



Northwest Iowa
Community College

603 West Park Street
Sheldon, Iowa 51201

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NEWS RELEASE

*May be published
when received.*

Northwest Iowa Community College to Hold its' Second Annual "Days of Thunder" Celebration October 21 – 25

Northwest Iowa Community College is holding its second annual "Days of Thunder" celebration October 21 – 25. It is a weeklong homecoming celebration that is held every year in October.

The list of activities includes:

Tuesday, Oct 21

Senior Citizen Day, 8-12 noon, LLRC

RSVP - NCC Continuing Education Division at 800-352-4907 or 712-324-5061

8:00am	Registration/Free Continental Breakfast
8:30am	Welcome/Announcements by Dr. Alethea Stubbe
9:00am–11:30am	Bingo
9:00am–10:15am	"Learn About and Perform Exercises Designed to Build Bone Strength and Reduce Risk of Falls" by Alex Price, LLRC Personal Trainer and Group Fitness Instructor
10:15am–10:30am	Break
10:30am–11:30am	"Healthier Cooking Tips" by Sheila Storbakken, RD, LD, Sheldon Hy-Vee Registered Dietician
11:30am–12:00pm	Closing Remarks and Door Prizes

Wednesday, Oct 22

Pickup Parade line-up, 9:30 10:00am, NCC Campus

Preregister at nwicc.edu and look in the welcome box for the Days of Thunder logo and click on the *Pickup Parade Information* link

World Record attempt Pickup Parade, 11am, NCC Campus

FREE Meal, 12:30pm, LLRC

Manufacturing Day, 9am-12noon, Building C

Activities Include: Company Presentations, Employment Possibilities, Display of Company Products, Tour of the Engineering Design/Design Technology Program

Student Dodgeball Tournament, 7-9pm, LLRC

Thursday, Oct 23

NCC Trivia, 12 noon, Dining Room

Student Laser Tag, 3-6pm, A114-119

Friday, October 24

Wear NCC Gear Day, All Day

Family Day

- Visit classrooms 9am-1pm
- Join us for lunch from 11am-1pm (no RSVP required)
- Take advantage of discounts at the College Store

Thunder Road Race Packet Pick-up, 4-7pm, LLRC

Sat, October 25

NCC/KIWA Thunder Road Race

Register Online at www.allsportcentral.com - All Proceeds benefit student scholarships

7:45–8:45am Packet Pick-up, **LLRC**

8:30am Pre-race Warm-up,

9:00am **Thunder Road Race**, LLRC, 1 Mile Fun Run/Walk, 5K Run/Walk, 10K Run, costume contest, post-race refreshments, medals/trophies

For the most up-to-date information and announcements about all of the *Days of Thunder* events please go to nwicc.edu and click on the *General Days of Thunder Information* link in the Announcement Box, call 712-324-5061, or email contactus@nwicc.edu for more information. NCC – There's a Place for You!