

Pals In Motion 2020 Race and Fitness Event

www.palsinmotion.org

1. General Questions

What is Pals In Motion?

Pals In Motion is InMotion's annual race and family-friendly fitness event. While we typically host everyone at Orange High School in Pepper Pike, Ohio, this year we are hosting a virtual race and event in light of COVID-19.

What does my fundraising support?

All funds raised benefit InMotion, whose mission is to help people with Parkinson's disease feel better every day. InMotion is at the forefront of community-based programming for people with Parkinson's disease. We offer exercise classes (boxing, cycling, Better Every Day™); creative movement classes (yoga, dance, Tai Chi and drumming); creative arts classes (singing, art therapy); support groups; and education programs. Our approach is designed thoughtfully and deliberately around giving our clients the tools and resources they need to cope positively and constructively with the changes that their disease brings. Learn more at www.beinmotion.org.

What is the virtual race?

The virtual race is similar to our in-person race, but one main difference is that you can participate over a period of time, rather than on a single day. For Pals In Motion, this time period will be from August 13th through September 13th. During that time, you can run/walk alone or invite your team to run or walk with you. You then record your time/steps via your participant center on the race site (www.palsinmotion.org). Each week, we will update the race site so that you can see the top three walkers/racers/steppers and compete with them. See the "Race Info" tab on the race site for more information. During the time period you can work to improve your time and submit new results at any time. With a virtual event, you can also recruit friends and family from all over the country (or even the world) to be part of your team.

What is the virtual event?

A positive aspect of the virtual event is that you don't have to leave your house to participate. On Sunday, September 13, 2020—the final race day—participants will visit our Pals In Motion Facebook page at 9am (you can access the page [here](#)). We will feature live activities like yoga and Tai Chi, present pre-recorded activities and messages from our clients, volunteers, staff and sponsors, and thank all of our participants, sponsors and other supporters of InMotion and the event. We'll also be broadcasting the Mad Dash With A Mask race to the finish line live (see below for more details on this aspect of the event).

How do I begin?

- 1) Register for the 2020 Pals In Motion Event by visiting www.palsinmotion.org and follow the registrations instructions found [HERE](#).
- 2) Choose your activity – 5K Run/Walk, 1 Mile Walk or Power Steps for Parkinson's.
- 3) Begin fundraising and building your team by recruiting family and friends to get moving along with you. View our instructions [HERE](#) to learn how to access your participant center, customize your fundraising page, and more.
- 4) Get ready to compete beginning on August 13th and follow the race on Facebook [HERE!](#)

2. Race Questions

Do I have to complete my run/walk/steps all in one day?

No, you have a full month to finish your challenge – starting on August 13th and ending on the day of the event, September 13th at 3pm. Run or walk your 5K or 1 mile and record your best time in your participant center.

Do I have to report or track my activity?

If you would like to win a medal, you should record your time in your participant center by Sunday, September 13th at 3pm, or you can send it to pyackmack@hermes-cleveland.com.

Will I get a t-shirt this year?

All registrants will receive a race t-shirt. Only pre-registered runners that successfully complete the registration and payment process before August 21, 2020 are guaranteed a race shirt in *their preferred size*. You can also receive a shirt by donating at least \$125 to Pals In Motion.

3. Fundraising Questions

How do I set up my individual fundraising page through my participant center?

Follow the instructions [HERE](#).

Does my individual total count toward my team total?

Yes, all donations raised through your individual fundraising page will be applied to your team goal.

What should my personal fundraising goal be?

Your fundraising goal should be whatever number you feel comfortable with; however, don't be afraid to reach for the stars! Your posts and stories, along with the mission of InMotion, will inspire people to give. The default goal is set at \$250 for an individual, but you can change this at any time.

How do I get people to donate?

Tell everyone you know! Share the link to your fundraising page often. Each time you do so, you can include a different anecdote about your experience with InMotion or detail another reason why the work InMotion does is so important. You will also be able to participate in different challenges – like \$5 Friday, where you can invite your friends to donate \$5. More ideas to come!

Is my registration donation tax deductible?

Yes, InMotion is a 501(c)3 tax-exempt organization in the United States, and your donation is tax-deductible within the guidelines of U.S. law. To claim a donation as a deduction on your taxes, please keep your email donation receipt as your official record. We will email it to you upon successful completion of your registration or donation.

Where do I send a check donation?

Please make checks out to InMotion and include the team name or the individual person you are supporting in the memo field. Send to:

InMotion
4829 Galaxy Parkway, Suite M
Warrensville Heights, OH 44128

I just want to run the race. Do I have to raise money?

You are not required to raise funds to participate, but we hope you will consider it. Pals In Motion is InMotion's largest annual fundraiser, and each dollar you raise helps to fund the important programs and services we offer to people with Parkinson's disease and their families.

How do I fundraise on Facebook?

Once you register, you can create your Facebook fundraiser directly through your participant center on our race site – just click on the Facebook icon. Donations will be credited to your fundraising page immediately if you go this route.

Please note - if you create a Facebook fundraiser through Facebook on your own Facebook page, credit to your fundraising page on the race site will be delayed.

What happens if I hit my fundraising goal before September 13th?

If you reach your goal before the month is over and want to keep going, please do! It may even earn you an extra entry into the prize pool.

What are the prizes and awards?

Race/Walk/Step Awards - Gold, Silver & Bronze Medals – provided by Hermes Cleveland

- First Place Overall Male Runner/Walker/Stepper
- First Place Overall Female Runner/Walker/Stepper
- 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

Fundraising Prizes & Awards

- Raise \$250 to win an InMotion t-shirt and be entered in a pool to win a \$75 Heinen's gift certificate
- Raise \$500 to win a Bronze Hero Award and be entered in a pool to win an InMotion fleece jacket
- Raise \$1,500 to win a Silver Hero Award and be entered in a pool to win a \$100 Hyde Park Gift Certificate
- Raise \$2,500 to win a Gold Hero Award and be entered in a pool to win a \$500 Alson's Gift Certificate or a month of Zoom classes with Ben Rossi (3 times per week - \$500 value)
- Raise \$5,000 to win a Platinum Hero Award and be entered in a pool to win a reserved parking space at InMotion's new headquarters for one (1) year
- Special for InMotion clients: the InMotion client who raises the most money and the InMotion client who has the most team members will each win their own reserved parking spot at InMotion's new building for one (1) year

4. Sponsorship Questions

My company is interested in sponsoring. Where do I start and what benefits are available?

Please click [HERE](#) to view the sponsorship opportunities that are available. If you need additional information, please contact Nancy McCann at 216-342-4016 or nmccann@beinmotion.org.

My company is a sponsor. Does the sponsorship amount go towards our team goal?

Yes, your company's sponsorship will be included in your team goal.

How do we set-up our company team?

If your company is a sponsor, you will be given a discount code to use for the free registrations. Decide who will be the team captain from your company, and then go to the race site at www.palsinmotion.org, click “Form A Team” and fill out the necessary information. Instructions for setting up a team are [HERE](#) or you can contact Deborah Holland at dholland@beinmotion.org for additional assistance.

Is InMotion doing two races this year? I keep hearing something about a “Mad Dash With A Mask”?

Pals In Motion is our main fundraising event. However, we decided to add a little something special this year to engage Pals In Motion participants in a new and different way. So, in conjunction with Pals In Motion, we have created a virtual race game called “Mad Dash With A Mask.”

On August 13th, 12 racers will start on a virtual 27,000-mile race around the world, beginning virtually at InMotion’s new building (23905 Mercantile Road in Beachwood) and competing to be the first racer to arrive back at our new building on September 13th. Each \$1 raised by our Pals In Motion teams back home will equal 1 mile travelled by our Mad Dashers. On their 27,000-mile journey, our 12 racers (6 teams of 2) will connect via Facebook with Parkinson’s communities around the world, sharing resources, connections and spreading the word about InMotion. As you and your team are participating in Pals in Motion, you’ll be able to tune in to Facebook for weekly posts and videos of our Mad Dashers’ progress and cheer your designated Mad Dash team on to victory. More details to come on this exciting new addition to Pals In Motion.

5. I have more questions. How do I reach someone?

Please contact us at support@beinmotion.org and someone will respond to you within 1 business day.