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FOR IMMEDIATE RELEASE
From: Iowa Sports Foundation
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2009 Winter Iowa Games Kick Off *Shoot For The Gold!*

The Winter Iowa Games will kick off in Dubuque this weekend starting Friday evening and competitions will end the latter part of Sunday afternoon. This year marks the 17th Winter Iowa Games, and the Iowa Sports Foundation has been gearing up for the event.

"We are expecting sunshine, great competition, good sportsmanship, and a lot of fun for the 17th annual Winter Iowa Games," said Iowa Sports Foundation Executive Director, Jim Hallihan. "Last year was a record turnout and we are on track to be very close to the 2008 participation record."



The Winter Iowa Games offers athletes the chance to be a part of the Olympic-style Opening Ceremony to be held at the Five Flags Center in Dubuque; Friday, January 23 at 7:00 p.m. This annual Dubuque event brings thousands of athletes and fans together to celebrate amateur athletics in the state of Iowa. This year's Opening Ceremony will include a parade of athletes, a figure skating act, and indoor fireworks. New for 2009, is the U.S. Bank of Dubuque Mascot Race, featuring local mascots along with Goldy, the Iowa Games mascot. The Opening Ceremony and all Iowa Games events are *FREE ADMISSION* to athletes, coaches, parents, and spectators.

As team sports and many individual sport deadlines have passed, athletes still have the chance to register on-site for the following sports: cross country skiing, the fitness walk, and 5K road race. Please visit www.IOWAGAMES.org for the specific dates and times of these events.

New to the 2009 Winter Iowa Games is broomball, which will have six teams competing in the tournament. Top team sports in Dubuque this year will be basketball, indoor soccer, and volleyball, with a combined total of 182 teams. The 5K road race, swimming, and table tennis will look to top the individual sports in Dubuque.

This year's Winter Iowa Games will be held over the course of three weekends. Registration is still open for several sports including adult men's basketball, adult ice hockey, downhill skiing, figure skating, horseshoes, snowboarding, and trapshooting. Online registration and specific sport information is available at www.IOWAGAMES.org.

The Iowa Sports Foundation (ISF) is a nonprofit sports management organization that helps develop amateur sports in Iowa and promotes positive lifestyles and physical fitness through athletic events and health education programs. The ISF host the Summer Iowa Games, Winter Iowa Games, Live Healthy Iowa, Live Healthy America, Live Healthy Iowa Kids, Go The Distance Day, Hoopin at the Dome, Net Fest, Fish Iowa Games, and the Iowa Games Golf Classic.

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