



## Frequently Asked Questions

### **What is Row to Slow Parkinson's?**

Row to Slow Parkinson's was established in the fall of 2019 by Jojo McDuffie, Ned Neuhaus, and Katie Kleist. The group was formed as a way to raise awareness of the importance of exercise to those living with Parkinson's. Ned and Katie were both diagnosed with Young Onset Parkinson's Disease (YOPD) and exercise is a key part of their regimen to manage their symptoms.

### **What is the Million Meter Row-A-Thon?**

The Row to Slow Parkinson's Row-A-Thon is an in-person and virtual event where people individually row as many meters as they can in one day. Everyone's total meters are accumulated to hopefully reach at least two million meters in 2022. Among active rowers, a common goal is to row one million meters in a season. In 2020, 12 members of Row To Slow Parkinson's (most people living with Parkinson's) rowed a million meters or more, despite the global pandemic.

### **Where does the Row-A-Thon take place?**

Anywhere you have access to a rowing machine (or a boat to row on water). This could be a local gym, your own home, or at one of our host locations.

### **How do I participate in the Row-A-Thon?**

Simply register on this website.

### **How do I create or join a team?**

To create a team or to join an existing team, please follow the step by step instructions in the [DIY Classy Guide](#) on pages 4-8.

### **Can I track meters with my fundraising page?**

You can refer to the section "Recording Your Meters" on the Row to Slow campaign page on how to track your meters rowed.