

The Race

The 1st Annual Epilepsy Foundation Race for Hope 5K will start at 9:00 a.m. at Pullman Square in downtown Huntington. The race will bring awareness to epilepsy and raise money for local services.

The Course

The race will start between 8th and 9th Streets on Veteran's Memorial Blvd. The race will head west on the Blvd. and turn left at 1st Street. The course then goes up 2 blocks and turns left on 5th Avenue. The runners will travel down 5th Avenue turning left again on Hal Greer Blvd. heading towards 3rd Avenue where they will take another left and veer to the right until they reach the finish line on Veteran's Memorial Blvd. just past 10th Street.

Logistics

- The race will start at 9:00 a.m. with same day registration from 7:30 a.m.-8:30 a.m.
- Parking is available in one of the two garages at Pullman Square
- Restrooms are available at Pullman Square and Harris Riverfront Park
- Medical Care will be available at the Start/Finish area

Awards

Awards will go to the first male and female runner and walker as well as to the first and second place finisher in each age division. (14 age divisions: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.)

Refreshments

Be sure to stick around after the race for refreshments and awards!



Saturday, May 1, 2010

Registration

- **Pre-registration** must be post-marked by April 26, 2010. Pre-registration includes an event t-shirt and is \$20 for adults (13 and over); and \$15 for children (12 and under).
- **Same day registration** is \$25 with no guarantee of an event t-shirt. (Will be available until supplies run out).
- You can register on-line until noon on Wednesday, April 28 at: www.cincinnati-epilepsy.org
- Pre-Race packet pick-up will take place on Friday, April 30 from 4:00-7:00 pm at the Pullman Plaza Hotel.
- Special Room Rates will be available for participants at the Pullman Plaza Hotel. Call 304-525-1001 for details!

**Registration fees are non-refundable

Questions

Call toll free to (877) 804-2241, or e-mail your questions to: efgc@cincinnati-epilepsy.org.

Epilepsy Foundation 5K Race for Hope

*Must be postmarked by 4/26/2010

First Name: _____

Last Name: _____

Age on race day: _____ Gender: M F

Shirt Size: S M L XL XXL

Address: _____

City, State, Zip: _____

E-mail: _____

Emergency Contact Name & Number: _____

Category: 5K walk 5K run

Cost: \$20 adult pre-registration* (13 & over)

\$15 child pre-registration* (12 & under)

*includes event t-shirt

WAIVER: In consideration of the acceptance of my entry, I hereby waive on behalf of myself, my heirs, executors and assigns, all claims of any nature arising from my participation in the Race for Hope run/walk, and do hereby release the Epilepsy Foundation of Greater Cincinnati, all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules of participation and acknowledge that the Race Committee may refuse or return my entry at its discretion. I understand the risks for such a run and have trained adequately in preparation for the event. I HAVE NOTED ANY MEDICAL CONDITION on this form next to my signature. I will permit the use of my name and picture participating in this event for publicity.

Signature: _____

Medical Conditions: _____

Send your completed form and check payable to:

Epilepsy Foundation of Greater Cincinnati

Race for Hope

895 Central Ave., Suite 550

Cincinnati, OH 45202

Race Sponsors:

Gold:

Silver:

Bronze:

- City of Huntington

Epilepsy Facts

- Epilepsy is a chronic neurological disorder characterized by a tendency to have recurrent seizures
- 1 in 100 people will develop epilepsy
- Epilepsy is more common than Cerebral Palsy, Parkinson's Disease and Multiple Sclerosis combined
- People with epilepsy are running businesses, coaching teams and positively impacting your community!

Epilepsy Foundation of Greater Cincinnati
895 Central Ave., Suite 550
Cincinnati, OH 45202



Saturday, May 1, 2010
Pullman Square Park
(Pullman Square is at 10th Street
and 3rd Avenue)
Huntington, WV
(directions at: www.pullman-square.com)