

Burlington
May 13th | Crapo Park,
Large Shelter



Iowa City
May 20th | Terry
Trueblood, Shelter #1



IOWA - 2023

Walk For Life



It's easy!

- Collect no money! Only walk a mile or two - bring the whole family. Come rain or shine.
- Free T-shirt for \$250 in pledges! Walk on your own if you can't join us.

Step One

- Register online, by email, by phone or with your group leader TODAY.

Step Two

- Ask EVERYONE you know to sponsor you. You will be amazed by how many will say YES!

Step Three

- Please be sure all names and addresses are complete and easy to read. Bring your completed pledge form(s) the day of the Walk or drop it off at a clinic beforehand. Don't collect any money. We'll handle the billing.



**Free T-Shirt with
\$250+ in pledges!**

Questions?

IowaWalkForLife.Org
or 319.337.0575

*Informed Choice
Medical Clinic*

PO Box 2537

Iowa City IA 52244

Sponsor Pledge Form

Bring this complete form to the walk. You may photocopy this form for any team members.

Walker's Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ ☐ Home ☐ Cell

Email

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My Goal _____ Total Pledges _____

Team Name *(if applicable)* _____

I am a(n) ☐ Adult ☐ Teen ☐ Child

Have you participated in the Walk for Life before?

☐ Yes ☐ No

Shirt Size *(circle one)* **S M L XL 2X 3X 4X**

☐ I am unable to walk, but will make a donation of \$ _____
(Please make check payable to Informed Choice of Iowa)

Questions?

IowaWalkForLife.org
or 319.936.6685

You may collect money now and bring it to the Walk OR choose to have us handle it – just check the BILL ME box and we'll do the rest!

Please print all information clearly. Make check payable to Informed Choice of Iowa.

Informed Choice of Iowa
PO Box 2537
Iowa City, IA 52244

First		Last	
Address			
City	ST	ZIP	Phone
Email			
<input type="checkbox"/> PAID <input type="checkbox"/> BILL ME <input type="checkbox"/> \$25 <input type="checkbox"/> \$35 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> OTHER \$ _____			

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