

## ABOUT THE EVENT

The 2nd Annual "Seize the Moment" 5K Fun Run/Walk was created to raise epilepsy awareness and is held in November as part of National Epilepsy Awareness Month. This event has been designed to fit the needs of all participants with chip timing for the avid 5K runners and a 1 mile fun run/walk for those wanting a shorter route! Don't want to get up at the crack of dawn? Join us as a "sleep in for a cause" virtual walker! Help the cause without missing a wink of sleep.

## ABOUT THE COURSE

The "Seize the Moment" 5K Fun Run/Walk takes place through the beautiful City of Shavano Park on a 3.1 mile tree-lined paved course. Chip timing will be available to pre-registered 5K runners registering before 4:00pm 11/4/2010. Chip timing is not available for 1 mile Fun Run/Walk.

## ABOUT THE CAUSE

Epilepsy is the 3rd most common neurological disorder striking 1 out of every 100 people each & every day! The Epilepsy Foundation Central & South Texas is the ONLY non-profit dedicated SOLELY to providing epilepsy services to the more than 120,000 people in Central & South Texas diagnosed with epilepsy. All donations & contributions will continue to fund professional & public education, community service, social services and direct medical care.

## REGISTRATION

Register as an individual or as a team! Registration is available online at [www.firstgiving.com/efcst](http://www.firstgiving.com/efcst). Online registration closes at 4:00pm on 11/4/2010. Registration Forms may also be dropped off or mailed to: Epilepsy Foundation Central & South Texas 10615 Perrin Beitel Suite 602, San Antonio, TX 78217

## ENTRY FEES

- \$25 - Individual Registration
- \$30 - "Sleep for a Cause" Virtual Walker (fee includes t-shirt shipping fee)
- \$35 - Late Registration (after Nov. 1st)

Race Day Late Registration 6:30am-8:00am. Race Packet pick up 11/5/2010 - 11:00am to 7:00pm, Shavano Park City Hall, 900 Saddletree Court, Shavano Park, TX 78231. All pre-registered participants will receive a t-shirt and goodie bag.

## CONTACT US

For more information please contact the Epilepsy Foundation Central & South Texas by phone at (210) 653-5353 or by email at [staff@efcst.org](mailto:staff@efcst.org).



2nd Annual  
**SEIZE THE MOMENT**  
 EPILEPSY AWARENESS  
**5K FUN RUN/WALK**  
*hosted by the City of Shavano Park*

# November 6, 2010

**City of Shavano Park**  
**900 Saddletree Court**  
**Shavano Park, TX 78231**

## AWARDS & PRIZES

Medals will be awarded to the top three 5K Male & Female finishers in each age category. Team Prizes will be awarded for the Biggest Team, Most Money Raised, & Most Team Spirit. Age categories: 14& under, 15-19, 20-39, 40 & Up

*Please make checks payable to the Epilepsy Foundation Central & South Texas or register online at [www.firstgiving.com/efcst](http://www.firstgiving.com/efcst)*

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ M / F Sex (circle) \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_ Phone Number \_\_\_\_\_ 5K ★ 1-Mile Fun Run/Walk ★ Virtual Race Day Course (circle one)  
 Register As (circle one): Individual / Virtual Walker Team Name \_\_\_\_\_  
 T-Shirt Size (circle one): S M L XL XXL Child XL  I have epilepsy and would like the special purple shirt.  
 \$ \_\_\_\_\_ + \$ \_\_\_\_\_ Tax Deductible Donation + \$5.00 Shipping Fee\*\* = \$ \_\_\_\_\_ Total  
 \*Entry Fee is \$25, LATE entry \$35. \*\*to have shirt mailed - Add \$5 shipping fee, Requests received after 10/29/2010 may cause arrival of shirt to occur after event.

Release of Liability: In consideration of the acceptance of this registration entry, I assume full and complete responsibility for any injury or accident which may occur during my participation of this race or while on the premises of this event, and I hereby release and hold harmless the sponsors, promoters, and all other persons and entities associated with this event from any and all injury and damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with this event or their agents or employees, or otherwise. I also understand that my entry fee is non-refundable.

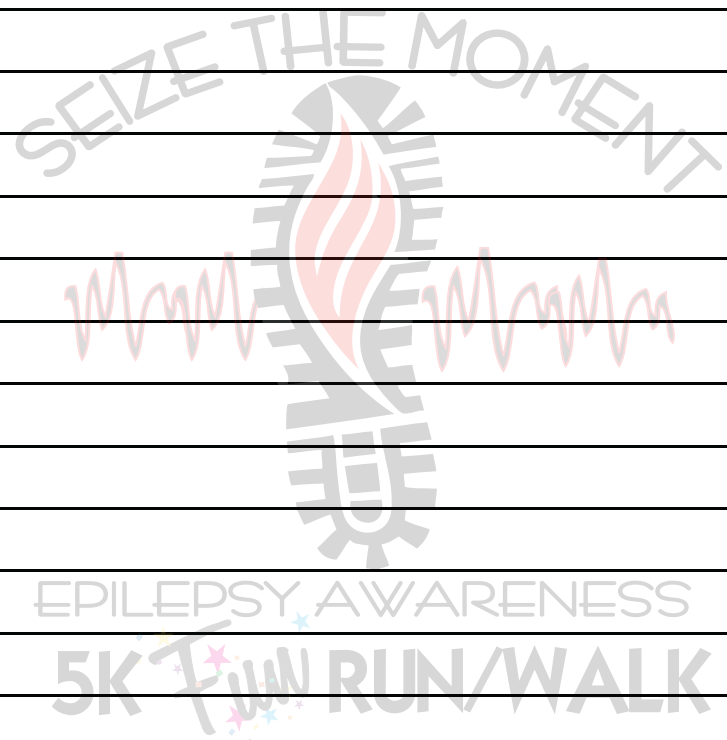
Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Guardian if under 18)



**SPONSOR LIST:** Ask family, friends, neighbors, or co-workers to donate to this worthy cause! All contributions are tax deductible to the extent of the law. Encourage family and friends to participate. Their cancelled check is their receipt. Thank you for supporting Epilepsy Foundation Central & South Texas!

Name of Participant: \_\_\_\_\_ Name of Team: \_\_\_\_\_

Sponsor's Name	Street, City, Zip	Donation
1.		
2.		
3.		
4.		
5.		
6.		
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12.		
13.		
14.		
15.		



Please make checks payable to Epilepsy Foundation Central & South Texas **Total**

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 Team Name/Captain: \_\_\_\_\_

- Team Member: \_\_\_\_\_ Sex: (circle) M F T-Shirt: S M L XL XXL Child XL
- Team Member: \_\_\_\_\_ Sex: (circle) M F T-Shirt: S M L XL XXL Child XL
- Team Member: \_\_\_\_\_ Sex: (circle) M F T-Shirt: S M L XL XXL Child XL
- Team Member: \_\_\_\_\_ Sex: (circle) M F T-Shirt: S M L XL XXL Child XL
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- Team Member: \_\_\_\_\_ Sex: (circle) M F T-Shirt: S M L XL XXL Child XL

**\*\*Teams can be as big or small as you'd like. The minimum donation per person must meet the individual entry fee of \$25 each.\*\***

Mail forms to: Epilepsy Foundation Central & South Texas, 10615 Perrin Beitel Ste. 602, San Antonio, TX 78217  
 Questions??? Please call EFCST at (210) 653-5353 or email at [staff@efcst.org](mailto:staff@efcst.org)