



PD Walkers

At the IMT Des Moines Marathon

October 16, 2011

Regular exercise is extremely important if you have Parkinson's disease. It helps improve mobility, balance, range of motion and even emotional well-being.

Evidence suggests that regular exercise can improve some PD symptoms and enhance quality of life.

Keep in mind that your energy level may go up and down, and you'll sometimes need to pace yourself. If you're tired, try doing one part of your routine at one time of day and adding another segment later. Choose a time to exercise when your medicines are working well and you feel strong.

What is PD Walkers?

PD Walkers is a team of people, some with and others without Parkinson's disease (PD), committed to walk or run an event at the IMT Des Moines Marathon to raise awareness of PD, to empower and inspire people living with PD about the benefits of exercise, and to raise money to support the fight against PD. PD Walkers is for anyone concerned with easing the burden and finding a cure for Parkinson's disease, i.e. people with PD, caregivers, family, friends, co-workers, neighbors, you...

What is Parkinson's Disease?

Parkinson's Disease is a progressive neurological disorder affecting more than a million Americans today. A person with Parkinson's disease gradually loses the ability to totally control their body movements. The symptoms of Parkinson's disease include tremors or trembling (shaking hands are often the most telltale signs of it); difficulty maintaining balance and coordination; trouble standing or walking; stiffness; and general slowness. Currently there is no cure, but with your help there is hope.

Why a marathon?

Research has proven that exercise is a key component in the successful management of PD. Finishing a half-marathon or marathon is a big challenge, but we know it's an achievable target, even for those with Parkinson's disease.

Can I walk or run a marathon if I have PD?

Yes, you can! If you are committed to your goal you can do it! Training is very important for anyone walking or running a marathon so stay positive. Experts say running, walking and other activities all help build muscle mass, which is a boon for people who are fighting not just the disease but also the loss of muscle power that comes with age. Exercise gives people with Parkinson's more strength and balance and fitter patients are better able to perform daily tasks that can help keep them independent.

How do I train?

There are several different levels of preparation and many different personal goals, however, anyone who is reasonably fit can train for and complete a marathon or a half marathon. You will need to be willing to dedicate yourself to a training schedule and be committed to your goal. PD Walkers has used a 4 month training schedule to increase their stamina gradually. Come to a PD Walkers Speaker meeting for more information.

Do I have to walk the full marathon if I join PD Walkers?

No, you can register for any of the events: 5k, half marathon or full marathon. You may also join the team (it's free) and be a supporter on the sidelines. One of our goals is awareness so the more supporters, the better. Being at a marathon is an amazing experience, everyone is cheering for everyone involved, even the participants on the route!!

Be sure to stretch before and after you exercise. Stretching warms up your muscles, helps prevent stiffness, and improves your flexibility and balance. Yoga is a great way to stretch.

PD Websites:

apdaiowa.org
apdaparkinson.org
michaelfox.org
parkinson.org
parkinsonsaction.org
parkinsonalliance.org
pdf.org
youngparkinsons.org

How do I join PD Walkers?

Go online to: www.pdwalkers.org and then click on the Register Now button.

How much does it cost to join PD Walkers at the Des Moines Marathon?

It is free to join the PD Walkers Team!!
(Minimum \$25 donation to receive a PD Walkers dri-fit t-shirt.)

- *Code to receive the lowest reg. fees online for the IMT Des Moines Marathon
-5k - \$24.08 ½ - \$57.95 Full - \$74.88 inc. tax, transaction and registration fee
- *Invitation to PD Walkers Pasta Dinner at Mama Lacona's on October 15, 2011
-PD Walkers Pasta Dinner - \$20
- *Updates on PD Walkers activities
-Training schedules, Speaker Meetings, Invites to fund raiser events,
-Training walks (5k and half marathon)
- *Exclusive PD Walkers dri-fit t-shirt
- *Personal fundraising web page
- *Physical fitness
- *Opportunity to increase awareness of Parkinson's disease

Where does the money go?

In 2008 PD Walkers raised over \$6000, the 2009 the team raised \$9000 and in 2010 nearly \$14,000 was raised for the Iowa Chapter of the American Parkinson Disease Association (APDA). APDA is the largest grassroots Parkinson's disease organization in the United States and our local IA Chapter supports the IA Parkinson Disease Information and Referral Center which is a great resource for the entire state of Iowa and border states.

Where and when do I start?

Start walking today and then join us for PD Walkers Speaker Meeting.

What is a PD Walkers Speaker Meeting?

We schedule guest speakers and personal trainers to assist in our training. Each meeting will be at the YMCA Healthy Living Center, check www.pdwalkers.org for up to date information. There will also be door prizes at every meeting.

Need more information?

Contact LaDona by email at PDWalkers@q.com or call (515)953-8474. For more information on the marathon visit www.desmoinesmarathon.com.

Registration and Donation Information...

Please make checks payable to **IA APDA/PD Walkers**.

Mail donations to:

PD Walkers/IA APDA, PO Box 507, Waukee, IA 50263

Donate and register online at www.pdwalkers.org.