



Northwest Iowa
Community College

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NEWS RELEASE

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Northwest Iowa Community College Foundation and the KIWA Radio Stations are proud to announce the *First Annual Thunder Road Race*

The Northwest Iowa Community College Foundation and the KIWA Radio Stations are proud to announce the *First Annual Thunder Road Race*. The purpose of the event is to raise money to support scholarships for NCC students. The event will start on Thunder Road located on NCC's campus, Saturday, October 27 beginning at 8:00 a.m.

The event will include:

- Pre-race warm-up/yoga with LLRC Personal Trainers (7:30 a.m.)
- 1 mile walk/run
- 5K walk/run
- 10K run
- Professionally timed event with timing chips (provided by True Time Racing)
- Medals awarded for 1st thru 3rd places for all male and female age divisions.
- Trophies for overall male and female winners for 5K and 10K runs
- Halloween costume contest with prizes awarded
- FREE refreshments will be available post-race
- All participants will receive a long-sleeved dry-fit shirt
- Official opening of THUNDER ROAD on NCC's campus

To get you ready to run the race the Lifelong Learning and Recreation Center (LLRC) is starting a Thunder Running Club. The club will begin meeting on Tuesday, Sept. 18th – Thursday, Oct. 25th. Enjoy running with other runners with similar goals and ability. Registration deadline for the Running Club is Friday, Sept. 14th by the LLRC closing time (10:00 PM). We must have 4 registered participants to hold these sessions. This is a 6-week program leading up to the NCC Thunder Road Race that will prepare you to run the 5K/10K race with an experienced trainer and the support of a group. A LLRC Trainer will also create a goal-specific and individualized 6 week program for you to do during the rest of the week.

Your trainer will create fun routes, a comfortable pace, and help you increase your mileage as you prepare to reach your goal of participating in the NCC Thunder Road Race. The morning group will meet Tuesdays and Thursdays for group running workouts at 5:30 AM at the LLRC. The early evening group will meet Mondays and Wednesdays for group workouts at 5:15 PM at the LLRC. The running club will use the indoor track, roads, and trails for their workouts.

Please register for the Thunder Running Club at the LLRC Welcome Desk. We welcome all ability levels and experience is not necessary. Participants are required to pay their participation fee at the time of registration. *\$25 LLRC Member, \$45 Non-member*

If you are interested in registering for the Thunder Road Race, or would like to make a donation to student scholarships you can do so by accessing the Northwest Iowa Lifelong Learning and Recreation Center website at www.nwicc.edu/recreation-center/ or you can go directly to www.allsportcentral.com. If you have any questions about the Thunder Road Race or would like to volunteer to help the day of the race please call 712-324-2493.