

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

print additional forms at [www.mhaorangeny.com](http://www.mhaorangeny.com)

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



**Thomas Bull Memorial Park  
Day Camp Area  
Montgomery, NY**

**Sunday, October 11, 2009  
10 a.m. – 3 p.m.**

**\*\*New this Year\*\***

**5K Cross Country Race for Autism  
Registration 7:00 a.m.—Start Time 8:00 a.m.  
Thomas Bull Memorial Park  
Day Camp Area**

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), **1:150 children are affected by autism.**

### What is the Autism Move-A-Thon of Orange County (AMOC)?

A Move-a-Thon is like a walk-a-thon, except you are not limited to walking. You can run, dance, skip, hop or stroll. Just move!

#### 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 \$20 will register you:
  - ❖ As an individual
  - ❖ As a family
  - ❖ As a team: coworkers, neighbors, friends
- 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](http://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:  
**Mental Health Association in  
Orange County, Inc.  
73 County Highway 108  
Middletown, NY 10940**

**\*\*You must include AMOC on the memo line\*\***

### 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](mailto:mha@mhaorangeny.com)

(845) 342-2400



