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Date: Saturday, October 10, 2009

Walk will take place rain or shine!

Place: Walk begins and ends at Auditorium Shores Parking Lot at the corner of W. Riverside Drive and S. 1st Street, across from Run-Tex.

Check-in Time: 8:00 a.m.

Team Photos: 8:00 – 9:00 a.m.

Walk Start Time: 9:00 a.m.

All walkers must register. There is no registration fee.

Total Distance: 5 K

Walkers may walk shorter distances.

Parking: Visit www.nami.org/namiwalks/TX/Austin for current information on parking for the Walk. Please note a fee for parking may apply. We request that you do not park in area neighborhoods.

For more information visit www.namiaustin.org
Or call NAMI Austin at (512) 420-9810.

Register to walk online at www.nami.org/namiwalks
Click on Texas, then click on Austin.

TAKE ONE STEP AT A TIME:

1. If you do not register online you will need to complete and mail registration form to NAMI Austin, P.O. Box 302398, Austin, TX 78703.
2. Request donations from family, friends, neighbors, co-workers, etc.
3. Please complete a Contribution Form for ALL donations collected.
4. Place all checks and completed Contribution Form inside Walker Collection Envelope, available from your Team Captain.
5. Give Walker Collection Envelope to your Team Captain prior to Walk Day. Any remaining contributions can be brought to the Registration Table on Walk Day.
6. Mail any post-Walk contributions to NAMI Austin, P.O. Box 302398, Austin, TX 78703.

Who we are.

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support, and education. Members of NAMI are families, friends, and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and borderline personality disorder. Many NAMI affiliates offer an array of support and education programs for families and consumers. For information about what is available in your community, contact your local affiliate directly or visit www.nami.org.

How far we've come!

NAMIWalks for the Mind of America is an awareness raising program of NAMI. Launched in 2003 with 12 pilot sites, the NAMIWalks Program has grown to include over 75 sites located in 43 states in 2008. All walkers are encouraged to reach out to family, friends, co-workers and business associates to raise support for their participation in the WALK.

All proceeds from the NAMIWalks will be used to fund NAMI's programs, which include support, education, advocacy and the encouragement of research involving mental illnesses. We anticipate the continued growth of NAMIWalks in the years to come.

We've got a few miles to go...

The National Institute of Mental Health reports that one in four adults – approximately 57.7 million Americans – experience a mental health disorder in a given year. One in seventeen lives with a serious mental illness, such as schizophrenia, major depression, post traumatic stress disorder, bipolar disorder, or other major mental illness, and one in ten children have a serious mental or emotional disorder. Fewer than one-third of adults and half of children with a diagnosable mental disorder receive any mental health services in a given year. Just as startling is the fact that in the U.S., the annual economic, indirect cost of mental illnesses is estimated to be \$79 billion.



P. O. Box 302398, Austin, Texas 78703
Phone: (512) 420-9810 E-mail: info@namiaustin.org
Website: www.namiaustin.org



NAMIWalks for the Mind of America.

Saturday, October 10

Auditorium Shores on Lady Bird Lake

Registration: 8:00 am

Walk Begins: 9:00 am

Austin: 2009

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Austin State Hospital
Cenpatico

NAMIWALKS: CONTRIBUTION FORM

Name: _____ **Phone:** _____ **Adult** **Child (Under 18)**

Team Name: _____ **Team Captain:** _____ **Affiliate Name:** NAMI Austin

Walkers – Please include the name of your Team and Team Captain to ensure that the money you raise is properly credited to your team.

Contributor's Name	Address	City	State	Zip	Check #	Amount
1. <i>My own contribution is ...</i>						\$
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						
19.						
20.						
TOTAL TURNED IN TODAY						\$

Make all checks payable to “NAMI Austin.” All walkers are encouraged to collect their donations in advance and turn them in to their team captain prior to the Walk, or bring them on Walk Day. Please complete a CONTRIBUTION FORM and place it in a WALKER COLLECTION ENVELOPE (available from your team captain) along with all collected donations. Please convert all cash to a check or made payable to “NAMI Austin.” Please turn in ALL collected contributions to your team captain PRIOR TO WALK DAY. Bring any remaining contributions to the Registration Table on Walk Day. Cancelled checks serve as tax-deductible receipts for donations. **Credit card donations can only be accepted online at www.nami.org/namiwalks...click on Texas, then Austin, and find your walker or team.**

Many employers match their employees' charitable donations. Check with your employer to see if your contribution will be matched by them.

REGISTRATION FORM

(This paper registration form is required for each walker who has not registered online.)

Yes! I'll walk with NAMIWalks for the Mind of America!

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail: _____

Adult **Child (Under 18)**

NAMI Affiliate: NAMI Austin

Team Name (if applicable): _____

Team Captain (if applicable): _____

Team Captains (if applicable): To ensure accurate credit to your team's total, we encourage you to fill in the Team Name, Team Captain, and NAMI Affiliate lines on all Registration forms and Walker Donor forms before you distribute them to your walkers.

Team Member Individual Walker

Team Captain Walk Day Volunteer

I cannot attend the Walk. Enclosed is my donation of \$ _____ to support NAMI Austin.

Check is enclosed. Check # _____

I am a...

Consumer Family Member

Professional Friend

Each Participant must read and sign below.

Waiver of Release and Liability:
I hereby waive all claims against NAMI, NAMI Austin, sponsors, or any personnel for any injury that I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature: _____

Parent or Guardian: _____
(if walker is less than 18 years of age)