



COMMUNITY ENHANCEMENT

Dam to Dam helping the Des Moines area one step at a time!

This past year DAM helped ...

\$500 Run with the (DM) Police 5k, annual race

\$500 Celebration of 1985 ISU xc team

\$500 Iowa Kidstrong, assisting youth runners

\$500 Next Level Radio show, featuring Iowa running

\$500 Runablaze Iowa, the best runners in the state

\$500 Girls on the Run, assisting 400 3rd-5th graders

Dam to Dam shirts to CIML runners, coaches, volunteers

And more ...

Every year Dam to Dam - Iowa's Distance Classic - provides help to area running groups in the form of cash grants, donations, in-kind assistance and volunteer hours. We also encourage Dam runners to give to the cause, charity or passion of their choice.

For Further information contact:

Tim Lane - DAM community coordinator,
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Iowa's Racing Team - Runablaze Iowa men's team



2015 Des Moines Run with the Police 5k



YMCA Girls on the Run

