

Moving Toward A Parkinson's Cure



Community Moves Together to Raise Record-Breaking \$9.82 Million in 2025

Dear friend,

Thanks to you, the 2025 Parkinson's Foundation community fundraisers had a record-breaking year! Together, we raised a total of \$9.82 million through **Moving Day, A Walk for Parkinson's, Parkinson's Revolution** and **Parkinson's Champions** to support groundbreaking Parkinson's disease (PD) research, improve access to quality care and educate more people about Parkinson's while expanding this supportive, motivated community.

Eleven years ago, I started my blog, *Twitchy Woman: My Adventures with Parkinson's*, and through sharing my story and connecting with other people with PD, I found the Parkinson's Foundation. Since then, I've attended conferences, served on the Parkinson's Foundation California Chapter Board and raised money and awareness for PD through Moving Day and Parkinson's Revolution.

I am so grateful for the community I've fostered and found in the Parkinson's Foundation, and seeing the success of these events this year, I know you feel the same. The Foundation is committed to investing in research toward a cure, but they are also providing so many resources and programs that help us live well with PD today. In my experience, they always ask, "What else can we do to help?"

That commitment to our community makes all the difference. It is why we rally together at events to raise awareness and funds that advance new treatments and a cure for Parkinson's. Thank you for all the walking, riding, running and DIYing you did to make this year a success.

Thank you for supporting the important work of the Parkinson's Foundation.

Sharon Krischer

Sharon Krischer
Parkinson's Advocate

Join us in 2026 at an event near you. Help us move toward a cure at Parkinson.org/GetInvolved.

2025

By the Numbers

22,100
COMBINED
PARTICIPANTS



\$5.85M
RAISED BY
MOVING DAY AND
COMMUNITY WALK

\$3.4M
RAISED BY
PARKINSON'S
CHAMPIONS



183
DO-IT-YOURSELF
EVENTS

\$560,595
RAISED BY
PARKINSON'S
REVOLUTION



Laura's Posse Makes Moving Day a Celebration in Her Honor

Keith Morris has helped his wife, Laura, navigate Parkinson's disease (PD) since she was diagnosed in 2013. When it became more difficult to manage her symptoms in 2019, Keith and his two daughters started looking for additional resources, which led them to the Parkinson's Foundation and Moving Day Chicago.

"As Laura's condition worsened, we needed something to get off the sidelines," Keith said. "We wanted to shed the cloak of helplessness and contribute something tangible to the fight against this insidious disease."

In 2019, their team, Laura's Posse, raised nearly \$16,000 for their first Moving Day. This year, they raised more than \$46,000, rallying family, friends and acquaintances to support the Parkinson's Foundation in honor of Laura.

"The Parkinson's Foundation supports critical research, and it is important to us to support that," said Keith.



Laura, Keith and their daughters at Moving Day Chicago.

"I also think there is no better way to stay connected to everything going on in the PD field, from symptoms and treatment to research and caregiving, than the Parkinson's Foundation website and programs."

The family is proud to support the Foundation, and to honor Laura each year at Moving Day.

"Besides the donations, we make Moving Day a celebration of Laura," said Keith. "A lot of our friends are in Chicago, so we usually have 40-plus people gathered for the walk and then we meet at a local hangout after to continue the celebration. We make it an all-day event

that has grown every year. It's an emotional day for us, and it's really good for our family. There is a community feel to Moving Day, like we are all in this together. You can't underestimate that."

Let's get moving! Register for a 2026 Moving Day event near you at [MovingDayWalk.org](https://www.parkinson.org/moving-day).

WE CARE. WE FIGHT. WE MOVE.

Melissa Champions the Parkinson's Community at Moving Day and Beyond

After a career change, adding boxing to her fitness routine and forming strong connections within the Parkinson's community, Melissa Tafoya found herself opening a Rock Steady Boxing gym.

"My fighters are the greatest love of my life," Melissa said. "They teach me so much, especially in the grace they show in their journey with Parkinson's."

Her immersion in the PD community led her to the Parkinson's Foundation. She served on the Moving Day Sacramento committee and led movement demonstrations at Moving Day, where she was honored for her service and commitment.

"It was a great opportunity for me to thank the people in the Parkinson's community and at the Foundation who made such a huge impact on my life," Melissa said.



Melissa and her Rocky Steady Boxing fighters at Moving Day Sacramento.

"Moving Day is such a unique event. It is positive and reassuring and full of helpful resources. It has been an ice breaker for many of my fighters to get more involved in Parkinson's-related activities. It is a priceless experience."

Melissa has created a safe, supportive community in her gym, Hope in Your Corner, and she's grateful the Parkinson's Foundation is a vital part of it.

"What makes the Parkinson's Foundation so unique is that it hypes us up," Melissa said.

"The Foundation brings us together at events like Moving Day and checks in on members of the community. The Parkinson's Foundation is probably the biggest lifeline for most people in my group, because of all the ways they can get information and because of the way they share authentic stories."

Volunteer with the Parkinson's Foundation at [Parkinson.org/Volunteer](https://www.parkinson.org/volunteer).

Community Walk Broward Finds Success in First Year

Three years ago, David Sanderson learned his brother had Parkinson's disease (PD). A year later, his brother-in-law was also diagnosed. He needed to do something to help, which led him to the Parkinson's Foundation.

After attending Moving Day Miami, David asked the Parkinson's Foundation how he could get involved. He joined the Parkinson's Foundation Florida Chapter board and presented at Rotary Clubs, where he met Alfredo Aguirre, who suspected he may have PD. David helped Alfredo connect with a neurologist who confirmed his diagnosis. Grateful for the resources he found through the Foundation, Alfredo joined the Parkinson's Foundation Florida Chapter board to get involved.

David and Alfredo wanted to host an event for the Broward PD community. They held the first-ever Community Walk Broward, co-chairing and planning the event together.

"We set a goal to raise \$40,000 and have 200 attendees," David said. "It was the first year, but we were optimistic. Sure enough, we surpassed \$40,000 and nearly 200

people attended. I was emotional that day, speaking to the crowd and talking with everyone. I was so amazed we did it. It was a team effort, and we did a lot of work to get people there."



David Sanderson and Alfredo Aguirre at Community Walk Broward.

David and Alfredo also secured 10 community partners and 30 volunteers to help with the event, and Congresswoman Debbie Wasserman Schultz joined the walk, which was a great moment for attendees. David is already looking to plan the next one. "I want to double the goal," David said. "Now people are familiar with it. I want to see it grow."

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

NY Tech Rock Steady Boxing Program Raises Record-Breaking \$25,000



The NYT team at Moving Day Long Island.

The New York Technology (NYT) Adele Smithers Parkinson's Disease Treatment Center is well known on Long Island for its Rock Steady Boxing Program and the College Of Osteopathic Medical School. This year,

they gathered 60 members of their staff, Rock Steady Boxing participants, and medical and undergraduate students to volunteer and attend Moving Day Long Island. They were the top team, raising nearly \$25,000 – a historic achievement for a Moving Day Long Island team.

"One of our boxers is a Parkinson's Foundation Ambassador, so we decided to get our first big group together this year to attend Moving Day," said Arline Allera, a Rock Steady Boxing Coach and Research Coordinator at NYT College of Osteopathic Medicine.

"We had such a great time. It was just a perfect day."

To Arline, Moving Day felt like an extension of the wonderful community they built at NYT.

"We've really built this safe space for the boxers, but more than that, it is a safe space for our medical students and student volunteers. They all come together and our boxers feel supported while our students get firsthand experience with the Parkinson's community," she said.

Arline regularly uses and shares Parkinson's Foundation resources with people in her classes and their care partners, so she was especially excited to support the Foundation through Moving Day and connect attendees to more helpful resources.

"As a program, we need support from organizations like the Parkinson's Foundation," she said. "It is all about doing what we can for our community."



Moving Day, A Walk for Parkinson's, takes place in cities across the U.S. and brings communities together in celebration of movement. Register at MovingDayWalk.org.

Charlie Runs Ultramarathon in Support of Parkinson's Foundation

Inspired by family members fighting Parkinson's disease (PD), Charlie Ruff traveled to Oregon to run the Oregon Cascades 100, an ultramarathon, while raising money to support the Parkinson's Foundation as a Parkinson's Champion.

Alongside his friend, Jake Metzger, Charlie ran 63 miles of the race before wildfires forced them to evacuate and cut the race short. "Accepting losses and sitting still are not two of my strengths," Charlie said. "As soon as we were pulled off the course in Oregon, I started looking at other options closer to home."

Charlie found the Pine Creek 100, a race in Pennsylvania, and emailed the race director to explain his situation and ask if he could compete. Just days after returning from Oregon, he started this next race, with Jake joining him as a pacer for the last 18 miles.

"Even with conservative pacing, I hit a wall," Charlie said. "For the last 12 miles, I was completely unable to run. Things deteriorated from running to hiking to walking to shuffling to hobbling. Those miles were the hardest thing I've ever done."

Still, Charlie pressed on, thinking about his loved ones with PD and his goal to raise awareness and funds to support them. "When you're in the woods, in the middle of the night, and your legs stop working, what do you do? You keep moving," said Charlie. "One step at a time. There is no other option. If you've been around someone in the advanced stages of Parkinson's, I don't need to make the connection for you."

Charlie finished the race in 22 hours and 22 minutes, ahead of his goal to finish in 24 hours. He and Jake raised more than \$39,000 to support the Parkinson's Foundation.

"We're proud of what we accomplished and the difference we could make with this fundraiser," Charlie said.

Charlie at the Oregon Cascades 100 ultramarathon.



People Who *inspire* Us: Meet Stephanie

Article written by: Stephanie Koch, Parkinson's Revolution Chicago Team Captain

A few years ago, my dad was diagnosed with Parkinson's disease, and since then, riding in Parkinson's Revolution has become my way of showing him that I'm with him in this fight every step of the way. Watching him face this disease with strength and resilience inspires me daily, and being part of this ride gives me a way to honor him while raising money for research and, ultimately, a cure.

What makes the ride even more meaningful is sharing it with my family and friends.

Each year, we come together with a community united by the same goal: to support our loved ones and push toward a cure. I love the energy of riding alongside both familiar faces and new ones, each with their own powerful story. That sense of connection, of being part of something bigger than myself, is what keeps me coming back, knowing that every dollar raised is bringing us closer to making a difference.

Parkinson's Revolution has become a tradition I truly look forward to every year. Riding with the people I love, for the person I love most, reminds me that even in the hardest moments, we can come together, keep moving forward, and hold onto hope that one day there will be a cure.



Stephanie and her dad, Peter, at Parkinson's Revolution Chicago.



Parkinson's Revolution is a one-day indoor cycling experience taking place in 28 cities and virtually. Join the Revolution! Parkinson.org/Revolution.

Young Musician Inspires Global Support for Parkinson's Through Parkin-SONG



Kasey Moore, creator of Parkin-SONG

Kasey Moore was only 10 years old when she first wanted to make a difference for people living with Parkinson's disease (PD). In 2020, after watching the film *Awakenings* and learning more about PD from her father, a neurologist who

treats people with Parkinson's, Kasey was inspired to take action. Combining her love of music with her compassion for others, she launched Parkin-SONG, a Facebook fundraiser where she performed piano pieces to raise awareness and funds for the Parkinson's Foundation.

What started as a small idea quickly grew into a movement. Friends, family and even professional artists joined her, including Gloria Estefan, who brought national attention to the event. In 2025, through her youth-led nonprofit, NeuroEduCares,

Kasey brought Parkin-SONG II to life as a global virtual concert and a live event at American Heritage School in Palm Beach, FL. The event featured live performances, karaoke and a student dodgeball tournament – raising more than \$19,000 for the Parkinson's Foundation.



Gloria Estefan performing for Parkin-SONG.

“Being a Parkinson's Champion means using my voice, my music and my effort to bring comfort, hope and awareness to the Parkinson's community,” Kasey said. **“It's amazing to see how something that began from the heart can grow and truly make a difference.”**

Kasey's journey is a reminder that one small act can inspire global impact through music, education and hope.

Honoring Ozzy Osbourne: Fans Raise Awareness as Parkinson's Champions



607 Rock for Hope hosted a Tribute to Ozzy Osbourne, which included more than 60 musicians, 750 attendees and raised \$17,500 to support the Parkinson's Foundation.



Joe Perry, a tattoo artist in Jefferson, Ohio donated proceeds from Ozzy Osbourne tattoos to the Parkinson's Foundation.



The San Antonio Zoo's Crazy Train Weekend donated \$1 of every train ride to the Parkinson's Foundation South Central Chapter, totaling \$1,344.



Host your own DIY event to support the Parkinson's Foundation! Visit [Parkinson.org/diy](https://www.parkinson.org/diy).



2025 TOP MOVING DAY PARTICIPANTS

Andy Albert, Chicago, \$57,651
Craig Miyamoto, Sacramento, \$47,973
Holly Bloom, San Antonio, \$40,393
Dedrick Bell, Memphis, \$40,290
Christine Howard, Twin Cities, \$34,306

Susan Brown, Atlanta, \$31,375
Elizabeth Essner, San Jose, \$25,707
Cheryl Avery, Tampa Bay, \$20,301
Susan Kovarovics, DC, \$19,850
Debra Flynn, Palm Beach, \$18,787



2025 TOP MOVING DAY TEAMS

Team Sloth, San Antonio, \$69,640
Team Albert, Chicago, \$59,408
Rock Steady Boxing Memphis, Memphis, \$58,142
Cornerstone Parkinson's Fit, Southeastern PA, \$57,338
Edward Jones Sacramento, Sacramento, \$50,639

Laura's Posse, Chicago, \$47,054
The Atlanta Movers and Shakers, Atlanta, \$35,870
Team Howard, Twin Cities, \$35,577
Rock Steady Fighters, San Jose, \$31,075
Sue's Crew, DC, \$30,702



2025 TOP PARKINSON'S REVOLUTION RIDERS

Jill Nicholson, Chicago, \$25,789
Melanie, Hannon, Chicago, \$25,196
Deborah Lucchesi, San Francisco, \$24,396
Stephanie Callahan, Chicago, \$11,648
Alex Ludlow, Buffalo, \$10,945

Paul Keiski, Twin Cities, \$9,275
John Kozyak, Miami, \$8,049
Kevin Donnellon, Chicago, \$7,945
Natarajan Ganesh, Chicago, \$7,425
Amanda Meyers, Buffalo, \$7,109



2025 TOP PARKINSON'S CHAMPIONS: ENDURANCE

Charlie Ruff, Oregon Cascades 100, \$39,100
Ladd Harrison, TCS NYC Marathon, \$39,025
Jack Miller, TCS NYC Marathon, \$18,164
Todd Carolonza, TCS NYC Marathon, \$16,731
Marc Pitarresi, Boilermaker Road Race, \$16,365

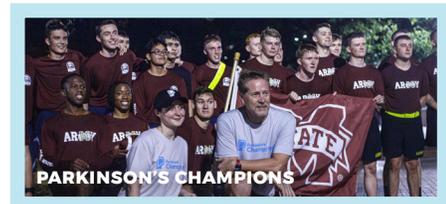
Carolyn Lux, TCS NYC Marathon, \$15,761
James Kearney, Bank of America Chicago Marathon, \$15,953
Maggie Murray, TCS NYC Marathon, \$14,161
Meaghan Fontaine, TCS NYC Marathon, \$12,413
Graydon Santos, TCS NYC Marathon, \$11,594



2025 TOP PARKINSON'S CHAMPIONS: DO-IT-YOURSELF FUNDRAISING

Michelle Lane & Committee,
 Louisiana Walks for Parkinson's, \$117,781
Scott Rofstad & Anthony Abbott,
 2nd Golf Fore Parkinson's Tournament, \$100,762
Roland Frankel,
 3rd Graeme Frankel Memorial Golf Outing, \$89,255
Fairwood Golf and Country Club,
 100 Hole Challenge, \$26,025
Brandon Keller,
 2nd Parkinson's Charleston Classic, \$24,667

Anita Dust,
 Key Benefit Administrators Golf Outing, \$20,000
Kasey Moore,
 Parkin-SONG II, \$19,060
Kevin Hamm, Mike Malinovsky, Courtney Carr & Tyler Fish,
 607 Rock for Hope – A Tribute to Ozzy Osbourne, \$17,477
Joyce Tracy,
 Zero Mile Fun Run, \$15,295
Richard Miga,
 Play Pendleton for Parkinson's, \$15,004





MOVING DAY SAN FRANCISCO



WE FIGHT.
WE MOVE.

PRIMETIME PAULIE



MOVING DAY BALTIMORE



MOVING DAY LAS VEGAS



MOVING DAY MILWAUKEE

TOGETHER
WE MOVE
TOGETHER
WE FIGHT



PARKINSON'S AWARENESS PICKLEBALL TOURNAMENT



MOVING DAY DFW



MOVING DAY CHARLESTON



KYLE NARSAVAGE,
BERLIN MARATHON



GOLF OUTING LIKE NO OTHER

Thank You to Our Partners

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

2025 National Partners



2025 National Team Partner



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

Better Lives. Together.



SPRING MOVING DAY EVENTS

Huntsville, AL
Mobile, 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
Shreveport, LA
Baltimore, MD

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

Santa Fe, NM
Las Vegas, NV
Ithaca, NY
Valhalla, NY
Cleveland, OH
Columbus, OH
Newton, 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
Raleigh, NC
Clark, NJ

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

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

CHAMPIONS ENDURANCE EVENTS

Disney Princess Marathon Feb 28
Los Angeles Marathon March 8
United Airlines NYC Half Marathon March 15
Tour de Scottsdale March 26
Disney World Springtime Surprise Marathon Apr 20
Big Sur Marathon Apr 26
Life Time Chicago Spring Half Marathon May 17
Escape from Alcatraz Triathlon June 6

Grandma's Marathon June 20
Falmouth Road Race Aug 16
Sydney Marathon Aug 30
Berlin Marathon Sept 27
Twin Cities Marathon Oct 4
Bank of America Chicago Marathon Oct 11
Marine Corps Marathon Oct 25
TCS New York City Marathon Nov 1
Philadelphia Marathon Nov 20



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

Parkinson.org/Revolution



Can't find a Moving Day near you? 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.