Walk Off Parkinson’s -- Frequently Asked Questions

Registration

Is there a fee for registration?
Registration is free! Participants who raise at least $125 will receive a Walk Off Parkinson’s t-shirt. Additionally, other fundraising prizes are available. To learn more about incentives, please visit www.walkoffpd.org and select the Event Details link.

What is a Team Division?
There are two types of teams: Friends and Family Teams and Corporate Teams. Enlist your loved ones to form a Friends and Family Team and dedicate your efforts to someone close to you. Walk Off Parkinson’s is an excellent way for businesses to participate in a nonprofit fundraising event, while boosting employee morale and teambuilding skills. Having two types of teams allows us to better know our Walk Off Parkinson’s participants and communicate appropriately with all teams.

Is a donation required to start a team?
No, a donation is not required to start a team.

Do I have to be on a team to participate?
You can participate as an individual, as a team captain or as a team member. Teams are a fun way for families, groups of friends, or corporate groups to rally together around the cause or support a Parkinson's patient. You can change your registration status at any time by emailing the update to walkoffpd@parkinsonfoundation.org

How do I join a team if I have already registered as an individual participant?
Email the name of the team or the name of a participant on that team to walkoffpd@parkinsonfoundation.org and we will add you to the team. We will send you a confirmation email once we have done so.

How do I create my own team if I have already registered as an individual participant?
Email the team name you have selected to walkoffpd@parkinsonfoundation.org and we will create the team for you. We will send you a confirmation email once we have done so.

My business would like to support Walk Off Parkinson's. How do we set up a team?
Please visit www.walkoffpd.org and click on Register and then “Start a New Team.” You will be prompted to fill in the needed information to register, please make sure to select “Corporate Team” in the dropdown box labeled “Team Division.” If you need further assistance, please call 301-844-6510. Sponsorship opportunities also exist, please email for more information: walkoffpd@parkinsonfoundatino.org.

My friend or family member has already set up a team. How do I join an already existing team?
Please visit www.walkoffpd.org and click on Register and then “Join a Team.” To find a team, enter the team name (or at least the first few letters), and then click Search. Select the team from the search results generated.
If the team has a password, you will be prompted to enter that password. If you need further assistance please call 301-844-6510.

How many members can each team have?
There is no limit to the number of team members a team can have.

**Donating & Fundraising**

Is it better to donate by check or by credit card?

Your donation – no matter – which way you give it is important and greatly appreciated. Some donors are interested in making donations where fees for processing the gift are as little as possible. Please note that 100% of donations by check or cash support PFNCA. When donations are received by credit card through the [www.walkoffpd.org](http://www.walkoffpd.org) website, approximately eight percent of the gift goes to various website and credit card processing fees. This is quite standard for many charity walk fundraising sites. If you make a donation by credit card offline – either by mailing in a donation form with your credit card information or by calling PFNCA’s office at (301) 844-6510—about three percent of the gift goes to credit card processing. However, you end up making your donation, please know it will support the important efforts of the Parkinson Foundation of the National Capital Area (PFNCA).

Can I donate for Walk Off Parkinson’s using stock or other securities?

Yes. To make a donation of stock or other securities in support of Walk Off Parkinson’s, please call (301) 844-6510.

How do I make a donation by credit card on the Walkoffpd.org website?

Please visit [www.walkoffpd.org](http://www.walkoffpd.org), click on “Donate.” You are then given the opportunity to make your gift in support of a specific participant, a specific team or to make a general donation in conjunction with the Walk Off Parkinson’s program. If you select “Support a Participant”, enter the participant’s name of whom you want to donate. Select the name from the search results generated. If you select “Support a Team,” enter the team’s name. You will be taken to the donation page and prompted through the donation process. If you select “Make a General Event Donation” you will be taken directly to the donation page and prompted through the donation process.

How do I get a donation form, so I can make a donation by check or offline by credit card?

Please visit [www.walkoffpd.org](http://www.walkoffpd.org) and select the Event Details link where you can print a form. Please mail the form to the address listed below, which also appears on the form.

How do I make a donation by check?

If you are making a donation to behalf of a specific participant, please be sure to include that person’s name in the memo field. The donation will be credited to that person or team and will be deposited as soon as we receive it. Upon receipt of your donation we will mail you a letter to be used for tax purposes. Please mail your check made out to the Parkinson Foundation of the National Capital Area or PFNCA to:

PFNCA  
8830 Cameron St. #201  
Silver Spring, MD 20910

How do I make an anonymous donation?

If you have already made your donation, please email your name, the donation amount, and the person or team name to which you donated to walkoffpd@parkinsonfoundation.org and we will make your donation anonymous. We will send a confirmation email to you once we have done so.

If you would like a donation by check to remain anonymous, please include a note with your check indicating so.

If you would like a donation by credit card to remain anonymous and you have not yet made your donation, please visit [www.walkoffpd.org](http://www.walkoffpd.org), click on “Support A Participant,” “Support A Team” or “Make a General
Donation.” Once you search and find the appropriate participant or team, you will be prompted through the donation process which includes the ability to make your donation anonymous. If you select “Make a General Donation” you will be taken directly to the donation page and prompted through the donation process. Once on the donation page fill in all the pertinent information and make sure the box is checked next to “Yes, make this an anonymous gift.” If you want the amount of the donation to also remain anonymous, make sure the box is unchecked next to “Yes, you can display the amount of my donation publicly.”

I have never done any fundraising, where do I start?
The easiest way to start is by sending a simple letter to your friends, family and colleagues. Sample letter templates are available to you in your Walk Off Parkinson’s Participant Center. More fundraising ideas can be found in the Fundraising Guide that can be accessed from the Event Details page at www.walkoffpd.org

Can I donate per mile a walker completes?
The preferred method of donating is in honor of the walker.

I mailed in donations, but I do not see them on my personal fundraising page. Where are they?
Please allow one week before mailed donation checks are added to your fundraising page. We need time to process each check and put them into our system. If you have a question about whether we received your donations, please call 301-844-6510.

I have been mailing in donation checks as I receive them, but what do I do with donations received close to the September 22nd event?
You can bring donations with you to Walk Off Parkinson’s. Be sure to include the name of the participant or team on the memo line on checks.

Can I donate on the day of the walk? What are the forms of payment accepted?
Yes, donations can be made on the day of the walk. Donations are accepted by cash, check or credit card.

What do I do with donation checks I receive after Walk Off Parkinson’s?
Donation checks can be mailed in after Walk Off Parkinson’s. Please mail donations to PFNCA, 8830 Cameron St. #201, Silver Spring, MD 20910

Accessibility, Directions, Parking

Is Nationals Park metro accessible?
Nationals Park is approximately ½ a block south from the Navy Yard metro station on the green line.

What do I need to know about wheelchair/walker accessibility at Nationals Park?
Metro is fully ADA accessible at the Navy Yard station. The Navy Yard West Entrance located on the SE corner of M & Half Streets, SE, as well as the Navy Yard East Entrance, located on the NW corner of M Street at New Jersey Avenue, SE, are both ADA accessible. ADA-accessible parking is available in Lot C. State or District of Columbia issued disabled parking placards/license plates must be present.

Where can I park my vehicle?
On event day, parking is free of charge in Lot B (entrance located on N Street, SE).

How much does parking cost?
Parking is FREE in Lot B (entrance located on N Street, SE).

Event Day

Can I bring my children to Walk Off Parkinson’s?
Yes! Walk Off Parkinson’s is an event for the entire family!
Can I bring children in a stroller?
Yes, strollers are permitted at Walk Off Parkinson’s.

Will there be any activities for children?
Yes, the playground at Nationals Park will be open from 8:30am to noon. We will also have face painting and temporary tattoos for the young and the young at heart!

Can I bring my dog to Walk Off Parkinson’s?
Dogs are allowed at Walk Off Parkinson’s. Dogs, however, are not allowed on the field at Walk Off Parkinson’s.

Do I have to walk to entire course?
No, you do not have to walk the entire course. The walk will be organized so that you can participate in as little as half a mile or as much as the entire course which is about 1.2 miles.

If I cannot walk, will there be other activities?
Yes, programs such as yoga, stretching and much more will be open when the event begins. For those registrants that would prefer not to walk, there will be plenty of wonderful activities and information to enjoy.

If it rains, will the walk be canceled?
Walk Off Parkinson’s will take place rain or shine!

Is Walk Off Parkinson’s an all-day event?
Walk Off Parkinson’s opens with registration beginning at 8:30 am, a special program with speakers and announcements at approximately 9:30 am, the walk will begin at 10:00 am. The program ends by 12:00 p.m.

Can I/my team run the course?
The course is only suitable for walking. Feel free to walk as fast as you like!

Can I complete the course on my bicycle?
The course is not suitable for bicycle riding.

Will there be food or water available at the walk?
Water and light refreshments will be provided at Walk Off Parkinson’s. You can bring your own water bottle or drink along with you. Please be sure to use the trash and recycling bins as needed.

Am I allowed to bring outside food and drink to Walk Off Parkinson’s?
You can bring your own water bottle or drink along with you. Please be sure to use the trash and recycling bins as needed. You can also bring snacks for yourself.

Where do I pick up my t-shirt on the day of the event?
T-shirts can be picked up at tables inside the registration area. There will be signage and volunteers directing you where to go. T-shirts are provided to participants who contribute $125 or more.

Volunteering

How can I volunteer for the event?
Please email walkoffpd@parkinsonfoundation.org to sign up to volunteer! We need volunteers to assist with registration, hand out t-shirts and water, direct participants and help out in other ways.

Are there ways for me to help as a volunteer even if I would like to walk with my team at the 10:00 am start?
There will be some volunteer opportunities in the morning and after the walk if you would like to volunteer and walk. Please email walkoffpd@parkinsonfoundation.org to sign up to volunteer!
**Other**

**Can we have our own team shirts, hats, posters etc.?**  
Yes, many teams design their own t-shirts to show support for someone for whom they are walking! Some teams also create signs, buttons, hats and other regalia to show support for Walk Off Parkinson’s and the person/people for whom they are walking on behalf. Make t-shirts yourself, or check out local vendor and Walk Off Parkinson’s sponsor API: [http://www.apisource.com/](http://www.apisource.com/) If you would like to use the Walk Off Parkinson’s logo on your team shirt, please email walkoffpd@parkinsonfoundation.org.

**If I cannot attend the day of the walk, how else can I get involved in Walk Off Parkinson’s?**  
Even if you cannot attend the event, there are many ways to be involved in Walk Off Parkinson’s! You could:

- Start a team and fundraise at work, school or social clubs.
- Request Walk Off Parkinson’s information cards and flyers to place in your workplace or community center, or post information on bulletin boards around your community. Email walkoffpd@parkinsonfoundation.org today to request your materials. Thanks for helping to spread the word.
- “Like” Parkinson Foundation of the National Capital Area on Facebook at [http://www.facebook.com/PFNCA](http://www.facebook.com/PFNCA) and share the PFNCA page or a post about Walk Off Parkinson’s with your friends.
- Browse the existing teams and read walkers’ stories of why they are walking at Walk Off Parkinson’s. Show your support by donating to them or sharing their walking page and story with friends through social media.