

Step Big Walk for Parkinson's

Saturday, August 28th, 2021

**PARTICIPANT
PACKET**

THANK YOU!

Thank you for participating in the Step Big Walk! With your support, the South Dakota Parkinson Foundation will continue its mission of supporting those touched by Parkinson's. We appreciate your dedication and support! **THANK YOU!**

Step Big for Parkinson's is an annual walk benefitting the South Dakota Parkinson Foundation. All proceeds go toward programs, services, and resources that are offered within the state of South Dakota. These resources are available to the 5,000 people living in the state touched by Parkinson's and their families.

We won't stop until Parkinson's does!

Our priority is the health and safety of our participants and volunteers. Due to the COVID-19 pandemic, the Step Big Walk will offer an **in-person and virtual participation option**. Virtual participants are invited to walk whenever and wherever is convenient and comfortable for them. Event details will continue to be released in the coming weeks.

This packet has resources to help make the Step Big Walk a memorable experience for you. Follow us on Facebook for weekly updates at [WWW.Facebook.com/stepbigwalk](https://www.facebook.com/stepbigwalk) and visit [WWW.SouthDakotaParkinson.Org/Step-Big-Walk](https://www.southdakotaparkinson.org/step-big-walk) to see updated team rosters and fundraising totals!

Step Big Walk—Event Assistant

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WAYS TO PARTICIPATE

Register to walk

- Visit: WWW.SouthDakotaParkinson.org/Step-Big-Walk
- Select “Register for Step Big Walk”
- If you are registering with a team, ensure you’ve selected the team name
- Registration form will direct you to PayPal. *(It is not required to have a PayPal account to submit registration.)*

Spread the word

- Share why Parkinson’s disease awareness is important to you with friends and family
- Share social media posts about Step Big Walk for Parkinson’s on your personal social pages
- Encourage friends and family to participate in the Step Big Walk
- Share educational resources on social media and with friends and family about Parkinson’s disease

Donate to a team

- Visit: WWW.SouthDakotaParkinson.org
- Select “DONATE” button
- Type team name to ensure proper recognition is given

Join the Step Big Challenge

- Help us walk 10,000 miles for Parkinson’s disease awareness!
- Challenge kicks off **August 1st**
- Submit your total miles each week by visiting:
WWW.SouthDakotaParkinson.org/Step-Big-Walk then select “Record Challenge Miles”
or
- Download the Step Big Challenge mile tracker template on WWW.SouthDakotaParkinson.org/Step-Big-Walk



FREQUENTLY ASKED QUESTIONS

Where do my dollars go & how do they help?

- Your registration fee and fundraising dollars stay in South Dakota and help the SD Parkinson Foundation provide resources, grants, networking opportunities, and support for people within our state.

When will I get my walk shirt & packet?

- T-shirts and participant packets will be available at the event on August 28th.

How far is the walk?

- Participants choose their distance. There will be markers indicating one mile and three miles on the path for reference.

Do I have to show up to receive my walk t-shirt?

- T-shirts are for walk or virtual walk participants only. If you are unable to get your shirt and packet on event day, they will be mailed to you.

What does it mean to be a virtual participant?

- By virtually participating in the walk, you can join our community of support from wherever you are! Whether it is a walk around your neighborhood or on a treadmill, you can support people with Parkinson's disease wherever it is convenient for you. Virtual participation will be through the Zoom platform. More details to come.

What activities are at the walk event?

- Due to COVID-19, activities may be limited at the event. More details will be posted soon.

Will there be food at the walk?

- There will be light breakfast items available.

Do I have to walk at the event?

- No—the Step Big Walk is hosted at the Canaries stadium so participants can enjoy the event by cheering their friends and family on from the stands!



IMPORTANT DATES

| MAY

- **1st** — Walk registration OPENS with discount

| JUNE

- **15th** — Walk registration discount expires
- **16th** — Registration fees increase \$10

| JULY

- **31st** — T-shirt guaranteed with registration through July 31st

| AUGUST

- **1st** — Step Big Challenge kicks off
- **28th** — **WALK DAY**
- **31st** — Remaining team donations due
- **31st** — Step Big Challenge mile submissions due



CONTRIBUTION REQUESTS

The South Dakota Parkinson Foundation needs your support now more than ever. As a non-profit organization, SDPF relies on donation contributions. Encourage others to support the Step Big Walk by using the template provided below. Simply use it as a reference when sending emails or print it out and mail it to friends and family.

Dear friends & family,

I am participating in the 2021 Step Big Walk for Parkinson's on August 28th. I would love to have your support to help me reach my fundraising goal. All funds raised benefit the South Dakota Parkinson Foundation which provides resources, grants, services, and support for people across the state touched by Parkinson's.

Please join me in supporting those who are impacted by Parkinson's disease by making a donation. You can donate online by visiting WWW.SouthDakotaParkinson.Org and clicking the DONATE button, calling 605-271-6113, or by sending a check to the SD Parkinson Foundation office.

Your support means a lot to me. Together, we are making a difference for individuals living with Parkinson's disease, their caregivers and family members. THANK YOU!

Sincerely,



Mail donations to:
South Dakota Parkinson Foundation
1000 N. West Avenue, Suite 220
Sioux Falls, SD 57104

FUNDRAISING TIPS & TOOLS

The South Dakota Parkinson Foundation needs your support now more than ever! Add some FUN to your fundraising efforts. Check out these tips to help get you started.

Raise \$500 in one week!	
Contribute \$25 toward your team goal	\$25
Ask five family members for a \$15	\$75
Ask five friends to donate \$15	\$75
Ask five coworkers to sponsor you for \$10	\$50
Email 15 friends/family and ask for a \$10 donation	\$150
Ask your company/employer for a \$75 contribution	\$75
Ask two businesses you frequently visit for a \$25 contribution	\$50
TOTAL	\$500

FUNdraising Ideas:

- **Matching Gifts—Double your impact!**
 - Find out if your employer has a matching gift program and increase your total fundraising dollars!
- **Casual Day**
 - Ask if your company's management can hold a "Dress Down for Parkinson's Disease" day. With a donation, employees can have the opportunity to wear jeans to work.
- **Use social media**
 - Set up a Facebook fundraiser to make it easier for friends/family to donate. Be sure to share a personal note about why this cause is important to you!
- **Have a bake sale**
 - Whip up some delicious goodies and donate the proceeds from your sales toward your team goal.

FUNDRAISING INCENTIVES

New this year: fundraising incentives! Add some FUN to your FUNdraising by challenging yourself to reach new goals!

Raise \$250 = Step Big long sleeve shirt

Raise \$500 = engraved Step Big tumbler or embroidered beanie hat

Raise \$1,000 = Step Big sweatshirt plus your choice of one lower level item





PARTICIPANT PLEDGE FORM

**TEAM
NAME:**

**PARTICIPANT'S
NAME:**

DONOR'S NAME	ADDRESS	EMAIL	WALKER/ DONOR	AMOUNT COLLECTED
TOTAL				\$

Register/donate on WWW.SouthDakotaParkinson.Org/Step-Big-Walk