

1. What is the Parkinson's Revolution?

Parkinson's Revolution is an indoor cycling event that combines the positive impact of exercise and the power of peer to peer fundraising to generate funds and awareness for Parkinson's disease. The ride has two options – a 90-minute challenge ride and a 45-minute ride. Participants can register individually or on a team of two or more. Each event will take place on February 8, 2020 in New York City, Boston, Washington DC, Miami, Chicago, Dallas and San Francisco or virtually. The Virtual option allows riders to raise funds online and ride on their at-home bikes or take a class at a local studio.

2. Do I have to join a team, or can I ride on my own?

How you ride is up to you! Ride by yourself or form a team of two or more (if you'd like to ride the 45 minutes option, we will pair you up). If you're up for the challenge, you can select the 90-minute ride for a physical challenge. There will be two 45 minute segments of the ride – so you'll need 1 bike for 2 people (team of 4 will ride 2 bikes, etc).

3. Can I bring my family to ride?

We welcome riders who are 14 years old with a parent/guardian to join the Parkinson's Revolution!

4. What about spectators?

We'd love to see all your supporters the day of the event, but due to space limitations in each studio, we ask that you come to the Parkinson's Revolution with just your team. You'll make friends at the event, and you're welcome to meet up with your cheer squad after the ride!

5. Do I have to wear anything specific when I ride?

Wear comfortable workout attire. Most riders opt for a T-shirt or tank top to keep cool and shorts or form-fitting pants that won't interfere with the pedals. Every rider who raises \$250 will get a Parkinson's Revolution tank top! The cycle studio will provide complimentary shoes, but please bring socks. Bring your own water bottle (or raise \$500 and get a Parkinson's Foundation water bottle to customize).

6. How much money do I have to raise?

Each Parkinson's Revolution participant raises \$250 for their ride. If you're taking the 90-minute challenge, we suggest doubling that goal to match your minutes and raise \$500. Every dollar counts. Once you're registered you can use our fundraising toolkit to write emails, post to social media and spread the word about your fundraising ride.

7. How do I train? Can I attend if I've never taken a spin class?

Parkinson's Revolution is an event for all levels of fitness. Everyone is welcome! If you are new to indoor cycling, you might want to take a spin class before the event. The class will have an instructor who guides you through each song and you can set the intensity for your own bike.

[Click here](#) for a [few resources](#) to give you an idea of what to expect in an indoor cycling class.

8. What time do I need to arrive?

Please arrive at least 30 minutes before the ride starts in order to register, drop off last minute donations and pick up your spin shoes. We will have refreshments, a photo wall and activities for participants before and after the event that you won't want to miss.

9. What about matching gifts?

Do you work at a company that offers matching gifts? Do your donors? Check to see if you can double your donation by asking your human resources department if your job matches charitable giving. If you have matching gift questions, email revolution@parkinson.org

10. How long do I have to fundraise for my event?

Your fundraising starts the day you sign-up and you have until April 30 to ask for donations. You can post photos during the ride and pictures from your Parkinson's Revolution to boost your fundraising as well!

11. How else can I help?

Interested in volunteering on event day or joining our planning committee? Email us at revolution@parkinson.org.

12. Do you accept checks?

Yes! Have donors write their checks to Parkinson's Foundation and put your name in the MEMO line. Bring your checks to the event OR mail them beforehand to:

Parkinson's Foundation
c/o Parkinson's Revolution
200 SE 1st St
Suite 800
Miami, FL 33131

The Movement Begins With You. [Join the Parkinson's Revolution!](#)