

# LIFE Skills, Inc. 5K Run/Walk

Name (print): \_\_\_\_\_

Age: \_\_\_\_\_

Youth: S M L    Adult: S M L X XXL

Name (print): \_\_\_\_\_

Age: \_\_\_\_\_

Youth: S M L    Adult: S M L X XXL

Individual Runner/Walker (Adult and child)  
\$15 per person

Group Rate: (2 or more that register together)  
\$12 per person

Total Enclosed: \$ \_\_\_\_\_

**Release of Liability:** *By signing above I release LIFE Skills, Inc. from any liability for all Run/Walk participants listed on this registration form, due to accident or injury during the Run/Walk. I also allow LIFE Skills, Inc to use my image in photographs and/or other media.*

Signature: \_\_\_\_\_

How you heard about us:

E-mail     Friend/Family

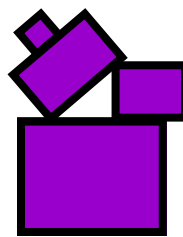
Online     Newspaper

Other:



## Mission Statement

LIFE Skills, Inc. exists to provide in-home and community based services and education in the least restrictive environment while promoting the highest level of independence possible. To this end, the agency serves individuals and their families by providing instruction in targeted areas in a manner based on best practices in service delivery.



## LIFE Skills, Inc.

“Helping individuals who have disabilities help themselves” for 20 years.



LIFE Skills, Inc. is a United Way agency.

LIFE Skills, Inc.  
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Iowa City, IA 52246

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Fax: 319-354-0724  
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lifeskil@lifeskills-inc.com  
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# RUN

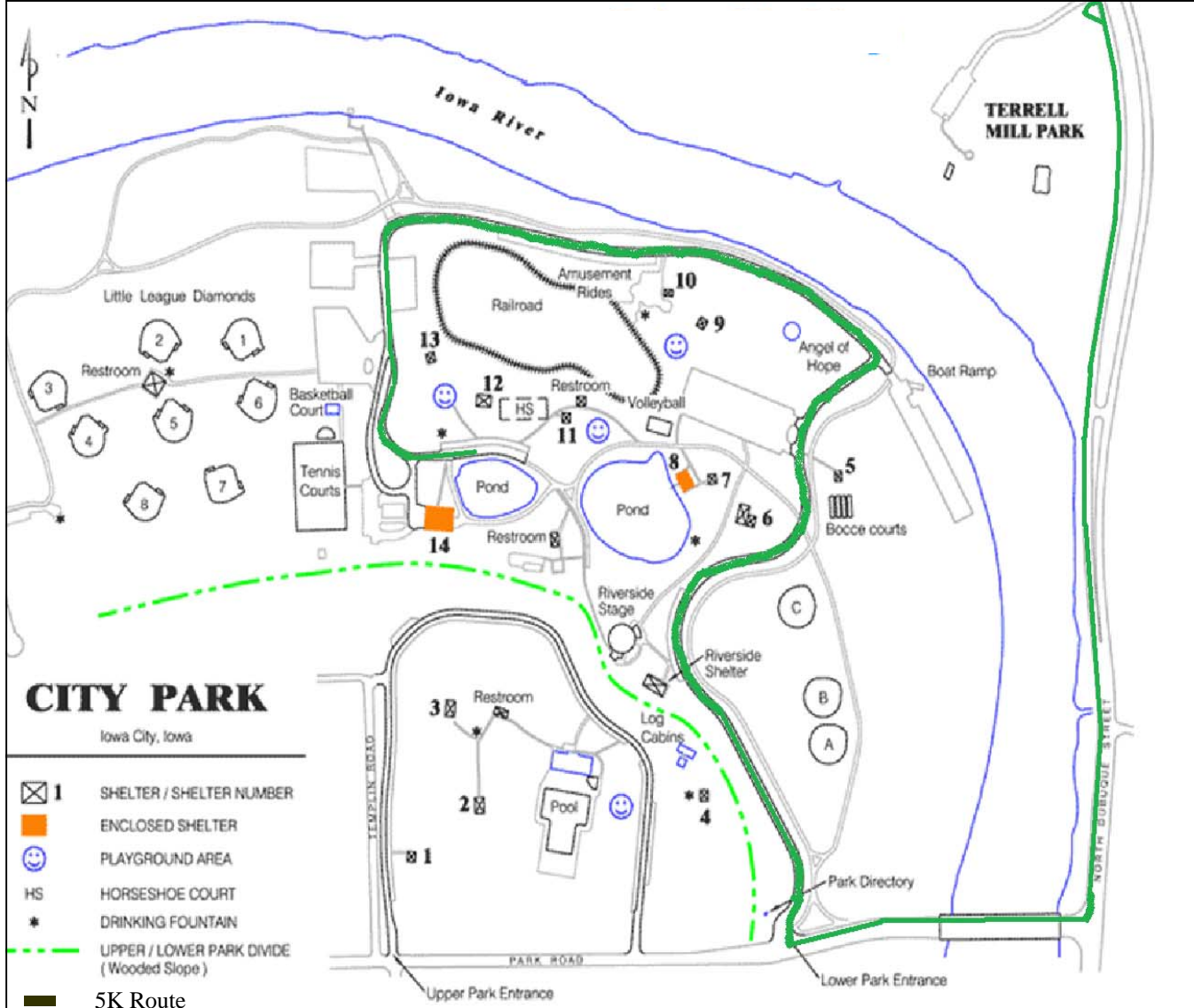


## For Your LIFE Skills 4<sup>th</sup> Annual 5k Run/Walk

**Saturday, August 29th, 2009**  
**Starting time 9:00 AM**

**Lower City Park – Shelter #12**  
**Iowa City, IA**

Return registration form and check made payable to:  
**LIFE Skills, Inc.**  
**483 Highway One, West**  
**Iowa City, IA 52246**



## 4th Annual 5K Run/Walk

Join us for our 4th Annual “Run for Your LIFE Skills” 5K Run/Walk at Iowa City’s Lower City Park on Saturday, August 29, 2009. Check In/Starting area will be at Lower City Park, Shelter #12.

**7:30-9:00 am**—T-Shirt pick-up/Check-in.

**9:00 am**—Race Starts at Shelter #12.

Strollers and leashed pets are welcome for walkers.

There will be food, drink and prizes after the race. Prizes will be awarded through random drawing. Entry into drawing will occur at race registration.