



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

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

This is an opportunity for Principal 5K Road Race athletes to "partner up" with Special Olympic athletes and participate in the race together.

As a Principal 5K Road Race athlete, what does this entail for you?

When you register for the Principal 5K Road Race, you will have the option 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. Based on your projected Principal 5K Road Race finish time, we will be pairing. You will then have opportunities in the weeks before the race to get to know the Special Olympics athlete you have been paired with through virtual or in-person meet-ups. More to come.

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 14, or Saturday, October 15, during athlete packet pick-up hours.

Race day responsibilities: The IMT Des Moines Marathon and Special Olympics Iowa will have a meet-up spot selected (location info coming later) 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 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.

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

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