

REGISTRATION FORM RUNNER/WALKER

To guarantee a shirt, participants must register by May 18!

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Age (on race day) _____

Male Female

5k 10k 1 mile Donation Only

Shirt Size (circle one): S M L XL 2XL

Amount Enclosed: _____

Payment Method:

Check (payable to Village NW Unlimited)

Send checks and completed entry form to:
Village Northwest Unlimited
330 Village Circle
Sheldon, IA 51201

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, its agents, representatives, successors, and assigns for all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and have trained to participate in this event. I also agree to permit the use of photos taken at the event for publicity purposes.

Signature: _____

Date: _____



Register online at allsportcentral.com

Can't participate? Event donations can be made at - Bit.ly/VNU-2018RWR

• • • 13TH ANNUAL • • • STUDENTS • • • RUN, WALK & ROLL GIVE BACK

Join us for our 13th annual Run, Walk & Roll event scheduled for Saturday, June 2nd at 8am. We are always excited to welcome the returning participants and for those who have not participated in the past, we encourage you to join us and bring the entire family!

This fundraising event is for all ages and abilities and includes a 1 mile walk/roll (this route is wheelchair accessible), 5k run & 10k run. In 2017, we had 406 participants raising over \$94,000. All money raised stays at the Village to support our residential, social, therapeutic and vocational programs we offer for all residents.

All 5k and 10k participants can pick up their packets, which include bibs, t-shirt, timing chips and maps, from the Wansink Center at VNU between 4:00pm-5:30pm Friday, June 1st or 6:45am-7:30am Saturday. 1 Mile participants can check in Saturday morning.

THANK YOU SPONSORS!

— KEY —



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When MiKayla Landsness and the LPN class at NCC visited in 2017, Mikayla was impressed by what she saw here. "Everything about VNU is impressive, and the new houses were really great." Mikayla told us as she reflected on her visit. "I love volunteering and knew I wanted to do something." However, busy with her many duties including being an R.A., Student Government President, and all that comes with being a college student, volunteering wasn't going to fit into the schedule. She had an idea to hold a bake sale and donate 100% of the proceeds to VNU. So the nursing students all got involved either providing (or buying) the goodies, as well as advertising about where the proceeds of the bake sale would be going. "The Student Government group decided they would match the proceeds dollar for dollar." Noted Mikayla. The bake sale, held this March, was a big success.

"We are blessed and encouraged by the generosity of everyone involved at NCC. We want to thank Mikayla, everyone in the nursing program, and all those in the student government for thinking of and serving the individuals here at VNU. What a fantastic group of young people who are already making their mark on the world. We wish them all the best as they launch their careers beyond their education at NCC." Commented Ryan Haack, Director of Development.



• • WACKY WEDNESDAY • •

Two staples this time of year are the annual "Wacky Wednesday" event and the "St. Patrick's Day Bake Sale". The events, are put on by the VNU Advisory Council to support the Iowa Association of Community Providers, as they continue their efforts to advocate on behalf of individuals with disabilities. The Advisory Council is made up of VNU consumers and staff.

Wacky Wednesday was a fun afternoon of skits, games and a talent show. As a bonus, there was an opportunity to buy cans of silly string and soak members of the VNU Cabinet. Not coming as a big surprise, Barry W. CEO, was a popular target. The Bake Sale included all kinds of goodies from cookies, cakes, bars and pies. Not only did staff and residents have a great time, but they raised over \$1,000.