

NEWS RELEASE

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Still Time to Sign up for the Northwest Iowa Community College Foundation/KIWA Radio Stations Fifth Annual Thunder Road Race

The Northwest Iowa Community College Foundation along with the KIWA Radio Stations are proud to announce the fifth *Annual Thunder Road Race*. The event will start at the Lifelong Learning and Recreation Center (LLRC) located on NCC's campus, Saturday, October 29 beginning at 9:00 a.m. All proceeds from the event support NCC student scholarships.

The event will include:

- Pre-race warm-up with LLRC Personal Trainers (8:30 a.m.)
- 1 mile walk/run
- 5K walk/run
- 10K run
- Professionally timed event with timing chips (provided by All Sport Central)
- 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 shirt

“KIWA Radio is excited to sponsor Northwest Iowa Community College's Thunder Road Race for the fifth consecutive year” said Walt Pruiksmas, KIWA Radio General Manager. “KIWA realizes the importance of our community college to Northwest Iowa. Northwest Iowa Community College, one of the fastest growing community colleges in the nation has become an integral part of the area's educational process. KIWA looks forward to working with OUR community college for years to come.”

Kristi Landis, NCC Alumni Coordinator, stated, “The great thing about this event is there are various levels of participation. There are the 10K and 5K for more avid athletes, a 1 mile walk for those of us who enjoy getting out on a wonderful day for a good cause or if you can’t make the date fit into your schedule you can make a donation. The only personal quality you need is the desire to help NCC students. With all the proceeds supporting scholarships for NCC students, anyone who wishes to participate, regardless of ability or scheduling, is helping the College and our students. ”

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 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 712-324-5061, Ext. 246.