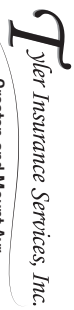


SPONSORS



ATHLETICO
PHYSICAL THERAPY



Founder: Tyler Leech

Human soles contain more sweat glands and sensory nerve endings per square centimeter than any other part of the body.

Our feet constantly supply us with information about the surface we walk on, without our even being aware of it. It's no wonder that wearing shoes will send mixed signals to the brain, especially to someone who is sensory challenged.

People with autism may experience different sensory experiences or have trouble with proprioception. They may have a limited ability to connect with themselves because they cannot connect with the world around them when they are shod. For many people with autism, walking barefoot helps calm down their nerves and lessens their stress. Those with autism appear to be more alert and in tune with their surroundings while they are barefoot.

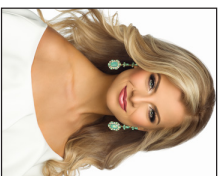
 BarefootAutismChallenge/
#barefootautismchallenge

Miss Iowa 2017 Chelsea Dubczak

Age: 23

Hometown: Holmen, Wisconsin
Bio: A lover of music and fitness, Chelsea is a graduate of Drake University with a degree in Vocal Performance, and she is also a Certified Personal Trainer.

Chelsea is blessed to do what she loves for a living – help clients work to achieve their best personal fitness and to begin admiring their own strengths. Chelsea also trains young voices as a private vocal instructor. Her mission is to help people who feel they are simply surviving, to start thriving.



AUTISM SOCIETY OF IOWA

6th ANNUAL



**5K RUN, WALK,
BAREFOOT CHALLENGE
& RESOURCE FAIR**

Special Guest
Miss Iowa 2017
Chelsea Dubczak

SATURDAY,
APRIL 28, 2018
Creston High School
601 W Townline Street

 **AUTISMSOCIETY**

Improving the Lives of All Affected by Autism

Iowa

SCHEDULE

10:00 a.m. to
11:00 a.m.

Registration and T-shirt Pickup
Autism Resource Fair
Barefoot Autism Challenge and
Miss Iowa Photo Ops
Music donated by
Granny Holly's Mix A Lot

11:00 a.m. to
11:20 a.m.

Welcome
Introduction of Miss Iowa
Autism Awareness Lap
Ballroom Release Photo

11:20 a.m.

Start of 5K Run with Walkers
to follow

5K Run Participants: No Awards
but Unofficial Times Available

Your donation helps to make this and other
local events possible:

- "Swim Team" Screening
- Sensory Friendly Films
- Splash for Autism
- Social Skills Club
- Scholarships
- Family Needs
- Academic
- Conference
- Adaptive Sports & Dance Programming

Autism Resource Fair Participants

Autism Society of Iowa
Iowa Focus

Barefoot Is Legal
Child Health
Specialty Clinic

Plus several more!



AUTISM SOCIETY
Importing the Lives of All Affected by Autism
Iowa

REGISTRATION FORM

Our online registration is fast and easy! Save a stamp. Go to autismia.org
5K RUN, WALK, BAREFOOT CHALLENGE & RESOURCE FAIR

Please fill out a separate registration form for walkers not from your household.

\$25 per adult/\$15 per child (12 and under)

Additional copies can be downloaded at autismia.org

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Please check your desired shirt size *(Form must be received by April 13 in order to receive a shirt)

Adult sizes:

- Small Medium Large
 XL 2XL

Child Sizes:

- Small (4-6) Medium (8-10)
 Large (12-14)

WAIVER AND RELEASE OF LIABILITY: I, hereby waive all claims against the Autism Society of Iowa or any personnel for any injury or loss I, or my child might ward, might suffer, by participating in, or as a result of this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photos or likenesses of me and/or quotations from me in legitimate accounts and promotions of this event. By signing, I have indicated my agreement with all of the above.

Signature _____ Date _____

Additional participants from same household

Name _____ Shirt Size _____

Name _____ Shirt Size _____

Name _____ Shirt Size _____

Name _____ Shirt Size _____

FEES

Adult _____ Number Registering _____ x \$25 = \$ _____

Children (12 & under) _____ Number Registering _____ x \$15 = \$ _____

Cash _____ Check _____ **Total = \$ _____**

**T-shirts are only guaranteed to those who register prior to April 13. We will make every effort to have requested size available, but reserve the right to substitute another size.*

Mail Completed registration form and payment to:

AUTISM SOCIETY OF IOWA PO Box 65311 • West Des Moines, IA 50265

For questions, contact 515-327-9075

