



**IOWA STATE FAIR
BLUE RIBBON
FOUNDATION**

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Support the Iowa State Fairgrounds

DES MOINES, IA - The seventh annual Fairgrounds 5K will take place on **Sunday, November 3, 2013** on the Iowa State Fairgrounds. Runners, joggers and walkers will have the opportunity to experience the Fairgrounds' park-like setting without the hustle and bustle of the Fair. Nothing compares to an Iowa State Fair corndog and this is your chance to enjoy one guilt free.

The 5K run's scenic race route will take you down the Grand Concourse, around the livestock barns and through the hills of the Campgrounds. Awards will be given to winners in different age groups and to the overall male and female runners. Official RFID timing will be used for the race.

Fair-lovers can also participate in the one mile walk. Take a nice stroll through the beautiful Fairgrounds. All participants in the walk will be entered into a drawing for prizes.

Just like the Iowa State Fair, the 5K event is for the entire family. Kids are able to participate in the Chase the Cow Kids' Run. All kids will receive a participation ribbon and a t-shirt. To make it even more fun, the kids will chase a cow mascot to the finish line!

"In August, the Fairgrounds are filled with great people, music, entertainment, rides and the best food we all look forward to every year. The 5K is the perfect opportunity for Iowans to see how one of a kind our Fairgrounds are while the Fair is not going on and also support its preservation and renovation," said Peter Cownie, Blue Ribbon Foundation's new Executive Director. "I encourage all runners, walkers, and avid Fair-goers to take part in this special event."

Volunteers will be needed on race day to help with route directions, water stations, at the finish line and other areas. If you are interested in volunteering, please contact Drew at 515-262-3111 Ext. 675 or drew@blueribbonfoundation.org.

Online registration for the Fairgrounds 5K is available at www.BlueRibbonFoundation.org. For more information about the Fairgrounds 5K or the Blue Ribbon Foundation, please visit our website or call 1-800-450-3732.

The Blue Ribbon Foundation is a non-profit 501(c)3 organization. Since its inception in 1993, the Foundation has generated more than \$95 million for renovations and improvements to the Iowa State Fairgrounds.

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