



IOWA STATE FAIR
BLUE RIBBON
FOUNDATION

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8th Annual Iowa State Fairgrounds 5K Supports Future Renovations

DES MOINES, IA – Adventure to the Iowa State Fairgrounds on November 2 for the 8th annual Fairgrounds 5K, presented by West Bank. Runners, joggers and walkers can 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".

"In August, the Fairgrounds are filled with great people, entertainment, rides and the best food we all look forward to every year. The 5K is the perfect opportunity for Iowans to see how beautiful our Fairgrounds are while supporting its preservation and renovation," said Peter Cownie, Blue Ribbon Foundation Executive Director. "I encourage all runners, walkers, and Fair-goers alike to take part in this special event."

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. Runners will see current projects on the Fairgrounds with the continued renovation of the Youth Inn and construction on the new MidAmerican Energy stage. Awards will be given to winners in different age groups and to the overall male and female finishers. Registration is \$20 before October 20th, \$30 from October 20-28 and \$40 on race day. Entry fee includes a t-shirt and goodie bag.

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 additional prizes. Registration for the walk is also \$20.

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 for the \$5 registration fee. To make it even more fun, kids will chase a cow mascot to the finish line!

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 515-262-3111 Ext. 675.

The Blue Ribbon Foundation is a non-profit 501(c)3 organization. Since its inception in 1993, the Foundation has generated more than \$100 million for renovations and improvements to the Iowa State Fairgrounds.

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