



**AMERICAN  
PARKINSON DISEASE  
ASSOCIATION**

# FREQUENTLY ASKED QUESTIONS

**WHEN?** Sunday, June 2, 9:30am-1:00pm

**9:30am** Check-in and pre-walk activities – Don't be late for face painting, sign making, team photos, sponsor booths, trophy presentation for top fundraising team, largest team and most team spirit, and Circle of Optimism medal presentation for individuals who has raised \$1,000 or more.

**10:30am** Walk begins – enjoy a flat 2.5 mile walk along the beautiful Ship Canal Trail. The walk is down and back so walkers can turn around at any time to make the walk shorter, or stay and visit at the Nickerson Street Saloon.

**11:00-1:00pm** Live music by the Kennedy Brothers, lunch buffet and two drink tickets (each individual must raise a minimum of \$50 to receive), ice cream from Umpqua Bank, and time to mingle and have fun with other walkers!

**WHERE?** This year's APDA Optimism Walk starts and finishes at the Nickerson Street Saloon, located at 318 Nickerson Street in Seattle. We will have registration and check-in tables in the parking lot adjacent to the saloon.

## **Directions to the Nickerson Street Saloon:**

Headed North: From I-5 North, take EXIT 167 on the left towards Mercer St/Seattle Center, stay straight to go onto Mercer St., Take the 3<sup>rd</sup> right onto Westlake Ave N., Westlake Ave becomes Nickerson St., Saloon is on the right hand side.

Headed South: Take NE 50<sup>th</sup> St EXIT 169 toward NE 45<sup>th</sup> St, Keep right on the exit ramp, Take 1<sup>st</sup> right onto NE 50<sup>th</sup> St. at the light, After about 1 mile, keep to the right to stay on 50<sup>th</sup> St., Take a left onto Fremont Ave. N shortly after the slight right, Cross over Fremont Bridge, Take immediate right on the street just past the bridge (Florentia St.), Nickerson Street Saloon is directly on the left and shares a lot with a coffee shop.

**Q:** Where should I park?

**A:** There will be accessible parking at the Nickerson Street Saloon (parking lot between the Nickerson and the Fremont Bridge), and we will have volunteers directing you to other nearby lots. There is also plentiful street parking all along Nickerson Street and side streets. But when possible, please carpool.

**Q:** How long is the walk route?

**A:** The Walk will be along the Ship Canal Trail and will be about 2.5 miles in total, but walkers can turn around at any time to make the walk shorter. We will have volunteers along the route to pass out snacks and water and be there for assistance if needed.

**Q:** Are strollers allowed?

**A:** Yes! We encourage you to bring the whole family if you'd like. Strollers, wheelchairs, walkers and wagons are all allowed. The path is paved the whole way. Skateboards, bikes and roller skates, unfortunately, are not allowed due to safety concerns.

**Q:** Are pets allowed?

**A:** Pets are allowed on the walk as long as they are on leashes at all times and come prepared with waste disposal baggies for clean-up. They are however, not allowed inside of the Nickerson Street Saloon, unless they are a service animal.

**Q:** Can I turn in my donations at the Walk?

**A:** Absolutely! Donations are accepted at any time, but we do encourage you to submit donations before the event through our website or by mail. Please have checks made out to APDA. Any day of donations can be turned in at the registration booth and we will have credit card scanners if you want to make an added last minute donation.

**Q:** Is there a registration fee?

**A:** No, but this is a **fundraiser** so we encourage you to raise money to further APDA's mission of providing support, education and research that will help everyone impacted by Parkinson's disease live life to the fullest. We ask that you raise a minimum of \$50 to take part in the delicious lunch and get two free drink tickets to use following the Walk, but keep in mind that the more you raise, the more great prizes you can win! Raise \$100 for our Optimism Walk t-shirt, \$500 for a cool Walk hat, and \$1,000 gets you a prestigious medal (and bragging rights!).

**Q:** How do I add team members to my team? How can people donate to me or my team?

**A:** Online registration is easy, just start at our website [apdaparkinson.org/Northwest](http://apdaparkinson.org/Northwest) and click on CHAPTER EVENTS & PROGRAMS to find the Walk website. Just click REGISTER TODAY or DONATE and follow the steps. Links to fundraising pages are created for each individual walkers and the teams- share these with your supporters so they can donate directly to you or your team. Be sure to track your individual fundraising total (not just the team's total) so you will reach your goal and get the incentives! If you need help, just reach out!

**Q:** What should I wear?

**A:** Anything that is comfortable to walk in! Although we are hoping for a sunny and warm day, the event is taking place in Seattle in early June, so prepare for rain or wind just in case. Comfortable shoes, a jacket and an umbrella is always a good idea. We also have a prize for most team spirit- so team shirts, fun costumes, pom poms and cheer is encouraged!

**Q:** Will there be food at the Walk?

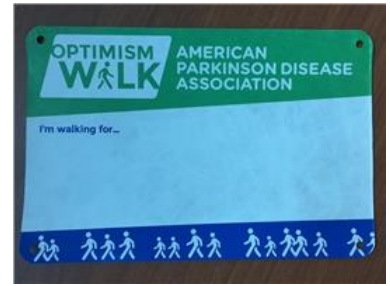
**A:** Yes! We will have snacks and water during the Walk, as well as a lunch buffet and drinks for registered walkers that have raised a minimum of \$50.

**Q:** Are there other activities to do at the Walk?

**A:** Absolutely! Along with food and drinks, we will have a photo booth, sponsor and APDA booths, face painting, a poster making station, trophy presentation, and a live band post event!

**Q:** How can I honor someone with PD?

**A:** There will be “Why I Walk” bibs available for you to write a special message on and wear proudly while walking. We encourage you to honor your loved one who is living with Parkinson’s, or tell us your personal story about living with Parkinson’s. Submit a short statement describing “Why I Walk” along with a picture to [apaytosh@apdaparkinson.org](mailto:apaytosh@apdaparkinson.org) by May 24<sup>th</sup>, and be featured on APDA Northwest’s Facebook page the week prior to the Walk.



**Q:** Are there Fundraising incentives?

**A:** YES! Make sure you all team members are fundraising, because each **participant** that raises...

- \$50, enjoys the lunch buffet and two drink tickets
- \$100, earns an APDA Optimism Walk t-shirt
- \$500, receives an Optimism Walk hat
- \$1000, is awarded the Circle of Optimism Medal during special pre-Walk ceremony!

*\*these are based on participant totals not team totals*

**Q:** Are their Team Incentives?

**A:** YES! Each **team** that raises \$1,000 by May 24<sup>th</sup> will receive festive Team Buttons made for all registered walkers on their team. Trophies are awarded to the Top Fundraising Team, Largest Team and for Most Team Spirit!

**Q:** How does the money raised help?

**A:** The funds raised by the Optimism Walk provide vital support groups, trainings, educational symposiums, outreach, materials, community grants, exercise classes, direct services like Ride Repay and Caregivers Day Off, and fully fund the Washington State Parkinson’s Disease Registry and ground-breaking research. Providing resources to Alaska, Idaho, Montana, Oregon and Washington states, APDA Northwest aims to fulfill our mission by educating and empowering those in our community challenged with Parkinson’s by promoting hope and optimism through innovative services and programs, and funding vital local and national research. This dual mission of helping people live better today while we also fight for a better life tomorrow, is unique. **The funds you raise are critical to our success and our ability to continue to serve the local Parkinson’s community.**

## MORE QUESTIONS?

Give us a call or send us an email:

**(206) 695-2905   [apdanw@apdaparkinson.org](mailto:apdanw@apdaparkinson.org)**