

John's Baby Steps



5K Race & Memory Walk

October 7, 2017

Kinnick-Feller Park
Adel, IA

- Chip Timing
- Kids Fun Run
- Gender & Age Awards
- Memory Balloon Release
- Team with most Pre-registered Participants, by 10/3/17 Wins Food for Party of 25 People

2017 Honorary Angels

Gavin Lee Sievers
Charleston Diane Faye Morlan

“HELPING PREVENT &
COPE WITH INFANT &
YOUNG CHILD LOSS ONE
BABY STEP AT A TIME...”

johndgomkecharity.org



2017 John's Baby Steps Run/Walk Entry form

TEAM: _____
 Last Name: _____ First Name: _____
 Address: _____ - _____ Age on 10/1/16 _____ Sex: M / F
 City: _____ State: _____ Zip: _____ Phone: _____ - _____ - _____
 E-mail: _____ **Circle One: 1 Mile OR 5K**

Shirt : __S__M__L__XL__2XL__3XL__4XL__No shirt or Youth Sizes \$10 __S__M__L__XL

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claim for damages I may have against the John D Gomke Charity, sponsors, and officials associated with the John D Gomke Charity Baby Steps 5K, their successors and/or assigns for any injuries incurred by me or my minor child in said event. The applicant also hereby attests that he/she has the preparation and physical shape to run/walk this race. I also hereby authorize any medical treatment deemed advisable by any licensed physician or emergency medical services personnel while participating in this event, and grant permission for any photographs taken of me during this event to be published.

X _____ Date: _____
 (Signature or signature of guardian if under 18)

Before 9/15 (included t-shirt)	\$30	\$ _____
After 9/15	\$30	\$ _____
Day of Race	\$30	\$ _____
Donation to:		\$ _____
<i>John D Gomke Charity</i>		
TOTAL:		\$ _____
<i>Checks payable to: John D Gomke Charity</i>		

Packet Pick-Up:
 Adel Public Library
 Thur. Oct. 5th, 10AM-7 PM
 Fri. Oct. 6th, 10 AM to 5PM

RACE DAY:
 Kinnick-Feller Park
 Packet Pick-Up & Registration
 7:00 AM to 8:00 AM

**-8:15 Angel Presentation
 Balloon Release
 -8:30 AM Race begin
 -Kids Fun Run
 - AWARDS!**

Register online or mail to: John D Gomke Charity - PO Box 613, De Soto, IA 50069 (DO NOT mail after September 10, 2017)