

Donate to Charities

In addition to raising awareness about Parkinson's, I will be promoting funding raising for two foundations.



444 Parkinson's Foundation is set to leverage the efforts of Run-the-World to raise Parkinson's awareness through stories of those affected by Parkinson's worldwide. 444 PF is dedicating all proceeds from 2014 to help those with Parkinson's from around the world attend the next World Parkinson Congress in 2016



Team Fox is the Michael J. Fox Foundation's community fundraising program. It is made up of thousands of people worldwide who raise funds and awareness for Parkinson's research. All funds raised through Team Fox go directly to MJFF to further its mission.

You can ***DONATE*** to 444 Parkinson's Foundation or Team Fox by selecting the "DONATE" tab on the website:
www.444ParkinsonsTraveler.org

What is Run-the-World 4 Parkinson's Disease?

I am a physician who was diagnosed with Parkinson's Disease 4 years ago at the age of 44. To advance Parkinson's Disease awareness and funding, I plan to run 4 miles in 44 countries in 4 weeks and 4 days beginning 4/4/2014. Along the way I plan to meet with those affected by Parkinson's and attempt to further the understanding of Parkinson's by sharing our experiences with others.

Run-the-World Partners

As I travel through 44 countries I will have the opportunity to meet with others with Parkinson's, their families, patient support groups, physicians, runners, and others. I am forever indebted to the wonderful generosity that all of these people have shown to me.

Where to find me?

Email: 444Parkinsons@gmail.com

Web: www.444ParkinsonsTraveler.org



/444ParkinsonsTraveler



/444ParkinsonsTraveler



@444ParkinsonsTraveler



***Run-the-World
4
Parkinson's Disease***

**4 Miles in 44 Countries
4 Weeks and 4 Days
Starting 4/4/2014**



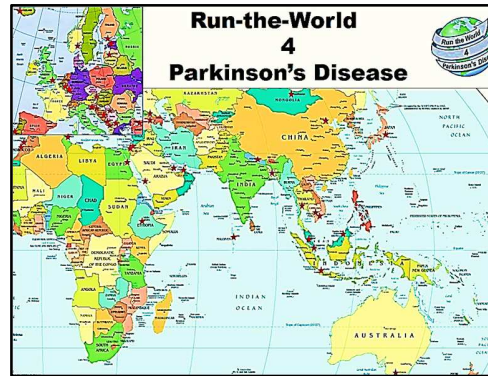
My Background

I grew up in a small town in the United States. After attending college and medical school, I completed training in Internal Medicine, Endocrinology and Preventive Medicine. I currently serve as Director of Medical Education at an Air Force Base in Las Vegas.

During childhood all my favorite hobbies involved sports. As an adult my interest in travel has allowed me to visit over 80 countries. As I enter the 4th year since being diagnosed with Parkinson's Disease at the age of 44, I am embarking on a challenge to raise awareness and funding for Parkinson's that involves both of these activities. Beginning 4/4/2014, I will try to run 4 miles in 44 countries in 4 weeks and 4 days.

My Goals

1. Overcome a personal challenge to demonstrate activities that people with Parkinson's accomplish.
2. Tell the stories of those affected by Parkinson's worldwide.
3. Provide an opportunity to raise funds for Parkinson's research.



Ulan Bator, Mongolia	4 April
Beijing, China	4 April
Ho Chi Minh City, Vietnam	5 April
Phnom Penh, Cambodia	5 April
Tokyo, Japan	6 April
Nadi, Fiji	7 April
Melbourne, Australia	8 April
Singapore, Singapore	9 April
Bandar Seri Begawan, Brunei	9 April
Kuala Lumpur, Malaysia	10 April
Dhaka, Bangladesh	11 April
Kathmandu, Nepal	12 April
Bangkok, Thailand	12 April
Colombo, Sri Lanka	13 April
Male, Maldives	14 April
Istanbul, Turkey	15 April
Cairo, Egypt	15 April
Dubai, UAE	16 April

Doha, Qatar	16 April
Amman, Jordan	18 April
Jerusalem, Israel	19 April
Vienna, Austria	20 April
Yerevan, Armenia	21 April
Tbilisi, Georgia	22 April
Riga, Latvia	23 April
Tallinn, Estonia	23 April
Helsinki, Finland	23 April
Frankfurt, Germany	24 April
Zagreb, Croatia	24 April
Skopje, Macedonia	25 April
Ljubljana, Slovenia	26 April
Tirana, Albania	26 April
Podgorica, Montenegro	27 April
Belgrade, Serbia	28 April
Sarajevo, BiH	28 April
Liege, Belgium	29 April
Tunis, Tunisia	30 April
Marrakesh, Morocco	1 May
Lisbon, Portugal	2 May
Bern, Switzerland	2 May
Vaduz, Liechtenstein	3 May
Oslo, Norway	3 May
Reykjavik, Iceland	4 May
London, United Kingdom	5 May