

THIS IS WHY WE WALK

"I know what it's like to struggle with the painful and debilitating symptoms of bipolar disorder. I know how it feels to be in and out of hospitals countless times, enduring countless ECT (electroconvulsive shock therapy) treatments and barely hanging on while waiting for medication changes and adjustments to take affect. During those desperate times, as far as I was concerned, it was all trial and error. I believed I was going to be mentally institutionalized forever with no potential to lead a normal life.



NJ State Senator Richard and Mrs. Mary Jo Codey, Honorary Chairpersons, and Rebecca Ehrlich

Eventually those dark times passed, thanks to dedicated doctors and a loving and supportive family. I am working hard to continue achieving the goal I set out for myself a long time ago. Taking Strides Against Mental Illness is the nonprofit organization I founded to provide support for research into mental health disorders such as depression, mood disorders, schizophrenia and autism.

I'm committed to making a difference in the lives of people who live with a mental illness diagnosis. Until the stigma surrounding mental illness is erased and gone for good, there won't be a real understanding and true compassion for those who suffer from its symptoms, stealing their lives and dreams. Join me – walk with me – let's go the distance together!"

Rebecca Ehrlich



ABOUT BRAIN AND BEHAVIOR RESEARCH FOUNDATION

The Brain & Behavior Research Foundation is committed to alleviating the suffering of mental illness by awarding grants that will lead to advances and breakthroughs in scientific research. For over a quarter of a century, we have awarded nearly \$300 million worldwide to more than 3,000 scientists carefully selected by our prestigious Scientific Council. 100% of all donor contributions for research are invested in NARSAD Grants leading to discoveries in understanding causes and improving treatments of disorders in children and adults, such as depression, bipolar disorder, schizophrenia, autism, attention deficit hyperactivity disorder, and anxiety disorders like obsessive-compulsive and post-traumatic stress disorders. For more information visit www.bbrfoundation.org.



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.

Garden State Parkway Southbound

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



*Congressman Bill Pascrell, Jr.
Honorary Chair and Rebecca*

REGISTRATION FORM

5th Annual



TAKING STRIDES
AGAINST MENTAL ILLNESS

Sunday, June 3, 2012 • Wild Duck Pond, Ridgewood, NJ

- Each Walker must complete the form below
- Please ask family and friends to pledge for you
- Credit card pledges are accepted on line at www.againstmentalillness.org
- Please make checks payable and mail to:
Taking Strides Against Mental Illness
P.O. Box 2155, Wayne, New Jersey 07474-2155

first name last name

street

city state zip

phone

email address

I am walking as:

- Corporation/Organizational Team
 Family Team School Team Individual

Name of Team

Team Captain

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive & release any claims I may have against the Taking Strides Against Mental Illness, NARSAD, County of Bergen, officers, volunteers, successors & assigns for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in Taking Strides Against Mental Illness.

signature (of parent if under 18) date

**Set up your own personal page on our website
Have your friends and family pledge online**

THE DISTANCE TRAVELED

It's time to celebrate your accomplishments on our 5th Anniversary of the Taking Strides Against Mental Illness Walk. Your participation over the past 4 years has played a vital role in making a difference in the lives of the 1 in 4 Americans who suffer from a mental health diagnosis. Thanks to you, we have raised over \$82,800 in donations and matching grants. Our organization has funded 3 years of NARSAD Research Grants to young investigators who are committed to develop better treatments, therapies and cures to alleviate the pain and suffering caused by a mental illness.



LOCATION

Wild Duck Pond
Saddle River County Park
East Ridgewood Avenue
Ridgewood, New Jersey

SCHEDULE

9:00 am Registration Begins
10:00 am 5 Mile Walk
3 Mile Walk
1 Mile Walk
11:45 am Celebration

WALK COURSE

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

WALK REGISTRATION

Walk as a team or an individual. Represent your family, school or office. Open to family and friends of all ages and abilities.

WALK PLEDGE

\$25
\$250
\$500
\$1,000
\$1,500
\$2,500

WALK PRIZES


T-shirt
ShopRite Gift Card
ShopRite Gift Card
GPS Navigator
Blu Ray Player
Kindle Fire (Tablet)

Pledge awards subject to availability

ENTERTAINMENT

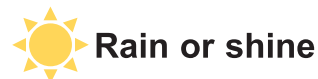
Super refreshments.
Johnny P and Dynamic Entertainment.
A memorable day with family and friends.

INFORMATION

Rebecca or Harryet • 973.831.0577
info@againstmentalillness.org
www.againstmentalillness.org
 www.facebook.com/takingstrides

COVER PHOTO

TomHartPhoto



5th Annual




**TAKING
STRIDES**
AGAINST MENTAL ILLNESS

Walk with Rebecca Walk with Us!

1 • 3 • 5 Mile Scenic Walks



Sunday, June 3, 2012
Wild Duck Pond
Saddle River County Park
Ridgewood, New Jersey

Visit us at
www.againstmentalillness.org
Make Credit Card Pledges and Register Online
 www.facebook.com/takingstrides

To Benefit

 **BRAIN &
BEHAVIOR**
RESEARCH FOUNDATION
Awarding **NARSAD** Grants