

Opening Doors  
2100 Asbury Road, Suite 8  
Dubuque, IA 52001  
563-582-7480  
Contact: Ann Lorenz, Development & Marketing Director  
([alorenz@openingdoorsdbq.org](mailto:alorenz@openingdoorsdbq.org))

For Immediate Release

## Be a Hero in the War Against Homelessness!

**DUBUQUE (March 22, 2017)** – The 12th Annual

“Opening Doors Dash” 5K run and walk is happening on Saturday, April 29. Now in its 12<sup>th</sup> year, the Dash features a flat and fast route on the scenic Jaycees Trail alongside the Mississippi River. Registration will be at the 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.

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 Participants, and for the best super hero costume (child).

### DASH AT A GLANCE

**Date:** Saturday, April 29

**Run/Walk Location:** Jaycees Trail

**Registration:** Dubuque Marina & Yardarm

### REGISTRATION

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

**Register at Big Apple Bagels or online at [www.openingdoorsdbq.org](http://www.openingdoorsdbq.org)**

\$25 Adults (age 18 and up)

\$35\* Same day registration

\$15\* College Students (show ID) & Teens

\$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

- 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 SUPER HERO costume (child)

Raise pledges and win prizes at \$100, \$250 and \$500 levels. Food and refreshments provided.

Pick up a registration form at Big Apple Bagels or register online at

[www.openingdoorsdbq.org/events/dash](http://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.

# # #