries at any time before the race if runners are not completing required actions.

While unfortunate, at times runners do need to cancel or defer their entry due to illness, injury, or scheduling conflicts. Each external race organization has their own policies regarding whether bibs/entries can be exchanged, canceled, or deferred. We always try to help athletes cancel or defer their entries with as little effort and cost as possible, however there are at times non-refundable fees and strict deadlines that we are not able to make exceptions for. Please be aware that these policies can change at any time, and by signing up to receive one of our complimentary bibs/entries you may be responsible for completing your specific race's fundraising minimum (or being charged any remainder) whether you are able to run or not.

We will at times, when possible, make exceptions and offer additional flexibility to these race policies at our discretion. If you think you might need to cancel or defer your entry, or have any questions about these policies, please reach out to us anytime at Run4PD@Parkinson.org or by call/text at 763-317-1308. We will always try to work with you to come up with an arrangement that works with your unique situation, and try to go above and beyond for all of our runners as much as is possible.

PLEASE NOTE: At some point after you create your fundraising page, you will be sent a link (or promo code) to reserve your official bib/entry to the race. You can cancel your registration any time, with no consequences or funds due, BEFORE you claim your bib/entry. These policies apply only AFTER you have claimed/reserved your digital bib/entry. All races require that you pickup your physical bib at the "race expo" held during the 2-3 days prior to the race, and it is the athlete's responsibility to plan their travel and bib-pickup accordingly.

The following policies apply for any race event that does not offer its own charity cancelation and/or deferral program. SEE NEXT PAGE FOR NEW YORK CITY MARATHON, NYC HALF MARATHON, & CHICAGO MARATHON SPECIFIC POLICIES.

CANCELTION:

- If you are not able to run the race you committed to, and do not plan to run with us in the future, we may be able to discount the fundraising minimum you agreed to on a case-by-case basis. If you do not reach out to Parkinson's Champions staff prior to the race or respond to requests for information in a timely manner, you will be responsible for the full fundraising minimum you agreed to when you registered.

DEFERRAL:

- If you are not able to run the current year's race, but would like to run the following year, we can defer your registration ONCE to any other race where we have space available (in the current or next year). You must raise at least \$250 by 60 days after the current year's race to qualify.
- You will be responsible for the full fundraising minimum (for the year you actually run), plus \$250 (to cover the entry fee). Whatever you have raised in the previous year will be applied toward your current year's minimum.

For example: Andrea is planning to run the 2023 Falmouth Road Race but rolls her ankle and defers to 2024 and decides to run on the 2024 Chicago Half Marathon team. In 2023 she raises \$350 (the \$250 deferral minimum plus a bit extra). In 2024 she owes \$900 and has a guaranteed spot on the Chicago Half team.

$\$1,000$ (2024 Chicago Half Minimum) + $\$250$ (Entry Fee) - $\$350$ (Raised in 2023) = $\$900$ (Owed in 2024)

NYC FULL & HALF MARATHONS

Luckily, NYRR (New York City Road Runners) offers a fairly-flexible process. In certain situations, we can offer additional flexibility beyond the conditions below, however we need to know ASAP if you might need to cancel or defer to see what we can offer.

The "Transfer Cutoff Date" changes each year and is set by NYRR. It is usually around September 12th for the Full NYC Marathon, and around March 10th for the NYC Half Marathon. Reach out to us for the current Transfer Cutoff Date. The "Registration Deadline" is usually 3-5 days before the actual race.

CANCELTATION:

- Before Transfer Cutoff Date: You are responsible to raise at least \$250 to cover the transfer fee, then you do not owe any additional funds.
- After Transfer Cutoff Date: You are responsible for all fundraising.

DEFERRAL:

- Before Transfer Cutoff Date: You are responsible to raise \$500 (\$250 for the NYC Half) by 60 days after the current year's race. You will have a guaranteed spot on our following year's team (or any other race in the current or following year). You will be responsible for the normal fundraising minimum for the year you actually run (minus whatever you raised the previous year). If you decide not to run the next year at all, you will not be responsible for any additional fundraising.
- Between Transfer Cutoff Date and Registration Deadline: You are responsible to raise \$500 by 60 days after the current year's race. You will have a guaranteed spot on our follow year's NYC Team (NOT other races). You will be responsible for the normal fundraising minimum for the year you actually run (minus whatever you raised in the previous year) **WHETHER YOU ACTUALLY RUN THE NEXT YEAR OR NOT.**

CHICAGO MARATHON

The Chicago Marathon organization is very strict in this area and does not provide any refunds or transferability, so as the Parkinson's Champions we offer our own cancelation and deferral policy that we offer directly to you. In certain situations, we can offer additional flexibility beyond the conditions below, however we need to know ASAP if you might need to cancel or defer to see what we can offer. Some additional flexibility may be available before March of the year you are running.

CANCELTATION:

- By signing up to run with the Parkinson's Champions in the Chicago Marathon you commit to raising the full fundraising minimum, whether you are able to run or not. If you are not able to run, you are still responsible for completing your fundraising.

DEFERRAL:

- If you are not able to run the current year's race, but would like to run the following year, we can defer your registration ONCE to our following year's Chicago Marathon team OR any other race where we have space available (in the current or next year).
- You must raise at least \$500 by 60 days after the current year's race to qualify.
- You will be responsible for the full fundraising minimum (for the year you actually run), plus \$250 (to cover the entry fee). Whatever you have raised in the previous year will be applied toward your current year's minimum.

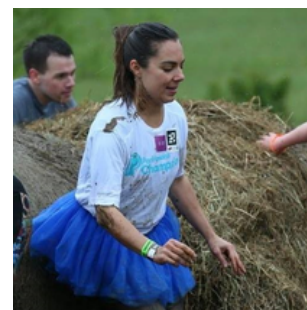
For example: Sally is planning to run the 2023 Chicago Marathon but rolls her ankle and defers to 2024 and decides to run on the 2024 Chicago Marathon team. In 2023 she raises \$600 (the \$500 deferral minimum plus a bit extra). In 2024 she owes \$1,650 and has a guaranteed spot in the race.

$$\$2,000 \text{ (2024 Chicago Minimum)} + \$250 \text{ (Entry Fee)} - \$600 \text{ (Raised in 2023)} = \$1,650 \text{ (Owed in 2024)}$$



Thank you so much for choosing to sign up as a Parkinson's Champion! It means so much to us that you have chosen to challenge yourself physically while spreading awareness about PD and bringing in support for essential resources. Please know that your Parkinson's Champions staff team is here to support you throughout your journey. Reach out to us anytime by phone, text, or email.

*In Deepest Gratitude,
Your Parkinson's Champions Team,
Zach, Danielle, Nicole, & Francesca*



WEBSITE:

ParkinsonsChampions.org

APPLICATION:

Run4PD.org

PHONE/TEXT:

763-317-1308

EMAIL:

Run4PD@Parkinson.org

PARKINSON'S HELPLINE FOR PD SUPPORT:

1-800-4PD-INFO (473-4636)

Helpline@Parkinson.org

Parkinson.org/Helpline