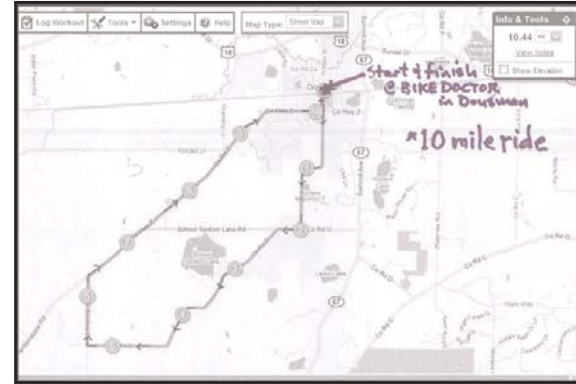


### Moving Forward 10 Mile Bike Route

\*Note: distances are estimates

- 2 mi: RT onto D
- 2.2 mi: Slight LT to stay on D
- 1 mi: RT onto Z \*REST STOP
- 2 mi: RT to stay on Z all the way back into Dousman
- 10.2 mi: LT on Main Street and back to the Bicycle Doctor!



### Moving Forward 30 Mile Bike Route

\*Note: distances are estimates

- 2 mi: Rt onto D
- 2.2 mi: Slight Lt to stay on D
- 1 mi: Lt onto Z \*REST STOP
- 2 mi: Lt onto Z/ZC
- 8.5 mi: Rt to stay on ZC
- 8.8 mi: Rt onto CI
- 1 mi: Lt onto Z
- 2 mi: Rt onto Hooper Rd
- 14.5 mi: Rt onto E \*REST STOP
- 1 mi: Rt onto CI
- 2 mi: Lt onto Hardscrabble
- 3 mi: Lt onto Rome Oak \*you will cross E just after Mile 20
- 20.5mi: Rome Oak becomes Lundt Rd. Stay straight ahead.
- 22.1 mi: Rt onto E and quick LT onto Northey
- 22.2 mi: Lt onto Northey
- 24.6 mi: Lt onto Z \*REST STOP just up the road
- 26.2 mi: Rt to stay on Z all the way into town
- 30.1 mi: Lt on S Main to the Bicycle Doctor!



### Moving Forward 100K Bike Route

\*Note: distances are estimates

- 2 mi: Rt onto D
- 2.2 mi: Slight Lt to stay on D
- 1 mi: Lt onto Z \*REST STOP
- 2 mi: Lt onto Z/ZC
- 8.5 mi: Rt to stay on ZC
- 8.8 mi: Rt onto CI
- 12.6 mi: Rt onto Hardscrabble
- 14 mi: Lt onto Rome Oak
- 15.0 mi: Lt onto E
- 17.2 mi: Lt onto Hooper \*REST STOP
- 1 mi: Rt onto Zion
- 2 mi: Lt onto Pine Dr
- 20.1 mi: Lt onto H
- 20.5 mi: Rt onto Z. \*You will cross Hwy 67 after Mile 25 just before you hit Bluff Rd
- 25.6 mi: Rt onto Bluff Rd
- 29.1 mi: Quick Rt on H and Lt back onto Bluff Rd \*Stay to the Rt on Bluff Rd at Bluff and Duffin, Mile 30.2
- 34.1 mi: Rt onto Howard Rd
- 1 mi: Lt onto Piper Rd
- 2 mi: Rt onto D \*REST STOP
- 41.5 mi: Lt onto 106 and then a quick RT in a few tenths of a mile back onto D
- 41.8 mi: Rt back onto D
- 1 mi: Rt onto Hagedorn Rd
- 2 mi: Lt onto Cushman Rd
- 3 mi: Rt onto Turner Rd
- 1 mi: Lt onto Bente Rd
- 2 mi: Rt onto Rome Oak Hill Rd
- 3 mi: Lt onto Lundt Rd (at the "T" intersection)
- 51.2 mi: Rt onto E and quick Lt onto Northey Rd
- 51.3 mi: Lt onto Northey Rd
- 53.6 mi: Lt onto Z \*REST STOP just up the road
- 55.2 mi: Rt to stay on Z all the way into town
- 59.1 mi: Lt on S Main St to the Bicycle Doctor!

### Walk Routes

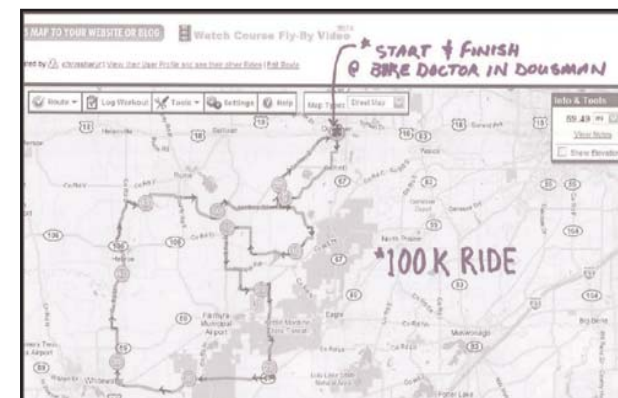
The 1 mile, 2 mile and 5 K walks all take place on the Glacial Drumlin Trail.

The 1 mile walk is on the East side of Main Street. The 2 mile and 5K are on the west side of Main Street. You will be directed.

You are encouraged to tour the Dousman Fire Station just to the south of the Bicycle Doctor. Free pancake breakfast while it lasts!



### Parking Map



## 3rd Annual Moving Forward Ride/Walk for Parkinson's Disease

**SUNDAY, OCTOBER 9, 2011**

### Bicycle Doctor:

105 N. Main Street, Dousman, WI 53118

Ride or walk this October to raise awareness of Parkinson's disease and raise money for Froedtert & The Medical College of Wisconsin's Parkinson's and Movement Disorders Program. Enjoy one of the three great bike rides or a walk in the beautiful lake country of southeastern Wisconsin. Fall colors will abound.

- A heart-pumping 100K ride into lake country starts at 8:30 am
- A 30-mile pedal through the fall colors starts at 9:30 a.m.
- A less hilly, scenic 10-mile ride starts at 10:30 a.m.
- A 1-mile, 2-mile, or 5K walk on the Glacial Drumlin State Trail for our Parkinson's friends and families starts at 11:00 a.m.
- Food, festivities and kids' activities from 11:30am - 2:30pm

### REGISTRATION INCLUDES T-SHIRT AND LUNCH:

**Ride:** \$45 early registration  
\$55 after September 30  
Riders under 18 free

**Walk:** \$20 early registration  
\$30 after September 30

**Family Walk:** \$40 early registration  
\$50 after September 30

### Get Involved!

Be part of something special as a rider, runner, walker, sponsor or volunteer. Maps, pledge forms, start times and registration are available at [www.froedtert.com/movingforward](http://www.froedtert.com/movingforward) or call 1-800-272-3666.

### All activities will begin and end at Bicycle Doctor

105 N. Main Street,  
Dousman, WI 53118  
(262) 965-4144

All proceeds benefit patient and family education and support, community exercise programs for Parkinson's as well as research through the Parkinson's and Movement Disorders Program at Froedtert & The Medical College of Wisconsin.



## Welcome!

We can't wait to see you on Sunday, October 9, 2011 for the Moving Forward: Ride/Walk for Parkinson's Disease. We raise funds for patient and family education and support, community exercise programs for people with Parkinson's, specialized staff training in the treatment of Parkinson's and Parkinson's research at Froedtert and The Medical College of Wisconsin.

**About the Parkinson's Program at Froedtert & The Medical College of Wisconsin:** Three Movement Disorders trained neurologists, a functional restorative neurosurgeon, nurses, physical, occupational and speech therapists, a registered dietician, several neuro and clinical psychologists and a psychiatrist make up the comprehensive interdisciplinary team. A Program Coordinator educates patients and families in the clinic and in community support groups. The DBS Program is state of the art. Parkinson's research takes place in the clinic and the laboratory.

**About Parkinson's disease:** Parkinson's disease is a progressive neurological disease that affects the way you move. It happens when certain nerve cells in the brain begin to break down and stop producing an important chemical called dopamine. Dopamine sends signals to the part of your brain that controls movement and lets your muscles move smoothly and do what you want them to do. Parkinson's is progressive, which means it gets worse over time. But usually this happens slowly, over a period of many years. There are good treatments that can help you live a full life. In the United States, most estimates state that over a million people suffer from Parkinson's disease, and about 50,000 new cases are reported annually. These figures are expected to increase as the average age of the population increases. **It's still not too late to solicit donors!** Every dollar helps in the fight against Parkinson's disease!

## What to Bring

1. Pledge Form with check made out to MCW Parkinson's Program – Turn in at Registration Table
2. Rider number
3. Helmet
4. Map
5. Water Bottle
6. Spare Tubes
7. Sunscreen
8. Cell Phone with Ride Marshall number programmed in for emergency: 414-418-8862
9. Camera



## Parking

The Village of Dousman has requested we not park on city streets. Riders, please park at Kettle Moraine Middle School, 301 E. Ottawa Avenue, Dousman, WI 53118 (see your map) and ride to the Bicycle Doctor. Walkers should park on the north side of the Bicycle Doctor or across the street from the Bicycle Doctor. Please don't park at the Fire Station as they are hosting an Open House and (free) pancake breakfast. If you have time, stop in. Kids will love the Fire Station tour!

## Safety

1. Review the route before starting the ride.
2. You must wear a helmet when riding.
3. Pass other riders only on the left and announce your pass to other riders.
4. Start the day with breakfast, eat at rest stops and stay hydrated: bring water and/or sports drink and replenish at rest stops. Riders can burn between 3,000 and 5,000 calories on the 100K ride!
5. Bring your cell phone and program in the Ride Marshall's Number: 414-418-8862. She can get emergency help and/or the sag wagon with bike repair assistance. Carry a spare tube.
6. Ride friendly and be aware of traffic conditions.
7. **OBEY TRAFFIC LAWS.** Cyclists have the same rights and responsibilities as motorists when using public roadway. **Cyclists MUST STOP at stop signs. – Sentries will not block traffic on busy highways.**
8. Ride single file unless not obstructing traffic; but never more than double file.
9. There are numerous sentry posts and three rest stops. All the volunteers at these posts can be in touch with emergency help. There is a sweep rider or car that will be sure that everyone completes the ride safely.
10. If too much time has elapsed and the sweeper asks you to conclude your ride and use the sag wagon to return, please comply so that the sentries may be released.
11. **HAVE FUN!!**

## Schedule of Events

- |                 |                                                                                                                                                                                       |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:30 a.m.       | Park at Kettle Moraine Middle School and Cycle to Bicycle Doctor for registration.                                                                                                    |
| 7:30 -11:00a.m. | Free coffee available at The Coffee Vault across the street. Visit the Dousman Fire Department for a free pancake breakfast.                                                          |
| 8:15 a.m.       | Riders line up and receive their instructions for the 100 K.                                                                                                                          |
| 8:30 a.m.       | Riders released.                                                                                                                                                                      |
| 9:15 a.m.       | Riders line up and receive their instructions for 30-mile.                                                                                                                            |
| 9:30 a.m.       | Riders released.                                                                                                                                                                      |
| 10:15 a.m.      | Riders line up and receive their instructions for 10-mile.                                                                                                                            |
| 10:30 a.m.      | 5K Walkers line up on west side of Main Street on the Glacial Drumlin Trail.                                                                                                          |
| 10:45 a.m.      | 5K Walkers released                                                                                                                                                                   |
| 11:00 a.m.      | 1 Mile Walkers line up on east side of Main Street on the Glacial Drumlin Trail.<br>2 Mile Walkers line up on west side of Main Street on the Glacial Drumlin Trail.                  |
| 11:15 a.m.      | 1 Mile and 2 Mile Walkers Released                                                                                                                                                    |
| 11:30-2:30 p.m. | Free food and beverages. Kids activities and Live music by "Off the Grid"<br>Massages available in Registration tent.<br>Free to People with Parkinson's.<br>\$5 donation for others. |

## Many thanks to our Sponsors

### Platinum



**KS Energy Services, LLC - \$6,000**

"A family owned company building tomorrow's energy infrastructure today" The vision of KS Energy Services is to become the premier provider of gas, electric and telecommunication services while exhibiting integrity and accountability to its customers. We are pleased to be the lead sponsor of the 2011 Moving Forward: Ride/Walk for Parkinson's. We wish you all a safe ride or walk and a sunny day of family fun.

The Executive Management Team of KS Energy Services



### Gold - \$2500

**Bill & Lynn Ihlenfeld  
Weather Sponsors**

Tireless supporters of the Parkinson's program at Froedtert & The Medical College of Wisconsin, Rain or Shine



**Prescott Family Foundation**  
Proud supporter in the fight against Parkinson's Disease

### Silver - \$1,000

**Anonymous**

**Capital Investment Services of America Inc.**

Committed to a consistent, time-tested approach to managing our clients' assets.  
www.capinv.com



**Medtronic**

Committed to "Innovating for life by pushing the boundaries of medical technology and changing the way the world treats chronic disease"



**Midwest Enviro-Sciences**  
Environmental Consulting Services

### Bronze - \$500



**Advantage Leasing**

Direct equipment leasing for your business



**Miller Compressing**

Recycling today for a better environment tomorrow



**Park Bank**



**Waterstone Bank**

A charitable fund in the Waukesha County Community Foundation



**The YMCA of Metropolitan Milw.**

Strengthening the community is our cause.

## In-Kind Sponsors



### Platinum

**Clear Channel**

"Our goal is not only to be a responsible member of the communities we serve, but also to take a proactive role in making our communities better places to live."



### Gold

**PNC Bank**

"Our corporate values address Performance, Customer Focus, Respect, Integrity, Diversity, Teamwork and Quality of Life."



### Silver

**The Bicycle Doctor**

"The perfect fit – for bikes or skis – for 30 years!"



### Bronze

**E-Z Window**

Alterra

Bruegger Bagel

Miller/Coors

Pizza Hut

Raven Sports



Alterra Coffee



Pizza Hut



Raven Sports



Bruegger's Bagels