

PRESS RELEASE

For Immediate Release

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APDA HALF MARATHON, 5K & MORE TO BE HELD IN APRIL AT BAKKEN PARK IN COTTAGE GROVE, WISCONSIN

Cottage Grove, Wis. – March 5, 2024 – The American Parkinson's Disease Association Wisconsin Chapter (APDA WI) and the Greywolf Foundation (GWF) will be hosting the APDA Half Marathon, 5K & More event at Bakken Park, in Cottage Grove, Wisconsin on Saturday, April 13, 2024.

As the top annual fundraising event for APDA WI, proceeds from this race assist the Wisconsin Parkinson community with patient resources such as exercise and educational programs, support groups and financial resources. The APDA WI is a 501(c)(3) organization, and all donations are tax deductible.

"The annual Parkinson's Half Marathon event is crucial to the people in Wisconsin who suffer from Parkinson's disease and their loved ones," said Megan Ramstock, Chapter Coordinator of APDA WI. "It provides a strong sense of community to see so many people gathered, helping really raise the optimism levels to support Parkinson's disease throughout the state. We're able to provide programming including an introduction to Parkinson's disease eight-week course in multiple cities, Connecting Through Art in multiple cities, an annual Symposium, support groups, exercise classes and more!"

Now in its twelfth year, this annual event features a timed Half Marathon and timed 5K Run, along with a 1 Mile Walk and Kids Run. Participants will receive an event t-shirt, race bib and medal. Winners in each event will receive a trophy, while both participants and spectators who purchase a social wristband, can enjoy a hot breakfast including coffee, hot cocoa and a beer tent. There will also be several fun activities including music, face painting, a playground and more!

Registration for the races and event is available now at runsignup.com/Race/WI/CottageGrove/ParkinsonsHalfMarathon5kand1MileWalk.

Participants are encouraged to register now to take advantage of early bird pricing. Fundraising and participation teams can be created on the registration website, allowing friends, family and companies to join together in the fight against Parkinson's disease.

There are several opportunities for companies and individuals to support the event with highly-visible sponsorships. Information on available sponsorships can be found at greywolffoundation.org/apda-wi.

"Without the generous donations from our participants, we wouldn't be able to reach as many people as we do," Ramstock added. "Your dollars go directly towards helping people. I cannot thank everyone enough for showing up every year. Let's make this the biggest year yet!"

This will be the second consecutive year the APDA Half Marathon, 5K & More will be held in Cottage Grove, and several local businesses are joining in efforts raise money for the cause. BB Jack's Cottage Grove, located less than three miles from Bakken Park, will host pre- and post-race activities associated with the APDA Half Marathon, 5K & More. The entire event weekend will feature live music, giveaways, and special discounts and opportunities to raise funds toward the fight against Parkinson's disease.

“The Village of Cottage Grove is pleased to be the location of the APDA WI Half Marathon/5K event for the second year in a row,” said Matt Giese, Cottage Grove Village Administrator. “We’re proud to showcase our beautiful Bakken Park as the main site for the festivities.”

In addition to the race, as well as pre- and post-activities at BB Jack’s Cottage Grove, other local businesses will be participating in the WISCONSIN FIGHTS PARKINSON’S – SHOW YOUR SUPPORT campaign, by accepting donations for donor recognition display cards and discounts at their locations throughout the month of April.

Comfort Suites Cottage Grove is offering discounted room rates for the many participants and families that travel to the event. For participants looking to stay before the race, or the evening afterwards, the reservation link is available at www.choicehotels.com/reservations/groups/BK98B5.

As part of its mission to Impact Communities and Improve Lives, the Greywolf Foundation is proud to support the APDA in its fight against Parkinson’s disease by helping with the operation and promotion of the APDA WI Half Marathon, 5K & More.

“APADA WI is doing great things to combat the challenges of Parkinson’s disease faced by so many Wisconsin residents,” said Andrew Haring, director of the Greywolf Foundation. “The APDA Half Marathon, 5K & More is a tremendous event that allows everyone from serious runners to social enthusiasts to support this great cause. We are proud to assist the APDA WI in making this year’s event a huge success and creating a variety of ways to raise as much money as possible!”

The Greywolf Foundation is a 501(c)(3) private charitable organization based in Cottage Grove, Wisconsin, whose purpose is to provide resources to assist people and entities in need, increase their opportunities for success, and better their communities. Since its creation in 2021, the Greywolf Foundation has given over \$200,000 in support to over 80 different local charitable organizations and efforts. Full information on the Greywolf Foundation is located at www.GreywolfFoundation.org.

Questions about sponsorships, participation and volunteer opportunities can be directed to Andrew Haring at andrew.haring@greywp.com or by calling 608-460-8688.

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