

Opening Doors
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For Immediate Release

Be a Star in the War Against Homelessness!

DUBUQUE (March 3, 2016) – The 11th Annual “Opening Doors Dash” 5K run and walk is happening on Saturday, April 30. Now in its 11th year, the Dash features a new flatter and faster route on the scenic Jaycees Trail alongside the Mississippi River. Registration will be at the newly renovated Dubuque Marina & Yardarm. Plan to make tracks to help homeless women and children in your community.

The Opening Doors Dash is a fun-filled family event featuring a 5K race officiated by the MVRA (Mississippi Valley Running Association), a casual walk, and a half mile Kids Fun Run for children 12 and under. **FREE CHILD CARE** and activities are provided for registered participants from 8:30 to 10 AM supervised by staff from Grand View Child Development Center.

Medals will be given to the top three runners (male & female) with the fastest time in seven age divisions. The top three boys and girls in three age categories will be awarded a special medal for the Kids Fun Run. The fastest overall male and female runners will receive a trophy. Prizes will be presented to the Individual with the Most Pledges, the Team with the Most

DASH AT A GLANCE

Date: Saturday, April 30

Run/Walk Location: Jaycees Trail

Registration: Dubuque Marina & Yardarm

FREE CHILDCARE and activities provided by the staff at Grand View Child Development Center.

REGISTRATION

Register by April 15 and receive a free moisture wicking t-shirt.

Register at Big Apple Bagels or online at www.openingdoorsdbq.org

\$25 Adults (age 18 and up)

\$35* Same day registration

\$15* College Students (show ID)

\$10* Teens (13 to 17)

\$5* Kids Fun Run Participants

**Not eligible for free t-shirt. Adult t-shirts available for \$10 after April 16 while supplies last.*

SCHEDULE

7:30 - 9 AM: Registration at Yardarm

8:30 AM: Half Mile Kids' Fun Run

9 AM: 5K Race & Walk

POST RACE ACTIVITIES

- 100 Yard "Digger's Dollar Dash"
- Awards for 5K Race & Fun Run Winners
- Trophy for Top Male & Top Female Runners

Team & Individual Prizes:

- Individual with the Most Pledges
- Team with the Most Participants
- Best STAR WARS costume (child & adult)

Participants, and for the best Star Wars costume (adult and child). Food and refreshments provided. Pick up a registration form at Big Apple Bagels or register online at www.openingdoorsdbq.org/events/dash.

“This is one of two signature events for Opening Doors,” comments Executive Director Michelle Brown. “This year we hope to see 300 participants and more teams. Our goal is to raise \$20,000 to provide transitional housing and emergency shelter to homeless women and children.”

Many thanks to our WINNER’S CIRCLE Sponsor: Radio Dubuque!

Opening Doors is the nonprofit organization that operates **Maria House** and **Teresa Shelter**. Homeless women, alone or with children, come to us to help rebuild their lives. We provide goal setting and life skills training that will enable them to take care of themselves and achieve their full potential. Women are dependent when they come in...independent when they leave. A Wish List of shelter needs is located online at <http://www.openingdoorsdbq.org/ways-to-help/wish-list/>.

For more information, contact Ann Lorenz, Development and Marketing Director at Opening Doors, at 563-582-7480.

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