



**Neighbor  
Helping  
Neighbor**

WALK/5K RUN

Walkers and runners are invited to participate in our

# Neighbor Helping Neighbor

## Walk/5K Run

**A Fundraiser for Doorstep, Inc.**

**Location:** Lake Shawnee Shelter Houses 1 & 2, West Edge Road

**Date:** Saturday, October 5, 2019

**Registration:** 8:30AM to 9:15AM

**Time:** One Mile Walk & 5K Fun Run to begin at 9:30AM

**Celebrity Starter for the Walk/Run is:**

Chris Fisher ~ WIBW-TV

**Entertainment prior to the Walk/Run start:**

Mater Dei Drum Line

A continental breakfast will be provided at the finish of the Walk/5KRun in the shelter house.

Enjoy ~ Bagels, granola bars, fruit, juice, coffee and water

### One Mile Walk/5K Fun Run Registration Form **(Submit by 9/9/19)**

**Name:** \_\_\_\_\_ **Child?** **Age** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Circle one:** Male Female

**T-shirt size:** Youth S, M, L \_\_\_\_\_ Adult S, M, L, XL, 2X, 3X \_\_\_\_\_

The registration cost is \$30 for individuals or pledges (\$30 minimum). One child age 10 & under walks FREE with a paid adult. (T-shirt extra) Child needs registration form. T-shirt included with \$30 registration fee or on total pledges of \$100+. Registrations received after September 9th will not be guaranteed a t-shirt. Mail registration form and check made out to "Doorstep" to: Doorstep, Inc. 1119 SW 10th Avenue, Topeka, Ks 66604 or you may register online at [www.DoorstepTopeka.org](http://www.DoorstepTopeka.org)

I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in the Neighbor Helping Neighbor Walk/5K Run, (2) In consideration of my participation in the Walk/Run I, on behalf of myself, my heirs, and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates as well as their agents and employees from any and all claims that may accrue as the result of my participation, and (3) I hereby grant Doorstep, Inc. specific permission to reproduce, publish, circulate, copyright or otherwise use any and all photographs of me and/or my family taken at the Walk/Run for the use of Doorstep, Inc.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent or legal guardian if under 18