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4829 Galaxy Pkwy, Suite M, Warrensville Hts, OH 44128



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June 2020

Dear Friend,

We are thrilled to share information about the fourth annual Pals In Motion event, reimagined this year as a virtual fitness event. Pals In Motion launches August 13th and culminates on **Sunday, September 13, 2020 on Facebook**, and includes a 5K run/walk, a 1 mile walk, yoga, and Tai Chi.

Funds raised from this event make it possible for InMotion to continue providing life-changing physical wellness, creative movement, arts, education, support and research programs to our Parkinson's community – all at no cost to participants. Our ground-breaking programming and research have become models worldwide to help those living with Parkinson's disease.

As a Pals In Motion participant, you can participate in a 5K run/walk or 1 mile walk at a location and time of your choosing beginning August 13. We've added new activities, like a virtual global excursion and Power Steps for Parkinson's. While the COVID-19 virus has made it impossible for us to gather together for a starting bell, our sense of community is as strong as ever.

Going virtual provides new opportunities to involve even more people. We've made it easy for you to invite friends and family from all over the world to join your team digitally, there are lots of social media opportunities, and race day will feature streaming videos, Tai Chi and yoga.

I've been so impressed during the pandemic by how clients have continued exercising at home through incredible online programming InMotion coaches developed. Similarly, Pals In Motion will keep us all exercising, challenged and motivated to help our community.

Last year, Pals In Motions' 69 teams, 89 sponsors and 1,434 participants raised \$317,000 - approximately one-third of InMotion's operating budget. The funding is vital to support continued growth in programs, classes, and community outreach. Thank you for making this all possible.

Enclosed are details on the many ways you can participate: walk, run, join a team, donate or become a sponsor. With your help, this year's Pals In Motion virtual event will provide the resources needed to help people in our community face the challenges of Parkinson's disease and feel better every day.

With much gratitude,

Cathe Schwartz, InMotion CEO



MANY WAYS YOU CAN PARTICIPATE

Virtual 5K Run/Walk, 1 Mile Walk, Power Steps for Parkinson's

Live streamed on Sunday, Sept. 13, 2020 starting at 9am. Online registration at www.palsinmotion.org

What is a Virtual Race?

A virtual race works exactly like a regular race – the only difference is that the race or walk can be run at any time, at any location, inside on a treadmill or outside anywhere in the world. Participants record their progress on their participant center at www.palsinmotion.org.

New this year – Power Steps for Parkinson's – record as many steps as you can to win an award! All you need to do is register online and log your time and/or steps– that's it!

Run/Walk

You can run or walk alone or with your family from August 13 - September 13th at 3pm.

Record your time in your participant center or send it to pyackmack@hermes-cleveland.com.

Take photos and video of the fun and send it to twest@beinmotion.org to share with others!

Join in for the 5K Run/Walk, 1 Mile Walk, or Power Steps for Parkinson's

When you register for a walk or run (adult or youth), you can participate in all the activities!

Register at www.palsinmotion.org or complete the attached form and mail it with your check to InMotion. We have partnered with **TeamRaiser** this year to bring you a **state-of-the-art walk/race software experience**. You can register as an individual, create a team, or donate – it's that easy! You will be able to easily invite friends and family to participate through social media or email and can customize your team page or personal fundraising page with photos and videos. Integration with Facebook allows you to effortlessly reach your networks, whose donations will be immediately reflected in your personal goals.

Sponsorship

Widespread recognition of your vital support as a sponsor gives your organization maximum exposure to all participants. Because we are virtual, our reach is even greater this year! Sponsorship levels and benefits are detailed on the following pages. Do you have a family fund or foundation? That could be a great way for you to sponsor the event! To register as a sponsor please visit www.palsinmotion.org or contact Nancy McCann (info below) for more information.

In-Kind Contributions

Gift certificates and prizes for give-a-ways are all welcome donations. Sponsors making in-kind contributions receive credit equal to the estimated value of goods or services provided. In-kind contributions are subject to approval by the sponsorship committee. Please contact Nancy McCann (info below) for information on how to make an in-kind contribution.

Donations

Don't want to participate or can't attend? Donations of any amount are greatly appreciated! Click the "donate" button at www.palsinmotion.org. You can also make a gift in honor of a special person or team. Checks can be sent to Nancy McCann, c/o InMotion, 4829 Galaxy Parkway, Suite M, Warrensville Heights, OH 44128.

New this year – "Mad Dash With A Mask"

InMotion wants to make this virtual event fun and interactive for everyone! Become a member of our Pals In Motion Facebook Group to meet 12 virtual racers who will attempt to go around the world – 27,000 miles - meeting up with global Parkinson's communities along the way as they try to be the first back home. Every dollar raised equals one mile they Choose your favorite racer and invite Facebook family and friends to help them out. There will be posts and videos every week, with fun challenges and surprises along the way – more info to come! #maddashwithamask

For more information, please contact Nancy McCann, Chief Development Officer, at 216.342.4016 or nmccann@beinmotion.org



REGISTRATION FORM – One (1) Form Per Person

Virtual 5K Run/Walk, 1 Mile Walk, Power Steps for Parkinson’s

Live streamed on Sunday, Sept. 13, 2020 starting at 9am. Online registration at www.palsinmotion.org

REGISTRATION

Individual Registration

\$30 Adult

\$20 Youth (age 11 & under)

Online registration closes at 9am on 9/13/2020

T-SHIRTS

T-shirts for Participants

Register by 9am on Thursday, 8/21/2020 to guarantee size

Adult sizes S, M, L, XL, XXL

Youth sizes YS, YM, YL

Pick up on Thursday, 9/10/2020 at InMotion’s parking lot between 10am – 2pm, or it can be shipped to your home for \$5 per t-shirt.

SCHEDULE

We will be live streaming on Facebook the day of the event – **September 13, 2020, beginning at 9am**

All course times (for 5K Race/Walk, 1 Mile Walk) and number of steps for Power Steps for Parkinson’s must be recorded on your personal fundraising page or emailed to Patrick Yackmack at pyackmack@hermescleland.com by 3pm on Sunday, September 13, 2020 to be eligible for awards and medals. More information to come!

DONATIONS

Donate today and help improve the lives of those living with Parkinson’s disease! **Donations of \$125 or more will receive a complimentary race t-shirt** – just fill in the registration form below.

AWARDS & MEDALS

Gold, Silver & Bronze Medals

- First Place Overall Male Runner/Walker/Stepper
- First Place Overall Female Runner/Walker/Stepper
- PLUS Male & Female Age Group Medals Runner/Walker/Stepper 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over

Prizes & Awards

There will be lots of chances to win prizes and awards – more information to follow!

InMotion Client who raises the most money and InMotion Client who has the most team members – each will win a **private parking spot** at InMotion’s new building for one (1) year!

TEXT TO DONATE

Text “Pals” to 44321

REGISTRATION - Please attach a separate registration form for each person or sign-up online at www.palsinmotion.org

Team Name: _____

Please note - if you are forming a team attach a registration form for each person

NAME: _____ DOB: _____ Gender: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

ACTIVITY: (Please check all that you would like to do): 5K Run 5K Walk 1 Mile Walk Power Steps for Parkinson’s Yoga Tai Chi

\$30 Adult \$20 Youth (age 11 & under)

Please ship my t-shirt for a cost of \$5

I will pick up my t-shirt at InMotion on 9/10/2020

Total for registration: \$ _____

Shipping charge: \$ _____

Total charges: \$ _____

Shirt Size: Adult : S M L XL XXL

Youth: YS YM YL

I cannot attend, but enclose the following donation

Donations of \$125 or above receive a complimentary t-shirt, please see “donations” section above

Yes, please send me my complimentary t-shirt (indicate shirt size above)

No, a t-shirt is not necessary

Donation amount: \$ _____

Payment by credit card:

Visa Mastercard Discover AmerExpress
Card# _____

Exp. Date: _____ Code: _____

Cardholder Name: _____

Signature: _____

MAKE CHECK PAYABLE TO INMOTION AND MAIL TO: InMotion, 4829 Galaxy Parkway, Suite M, Warrensville Heights, OH 44128. Must be received before 8/21/20 to receive your t-shirt before the race.

I, _____ (“Participant”) do hereby waive, release, indemnify and hold harmless Hermes Sports & Events and InMotion, its employees, agents, related entities, from and against any and all claims, liabilities, costs, causes of action, damages and expenses now existing and hereafter arising in connection with my participation in the 2020 Pals In Motion 5K/Walk/Run event, including without limitation the 1 Mile Walk, Power Steps for Parkinson’s, Yoga, and/or Tai Chi activities. Participant hereby acknowledges and agrees that such participation shall be at the Participant’s sole and exclusive risk. Participant gives permission to InMotion to use their photo in advertising or videos.

SIGNATURE (PARENT/GUARDIAN IF UNDER 18) _____