

Des Moines Area Community College

Open SPACE @ DMACC

The Bear Essentials

College Publications

5-21-2020

The Bear Essentials, Edition 9

DMACC Student Life

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The "Bear" Essentials

A WEEKLY NEWSLETTER FROM DMACC STUDENT LIFE

REMINDER: SUMMER CLASSES START MAY 26

Taking summer classes at DMACC is a great way to get ahead, keep up or catch up! Our summer term begins May 26th, with many online options. To learn more and check out available classes, visit www.dmacc.edu/summer



WEEKLY DRIVE-UP FOOD PANTRY

Boone Campus

The DMACC Boone Campus Food Pantry is offering weekly drive-up food pantry distributions from **1 p.m. to 3 p.m. every Thursday** this summer.

The pantry is open to all members of the community. Contact Erin Neumann at eaneumann@dmacc.edu with questions or help filling out the request form:

<https://dynamicforms.ngwebsolutions.com/Submit/Form/Start/8d161dd7-5088-4da3-bd56-322428e11f11>



**FOLLOW US FOR VIRTUAL
EVENTS, CONTESTS AND
PRIZES!**

THERE'S A
Great big
beautiful
TOMORROW
SHINING
AT THE END OF
EVERYDAY

CAMPUS RECREATION

STAY HEALTHY



STAY ACTIVE

VIRTUAL 5K, 10K, HALF MARATHON

Join fellow quarantined runners for a 5k, 10k, or half marathon. Sign up, sign a waiver, and send proof of time to Campus Rec Coordinator, Andy Nelson (arnelson@dmacc.edu). Winners (top 3 in Men's and Women's division) will receive an Intramural t-shirt and medal when we return to campus. You can do the race on your own schedule and course. All miles must be completed in the same week.



5K
Regular Season
Jun 15th '20 - Jun 21st '20

Team Registration
Start: May 1st '20 at 8:00AM
End: Jun 7th '20 at 5:00PM

Join Teams
Until: Jun 7th '20 at 5:00PM

10K
Regular Season
Jun 22nd '20 - Jun 28th '20

Team Registration
Start: May 1st '20 at 8:00AM
End: Jun 14th '20 at 5:00PM

Join Teams
Until: Jun 14th '20 at 5:00PM

Half Marathon
Regular Season
Jul 6th '20 - Jul 12th '20

Team Registration
Start: May 1st '20 at 8:00AM
End: Jun 28th '20 at 5:00PM

Join Teams
Until: Jun 28th '20 at 5:00PM

