



Capital Striders Scholarship Application

For 2024 Graduating Seniors

*The Capital Striders award five scholarships to Polk County student-athletes within cross country and/or track and field as they enter the next phase of their lives. The scholarships are \$1,200 each and are named after the following donors and pivotal members of the Des Moines running community: Dave Hurd, Chuck Jipp, Stan Smith, Kinetic Edge, and the Bobenhouse-Lavender Foundation. Additional information about the scholarship inspirations can be found at [CapitalStriders.org](https://www.CapitalStriders.org). The selection committee uses the stories from these individuals and groups to select each scholarship winner to honor the memory and vision of the scholarship for which it is named after. The committee is led by Capital Striders Board of Directors members. The five scholarship winners will be publicly announced on **Friday May 10th, 2024**, with email notification in the week prior.*

Please fill out the [Google Form Application](https://forms.gle/seFta37BjDLCqeRN7) (<https://forms.gle/seFta37BjDLCqeRN7>) by April 4th, 2024

OR

Send the completed application, postmarked no later than April 4th, 2024 to:
Capital Striders
Attn: Scholarship Committee
P.O. Box 13098
Des Moines, IA 50310

This completed paper application must include the following:

1. A high school transcript through seven semesters;
2. A track or cross-country coach's or athletic director's letter of recommendation (must be in a sealed envelope from the coach or athletic director for mailed applications- does not need to be mailed separately from the application);
3. An essay (typed, one page maximum) discussing the following:
What accomplishment are you most proud of throughout your life so far?

Failure to provide any of the foregoing will disqualify an applicant from consideration.

Name:

Home Address:

Phone Number:

Email Address:

High School:

Please list any **Academic and Athletic Awards or Honors** you've received during your high school education.

Please list all **school-sponsored sports and activities** you've participated in, and for what years.

Please list any **extra-curricular or outside groups/activities** you've participated in, and during what years.

Please list post-high school institutions of learning applied to and/or accepted to (and chosen school if decided):

Applicant signature _____ **Date** _____

By signing this application, I certify all information appearing on and submitted with this document is up to date and accurate, to the best of my knowledge.

Essay Question: What accomplishment are you most proud of throughout your life so far?