



IMT Des Moines Marathon Principal 5K Road Race and Special Olympics Iowa Unified Pairing

The IMT Des Moines Marathon will be partnering with Special Olympics Iowa for the Principal 5k Road Race again this year for a Unified opportunity. We are in need of partners for Special Olympic athletes!

This is an opportunity for IMT Des Moines Marathon athletes to “partner up” with a Special Olympic athlete and participate together in the Principal 5K Road Race.

What does this entail from you as a participant in the Principal 5K Road Race?

You will have the option when you register for the Principal 5K Road Race to select that you are interested in participating in the Unified Pairing program.

Pre-race responsibilities: You will receive communication from a representative with Special Olympics Iowa who will assign you to a Special Olympics athlete. We will be pairing based on projected 5k finish time. You will then have opportunities in the weeks before the race to get to know the Special Olympics athlete whom you have been paired with through virtual or in-person meet-ups. These meet-ups will be organized for you!

Race weekend responsibilities: Participants will need to check in at the Special Olympics Iowa booth during the DMOS Orthopaedic Sports & Fitness Expo either Friday, October 15 or Saturday, October 16 during athlete packet pick-up hours.

Race day responsibilities: The IMT Des Moines Marathon and Special Olympics Iowa will have a meetup spot selected (location info coming at a later date) where you will join us before the race and meet up with your Special Olympics athlete. We will then walk over as a group to the Principal 5K Road Race start line, and you and your Unified Partner can participate in the race together!

For More Information: This is a fun and unique opportunity for IMT Des Moines Marathon Athletes to interact and engage with Special Olympic athletes that are eager to get out and compete again. To register for the Principal 5K Road Race visit the IMT Des Moines Marathon website at desmoinesmarathon.com and contact Kara Neustrom at Special Olympics Iowa at kneustrom@soiowa.org.

About the IMT Des Moines Marathon The IMT Des Moines Marathon advocates for active participation in our own personal health and wellness by providing community running events and related activities.

About Special Olympics Iowa Since 1968, Special Olympics Iowa has been a statewide movement that unleashes the human spirit through the transformative power and joy of sports. In the state of Iowa, there are over 16,000 Special Olympic athletes and Unified Partners who compete year-round in sports training competition. Special Olympics Iowa provides 23 Olympic-type sports. Beyond sports programming, they also offer programs such as Challenge Days, Play Days, Healthy Athletes, fitness programming, Unified Champion Schools, and many more.