

Mental Health Association
in Orange County, Inc.
73 County Highway 108
Middletown, NY 10940

print additional forms at www.mhaorangeny.com

 If you could raise awareness for those with a lifelong disability by walking just one mile, WOULD YOU?

Autism Move-A-Thon of Orange County AMOC



Thomas Bull Memorial Park
Day Camp Area
Montgomery, NY

MOVE-A-THON
Sunday, October 10, 2010

10 a.m. – 3 p.m.

&

5K Cross Country
Race for Autism

Registration 7:00 a.m.—Start Time 8:00 a.m.

WALKERS WELCOME

To benefit the Autism Spectrum Fund and special events to raise awareness, understanding and acceptance of Autism Spectrum Disorders.

Brought to you by



Mental Health Association in Orange County, Inc.
and Parents Run A.M.O.C

Brochure printed courtesy Konica-Minolta

What is Autism?

Autism is a neurological disorder that affects a person's ability to communicate, reason and socially interact with others. It is a lifelong disorder affecting individuals differently and to varying degrees of severity. As reported by the Centers for Disease Control (CDC, February 2007), **1:110 children are affected by autism.**

AMOC features:

- One-mile course in scenic Thomas Bull Park
- Giant raffle
- Bouncy castle, face painting and more
- Free continental breakfast (limited GFCF)
- Children's Activities Tent
- FREE ID cards with fingerprints to all children and persons of any age with a disability
- Lunch available to purchase
- Information tables
- T-shirts, sweatshirts, magnets, bracelets, books, and other autism-related materials for sale
- Costume characters

Registration starts at 10 a.m.; Move-A-Thon, a 1 mile walk, is from 11 a.m. - 12:30 p.m.

How can you support the Move-A-Thon?

- Register for the Move-A-Thon. Just \$5 per person a day of fun and information.
- Be creative – Design a T-shirt, banner, hat, etc. for your team.
- Collect pledges for our 1-mile course
- Sponsor a mover
- Donate goods for the raffle
- Volunteer your time
- Make a cash donation

Please feel free to copy and distribute these forms!
Also available to print from www.mhaorangeny.com

For information or to volunteer,
(845) 342-2400 ext. 253 or ext. 307

Please make all checks and money orders payable to:

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Directions to Thomas Bull Memorial Park Day Camp Area Route 416, Montgomery

From Route 17:

Route 17 West to Exit 124. Turn left onto Route 17M at the light at the end of the exit ramp. At the next traffic light, turn right onto Route 207. Follow Route 207 through the Village of Goshen. Approximately 5 miles from Goshen, turn left onto Route 416 just after a narrow underpass. Proceed on Route 416 (park is on the left) approximately 2.3 miles and turn left onto Grove St. following signs for AMOC.

Route 17 East to Exit 124. Stay to the right on the exit ramp. Turn right onto Route 207 toward Goshen. Proceed as above.

From Route 84:

Route 84 West to Exit 5. Turn left onto Route 208. At first traffic light turn right onto County Route 99. Travel 4 miles to Route 416. Turn left. Travel 1.5 miles (park is on the right) turn right onto Grove St. following signs for AMOC.

Route 84 East to Exit 5. Turn right onto 208. Follow above. *The MHA family shares a system of values and behaviors that recognizes and respects the presence and contributions of all diverse groups.*

Helpline/Rapeline 1-800-832-1200

mha@mhaorangeny.com

(845) 342-2400



