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SPEEDY PD RACE GOES VIRTUAL FOR 2020

MANHATTAN, KAN. -- To help keep community members and participants safe during this time of uncertainty, the 12th annual Speedy Pd Race for Parkinson's Disease will be offered as a virtual race opportunity. While things will look different this year, the planning committee and Meadowlark Parkinson's Program leaders look forward to connecting with runners online through social media, e-mail, and video. The virtual race format will give race registrants the opportunity to complete the half-mile family fun run/walk, 5K, or 10K between Aug. 23 and Sept. 7, 2020. Runs/walks should be completed utilizing appropriate social distance recommendations.

"The decision to make our long-standing race event a virtual one this year was not an easy one to make," shared Lonnie Baker, CEO at Meadowlark. "However, we know that those who live at Meadowlark and many that we serve through the Parkinson's Program are at a higher risk of getting very sick from COVID-19. The health and wellness of residents, program participants, and the Meadowlark team members who support them remains our number one priority. The virtual race opportunity is the safest choice during this time."

Even considering that the 2020 event will be entirely virtual, Speedy Pd continues to be one of the most unique running events in the area. Funds raised from the event benefit Meadowlark Parkinson's Program, which provides services at no cost to improve the quality of life in the Flint Hills region for all those affected by Parkinson's disease (PD), including: persons with PD, caregivers, therapists, nurses, and other providers. Even during the COVID-19 global pandemic, program leaders continued to offer opportunities for participants to engage in. This is especially important during a time of self-isolation and social distancing.

"I am sad we won't be able to celebrate in person this year for our 12th annual event," said Michelle Haub, Special Programs Leader at Meadowlark. "However, I am overwhelmed that our communities are dedicated to supporting those affected by Parkinson's disease in the region to live their best with the free support of the Meadowlark Parkinson's Program."

Register for the half-mile family fun run/walk, 5K, or 10K by visiting www.runspeedypd.org. Once registered, participants will receive e-mails and/or text messages to share more about the VIPs, Meadowlark Parkinson's Program, and all the generous sponsors, including this year's presenting sponsor – Community First National Bank.

Prior to Aug. 23, 2020, will receive their bib number, race packet, and limited-edition Speedy Pd buff in the mail. Participants are encouraged to document race participation on social media and tune into the virtual events leading up to race time.

Not a runner? Donations can be made directly to the Meadowlark Parkinson's Program by contacting the Meadowlark Foundation office at (785) 323-3843. Race and program questions can also be directed to Michelle Haub, Special Programs Leader, via e-mail at michelle.haub@meadowlark.org or (785) 323-3899.