



**JULY 13  
2025**

**8:00 AM CHECK IN  
9:00 AM RACES START**

**MENDON  
PONDS PARK**

**5K | 10K  
TRAIL RACE  
& ONE-MILE  
WALK/FUN RUN**

## **4th Annual Seize the Day: Amer's Epilepsy Trail Run**

Let's seize the day! Whether you're racing, sponsoring, volunteering, or spreading the word, your involvement helps make a difference in the lives of those affected by epilepsy.

### **Register**

Select your challenge: 10K (\$35) or 5K (\$35) courses, or opt for the One-Mile Fun Run (\$10) tailored for younger participants!

### **Sponsor**

We are grateful for the support of our corporate and individual sponsors and hope you consider becoming a sponsor of this event. Choose from various sponsorship levels:

- Presenting Sponsorship: \$10,000
- Iron Sponsorship: \$5,000
- Ultra Sponsorship: \$2,500
- Extreme Sponsorship: \$1,000
- Marathon Sponsorship: \$500
- In-Kind Sponsorship

### **Volunteer**

Join our dedicated team of volunteers! Help with setup, check-in, distributing T-shirts, manning water stations, guiding participants along the course, and other essential race day tasks.

### **Share**

Spread the word about this inspiring event! Download and post our flyer, and share with friends and family. Connect with EPI on social media to amplify our message!

All proceeds support EPI and its epilepsy programs, including Camp EAGR, New York State's only week-long, overnight camp for children with epilepsy and their siblings. With the support of round-the-clock care from UR Medicine Epilepsy Center clinicians, kids with epilepsy have the chance to participate in activities they might not otherwise be able to do.

**For more information, please visit [epiny.org](https://epiny.org) or contact Jill Johnson at (310) 995-6810.**

**Presented by  
Armbruster Capital Management, and the Glover-Crask  
Charitable Trust.**

**REGISTER TODAY AT [EPINY.ORG/SEIZETHEDAY](https://epiny.org/seizetheday)**