



PARTICIPANT CHECKLIST

TEAM PARKINSON RUN/WALK/CHEER/GIVE

REGISTER AND GET STARTED

- Sign up as an individual
- Consider forming or joining a team

MAKE THE FIRST DONATION

- Show your commitment by being the first donor

LOGIN TO PARTICIPANT CENTER

- Personalize page with your photo and story
- Set personal goal

FUNDRAISE AND ASK FOR DONATIONS

- Start by telling family and friends about your race and how they can help. Share why this cause is important to you and why you are running with Team Parkinson. Invite them to run/walk with you. Ask them to sponsor your race—their donation will help support research.
- Send individual emails using our templates in your Participant Center
- Follow up with a personal phone call, text, message, or in person
- Use social media to expand your base of support. Sharing the link to your personal page is a quick and easy way to reach out to others.

FOLLOW-UP

- Track your progress by logging in to your Participant Center
- Stay in touch with family and friends about your fundraising efforts
- Post updates about your race—as you countdown, on Race Day, and after the Race - share a picture of you at the Finish Line!
- Send reminders to those who have not yet donated on your behalf
- Thank your donors

STAY CONNECTED

- Look up information about race logistics, travel, meeting places, cheering corner, Carbo Dinner, etc.
- Like us on Facebook! Follow @teamp4acure on Twitter and Instagram.

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.