

**FOR IMMEDIATE RELEASE****Media Contact:**

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Heber Half Run For Autism to hold its 2nd annual race

Proceeds will go toward serving children in the Kids On The Move Autism Center.

OREM, UT – January 1, 2019 -- The Heber Half Run for Autism includes a half marathon, a 5k, and a half mile All Abilities run. The race takes place on a downhill slope through the gorgeous Heber Valley. Finish line festivities include bounce houses, food trucks, and the legendary Heber Half blue foam party. When you're racing in the Heber Half Run for Autism, you're racing for a cause. Benefiting Kids On The Move's Autism Center, this race is one that leaves its runners feeling motivated and inspired. The race will be held on Saturday, June 29th in Heber City, Utah.

Although last year was the first inaugural Heber Half, almost 1200 runners participated, along with their family and friends who came to show support. People came from all over Utah to be a part of this special event, with even 100 runners traveling from out of state. The number of participants is expected to grow to 2500 runners for 2019's race.

Proceeds will go toward serving children and adolescents ages 18-months and older in the Kids On The Move (KOTM) Autism Center. The Autism Center provides Applied Behavior Analysis (ABA) therapy to help children with autism reach their full potential.

Autism is extremely prevalent in Utah, where one in every 58 children is affected by this diagnosis. The Center for Disease Control and Prevention (CDC) states that Utah has the second highest rate of autism nationwide. The Heber Half was designed to bring community members together to support a cause that is extremely widespread and close to the hearts of many Utahans.

One of the KOTM Autism Center clients, Addison, looked like any other child on the outside, but had difficulty in social environments. She experienced debilitating anxiety so badly that it would cause her to vomit or accidentally hurt herself.

"We felt like prisoners in our own home," said Addison's mother, Mary Howell, "We couldn't go to family functions, the grocery store, church or even the park."

After only nine months of therapy at KOTM, Addison is now able to go to most public places and family events. She has even started interacting with new people and making friends, something her parents weren't sure she could ever do.

The Heber Half is an event that brings together community members in love and support for children like Addison. This is the first official race in Utah to solely address the cause of autism. For the 2019 race, runners and volunteers can visit www.heberhalf.com to register.

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Kids On The Move, Inc.

Kids On The Move, Inc. (KOTM) is a nonprofit organization located in Orem, UT. KOTM supports the development of young children and families by "empowering families, one kid at a time." KOTM is the local, proven expert in child development and family resources with five main programs: Early Intervention, Early Head Start, the Autism Center, Mental Health and Respite Care. For more information about Kids On The Move, please visit www.kotm.org, or call 801.221.9930.