

Last Updated: March 2026



Freedom to Move: Run, Walk and Wheel for Dystonia 2026

Virtual Event Frequently Asked Questions

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

A: This event is a national month-long awareness and fundraising event that generates funds for dystonia research and support programs. Participants can walk, run, or wheel virtually in their own community throughout the month of June.

Q: What do I need to do for a virtual course?

A: You are welcome to join us virtually with your family and friends.

- Step 1: Prepare yourself. Warm up and gear up. Find a safe place for your run or wheel.
- Step 2: Enjoy your race. If you'd like to share your virtual course, ask someone to record the moment by filming it or taking pictures.
- Step 3: Feel free to share your achievements on social media. Tag @DMRFC and use the hashtag #FreedomToMove.

You can also follow us on [Instagram](#) and [Facebook](#) for more updates and connect with other community members participating in the virtual course.

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

A: No, this event is designed for participants of all fitness levels, including beginners. You can walk, jog, run, wheel or a combination of these during the event.

Q: Are there age restrictions?

A: All ages are welcome.

Q: When can I run the virtual course?

A: You can participate anytime between June 1st and June 30th, allowing you to choose a time that fits your daily schedule.

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Q: Can I choose how long I want to participate?

A: You can complete any length of distance you'd like. As the goal is to enjoy the experience, please pick a route that matches your fitness level and interest.

Q: Do I have to complete the full virtual course at once?

A: You can do this over the course of a whole month, so you can run, walk or wheel just 10 minutes at a time.

Q: Is this a family event?

A: Yes! We heard your feedback and have restructured our registration fees to ensure that more individuals and families can participate.

Q: Are there any safety training tips for the virtual event?

- Plan your route. Try to find a route where there won't be lots of people to dodge.
- Carry ID in case of emergency. With that ID, also have the names and phone numbers of local relatives or friends.
- Dress appropriately for the weather. If you're going outside in low light, be visible and wear bright-coloured or reflective gear.
- Stay hydrated! Drink water before you feel thirsty.
- Try to enjoy yourself in the moment and practice gratitude while you exercise.

Q: How do I register for the event?

A: Please visit: www.freedomtomove.org

Q: Who or what is this run supporting?

A: All proceeds raised from Freedom To Move will go towards critical dystonia research and support programs in Canada.

Q: Do I get merchandise as a virtual participant?

A: We have dystonia-branded merch available for adult individual participants that raise \$200 or teams (of 3 or more participants) that raise \$400 collectively. Participants that reach the fundraising threshold before May 21, will be mailed their packages in the last week of May. After May 21, all merchandise packages will be sent at the end of June. All merchandise is as supplies last.

Q. Will I get a prize for being a top fundraiser?

A: Yes, our top 3 fundraisers whether participating virtually or at our in-person event, will receive prizes.