



THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH

Run/Walk Series



WHAT TO EXPECT ON EVENT DAY

We're excited to welcome you to [The Michael J. Fox Foundation's Run/Walk Series](#) for an inspiring, high-energy day bringing our community together. Whether you're running, walking, or cheering from the sidelines, here's everything you need to make the most of your experience.

BEFORE EVENT DAY

Race Bib & Swag Pick-up

Participants are encouraged to pick up their bibs and swag the day before the event to avoid long lines on event morning. If you cannot make the bib pick-up, you can grab your race bib and swag at check-in on event morning. You may also pick up race bibs and swag on behalf of others, we just need their name.

Please visit your event-specific website for full details.

EVENT DAY SCHEDULE

8:30 - 9:30 AM

Check-in

9:35 AM

Event Kick-Off

10:00 AM

Race Start

Please note: Los Angeles, Washington D.C., and Houston events will begin 30 minutes earlier. Please confirm your schedule on your specific event website.

EVENT DAY DETAILS

Race Information

We offer a Kids Run, 1 Mile, and 5K Run/Walk so everyone can participate.

- Participants can change their distance before the event if needed.
- The Kids Run, a short 100m dash, will kick off first.
- After the Kids Run concludes, the 1 Mile and 5K will begin with a rolling start.
 - Runners will start first.
 - Walkers will follow.

Course Information

Dogs, strollers, and scooters are welcome on the course to help create an inclusive, family-friendly experience for all participants.

- Please note: For Chicago Run/Walk dogs are not allowed in the stadium but are welcome everywhere else along the course.

Community Expo Information

Our Run/Walk events feature a vibrant Community Expo with sponsors, partners, and vendors – be sure to visit before or after your run/walk.

FUNDRAISING SWAG

Participants can earn exclusive event swag by fundraising through their individual fundraising page. *Please note: Team fundraising does not count toward individual swag incentives.*

- \$100 – Event T-Shirt
- \$500 – '47 Brand Hat
- \$1,000 – Hydro Flask Tote Bag

Additional merchandise will be available for purchase at the event.

FINAL REMINDER

Please visit your event-specific website for the most up-to-date details and information.



Contact Us
runwalk@michaeljfox.org



Visit Our Website
michaeljfox.org/runwalk



Tag Us On Social
[@teamfoxmjff](https://www.instagram.com/teamfoxmjff)