

Moving Toward A Parkinson's Cure



2024

By the Numbers

20,000 Members of the Parkinson's Community Raise \$8.3 Million in 2024

Dear friend,

Thank you for making the 2024 Parkinson's Foundation community fundraisers a huge success! Together, we raised a total of \$8.3 million through **Moving Day, A Walk for Parkinson's, Parkinson's Revolution and Parkinson's Champions** to advance Parkinson's disease (PD) research, improve access to care and connect people with PD and their loved ones to life-changing resources and support.

When my dad was diagnosed with Parkinson's in 2020, we were overwhelmed and didn't know where to turn. Some research led me to the Parkinson's Foundation. Soon after, I hosted the first Parkinson's Revolution Buffalo at the cycling studio I co-own. We've nearly tripled the amount raised since the first year we hosted, and I am more inspired each year by the people who join us to honor my dad and the whole PD community.

Through Parkinson's Revolution and Moving Day Buffalo, we have made strong connections with other families navigating this challenging disease. The unknown that comes with a Parkinson's diagnosis is scary, but the positivity and commitment we found through this community is inspiring and powerful.

Together, we will continue raising awareness about Parkinson's, advocating for everyone impacted by PD and fighting for new treatments — and a cure. Every walk, run, ride and creative fundraiser makes a difference. I'm proud to plan, participate and spread the word alongside you.

Thank you for all you do to support the Parkinson's Foundation!



Amanda Meyers
Revolution Buffalo Chair



Amanda Meyers and her dad, Bob Moses.

\$5.4M
RAISED BY
MOVING DAY



\$3M
RAISED BY
PARKINSON'S
CHAMPIONS



126
DIY
EVENTS



\$505,000
RAISED BY
PARKINSON'S
REVOLUTION



20,000
COMBINED
PARTICIPANTS



Cindy Builds Community Through Caregiving

Cindy George set out to learn as much as she could about Parkinson's disease after her husband, Dale, was diagnosed 13 years ago. After realizing there were no local support groups, they started the Davis County Parkinson's Support Group, which began with six people. Today, the group has 40 members, virtual attendees and a 150-person email list. This experience led them to the Parkinson's Foundation and Moving Day Salt Lake City, which helped them grow their local PD community.

"We have a whole new Parkinson's family, and they are just so amazing, kind and giving to each other," Cindy said.

Cindy also became a Rock Steady Boxing coach to support Dale, and helped bring a speech therapy class to their area. Both Cindy and Dale are determined to help other people with Parkinson's find the support that has helped them face PD.

"I don't want anyone to feel alone," Cindy said. "Moving Day brings awareness to Parkinson's and helps connect people to this amazing community."



Dale and Cindy George
at Moving Day Salt Lake City

Dale was honored at Moving Day, and it just melted my heart. People with Parkinson's are superheroes who deserve to be recognized, and that's what happens at Moving

Day. It highlights the importance of exercise for people with Parkinson's and provides so much education and information."

As a care partner, Cindy has found hope and positivity through this community alongside Dale. "Parkinson's is in our face every single day," she said. "We have moments when we grieve it, but it led us to our Parkinson's family, and that's really positive."

Let's get moving! Register for a 2025 Moving Day event near you at MovingDayWalk.org.

WE CARE. WE FIGHT. WE MOVE.

Piedmont Fayetteville Unites Parkinson's Community with First Community Walk



Attendees enjoy the first annual
Community Walk Piedmont Fayetteville

When Evan M. Johnson, MD, MSc, joined Piedmont Fayette Hospital in Fayetteville, GA, as a movement disorders specialist, he told his team his goal was to reach as many people as possible to support those with Parkinson's and educate others.

"In my time working in this field, it has been very clear that caring for the Parkinson's population extends beyond the clinic and into the community," Dr. Johnson said. "For many patients and their loved ones, this condition can be isolating."

Lisa Villella, program navigator, and Paige Muh, director of community relations, attended a nearby Moving Day and knew it was exactly what they wanted to do for their own area. After bringing the idea to the Parkinson's Foundation, they decided to organize a Moving Day Community Walk for Fayetteville with a fundraising goal of \$10,000. The event far surpassed it, raising nearly \$39,000.

"The Parkinson's Foundation allowed us to make the event our own and make it special for our community, and I think that helped our success this first year," said Paige.

"It was truly grassroots," Lisa said. "We were inspired by everyone who came out and loved the camaraderie the day led to. It felt really special."

They are already planning the 2025 walk and hope to reach more people in the area, celebrate their community and raise more money to support the Parkinson's Foundation.

"Community events like this are special moments to recognize and celebrate all individuals who are connected to Parkinson's," Dr. Johnson said. "Doing so helps reinforce to patients that they are not alone but are a part of large community of peers and support."

Can't find a Moving Day near you? Organize a Community Walk to bring the spirit of Moving Day to your community!

Learn more at MovingDayCommunityWalk.org.

John and Charolette Bring Communities Together for First Moving Day Walks

Moving Day is an opportunity to fundraise for Parkinson's Foundation research, care and education, but it is also a day to gather as a community. Recognizing how inspiring and motivating Moving Day can be, John Poma and Charolette Ybarra introduced the event to Richmond and Indianapolis for the first time in 2024.

"Moving Day is much more than a fundraiser," said John, a member of the Foundation's People with Parkinson's Advisory Council who helped plan the first Moving Day Richmond. "Having a positive attitude is so important, and that is something the Parkinson's Foundation offers. Through Moving Day, we can share



Charolette at Moving Day Indianapolis



John at Moving Day Richmond

the Foundation's resources and help people live well with Parkinson's."

Charolette, a care partner for her husband, who has PD, helped plan the first Moving Day Indianapolis. "There's a silver lining that comes with Parkinson's, and that is the sense of family within the Parkinson's community," Charolette said. "What I loved about Moving Day was standing there and looking out at the attendees. Everyone coming together to support each other."

Both John and Charolette wanted Moving Day to be an inclusive experience. Moving Day Richmond and Moving Day Indianapolis were both a huge success — exceeding their fundraising goals and bringing local PD communities together.

They both look forward to planning their second annual Moving Day walks and connecting more people to Parkinson's Foundation educational resources.

Find out how you can volunteer (and bring Moving Day to your community) at Parkinson.org/Volunteer.

Rock Steady Boxing Teams Move Together to Support Parkinson's Foundation



Rock Steady Boxing Gilbert and Valley of the Sun teams at Moving Day Phoenix

Inspired by her mom, who was diagnosed with Parkinson's disease 12 years ago, Nikkel Nielsen became a certified Rock Steady Boxing coach and opened Rock Steady Boxing Gilbert in 2017.

Rock Steady Boxing, an international nonprofit of fitness professionals offering a non-contact, boxing-based fitness program for Parkinson's, partnered with the Parkinson's Foundation as a National Team for Moving Day in 2024.

As word spread about the supportive atmosphere Nikkel built, she added more weekly classes and started a monthly support group for her boxers and their care partners. In 2022, she opened a second location, Rock Steady Boxing Valley of the Sun in Scottsdale, to reach even more people in Arizona.

Nikkel said working with the Parkinson's Foundation has been key to helping her boxers navigate their Parkinson's journey. Both gyms created teams for Moving Day Phoenix and together raised \$11,899

to support the Parkinson's Foundation. Nikkel's Rock Steady Boxing Gilbert location was also honored at Moving Day Phoenix for the invaluable benefits it has brought to the community.

"Participating in Moving Day as a team is an opportunity to raise funds for the Parkinson's Foundation, increase visibility and promote the benefits of Rock Steady Boxing, and to build relationships with local organizations and individuals," Nikkel said. "The Parkinson's Foundation is such an important part of the Parkinson's community, and it was great to come together for a good cause at Moving Day."

Both Moving Day and Rock Steady Boxing highlight the benefits of exercise for managing PD symptoms. By supporting each other, they can continue to grow and help more people live better with Parkinson's, just as Nikkel's Rock Steady Boxing programs have enriched her community.

Looking for Parkinson's resources in your area? Visit Parkinson.org/YourArea or call the Parkinson's Foundation Helpline 1-800-4PD-INFO (1-800-473-4636) to find support near you.

Frankel Family Honors Son and Supports Foundation Through Memorial Golf Outing

Roland and Shelley Frankel supported their son, Graeme, through his journey with young-onset Parkinson's disease for five years before he passed away from an asthma-related emergency. They had learned about the Parkinson's Foundation through Graeme, who always stayed positive through his fight with PD and encouraged his family to support the Foundation. To keep Graeme's memory alive, they started a DIY fundraiser.

Working with the Parkinson's Foundation, they planned the Graeme Frankel Memorial Golf Outing. Graeme and Roland loved to play golf together, so it felt like the perfect way to honor him. The event was a hole in one, and they held their second outing this year, raising \$101,352 to support Parkinson's research, care and education.

"The community, support, care and the love were phenomenal, and so was how people responded to the event," Shelley said. "The help that the Parkinson's Foundation Midwest Chapter and the Parkinson's Champions team gave made it all possible. All the people willing to play, sponsor and donate didn't hesitate to support the event."

The Frankel family made this an annual event to help propel Graeme's support of the PD community. Roland has also become actively involved with the Parkinson's Foundation Midwest Chapter, as Shelley shares their fundraiser with friends around the world, including those from their South Africa hometown.

"Thanks to the support we received, we are excited to bring the event back yearly to keep his light shining — in memory of Graeme," said Roland.



Roland and Shelley Frankel at the Graeme Frankel Memorial Golf Outing

HOST YOUR OWN DIY EVENT TO SUPPORT THE PARKINSON'S FOUNDATION!
Visit [Parkinson.org/DIY](https://www.parkinson.org/DIY) to get started.

People Who Inspire Us: Meet Hailey

"After my father was diagnosed with PD, I wanted to find a positive and productive way to channel my energy toward a mission that would make an impact. At first, I wasn't sure about fundraising but then I started emailing friends and posting on social media, and learned my community wanted to be part of the impact too. Friends enthusiastically joined my team to raise money through Parkinson's Revolution — we all realized PD touches far more people than we thought. With each donation came a story of a relative, colleague or friend who also had a connection to PD, and gratitude for working toward PD education, care and a cure!"

Hailey Harn

*Parkinson's Revolution NYC Team Captain
Hailey's Hotwheels*



Team Hailey's Hotwheels
Parkinson's Revolution NYC



Revolution Buffalo



Revolution Grand Rapids



Parkinson's Revolution is a one-day indoor cycling experience taking place in 24 cities and virtually. Join the Revolution!
[Parkinson.org/Revolution](https://www.parkinson.org/Revolution)



2024 BY THE NUMBERS

72

Holes Golfed



13,100

Miles Run



25

Rugby
Tries (*Touchdowns*)



3

Magic
Shows



26

Pickleball
Tournaments Played



Peggy Completes 50 Marathons in 50 States to Raise Parkinson's Awareness



Peggy Faber completes her 50th marathon in 50 states

Peggy Faber has always set big goals for herself and worked hard to achieve them. One of her most ambitious was to complete a marathon in all 50 states. Around the time she reached the halfway point, she started noticing tremors in her left

hand, which eventually led to a Parkinson's diagnosis.

This discovery may have deterred some people, but not Peggy. It only made her want to work harder to finish all 50 marathons.

"I found out during a race, around mile 20 when my gait and balance started to suffer, that I was going to have to work harder to make this goal happen with Parkinson's," Peggy said. "Other concerned racers asked

if I needed help or medical attention. I thanked them for their concern and said, 'This is what Parkinson's looks like; help us find a cure.'"

Peggy decided to join Parkinson's Champions and fundraise for the Parkinson's Foundation while working to achieve her dream. By partnering with the Foundation, she was able to raise more awareness for PD, fundraise to support Parkinson's research and connect with local resources that help her live better with PD.

"I never lost sight of my dream," she said. "I firmly believed I could complete 50 marathons in 50 states, and I achieved my goal on September 22, 2024, when I completed the Adirondack Marathon in New York with family, friends and a few hundred cheering fans to help me celebrate.

But the dream does not stop here. I will continue to fight Parkinson's with everything in me, while doing my best to encourage and inspire others to do the same."



Become a Parkinson's Champion to run in an endurance race or create your own fundraiser. Parkinson.org/Champions



TOP FUNDRAISERS OF 2024



2024 TOP MOVING DAY PARTICIPANTS

Susan Brown, Atlanta, \$39,267
Sherwin Zuckerman, Chicago, \$37,986
Christine Howard, Twin Cities, \$31,092
Walter Miller, Kansas City, \$28,615
Joan De Young, Ventura County, \$26,700

Laura Morris, Chicago, \$20,685
Vikas Chinnan, San Jose, \$20,178
Jim McLaughlin, Memphis, \$18,975
Jan Wuliger, Tampa Bay, \$18,623
Carl Little, Kansas City, \$17,815



MOVING DAY KANSAS CITY



2024 TOP MOVING DAY TEAMS

Rock Steady Fighters, San Jose, \$41,533
The Atlanta Movers and Shakers, Atlanta, \$40,390
Laura's Posse, Chicago, \$39,872
Team Zuckerman, Chicago, \$37,986
Team Howard, Twin Cities, \$31,692
Team Sloth, San Antonio, \$31,285

23andMe, San Francisco, \$31,183
Rock Steady Boxing Flower City, Rochester, \$29,522
Walking Warriors, Kansas City, \$29,420
Movement Revolution/Rock Steady Boxing Windy City, Chicago, \$27,087



2024 TOP PARKINSON'S REVOLUTION RIDERS

Deborah Lucchesi, San Francisco, \$20,550
Melanie Hannon, Chicago, \$19,259
Susa Cohen, New York City, \$13,412
Scott Balke, Twin Cities, \$10,354
Stephanie Callahan, Chicago, \$9,587

Adam Mizock, San Francisco, \$8,806
Randolph Todd, New York City, \$7,665
Paul Keiski, Twin Cities, \$7,165
Amanda Meyers, Buffalo, \$5,662
Kevin Donnellon, Chicago, \$5,630



PARKINSON'S REVOLUTION DC



2024 TOP PARKINSON'S CHAMPIONS ENDURANCE RUNNERS

Ladd Harrison, TCS NYC Marathon, \$27,635
Jack Parsons, TCS NYC Marathon, \$14,445
Tyler Mixer, TCS NYC Marathon, \$13,900
Ed Ashurst, TCS NYC Marathon, \$12,070
Elizabeth Goldberg, Miami Marathon, \$12,020

Gray Riley, United Airlines NYC Half Marathon, \$11,350
Kristen Chomos, TCS NYC Marathon, \$10,385
Cooper Lindstrom, Disney Springtime Surprise, \$10,200
Bill Kelley, Boston Marathon, \$10,000
David Morgan, Boston Marathon, \$10,000



2024 TOP PARKINSON'S CHAMPIONS DO-IT-YOURSELF FUNDRAISING

Roland Frankel, 2nd Annual Graeme Frankel Memorial Golf Outing, \$101,352
Scott Rofstad, Golf Fore Parkinson's, \$70,408
Key Benefit Administrators, 23rd Annual Golf Outing, \$30,000
Mark Boley, Boley Invitational, \$27,625
Paul Farahvar, Stand Up for Parkinson's, \$23,439

Pam Fliegel, Fore Parkinson's, \$20,000
Brandon Keller, Parkinson's Charleston Classic, \$15,764
Anthony Dwyer, Naples Charity Clays, \$15,000
Adam Prestandrea, Cherry Blossom 10 Miler, \$14,000
Sara Zambusch, Paving the Way to a Cure, \$11,510



COOPER LINDSTROM, PARKINSON'S CHAMPIONS



MOVING DAY CHARLESTON



MOVING DAY SANTA FE



TIM LEE, PARKINSON'S CHAMPIONS



MOVING DAY OMAHA



BILL KELLEY, PARKINSON'S CHAMPION



MOVING DAY TWIN CITIES



REVOLUTION SAN FRANCISCO



MOVING DAY BUFFALO



MOVING DAY LAS VEGAS

THANK YOU TO OUR SPONSORS

Moving Day is only made possible because of our National Partner, National Teams and local sponsors. Thank you!

2024 NATIONAL PARTNER

abbvie

Medical Affairs

2024 NATIONAL TEAMS



FIGHTING BACK AGAINST PARKINSON'S

To become a sponsor, email MovingDay@Parkinson.org.

Better Lives. Together.



2025 EVENTS

SPRING MOVING DAY EVENTS

Mobile, AL
Huntsville, AL
Costa Mesa, CA
Sacramento, CA
San Francisco, CA
San Jose, CA
Ventura County, CA

Washington, DC
Palm Beach, FL
Tampa Bay, FL
The Villages, FL
Lexington, KY
Baton Rouge, LA
Baltimore, MD

Portland, ME
Twin Cities, MN
Kansas City, MO
Winston-Salem, NC
Omaha, NE
Concord, NH
Albuquerque, NM

Santa Fe, NM
Las Vegas, NV
Ithaca, NY
Valhalla, NY
Cleveland, OH
Columbus, OH
Langhorne, PA

Charleston, SC
Knoxville, TN
San Antonio, TX
Salt Lake City, UT
Milwaukee, WI

FALL MOVING DAY EVENTS

Birmingham, AL
Phoenix, AZ
Tucson, AZ
Los Angeles, CA
New Britain, CT

Miami, FL
Atlanta, GA
Chicago, IL
Indianapolis, IN

Boston, MA
Jackson, MS
Raleigh, NC
Clark, NJ

Buffalo, NY
Oyster Bay, NY
Rochester, NY
Dayton, OH

Memphis, TN
Nashville, TN
Dallas/Fort Worth, TX
Richmond, VA

PARKINSON'S CHAMPIONS ENDURANCE EVENTS

Miami Marathon February 2
United Airlines NYC Half Marathon March 16
Los Angeles Marathon March 16
Big Sur Marathon April 27
Eugene Marathon April 27
Falmouth Road Race August 17
Sydney Marathon August 31
Disneyland Halloween Half Marathon September 4

Berlin Marathon September 21
HOKA Chicago Half Marathon & 5K September 28
Twin Cities Marathon October 5
Bank of America Chicago Marathon October 12
Marine Corps Marathon October 26
TCS New York City Marathon November 2
Philadelphia Marathon November 22



Parkinson's Revolution is a one-day indoor cycling experience that combines determination and community.

Parkinson.org/Revolution



Organize a Community Walk to bring the spirit of Moving Day to your community!

MovingDayCommunityWalk.org

Visit Parkinson.org/GetInvolved to help people with Parkinson's today.