



Superhero Sprint FAQ:

***What is Superhero Sprint?***

Superhero Sprint is a kids “fun run” that puts the March of Dimes “mission in motion”. Open to children aged (approx.) 1-10 years old, and especially NICU graduates! Register today *for free* by signing up for your local March for Babies. Superhero Sprint participants will receive a purple March of Dimes cape and the opportunity to run in the Superhero Sprint\*! The run will be split between two heats. The first heat will consist of children ages 1-5 and the second heat will include children ages 6-10. First heat will begin at 8:45am.

***How do I register?***

To register your superhero the parent and/or guardian must be a registered March for Babies participant. Visit [www.marchforbabies.org/event/desmoinesia](http://www.marchforbabies.org/event/desmoinesia) and register. Once registered you will be able to register for the Superhero Sprint and sign an electronic waiver providing the opportunity for your superhero to fly across the finish line. All registered superheroes will receive a cape and access to their local sprint.

***Can I register for my friends kids?***

All registrations and electronic waivers must be completed by the parent and/or guardian of the participant.

***Where do I get my cape?***

All Superheros will need to check in at their local walk to receive their capes and be directed to the start line

\*Guardians must register online and acknowledge the online waiver before completing the registration process. All children must have a completed waiver to participate.\*



For more information regarding Superhero Sprint, please contact Alyssa Meade at [ameade@marchofdimes.org](mailto:ameade@marchofdimes.org), or by phone at 515-802-8247.

