

INVITATION

Our updated website offers new choices to make your experience easier and more fun.

www.KingdorParkinson.org

REGISTRATION

You can:

- ◆ Create your own personal donation page
- ◆ Invite family, friends & co-workers to view page
- ◆ Set a fundraising goal and track your online donations
- ◆ Use the Friends Asking Friends” feature to raise money through e-mail
- ◆ Register your team and set a team goal.

Volunteers Needed!

New and Returning Volunteers are encouraged to get involved.

PLEDGE FORM

You can help us reach our goal by collecting donations from family and friends for the Optional Pledge Programme. Participants can win special prizes.

Name: _____

Address: _____

Telephone: _____

E-mail: _____

Contributor's Name	Amount
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

Win these terrific awards when you collect pledges in the amount of :-

\$100 ——— Kingdor Tote Bag

\$250/\$499— Luggage

\$500 Up —— Athletic Shoes

GRAND PRIZE DRAWING

One round-trip ticket good for air transportation on Bahamasair to any destination in The Bahamas or Florida

Contributor's Name	Amount
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

*Saturday
6th April, 2013
Montague Beach Park
at 6:00 a.m.*



WALK-RUN-CYCLE-SWIM

**Pilates: Tai Chi, Zumba,
Therapeutic Exercises,
Boxing and much more fun
and exciting activities**

www.kingdorparkinson.org
www.facebook.com
kingdorpnationalparkinsonfoundation.org
Telephone: (242) 326-5291 (office)
324-0778/324-1531
445-9063/393-2515

AWARD CATEGORIES

Male & Female

- () 7-12 years
- () 13-18 years
- () 19-26 years
- () 27-38 years
- () 39-49 years
- () 50-59 years
- () 60 years and older

TRAIL FOR WALK/RUN

Commencing: Montague Beach Park

East Bay Street

Shirley Street

Church Street

New Bridge

The Old Bridge

East Bay Street

Concluding: Montague Beach Park

REGISTRATION FEE

\$15.00

Freebies: T-shirt, Water,
Snacks and an opportunity win
prizes,
including an airline ticket.

T-Shirt Sizes

S, M, L, XL, 2X, 3X

OFFICIAL REGISTRATION FORM

Name: _____ Address: _____

P. O. Box: _____ Telephone: _____ E-mail Address: _____

Sex: Male () Female ()

SELECT EVENT - CYCLE () RUN () Walk () 1 MILE FUN WALK ()

MEDICAL CONDITION: Excellent () Very Good () Fair () Poor ()

Parents must sign for applicants under the age of 18

I certify that I am physically fit to participate in this Cycle/Run/Walk 6.5 miles Fun Run Competition held on this day, April 6, 2013. I waive any claim for damage against Kingdor Parkinson Foundation for injuries which might occur during this event.

Signature: _____ Date: _____

ABOUT THE MOVING DAY

Moving Day is a new campaign created to raise awareness and funds through annual fund-raising walks, runs and cycles. There would also be a "Movement Pavilion" with stations such as Pilates, Tai chi, yoga, dance and much more. Studies show that movement is one of the most beneficial ways to help manage the symptoms of Parkinson Disease, improving flexibility, strength and mobility. Vigorous exercise such as biking and running has been shown to potentially delay the progression.

WHERE DOES YOUR MONEY GO?

Proceeds from these events will go toward sensitizing and educating the populace, empowering them to care for themselves and their loved ones; supporting local services and granting assistance for research, thus ensuring that parkinsonians receive the best treatment possible.

The National Parkinson Foundation grants assistance for research, which is being conducted worldwide.