Strides 5k
CELEBRATES COURAGE, BUILDS COMMUNITY

It has been said, no one can whistle a symphony; it takes a whole orchestra to play it. The same can be said about living with epilepsy. We are stronger as a community, and we can create something truly beautiful when we come together. The Strides for Epilepsy 5k, the largest epilepsy awareness event in the state, does just that by providing the stage for a high-energy day of hope and inspiration.

Each year, thousands of people gather at Denver’s City Park to celebrate our epilepsy community and build positive connections that provide opportunities for support, advocacy and empowerment. A large segment of those participating in the Strides 5k do so as members of a team – really just groups of friends, family or co-workers who unite to raise awareness, raise funds and enjoy an uplifting experience together.

Among the more than 150 teams participating at the Strides for Epilepsy 5k, one of the most joyful and proud is that of the Aberle family. The Molly Marchers, named in honor of 15-year-old Molly Aberle, gives the family a special opportunity to spend time together that is not focused on the stressful medical routine that dominates their lives.

At just three years of age, Molly was diagnosed with Doose Syndrome, a rare and particularly severe form of epilepsy. Despite the fact that her seizures have increased in frequency and intensity, Molly’s family finds the time to support the Epilepsy Foundation of Colorado, most notably by building a team for the Strides 5k each year. Now, the Aberles want other families dealing with epilepsy to benefit from the support provided by a caring community.

“Our participation with the foundation, and especially the Strides 5k brought us friendships and connections that will last a lifetime.”

For information about organizing your own team for the Strides for Epilepsy 5k run/walk, please visit us on the web at Epilepsycolorado.org

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Join us for a family-friendly walk or run through Denver’s City Park to raise awareness and funds in support of the 50,000 Colorado children and adults living with epilepsy. The Strides 5k is the largest annual epilepsy event in state – come enjoy an inspiring and energizing morning and help us build a stronger community of support!

RACE DAY SCHEDULE

8:30 A.M. | Check-in and Registration
Pick-up your Shirt, Bib and Timing Chip

9:00 A.M. | Kids’ Korner and Ask the Expert Information
Booths Open

9:15 A.M. | Kids’ Fun Run

9:30 A.M. | 5k Run/Walk Begins

10:30 A.M. | Awards Ceremony for Top Three Male and Female Finishers

REGISTER ONLINE EPILEPSYCOLORADO.ORG

NOTE: Pre-Registration closes on June 6th at 1 p.m.

ENTRY FEES:

<table>
<thead>
<tr>
<th>Individual Runner/Walker $30</th>
<th>Virtual Participant $20</th>
<th>Children, ages 6 and younger are FREE</th>
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<tr>
<td>Includes a sport-tech shirt, and a timing chip for runners</td>
<td>For those unable to attend but still want to show their support. Race shirts available to purchase for $10</td>
<td>T-shirts for the little ones are available to purchase for $5</td>
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THERE ARE LOTS OF WAYS YOU CAN PARTICIPATE; JOIN A TEAM, START ONE OF YOUR OWN, OR REGISTER INDIVIDUALLY.

MAXIMIZE YOUR SUPPORT BY ORGANIZING A TEAM!

ONCE YOU REGISTER YOUR TEAM, YOU CAN,

• customize your individual fundraising page
• send a fundraising email to friends and family
• download a printable donation form
• track your progress
• post status updates on Facebook, Twitter and Linkedin

KIDS KORNER

Loads of fun for the younger set...

• Carnival games with prizes, popcorn and sno-cones
• Face painters, caricature artists, and stilt walkers to entertain kids of all ages
• Complimentary treats from Blue Bell Ice Cream
• Special guest appearances from your favorite sports teams cheerleaders and mascots.

ASK THE EXPERT TENT

Drop-in and speak to leading epilepsy authorities about the newest therapies, medications and side effects, surgery, service dogs and more. Information and resources will be available from University of Colorado Hospital, Children’s Hospital Colorado, Rocky Mountain Children’s Hospital, Colorado Neurology Institute, Lutheran Medical Center, Swedish Medical Center, Seize the World, Brain Injury Association of Denver Health Colorado, and Littleton Adventist Hospital.

CONTACT: 303.377.9774  1888.378.9779  info@epilepsycolorado.org
SUMMER CAMP REGISTRATION NOW OPEN

EFCO will offer TWO summer youth camps this year:

The Jason Fleishman Summer Camp for Teens, ages 13 – 17, will be held at YMCA of the Rockies in Estes Park, July 9 – 13

Rock ‘n Rally, a new camp program for kids ages 8 – 12, will take place at the Cal-Wood Education Center in Jamestown, July 25 – 27

Both camps are designed to help campers build confidence, make new friends, and learn more about epilepsy in a safe and supportive environment.

Online registration is now open; please visit epilepsycolorado.org and click on Overnight and Day Camps, under the Services tab.
WHY SUPPORT Strides

When you support the Strides 5k, you are making a difference in the lives of people living with epilepsy. In Colorado alone, there are 50,000 men, women and children whose lives are impacted by seizures. They are your neighbors, your co-workers, your family and friends, and they need your help. The Epilepsy Foundation of Colorado provides critical support services that go beyond the reach of medicine with education, resources, and advocacy.

The Epilepsy Foundation of Colorado works hard to ensure people who live with seizures are able to live full, rewarding lives through four major areas of focus:

**Care Management** provides access to a continuum of free support services for all stages of a person or family’s journey living with epilepsy. From the very first contact with a specially trained member of our professional staff, our clients benefit from connections to appropriate community resources as well as program support within the Foundation. We provide the tools and support needed to empower patients and families to manage their own care through education, community support and advocacy.

**Community Education** for seizure awareness and first aid are extensive across the state. Sanctioned seminars and presentations to educators, nurses, students, first responders and employers help increase the capacity for social change, moving the needle toward a world of understanding and acceptance.

**Advocacy Initiatives** identify key issues at the state level impacting people with epilepsy, and coordinates grassroots efforts to reach local government and the community at-large, with one unified voice.

**Youth Opportunities** focus on providing specialized support for children and teens living with epilepsy. Two summer camps: The Jason Fleishman Summer Camp for teens, and Rock ‘n Rally Camp for Kids, provide a safe overnight camp experience where friendships are found and confidence is fostered. EFCO also provides professional reach into our schools with trainings for educators and administrators, as well as awareness and seizure safety for students. And, our Youth Council works to empower youth with opportunities for leadership development and community activism.

For more information about our programs and services, please visit us on the web at epilepsycolorado.org.

YOUR SUPPORT Matters!
The Aberle’s have accessed many of the support and resource programs offered by EFCO, which according to Molly’s mom, Christine, have been tremendously empowering. “We all draw strength from each other,” she said about the epilepsy community. “We have definitely had a challenging journey. The foundation has helped us every step of the way.”

Each summer, Molly attends the Jason Fleishman Summer Camp, which is operated by EFCO. “For one week each year, Molly gets to go and enjoy time with other kids who are dealing with the same challenges,” Christine said. They support each other, and have a lot of fun, too. She just loves it.”

Inspired by the support they’ve received, the Aberle’s set out to “raise some money, and awareness for epilepsy,” Christine continued. “It wasn’t long before we realized there is so much to be gained in the process. Our participation with the foundation, and especially the Strides 5k brought us friendships and connections that will last a lifetime.”

Meet Larissa - continued from page 1

The Epilepsy Foundation of Colorado is committed to community education and advocacy services.

Seizure Safety School at Children’s Hospital Colorado
Tuesday, April 22

South Denver Beyond Medication
Tuesday June 24 6-8pm

Brighton Beyond Medication
Wednesday July 9 6-8pm

Colorado Springs Studio E – Art therapy program for adults with epilepsy
6 consecutive Saturdays,
May 17th through June 21st, 1-3 p.m.

Fort Collins Studio E – Art therapy program for adults with epilepsy
6 consecutive Saturdays,
July 12th through August 16th, 1-3 p.m.

The Jason Fleishman Summer Camp for Teens
Ages 13-17,
at the YMCA Camp of the Rockies
July 9 – 13

Rock ‘n Rally Summer Camp for Kids
Ages 8-12,
at the Cal-Wood Education Center
July 25 -27

Epilepsy Day at the Colorado Rockies vs. the Pittsburgh Pirates
Saturday, July 26th, 6:10 p.m.

For more information on these events and all of our programs, please call 303.377.9774, or visit us on the web at epilepsycolorado.org
Challenges become opportunities when we come together...

Entering a team for the Strides for Epilepsy 5k is a great way to bring friends and family together for a great cause. Get involved and help us shine a light on the courage and strength of our community at the largest epilepsy awareness event in Colorado. Together, we are stronger!