



COURSE MAP & PARKING

RACE DAY INFORMATION

First let me extend a HUGE thank you from our entire team for registering for our event and helping us provide financial support for IOWA Families struggling with blood cancer. Your support is overwhelming, and we hope to make your race-day experience fantastic. So here's the scoop for Race-Day:

Parking & Race Route Map:

- The Race Route Map is printed on this sheet so you'll know where you're going once you get downtown ... It's also listed on our web site (click the DSM Event button).
- **FREE PARKING:** The Nationwide Insurance Parking Ramp (located at 1100 Walnut Street) is FREE on weekends and a few blocks from the starting line.
- Once you get parked, walk directly west on Walnut to the registration table located in front of The Walnut Restaurant at 1417 Walnut.

Wear Your Wrist Bands:

- It is **VERY IMPORTANT** that you wear your wrist band included in your swag-bag as this is your "Ticket" to eat and drink during the after party.
- If someone in your group purchased a "Companion Ticket" please inform them to come to the registration table the morning of the event and we will check them off the list and give them their wrist band.

Your Race Bib:

- Your race bib is included in your race-packet. It has an electronic chip on it which will keep track of your race time.

Coollest Swag EVER:

- Bring your wallet (cash, check, debit/credit card) with you because we will be selling t-shirts, hats, long sleeve pullovers, and vests all with the Blood Sweat & Beers logo.
- The proceeds from these items will go directly to Iowa families struggling with blood cancer.

Post-Race Party:

- Race awards
- Catering by The Walnut & Exile beer
- Swag table
- Yard games & more!
- We should have plenty of tables at the post-race party however feel free to bring your own stadium chairs and/or picnic blankets.

Other Helpful Tidbits:

- We do NOT have a bag check-in station so you will want to leave any valuables in your car. The parking area is near the post party area so you can return to your car to get whatever you need.
- Our volunteers will be wearing Blood Sweat & Beers baseball caps and running all over the place so please don't hesitate to ask questions if you need.

If you have questions, please email me directly at
Tim.Mauro@BSBlowa.com or call **(515) 554-9773**.

It's going to be a great day and we're excited to see you!

Tim Mauro
Blood Sweat & Beers Guy