

# One step at a time...

Epilepsy affects nearly 3 million people in America. Awareness and understanding can help increase safety for those who have a seizure, improve the social and educational atmosphere for children, and encourage individuals to reach their full potential. It is not a condition you can see when looking at someone, but it is a condition you cannot forget.

There is a lack of awareness associated with Epilepsy. People who do not have a loved one or had a personal experience to the condition do not understand the impact it takes on your life. The efforts that one has to go through to attempt to control the condition is long, difficult and unclear. The condition varies from person to person and each individual's treatment varies greatly.

We have chosen to take the first steps by raising awareness. Next we need to raise the funds needed to understand, research and develop treatment for this condition. The question remains...

*Will you join us for 2019?*



**Tanya's Team**  
13523 Carrey Road  
Akron, New York 14001-9612  
[www.TanyasTeam.org](http://www.TanyasTeam.org)  
Address Correction Required



**TANYA'S  
TROT**  
*For Epilepsy*

*Raising Epilepsy Awareness...one step at a time.*

*8th Annual 5k Run/Walk*  
*(Certified Course NY14055JG)*

**September 29, 2019**  
**Akron, Ny**

[www.TanyasTeam.org](http://www.TanyasTeam.org)





Tanya Johannes



**TANYA'S  
TROT**  
For Epilepsy

### 8th Annual 5k Run/Walk

Proceeds to benefit:  
Epilepsy-Pralid, Inc.

## Registration Form

Registration available on line at [www.tanyasteam.org](http://www.tanyasteam.org)

Event	No.	Price	Subtotal
<input type="checkbox"/> 5k Run		\$25	
<input type="checkbox"/> 5k Walk		\$25	
One-time donation amount			
Total registration cost:			

## Tanya's Team

Tanya's Team was formed in honor and memory of Tanya Johannes who passed away in November 2010 from complications associated with epilepsy. Tanya had been suffering seizures for the past 11 years and was only 25 years old at the time of her death.

On Sunday, March 27, 2011, twenty-five relatives and friends of Tanya traveled to Washington DC as Tanya's Team to participate in the fifth annual National Walk for Epilepsy. The National Walk supports the Epilepsy Foundation's mission to stop seizures, find a cure and overcome the challenges that are created by epilepsy.

Tanya's Team raised over \$7,400 for the Epilepsy Foundation through contributions. Collections were taken at local businesses and restaurants, in and around Tanya's hometown of Akron, NY.

The event has two goals. The first is raising funds for the treatment and research of epilepsy. The second goal is to raise awareness of epilepsy and its impact on the lives of those who have the condition. Since its founding, Tanya's Trot for Epilepsy has raised over \$182,000.

Can you help take the next steps with us?

**September 29, 2019**

**Start time: 2:00pm**

**Veterans Park**

**Buell Street at Skyline Drive  
Akron, New York 14001**

Other event activities include:

Epilepsy Information Booth, Basket and Side Raffles, Light Refreshments

No dogs allowed.

Additional information and registration available at:  
[www.TanyasTeam.org](http://www.TanyasTeam.org)

Age Groups		Shirt Size	
4 & Under*	40 - 44	Youth	Adult
5-14	45 - 49	YS (6-8)	AS, AM, AL,
15 - 19	50 - 54	YM (10-12)	AXL, 2XL,
20 - 24	55 - 59	YL (14-16)	3XL, 4XL
25 - 29	60 - 64	YX (18-20)	
30 - 34	65 - 69	*All age groups receive an event T-shirt, except 4 & under, whose registration is free.	
35 - 39	70 - 74		
	75 & Up		

Please make checks payable to:  
**Tanya's Trot for Epilepsy**

Contact Registrant Name

Address

City, State, Zip

Phone Number ( ) M / F Age Shirt Size

Email Address

Additional Registrants:

Name	Age	Shirt Size
_____	( ) M / F	_____
_____	( ) M / F	_____
_____	( ) M / F	_____
_____	( ) M / F	_____

In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, do hereby discharge Tanya's Trot for Epilepsy and the race organizers and any and all sponsors and sanctioners of the race for all injuries and losses suffered by me from competing in or attending this event.

Signature

Mail completed form to:  
**Tanya's Trot for Epilepsy**  
13523 Carney Road  
Akron, NY 14001-9612