



Support John Stoddard Cancer Center!! Run for Chocolate!

On Saturday, November 16th, you and your family can be participating in the Stam Chocolate Charity Run in Des Moines' East Village! The Stam Chocolate Charity Run's proceeds will benefit the John Stoddard Cancer Care Coordinator Program.

WHY IS STAM'S HOSTING THIS EVENT and WHY JOHN STODDARD CANCER CENTER?

A very close Stam family friend was treated for cancer at John Stoddard Cancer Center. Because of their efforts, her treatment and final days were much easier for her and her family. Wanting to ensure that this important program continues to benefit those diagnosed with cancer, the Stams decided to hold an event that would let families spend some healthy, fun time together while providing funds for the John Stoddard Cancer Care Coordinator Program.

NEW COURSE - This 5K run and walk course is beautiful and even and, of course, the weather will be perfect! What a great way to spend the morning with your family and friends!!! Starting at the Iowa State Historical Building on East 6th and Locust, the run will follow E 6th to ML King Parkway to SW 8th and back.

NEW PRIZES – Instead of age and category prizes, we'll give a \$10.00 gift card to **all** participants to be used at any of the participating sponsors.

NEW PERKS – Everyone will receive Stam Chocolate at the run!

FREE TOURS!! Following the run, the State Historical Society of Iowa will offer free tours so you can enjoy some extended family time! (Lunch is available at Baratta's on the top floor!)

WHAT IMPORTANT THINGS HAVEN'T CHANGED!

- ALL adult registrants will receive a goodie bag when they pick up their register at Stam's!
- ALL kids will still receive a special chocolate treat after finishing the run!
- ALL participants will still receive a cup of hot chocolate at the finish!

• **FUN** • **FAMILY** • **FRIENDS** • **EXERCISE** • **CHOCOLATE** •

NOW is the time to register so you can take advantage of our early registration!

Be sure to invite your friends or family to join you for a great cause!

What Can Boost YOUR Workout??

Skip the expensive sports drinks and protein shakes. Research shows chocolate milk is just as effective a recovery aid.

A study published in the journal *Applied Physiology, Nutrition, and Metabolism* compared the effects of a recovery drink and chocolate milk on endurance athletes' ability to recover after a series of bike sprints followed by an endurance ride the next day. They found that chocolate milk was just as effective at relieving muscle soreness after the sprints, and preparing the athletes to perform in the endurance test the next day. Better yet, everyone preferred the taste of chocolate milk.