



## IMT Des Moines Marathon MercyOne Children's Hospital Kids Run

The MercyOne Children's Hospital Kids Run features family-friendly events in the baseball-themed atmosphere of Principal Park on Saturday, October 16 at 9:30 am.

Distances vary based on academic grade level; however, children may participate in the distance that is best suited for their personal development.

Hy-Vee KidsFit offers a daily program of activities for children to build endurance and increase self-confidence. Check out the various Hy-Vee KidsFit 5K Training Guides designed to encourage kids to get fit and stay fit when you visit the Training page at [desmoinesmarathon.com](http://desmoinesmarathon.com).

### Start Times

9:30 am	Preschool	Up to 100 yards
9:40 am	Kindergarten	Up to 1/10 mile
9:50 am	1st and 2nd Grade	Up to 1/4 mile
10:00 am	3rd and 4th Grade	Up to 1/2 mile
10:10 am	5 <sup>th</sup> Grand and Up	Up to 1 mile

All participating children will receive a participation item and finisher medal, along with a MercyOne Children's Hospital Kids Run bib.

Registration for the MercyOne Children's Hospital Kids Run is only \$10.

Packet pick-up occurs at the DMOS Orthopaedic Sports & Fitness Expo on Friday, October 15, from 3:00 to 8:00 pm Iowa Events Center, 730 Third Street, Des Moines, IA 50309.

Packet pick-up will also be available Saturday, October 16, from 7:30 to 9:30 am at the registration table located on the main concourse inside the Gate B entrance at Principal Park.

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For more information, visit the IMT Des Moines Marathon website.