

FIFTH JUDICIAL
DISTRICT 5K RUN/WALK
FOR VICTIMS' RIGHTS

SATURDAY

APRIL
17TH, 2010

BLANK
PARK ZOO

8:00AM

5K RUN/
WALK

POST RACE
FUN FOOD
AND MUSIC

INSIDE
THIS ISSUE:

Location 1
Change

Take Back the 1
Night

Training Tips 2

CVRW Cere- 2
mony

Pass the 2
Word

5k Steak Fry 3

Form a Team 3

Fifth Judicial District 5k

Run/Walk for Victims' Rights

VOLUME 1, ISSUE 2

MARCH 2010

Join Us at Blank Park Zoo at 8:00am

Due to the likely flooding at the Grays Lake location, the Fifth Judicial District 5k Run/Walk location has been changed and relocated to Blank Park Zoo. The start time is now 8:00a.m. Saturday, April 17th. Please mark the change on your calendar and join us for the start of the race at Blank Park Zoo on SW 9th in Des Moines, Iowa. The race will start and finish at Blank Park Zoo and the race route will begin at 8:00am and take participants on a fun and challenging 3.1 mile route. To view the race route, visit our website at www.5kfor5charities.com.

Register now for the run/walk to guarantee your shirt size.



Visit us on Facebook.com and post a comment about our event shirt color!

The Great Shirt Debate

The Inaugural 5k for 5 chari-

ties event t-shirts are now being designed. The color debate has begun, and the 5k committee would like your input on picking a color of race day shirts. Check us out on Facebook.com and post a comment about what shirt color you would like to see on the 2010 5k for 5 Charities t-shirts. Short sleeve or long sleeve? When registering, please keep in mind, shirt size cannot be guaranteed after March 28th, so visit the website at www.5kfor5charities.com and register today!

Take Back the Night 2010

This year's Take Back the Night Event will be held on Friday, April 16th at Des Moines University (3200 Grand Avenue). Doors will open at 5:30pm and the event will start at 6:00pm. This memorable program will include survivors speaking

about their experiences, music, artwork, and a celebration of taking back our power. Free t-shirts will be available to all who attend the event. Refreshments will be provided after the march. The march will be led around the neighborhood by the

Isiserettes. Please plan on joining this community event, Take Back the Night 2010. For any questions, please contact team member Kate Gilmore with the Polk County Crisis and Advocacy Services at 286-2029.



2 Months and Counting

Briskly walking over a long distance can be a great cardiovascular workout (more so than most people think). The health benefits are the same as running/jogging, but less stress is placed on the legs. Remember, the goal for 5K for 5 Charities should be to raise

funds and awareness for victims' rights, complete it and have fun. It is a good idea to mark Saturday, April 17th on your calendar, in big red marker so you can see it every day as a reminder to stick with your goal! You have 6 weeks to get ready for the 5k for 5 Charities, so set

a plan that will help to keep you on track. If something comes up and you can't workout one day, move that workout to another day on your calendar. Everyone is different, and so every exercise plan should be different to fit YOUR needs and schedule. You can do it!

"The Crime Victims' Rights Week Ceremony will start at 9:30a.m. at the Blank Park Zoo Pavilion."

Crime Victims' Rights Week Ceremony

You are invited to attend the 2010 5th Judicial District Crime Victims' Rights Week Ceremony. For the first time, the Fifth Judicial District Crime Victim Rights Week Ceremony will be held on a Saturday, April 17th

and will follow the 5k run/walk. The CVRW ceremony will start at 9:30am at the Blank Park Zoo Pavilion, and will feature a guest speaker and a touching ribbon ceremony. The CVRW committee is hard at work plan-

ning a wonderful event for our community. Arrive early and cheer on 5k run/walk finishers and enjoy music, beverages and food provided to all race finishers and Crime Victims Rights Week Ceremony attendees.

Help Get the 5k Word Out!

The team recently visited DMACC Ankeny campus and spoke to a victimization class about relevant issues and the 5k race. 2 team members were featured on the Inside Iowa

radio talk show this month with Kim Chase from 97.3 The Hawk. 5k for 5 Charities is also featured on many community websites, including local papers and Channel 13's

community page featuring our event emcee, Channel 13 meteorologist Jeriann Ritter. Please visit our website at 5kfor5charities.com and submit an idea.

5k Steak Fry Fundraiser Success



The 1st annual 5k for 5 Charities steak fry fundraiser was a successful event. Thanks to the Indiana Elks Lodge, Mary Little, all the 5k

The Casey Blake auto-graphed bat fetched the largest bid of the night.

volunteers, and the community that attended and helped raise funds for our event. The 5k committee had a great time chilling and grilling, and preparing and serving the steak dinners. The silent auction for gift baskets was a huge success thanks

to the great items and generous bidders. The Casey Blake auto-graphed bat fetched the largest bid of the night. Thank you to all of the businesses who donated items and gift certificates for the baskets. Our next fundraiser in March will be at the HuHot Mongolian Grill. Details will be available soon!

Form a team for the 5k run/walk and be featured in the next newsletter!

Form a 5k Team Now!

Thanks to the YESS newsletter, we have learned more about Team YESS at the 5k for 5 Charities. YESS is forming their own race team, and will be walking/running the event together and showing their support by sporting their own

Team YESS long sleeve custom shirts that will be available on race day. Email Taylor at schaat@yessiowa.org to join Team Yess or learn more about their team. Want to form your own team for Saturday April 17th? We encourage

other teams and will feature your team name in the next newsletter. Register for the race now at www.5kfor5charites.com. Pass along your team name and information and it may be featured in the next newsletter!

5 Charities to Benefit from the 5k

- Iowa Department of Corrections Victim Advisory Council
- CFI (Children and Families of Iowa)
- YESS (Youth Emergency Services and Shelter)
- RCPC (Regional Child Protection Center)
- Mid Iowa SART (Sexual Assault Response Team)



**Fifth Judicial District 5k Run/Walk
for Victims' Rights**

Take Back The Night

-Friday April 16th, 6:00pm
Des Moines University

5k For 5 Charities

-Saturday April 17th, 8am
start/finish at Blank Park Zoo

5th Judicial District Crime Victims Rights'

Week Ceremony

-Saturday April 17th, 9:30am
Blank Park Zoo Pavilion

***DOC Victim Advisory Council's CVRW
Panel***

-Thursday April 22nd (time TBA)
Department of Corrections Central Office

Our goal is to help provide aid and advocacy for victims' rights, and raise both funds and awareness for 5 Iowa organizations dedicated to providing excellent care and resources to victims. We also aim to promote volunteerism in our community.

5k For 5 Charities Foundation

