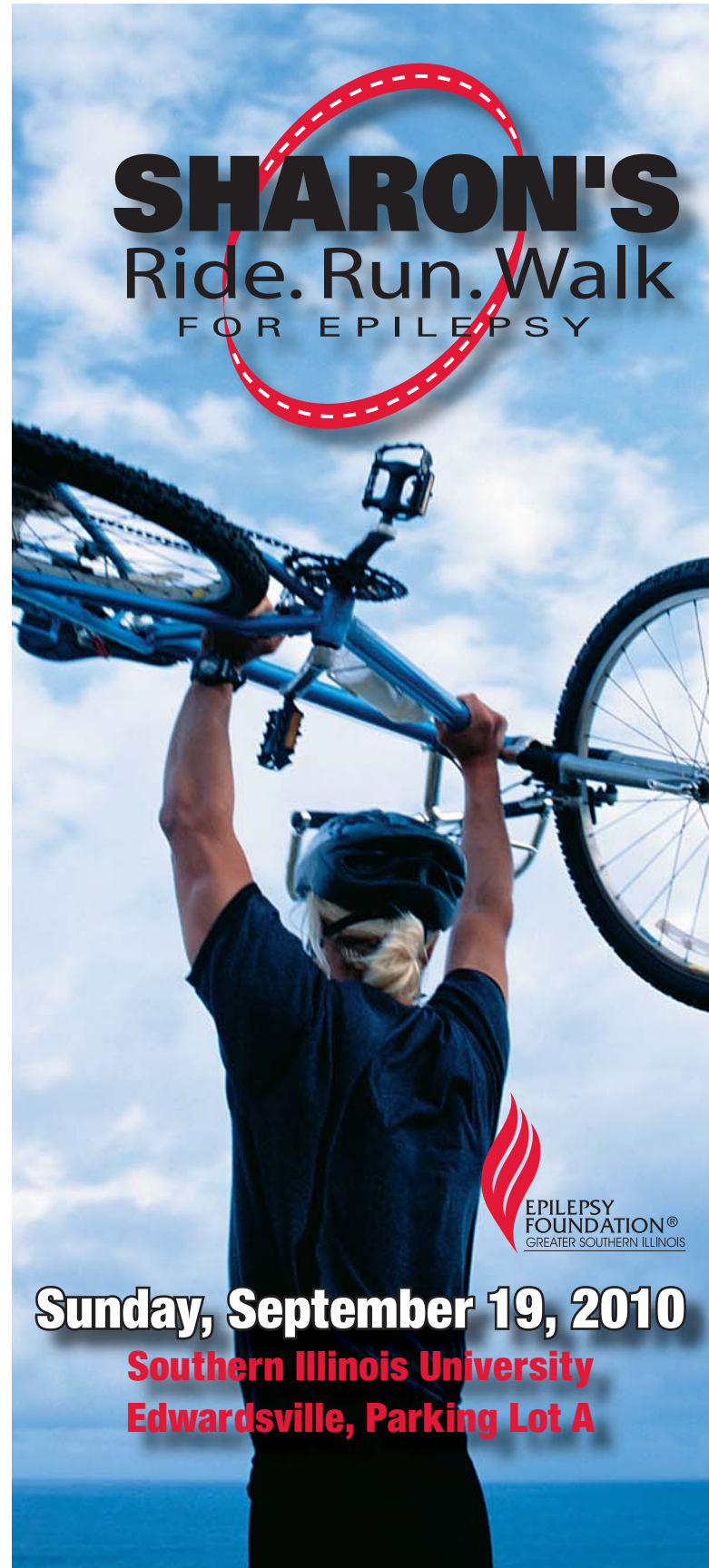



Epilepsy Foundation of Greater Southern Illinois
140 Iowa Avenue • Suite A • Belleville, IL 62220



SHARON'S
Ride. Run. Walk
FOR EPILEPSY

Sunday, September 19, 2010
Southern Illinois University
Edwardsville, Parking Lot A



Who is Sharon?

Sharon's Ride, Run & Walk for Epilepsy is dedicated to Sharon Rosenfeld, a nurse and teacher, who cared deeply about epilepsy and advocated helmet safety. She was killed on a cross country bicycle ride in 1993. Dr. William Rosenfeld and Dr. Susan Lippmann, neurologists who specialize in epilepsy, created the event to honor the memory of Dr. Rosenfeld's sister.

Why Sharon's Ride. Run. Walk?

All money raised goes directly to the Epilepsy Foundation of Greater Southern Illinois. When you join us in *Sharon's Ride, Run & Walk for Epilepsy*, you're helping to raise the quality of life for people with epilepsy as well as educating the community concerning the importance of wearing a helmet.

What is Epilepsy?

Epilepsy is present when a person has recurring seizures, which range from momentary lapses of attention to convulsions. (Epilepsy and Seizure Disorder are synonymous.) It is estimated that over 6,000 Southern Illinois residents suffer from seizure disorder.

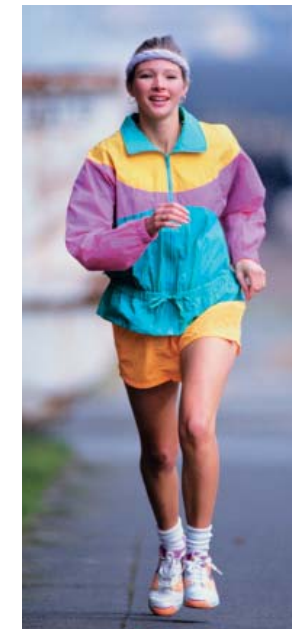
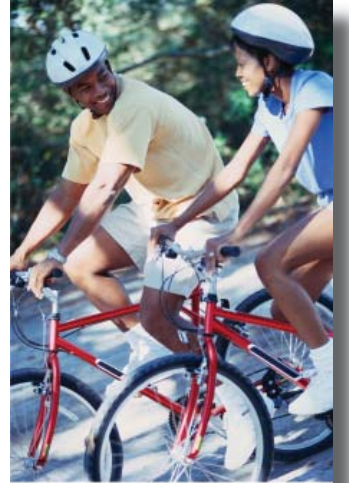
A leading identifiable cause of epilepsy is trauma to the head due to accidents. Wearing helmets while riding a bicycle, motorcycle, horse, scooter, skates, or while participating in any head injury prone sport can reduce the number of new cases significantly!

What is the Epilepsy Foundation?

We are dedicated to the prevention and control of epilepsy and its consequences and to the development of an optimal quality of life for people living with this disorder. Serving Greater Southern Illinois for over 30 years, the organization seeks to accomplish its mission through education, service and advocacy which includes: information, referral and individual advocacy; residential homes; epilepsy social support groups; in-service educational seminars, a speakers bureau, classroom presentations and Camp Roehr, a summer camp for children with epilepsy and other disabilities.

Ride...

Strap on your helmet, hop on your bike and ride for the fun of it! Ride for 20 miles starting at Parking Lot A, proceeding to MCT bluff trails - MCT nature trails to Horseshoe State Park and back to Parking Lot A. Help make a difference for people in your community living with epilepsy!



Run...

Put on your jogging shoes for a 5K run going through the bike trails and looping around through the Gardens and Cougar Village before coming back to Parking Lot A.



Walk...

Take a leisurely stroll through beautiful SIU Edwardsville Campus. Bring your buddies, strut with your baby strollers or roll out your wheelchairs. Walkers of all ages welcome!

It's all about having fun and making a difference!

Details, Details, Details...

Date: Sunday, Sept. 19, 2010
(rain or shine)

Place: Southern Illinois University
Edwardsville (SIUE)
Starting from Parking Lot A,
Vadalbene Center

Registration: Beginning at 9:00 am

20 MI. Ride: Starts at 10:00 am
Starts at Parking Lot A, down
SIUE Bike Trails

Run: Starts at 11:00 am
5K Run starts at Parking Lot A
Timing provided

Walk: 1 mile walk starts at 11:30 am
Refreshments, Lunch
Goody Bag, T-Shirts
Awards & Prizes!
Entertainment:
The Red Haired Boys
11:30 am - 1:00 pm

Division Awards

5K Overall Male & Female
(Plaque)
Age groups for 5K Male &
Female (medals)
Overall top Male/Female
finishers in each division will
receive a medal;
14 and under; 15-19; 20-24;
25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60-64;
65+

Awards will be distributed following the 5K run

For more info call
618-236-2181, ext 110 ask for Jan Conder
or 618-604-2595 ask for Alie Stach

Donation Form



**Thanks for supporting the Epilepsy
Foundation of Greater Southern Illinois!**

Individual name: _____ Family name (if applicable): _____

Age (if individual) _____ I/we will participate in (circle one): Ride Run Walk

- Turn in pledge cards/donations at registration table
- Keep this form to keep track of your sponsor pledges
- Copy this form to include additional sponsors
- Please make checks payable to: Epilepsy Foundation of Greater Southern Illinois
- The team that raises the most donations receives a \$100.00 Gift Certificate to Kemoll's Italian Restaurant. 2nd Place receives a DVD Player. 3rd Place receives two \$25.00 Gift Certificates to The Original Crusoe's.

Sponsors Name & Address	Contribution
SAMPLE: Jane Smith, 123 Main Street, Belleville, IL 62226	\$25.00
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____

**Why should everyone
donate to Sharon's Ride,
Run & Walk for Epilepsy?**

Your donations go directly to your local Epilepsy Foundation of Greater Southern Illinois to help improve the lives of people with epilepsy, also known as seizure disorder, a condition that affects more than two million people in the United States.

Thank you to all of our sponsors...



**ALL-STAR
DISTRIBUTING**



**Casual
Tees**

**The Original Crusoe's
&
Patrick McKeane's Pub**



2010 Sharon's Ride, Run & Walk Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (Home) _____ (Work) _____

E-mail: _____

I will participate in: Ride (helmets are required for all riders)
 Run
 Walk

Entry Fees: \$15.00 postmarked on or prior to September 12th
or \$20.00 after September 12th. T-shirts in requested sizes
are guaranteed to individuals who register by September 12th.
T-shirts available to the first 200 participants.

T-shirt sizes: Adult: S _____ M _____ L _____ XL _____
Child: S _____ M _____ L _____ XL _____

Packet Pick-Up/Race Day Registration: Packet pick-up and
race-day registration is at the main tent at Parking Lot A.

I am not able to participate in Sharon's Ride, Run & Walk
but want to make a donation. Enclosed if my check for:

\$1000 \$500 \$100 \$50 \$25 Other \$ _____

Complete this form and mail it along with your check payable to:
Epilepsy Foundation of Greater Southern Illinois
140 Iowa Avenue, Suite A
Belleville, IL 62220

WAIVER

Helmets are required for riders. Entries from minors will only be accepted with a parent or guardian's signature. I know that biking is a potentially hazardous activity. I should not enter and ride unless I am medically able and properly trained. I know that there will be traffic on the course route. I assume the risk of riding in traffic. I assume any and all other risks associated with this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the Epilepsy Foundation of Greater Southern Illinois, SIU Edwardsville, trustees officers, directors, members, employees, agents, volunteers, successors, assigns or anyone acting on their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind the nature whatsoever arising out of or in the course of my participation in this event. I grant permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature (parent or guardian's signature, if less than 18 years of age)