



# WALK • RUN • BIKE

26 Miles in 26 Days. October 1-26.  
FOR EPILEPSY AWARENESS

## REGISTER

Easily register on our website [epiny.org](http://epiny.org) as an individual, a member of team, or form your own team.

## PROMOTE

Reach out to family and friends and ask them to join your team and/or support you. Visit the **PROMOTE** section of the event website for a variety of promotional tools to connect with people in-person, via email, and on social media.

## KICK-OFF EVENT: SUNDAY, OCTOBER 1

### Tickets to the Farm

Your One in 26 Challenge registration includes an ALL DAY PASS to the participating farm in your area.

- Rochester: Wickham Farms, 1315 Sweet Corners Road, Penfield
- Syracuse: Abbott Farms, 3275 Cold Springs Road, Baldwinsville

## Parking

Free parking is available at both locations.

## Schedule

**8:00 AM** Check-in and on-site registration and t-shirt pick-up

**9:00 AM** One-mile group walk through the farm

**10:00 AM** Enjoy farm fun fall activities open

## COMPLETE THE CHALLENGE

### Get Moving

Take it one mile a day or breeze through several miles at a time. Walk, run, bike, ride, swim, roll, skate... how you complete 26 miles is up to you! Check out our website and social media for weekly group walks opportunities!

## Share Your Progress on Social Media

Celebrate your daily progress on social media, tag [#Onein26EPI](https://twitter.com/Onein26EPI) and get the chance to win awesome weekly prizes!

## QUESTIONS?

Please contact Jill Johnson at [jejohnson@epiny.org](mailto:jejohnson@epiny.org) or at (310) 995-6810.



**REGISTER AT  
EPINY.ORG**



# MILEAGE TRACKING FORM

## TRACK YOUR MILEAGE

From October 1 – 26, 2023, complete 26 miles.  
Color in one brain for each completed mile.

## SHARE!

Show us how you're doing! Don't forget to use **#OneIn26EPI**.



## JOIN US TO WALK THE FIRST MILE!

Remember to join us for the first mile on October 1 in Rochester (Wickham Farms) or Syracuse (Abbott Farms). Visit **epiny.org** for more information.



Questions about EPI's **One in 26 Challenge**?  
Visit **epiny.org** for frequently asked questions and answers.

