Third 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 or contact Jill Johnson at (310) 995-6810.

Presented by
All-American Home Care, Armbruster Capital Management, and the Glover-Crask Charitable Trust.

REGISTER TODAY AT EPINY.ORG/SEIZETHEDAY