

FUNDRAISE WITH TEAM PARKINSON

RUN/WALK/CHEER/GIVE

Thank you for your support of Team Parkinson! We appreciate your help to raise awareness and funds for Parkinson's disease research.

- ✓ **REGISTER**
Take the first step by signing up as an individual or team captain
- ✓ **MAKE THE FIRST DONATION**
Show your commitment by being the first donor
- ✓ **LOGIN TO PARTICIPANT CENTER**
Update your page with your photo and story
- ✓ **SET FUNDRAISING GOAL**
Your goal should be reachable and challenging
- ✓ **TELL FRIENDS AND FAMILY**
Send emails to ask for support
- ✓ **REACH OUT TO OTHERS**
Share on social media and expand your reach
- ✓ **THANK DONORS**
Thank those who have sponsored you
- ✓ **SEND REMINDERS**
Send a follow-up to those who haven't donated
- ✓ **KEEP SUPPORTERS IN THE LOOP**
Stay in touch about your race and efforts
- ✓ **TRACK PROGRESS**
Check back into your Participant Center

Team Parkinson has been an event of The Parkinson Alliance since 2000. We proudly guarantee that 100% of net proceeds go directly to Parkinson's research.

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