DIVA
—DASH—
5k

August 3, 2019 @ 8:00 am
Des Moines, IA • Participant Guide

Packet Pick Up

Friday, August 2nd: 2pm-6pm
Fleet Fleet
521 E Locust St, Des Moines, IA 50309

Saturday, August 3rd: 6:45am-7:45am
Historic East Village
5th Street between East Locust and East Walnut St

- We will have a list of everyone who is registered, and packets will be sorted alphabetically by last name

- You are welcome to pick up packets for friends, family, team members but please coordinate with them to avoid confusion

- If you are picking up for your team, please bring a list of names of everyone on the team

- 5K participants will receive a shirt and envelope containing your bib number and timing chip with twist ties that must be attached to your shoe. Lil' Princess participants will receive a bib number, shirt and tiara.

- On-site registration will be available at packet pick up

Race day information

Saturday, August 3, 2019
Historic East Village
(5th Street between East Locust and East Walnut St)

6:45 am - Race day packet pickup starts
8:00 am - 5K race starts
9:00 am - Lil' Princess Girls Run starts after completion of 5K
(look for the Lil' Princess flag for meeting location)

Rolling results will be available as participants finish the 5K and will be posted to www.divadash5k.com immediately following the completion of the 5K.

- The race will be chip timed - your official time will start when you cross the starting mat; finish time, when you cross the finish line mat

- Your timing chip MUST be attached to your shoe and cannot be in your hand, pocket, or anywhere other than your shoe.

- The timing chips are reusable and will be clipped off your shoe at the finish line

- If you are unable to run, please return the timing chip at packet pick up or to Diva Dash 5k (200 E 135th St, Kansas City, MO 64145)

- The race will be held unless weather conditions make it unsafe to run/walk. The race director reserves the right to cancel the race, and no refunds will be given.
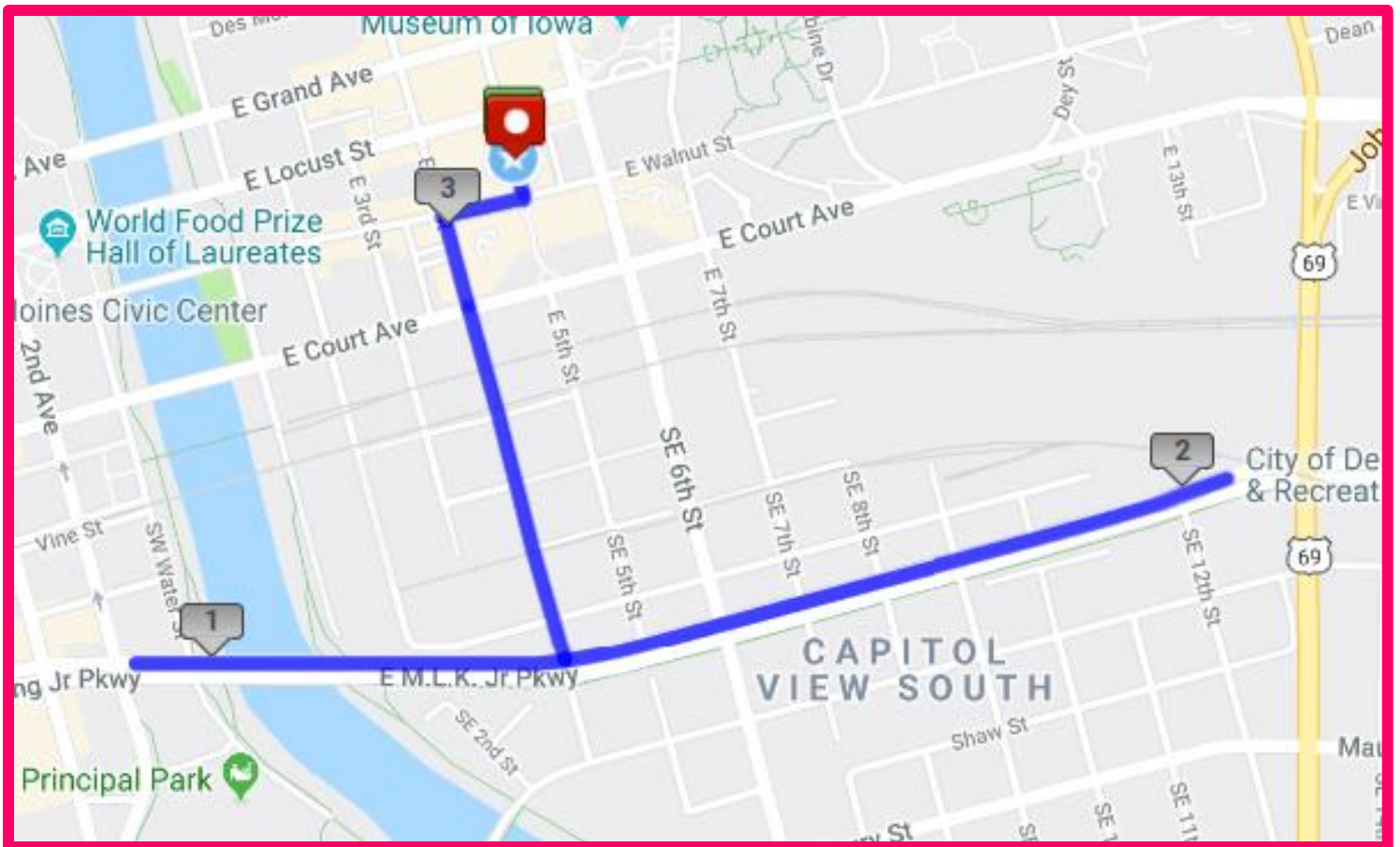
Sign up to get a text with your results!

- **The Diva Dash 5K is offering text or email notifications of your results shortly after you cross the finish line!**
- **If you want to receive a notification and did not sign up for this when you registered, click the link below**
  - o **Search for your name**
  - o **Click "Result Notifications" in the far right column**
  - o **Enter your phone number and/or email address and click "Set Up Notifications"**

Sign up for a text or email notification here.

Awards and Photos

- 5K finishers will receive a finisher's medal at the finish line. Lil' Princesses will receive a Princess medal after the run

- Awards will be given out at the event for the top overall female finisher, top overall masters female finisher, and the top three females in each age group (10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+). Awards will not be mailed.

- Photos will be taken at the event and will be posted to the website at www.divadash5k.com within a few days of the race. Share your photos from the event with us on Facebook, Twitter, and Instagram #DivaDash5K

Course Map

Instant Results

After the race, you can view your results by scanning the QR code on your bib. Just follow these instructions

Open the camera on your phone and hover over the QR code, a pop up will appear on your screen, click the pop up and it will take you directly to your results on Run Sign Up.

DIVA
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5k

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RESULTS

LINDSEY

Charity partner

Children's Cancer Connection

We are proud to partner with Children's Cancer Connection whose mission is to enhance the quality of life for families affected by childhood cancer by providing programs for education, recreation and support. Learn more about this organization at www.childrenscancerconnection.org.

Thank you for joining us at the Diva Dash 5K & Lil' Princess Girls Run!