

BLOOD SWEAT & BEERS 5K



10.7.23

DOWNTOWN DES MOINES



RACE DAY INFORMATION

First let me extend a **HUGE THANK YOU** from our entire team of volunteers for registering and helping us provide financial support for IOWA families struggling during their blood & pediatric cancer treatments. With your participation in this event, you are truly changing the lives of our fellow lowans & we hope to make your race-day experience unforgettable.

Early Packet Pick-Up:

- Friday, October 6th, 3:30-6:30pm at The Walnut (1417 Walnut St.)
- Grab your race bib, Official Blood Sweat & Beers Umbrella and shoot the breeze with us over a cold drink at The Walnut.

Race-Day Registration & Packet Pick-Up

- Proceed to the Registration table inside The Walnut to pick up your race bib & umbrella. Companion ticket holders check in at Registration Table.
- Race-Day Registration will be available from 8:00-9:30am.
- Race begins at 10:00am.

Parking & Race Route Map

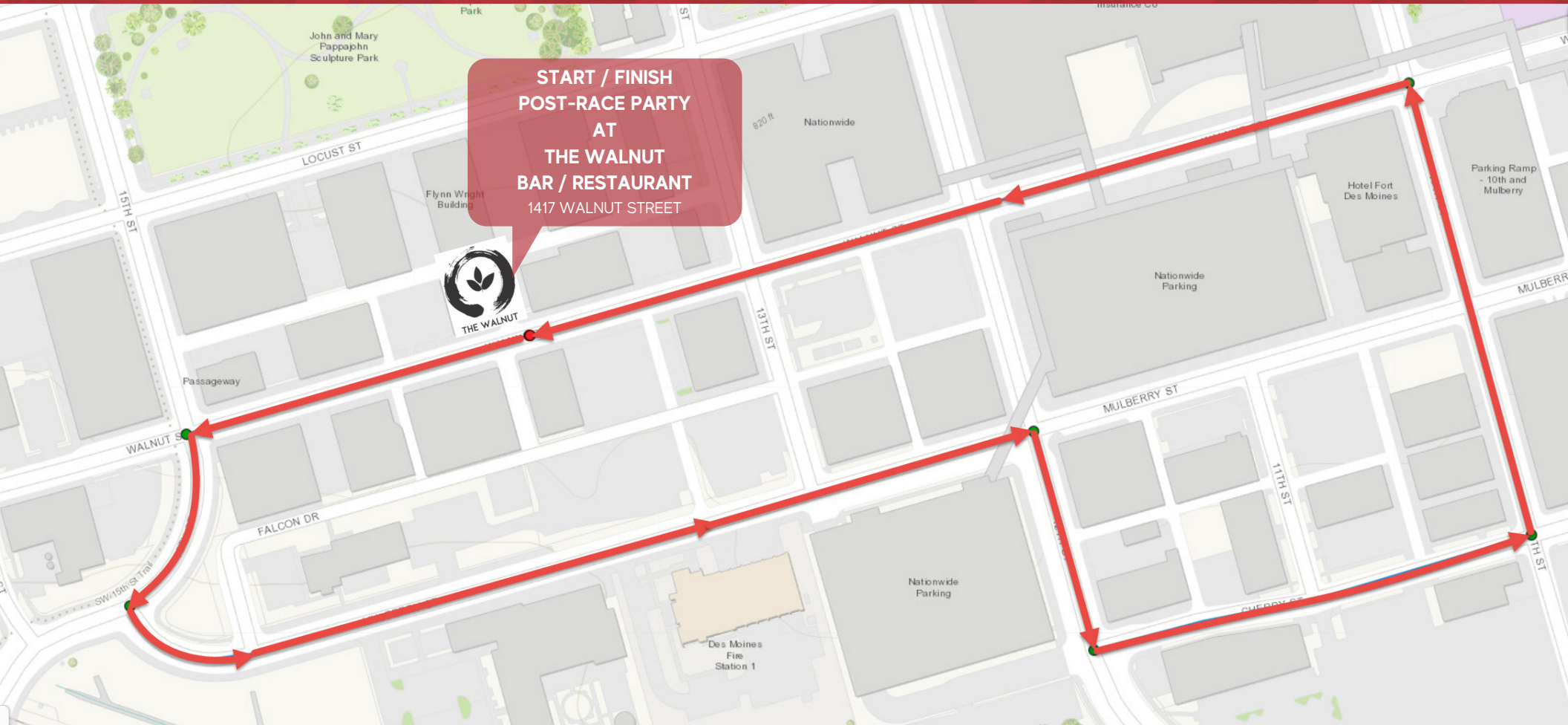
- There is parking in the Nationwide Parking Ramp (1100 Walnut) and it's just a couple blocks to the east of Start/Finish area (see map on other side).
- Once parked proceed to The Walnut at 1417 Walnut St. for packet pick-up, same-day registration, and pre-race activities.

Post Race Block Party & Other Tidbits:

- Complimentary bowl of chili with all the fixin's, Barn Town Beer, and water will be served.
- Race awards will be announced at 11:00am for top runners in each category.
- Bring your wallet to pick up some really cool Blood Sweat & Beers swag.
- Family-friendly with bounce-house for the kiddos.

If any questions, email me at Tim.Mauro@FCNet.org or call my cell phone at (515) 554-9773

2023 BLOOD SWEAT & BEERS 5K COURSE MAP



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