

Fifth Judicial District 5k Run/ Walk for Victims' Rights

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APRIL 2010

FIFTH JUDICIAL
DISTRICT 5K RUN/WALK
FOR VICTIMS' RIGHTS

SATURDAY

APRIL
17TH

BLANK
PARK ZOO

8:00AM

- 5k Run/Walk that starts/ finishes at Blank Park
- Music, Food and Drinks Provided to finishers and attendees
- CVRW Ceremony starts at 9:30am

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Ready, Set, Go for Race Day!

April 17th is right around the corner! Race preparation is an important part of any race day for those whose goal is to win a 5k custom medal, to those who are looking to walk with friends and aren't as concerned with how long it may take.

Tips for race preparation:

Set out race day clothes and your race bib the night before. Dressing in layers always helps with the changing weather of the day. Be sure to get a good night's sleep, Wake up and eat a healthy breakfast. Some of the popular foods for race day are toast and peanut butter, bagels, bananas, or just stick with the usual, but be sure to eat something so you aren't exercising on an empty stom-

ach. Show up early, and enjoy the music and get prepared by stretching. Those who are faster should start closer to the



See you on April 17th!

front of the start line, and those who plan on walking should start towards the end for everyone's safety. Look for those wearing staff shirts on race day for any questions you may have,

our mission is to make sure you have a great day! Register now for the 5k at www.5kfor5charities.com. Race entry is available on line and by mail, but hurry to make sure you get your requested shirt size. Race registration is 30.00, and all race proceeds will benefit our 5 charities. Packet pick-up is on Friday, April 16th at The Running Room, 6305 Mills Civic Parkway in West Des Moines from 12pm to 8pm. You can also pick up your packet and register on race day at the Blank Park Zoo from 7:00am to 7:30am. Please note, shirt size cannot be guaranteed on race day so register now to get your size!

The FreeStore at the 5k

Founded in 2001, The FreeStore provides household items and furniture free of charge to women when they leave the Children & Families of Iowa's Domestic Violence Services. They also provide these same items to needy families from other social agencies for a

nominal fee. The FreeStore is entirely run by volunteers, with NO paid staff. Volunteers are always needed to pick-up furniture, organize items in the warehouse, greet clients, help clients move furniture to their new apartments, and raise funds. The FreeStore will have

a pickup site at The Fifth Judicial District 5k Run/Walk for Victims' Rights on April 17th ready to accept donations for those in need. Receipts will also be provided for tax purposes on site, at the Blank Park Zoo.

YOU can help make a difference and provide needed funds to victim services in our community.

“Mary Kay left a great legacy as a passionate advocate for victims.”

Check out our website after the race for updates and info about the 2011 5k!

How Will the 5k Help Victims?

The 5k for 5 Charities will help provide funds and awareness for Crime Victims' Rights Week and the 5 charities that will benefit: CFI, YESS, Polk County Crisis and Advocacy Services, DOC Victim Advisory Council, and RCPC. Children and Families of Iowa provides hope, healing and help for victims of domestic violence. Services include safe shelter, outreach services, crisis support and community education. Youth Emergency Services and Shelter provides

safety, care and support for runaway, homeless, abused or troubled youth, and newborn through age 17. YESS has helped kids and parents be families since 1973. The Iowa Department of Corrections Victim Advisory Council expands victim outreach programs and services, assists judicial districts in providing victim services in the community, and much more. The Mid Iowa Sexual Response Team is an innovative, multidisciplinary team created for the purpose

of providing quality, compassionate, consistent and ongoing care to victims of sexual assault. The Regional Child Protection Center enables a multidisciplinary team of professionals to work together in the investigation, treatment and prosecution of child abuse in central Iowa. All race proceeds will benefit the 5 charities, and by registering for the race, YOU can help make a difference and provide needed funds to victim services in our community.

Remembering Mary Kay

CVRW/5k committee member and victim advocate Mary Kay passed away on Tuesday, March 23rd from complications from pneumonia. In 1983 she began working at the Polk County Attorney's Office where she retired after 23 years of service. Mary Kay worked tirelessly as an advocate for domestic abuse victims with Take Back the

Night. In 2002 she was recognized by the Polk County Domestic Abuse Coordinating Council (DACC) for her dedicated service and support to victims of domestic violence. Mary Kay became the 1st ever Victim Liaison for the 5th Judicial District in 2007. Mary Kay left a great legacy as a very passionate advocate for victims and hu-

man kind. She will be greatly missed by many of us who have received a great blessing simply because of Mary Kay touching our lives. The balloon release will take place as scheduled at the Crime Victims' Rights Week Ceremony, in honor of Mary Kay.

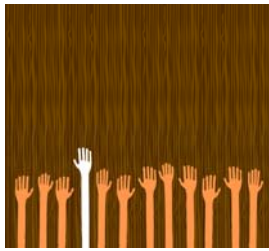
Gearing up for 2011

Is it too early to start planning for our 2011 event? Well, our team has started! Please check out our website after the race for upcoming 5k for 5 Charity fundraisers sure to be great events worth attending. Plans are in the works for the 2nd annual steak fry

and fish fry fundraisers, community service projects, and a contest to design a new logo. Next year's event will surely be bigger and better, and we value your input and suggestions and have made changes thanks to your emails. Interested in joining

next year's team or know of a possible sponsor? Log on to www.5kfor5charities.com and find out when the next 5k meeting is. We are always looking to expand our growing team for 2010-2011.

Who are Those Great Volunteers?



As you look around the race and ceremony, please be sure to thank those who are giving their time for such a great cause! At the start of the race you will see volunteers from the 5k committee and Fifth

Thank You to all of our helping hands!

Judicial District; be sure to say hi to all the animals you will pass as the race begins. As you progress on the route you will see students from Drake and Des Moines Police Department officers who are giving their time directing race traffic and keeping participants motivated. About mid-way though the race, be sure to stop, and enjoy some refreshing water and say

hello to the kids from the Educational Talent Search program from Central College who are volunteering their morning to help at the 5k for 5 Charities. As you approach the finish line, community volunteers and the 5k staff will be there to congratulate you on your accomplishment. Be sure to smile and say cheese when you see a camera and our official race day photographer. Say thank you to our race photographer, Kristy Daniels.

Look for healthy options like bananas and tastier options like cinnamon rolls.

Visit A Booth at the Zoo

After the race visit the booths to learn more about the great community charities and organizations who will benefit from the 5k and those who provide services to victims in our community. YESS, DACC, FreeStore, CFI and more will have informational booths and staff available. The 5k team will have tables that will provide finishers and attendees with drink and

food. 5k long sleeve and children's shirts will be available for purchase. Event programs will be available highlighting the event and those responsible for organization of the 5k and the ceremony. Be sure to pick up a commemorative Crime Victims' Rights Week Ceremony ribbon to honor the week.

Food for the Finish

After you burn up calories walking or running the 5k, stop by the food and drink booth and enjoy water, orange juice and Powerade. Look for healthy options like bananas and tastier options like fresh cinnamon rolls from Funaro's Bakery.

CVRW Featured Guest Speakers

Kay Snopek and Kirby White will be our featured speakers at the 2010 Crime Victims' Rights Week Ceremony.

Kay Snopek

Mark and Kay Snopek of rural Boone County became victims on the evening of August 8, 2007. Tragically, Mark was killed after being struck from behind by a hit-

and-run motorist while riding his bicycle on a rural Boone county road near their home. At the moment of Mark's death, Kay, his wife of 28 years and high school "sweetheart", became a victim. The driver, still at-large, is an unknown victim of his/her own actions, too.

Kirby White

Elizabeth White was a freshman at DMACC, in Ankeny, IA, when she became an innocent victim of a fatal drunk driving crash on November 15th, 2007. She was pursuing a degree in Criminal Justice at DMACC. Kirby White, Elizabeth's dad, speaks to panels and groups in hopes of carrying on her views.



5k for 5 Charities

Fifth Judicial District 5k Run/Walk for Victims' Rights

70 Thayer Ave.
Des Moines, Iowa
50315

Phone: 515-242-6905
E-mail: www.5kfor5charities.com

Our goal is to help provide aid and advocacy for victims' rights, and raise both funds and awareness for 5 Iowa organizations dedicated to providing excellent care and resources to victims. We also aim to promote volunteerism in our community.

Team Members: LuAnn Smith, Jon Janssen, Emma Dedic, Candida Wiedenhoff, Nikki Phillips, Enrique Orrante, Terri Orrante, Darcey Widmann, Becky Decarlo, Wendy Gehringer, Carly Millsap, Dave Crouch, Ben Meyer, Kate Gilmore, Micky Henry, Chad Hepperly, Carrie Hill, Sally Kreamer, Joel Potter and our late Mary Kay.

5k for 5 Charities Foundation



CVRW Schedule of Events

Crime Victims' Rights Week will begin with the annual **Take Back the Night** event on Friday, **April 16th**, at Des Moines University. Doors will open at 5:30pm. Contact Kate Gilmore at Polk County Crisis and Advocacy Office at 286-3600 for more information. There is no cost to attend this event. All participants will receive a free t shirt.

Saturday morning, **April 17th** at 8:00am join us for the **5k for 5 Charities** at Blank Park Zoo. Register now at www.5kfor5charities.com to run or walk at our 1st ever event. The CVRW Ceremony will follow at 9:30am. Be sure to arrive early to cheer on race finishers and enjoy the food, music, and visit the booths that will feature information provided about the great charities that will benefit from our race.

On **Monday, April 19th**, mark your calendar for the Annual DOC Victim Advisory Council and Office for the Victim Assistance's **Victim Rights Panel** at the DOC Central Office that will honor Iowa's victims and feature a victims' rights panel. There will also be a presentation of the IOVA John and Kay Egan Award. We look forward to seeing you at all of the week's great events!