# EPILEPSY FOUNDATION OF COLORADO HOLDS STRIDES FOR EPILEPSY 5K

May 9, 2013

6:00am

**Annual Race is the Largest Epilepsy Awareness Event in Colorado**

Denver, CO – The Epilepsy Foundation of Colorado will hold its 8th Annual Strides for Epilepsy 5k Run/Walk on Sunday morning, June 9th at Denver's City Park. On-site registration begins at 8:30 a.m.; a children's Fun-Run will immediately precede the 5k, which will start at 9:30 a.m. The race is the largest Epilepsy awareness event in the state, with more than 2,000 registered participants expected this year.

In addition to the 5k run/walk and the Fun Run for children, the event will also feature a family fun area with music, food, face painting, and carnival games, all free of charge for children. Colorado Avalanche mascot, Bernie, and Colorado Rockies mascot, Dinger, will be on-hand to entertain and pose for pictures.

Advance race registration is $30 per runner/walker; children ages 6 and younger are free. Strides for Epilepsy also includes a registration program for teams to participate, creating an opportunity for companies, neighborhoods, and groups of family and friends to enjoy a fun experience together while supporting the work of the Epilepsy Foundation of Colorado. All registered participants will receive a sport-tech runner's t-shirt.

The event is not only a fundraiser -- sustaining the many outreach and support services provided by the Epilepsy Foundation of Colorado, it's also an opportunity for the organization to bring awareness to the community. "There are more than 50,000 men, women and children in Colorado who are coping with Epilepsy," commented Gail Pundsack, the foundation's executive director. "Our mission is to bring a full array of programs and services to everyone in our state who is living with seizures, providing the support and understanding they need to live lives of endless possibilities."

For more information and to register online visit www.epilpesycolorado.org, or call 303.377.9774.

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