

Suggested Email Copy

2023 One In 26 Challenge

Thank you for helping EPI promote this event! The following copy can be used in an email to invite friends, family, and colleagues to participate.

Subject: Walk, Run, Bike for Epilepsy Awareness!

Copy: One in 26 people will develop epilepsy sometime during their life. This fall, join us to raise awareness about epilepsy!

The Challenge

The One in 26 Challenge asks participants to walk, run, bike or otherwise complete 26 miles between October 1 – 26, 2023. Get started by joining a kick-off event on Sunday, October 1 in Rochester (Wickham Farms) or Syracuse (Abbott Farms) when we walk the first mile together. From there, complete 26 miles at your own pace, posting updates about your progress on social media.

Enjoy a Day at the Farm!

Your registration includes an **all-day pass** to the farm location of your kick-off event, so make plans to stay and enjoy some fall fun!

Register TODAY!

[Click here](#) to learn more about this challenge, how to join, create a team, sponsor, or volunteers at the kick-off events. Please contact Jill Johnson with questions at jejohnson@epiny.org or (310) 995-6810.