



TAKING STRIDES
AGAINST MENTAL ILLNESS

P.O. Box 2155
Wayne, New Jersey 07474-2155



To Benefit

NARSAD
The Brain and Behavior Research Fund

May 16, 2010

3rd Annual



TAKING STRIDES

AGAINST MENTAL ILLNESS

Walk With Us!

Sunday, May 16, 2010

Wild Duck Pond
Saddle River County Park
Ridgewood, New Jersey

Scenic Park Walks
5 Miles • 3 Miles • 1 Mile



Taking Strides T-shirt
Super Refreshments
DJ Entertainment

Visit our website at
www.againstmentalillness.org
to register or make a credit card pledge.

To Benefit

NARSAD
The Brain and Behavior Research Fund

LOCATION

Wild Duck Pond
Saddle River County Park
Ridgewood, New Jersey

SCHEDULE

8:00 am Registration Begins
9:30 am 5 Mile Walk
3 Mile Walk
1 Mile Walk
11:15 am Celebration

COURSE

1, 3 or 5 miles on flat, paved trails
in beautifully scenic Saddle River
County Park. Water Stops.

ENTRY FEES

Our success depends on pledges.
Please ask friends and family to pledge
on your behalf.

PLEDGE AWARDS

Raise \$500MP3 Player
Raise \$1,000Blue Tooth
Raise \$1,500Digital Camera
Raise \$2,50022" LCD/HDTV DVD
Pledge awards subject to availability

AMENITIES

Taking Strides T-shirt, DJ, Super
refreshments, Random Prizes

INFORMATION

Rebecca or Harryet • 973.831.0577
info@againstmentalillness.org
www.againstmentalillness.org
www.OYMP.net

OPEN TO ALL AGES AND ABILITIES. BRING YOUR FAMILY AND FRIENDS



SADDLE RIVER COUNTY PARK

Saddle River County Park consists of five recreation areas linked by a bicycle-pedestrian path. Beautifully scenic, the park includes over 200 species of trees, shrubs, ferns, grasses, rushes and herbs. Saddle River County Park stretches from Ridgewood in the north to Saddle Brook in the south, crossing over and under several roads. The park features tennis courts, wooded picnic groves, fishing, bicycling and ice skating.

DIRECTIONS

Garden Sate Parkway Northbound

GSP North to Exit 163 to Rt. 17 North.
Take Ridgewood exit onto Ridgewood Avenue. Cross Paramus Road. Wild Duck Pond is on right. Follow parking signs.

Garden State Parkway Southbound

GSP South to Exit 165 (Ridgewood Avenue).
West on Ridgewood Avenue. Cross Paramus Road. Wild Duck Pond is on right. Follow parking signs.



www.OYMP.net



TAKING STRIDES

AGAINST MENTAL ILLNESS

Sunday, May 16, 2010

Wild Duck Pond
Saddle River County Park
Ridgewood, New Jersey

