REGISTER OR DONATE NOW!

Strides for Epilepsy 5K

June 9, 2013 City Park, Denver

Save the Date: September 21, 2013
Cottonwood Creek Park, Colorado Springs

To Register: www.epilepsycolorado.org
303.377.9774 strides@epilepsycolorado.org
WITH YOUR GENEROUS SUPPORT WE CAN BECOME STRONGER TOGETHER!

Funds raised at Strides for Epilepsy are used to advance research, support Coloradans who live with seizures, and heighten education and awareness to END THE STIGMA surrounding epilepsy.

The Epilepsy Foundation of Colorado strives to be the lifeline for people with epilepsy. Your donation will help us to continue offering these programs and services, most at no cost, to every Coloradan who needs them.

- Community and education outreach – support groups, police and medical personnel trainings, local and rural health fairs, employer trainings and accommodations, school nurse and personnel trainings, seizure first aid.
- Direct client services – case management, healthcare clinics, advocacy for clients, stress management and relaxation classes, community resource referrals.
- Youth camps – Jason Fleishman summer camp, Frosty Fun Day.
- Leadership and Advocacy – youth council, volunteer leaders, Kids Speak Up, intern programs.
- Toll free information and referral line – trained and qualified staff answers questions and connects you to community resources.

Call 303.377.9774 or 888.378.9779 for more information or visit www.epilepsycolorado.org.

DID YOU KNOW?

- Approximately 1 in 26 people in the United States will develop epilepsy at some point in their lifetime.
- Epilepsy is a chronic condition of the brain that affects people all over the world. It is characterized by recurring seizures – which are physical reactions to sudden, brief, excessive electrical discharges in brain cells. Anyone, anywhere, at any time can have a seizure.
- Epilepsy is the fourth most common neurological disorder in the U.S. after migraine, stroke, and Alzheimer's disease. Its prevalence is greater than autism spectrum disorder, cerebral palsy, multiple sclerosis and Parkinson's disease combined.
- Despite how common epilepsy is and with major advances in diagnosis and treatment, epilepsy is among the least understood of major chronic medical conditions.

MEET JUSTIN ZUCCARELLI

“People should get involved and raise awareness. You never know how epilepsy will touch your life.”

He feels that people are more open-minded about epilepsy since his diagnosis in 1999, but knows there still isn’t enough knowledge and education within the community. That’s why he’s committed to the epilepsy cause and especially helping kids accept their illness and realize they’re not so different.

On June 9th, Justin celebrates his 100th month of being seizure free. Having participated in Strides for Epilepsy since 2007, his goal this year is to get 100 people on his team to honor this milestone.

To Justin, forming a community with others like himself helped him to manage and come to terms with his seizures. He spent many years feeling isolated and alone until he started his own support group in 2006.

No one should have to live alone with epilepsy when there are counselors, support groups and resources available through the Epilepsy Foundation of Colorado.

Take part in Strides for Epilepsy, it could be your first step in meeting a new support community. – Each step you take brings us closer to making a stigma-free culture a reality!
EVENT INFORMATION

RACE DAY SCHEDULE (DENVER)

8:30 AM  Check in/Registration -- pick up shirt, bib and timing chip

9:00 AM  Kid’s Korner Opens
Free carnival games with prizes, popcorn, and sno cones at the Kid’s Korner.
Face painters, caricature artists, and stilt walkers to entertain everyone.
Complimentary treats from Blue Bell ice cream.
Music by Sweetness and Company, KBCO and a live DJ.
Special guests from your favorite sports teams:
- Miles, the Denver Broncos mascot
- Bernie, the Colorado Avalanche mascot
- Denver Broncos Cheerleaders

9:25 AM  Fun Run event for the little ones begins

9:30 AM  5K Walk/Run begins

10:30 AM  Awards Ceremony for top 3 male and female finishers

Register Online at epilepsycolorado.org.
It’s easy! Join a team, start one of your own, or register individually.

Fees:
Pre-Registration closes on June 6th at 1 pm
(Registration will be available event day for $35)

Runner/Walker: $30.00
Fee includes a sport tech T-Shirt and timing chip for runners.

Virtual Participant: $20.00
For those unable to attend but still want to support the cause.
T-shirts are available for $10.

Child (6 yrs or younger): No Fee
T-shirts for these wee (but mighty!) supporters are available for $5.

Once your team registers, you can:
- Customize your individual fundraising page.
- Send a fundraising email to friends and family.
- Download the printable donation form.
- Track your progress.
- Do status updates on Facebook, Twitter and LinkedIn.

GET INVOLVED AND SHOW YOUR SUPPORT!

Join us for the largest epilepsy event in Colorado and help raise awareness and much needed funds to support more than 50,000 adults and children who live with life-altering seizures.

Now in its 8th year, Strides for Epilepsy has established itself as a supportive community event bringing together people of all ages and stages of life to join in friendship and celebration.

This year promises to bring a lively fun-filled morning of music, dancing, games, and of course a beautiful walk or run through the jewel of Denver – City Park.

Visit the Ask the Experts Tent
Talk to leading authorities about the newest therapies, medications and side effects, surgery, service dogs and more. Information and resources will be available from UCHSC, The 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 Colorado, and Littleton Adventist Hospital.

Bring your donation of gently used clothing and receive a car magnet. Donations can be made at the EFCO Donation Center truck located in the East High School parking lot or at the Pavilions inside City Park.

STRETCH YOUR DONATION DOLLARS!

If you have made a donation to EFCO in 2013, we want to remind you to ask your employer if they match personal donations. Together we can make an even bigger difference in the lives of people living with epilepsy.
UPCOMING EVENTS

Strides for Epilepsy 5k
Denver – June 9
Colorado Springs – September 21

The Jason Fleishman Summer Camp
Estes Park - June 26-30