

Last Update: March 2026



Freedom to Move: Run, Walk and Wheel for Dystonia 2026
Sunday, June 14, 2026, | Downsview Park, Toronto, ON
Frequently Asked Questions

Q: What is Freedom to Move: Run, Walk and Wheel for Dystonia?

A: Freedom to Move is a national, month-long awareness and fundraising campaign supporting dystonia research and patient programs across Canada. To date, the event has raised over \$1 million.

Q: Where is the Toronto event located?

A: Orchard Pavilion, 160 Downsview Park Blvd, Toronto, ON (south end of the park near Keele St. and Downsview Park Blvd). [Click here](#) to view a map of the Orchard Pavilion within Downsview Park.

The map below shows the **Orchard Pavilion area, nearby parking, and surrounding park pathways**.



Helpful landmarks:

- Orchard Pavilion, registration and main gathering area
- P2 Parking Lot, closest parking
- Park pathways, used for event routes

Please follow event signage and volunteer directions upon arrival.

Note: Free parking is also available at 70 Canuck Ave, approximately a 15-minute walk.

Last Update: March 2026

Q: What is the schedule for the day?

A: Registration will begin at 9:30am to 10:30am, opening celebrations and walk up to follow. Walk/run/wheel will begin at 11:00am.

Q: How long is the course?

A: Participants can choose a [2 km](#) or [5 km](#) route and go at their own pace.

Q: Do I need to be a runner to participate?

A: No. This event is open to all fitness levels. You can walk, jog, run, or wheel.

Q: Can I go at my own pace? Is there a time limit?

A: Yes. There is no time limit. The focus is on participation and community.

Q: Is this a family-friendly event?

A: Yes. Participants of all ages are welcome, and the event is designed to be inclusive for individuals and families.

Q: Is the event accessible?

A: Yes, routes are accessible for wheelchairs, strollers, and mobility aids. Also, accessible washrooms will be available on site

Q: Can I bring my pet?

A: Yes, pets are welcome. Please ensure they are cared for responsibly and in accordance with park by-laws.

Q: What should I wear or bring?

A: Wear comfortable clothing and appropriate footwear. We recommend bringing:

- A refillable water bottle
- Sunscreen
- Lawn chair or blanket for before or after the walk

Q: Where do I pick up my participant package or merchandise?

A: Packages and merchandise can be picked up at the registration tent on event day if selected during registration.

Q: Is parking available?

A: Free parking is available but limited:

- Downsview Park Boulevard (3-hour street parking)
- P2 lot near Orchard Pavilion (limited spaces)

Carpooling is encouraged.

Last Update: March 2026

Q: Are there public transit options?

A: Yes. TTC Bus 41 stops near Orchard Pavilion and connects to:

- Pioneer Village Station
- Finch West Station
- Keele Station

Wheel-Trans users can book a trip to:

Orchard Pavilion, 160 Downsview Park Blvd.

Q: Is there a shuttle from the subway or GO station?

A: No, shuttle service is not provided.

Q: How do I register?

A: Visit: www.freedomtomove.org

Q: What does this event support?

A: All proceeds support dystonia research and programs that provide education, support, and resources to Canadians living with dystonia.