

Alive and Running

Scholarship



Purpose

Alive and Running is a volunteer driven 5K Run/Walk event held in Dunkerton, Iowa to raise money and awareness for suicide prevention. The Alive and Running Fund will award a scholarship to a 2025 High School graduating senior or Current College Student to fund educational costs at a college, university, vocational, or trade school. The award is to recognize and support an individual who has made a positive contribution to the state of Iowa. For more information on the Alive and Running 5K Run/Walk visit our website at www.aliveandrunningiowa.com.

Eligibility

- Currently a graduating senior at any Iowa High School that has been accepted to a college, university, vocational, or trade school or any current College Student attending a college, university, vocational, or trade school in the state of Iowa.
- Have demonstrated outstanding leadership and community service.
- Fulfill the requirements of the application package.

Value

A graduating senior or College Student will be awarded \$1,000 to a college, university, vocational, or trade school.

How to Apply

In order to be considered for the Alive and Running Scholarship, students must submit an application form and one reference letter from a non-related community member.

Selection Process

Each application will be reviewed and the applicant who appears to most closely meet the selection criteria will be chosen.

Criteria

1. Demonstrate capacity for leadership
2. Record of participation in volunteer activities in school or in the community • Letter of recommendation

Application Instructions Step 1 – Complete Application Form

Please complete the application form in its entirety.

Step 2 – Mail the Application Package

Print a copy of your application form and send it by mail, along with the following reference letter mailed in one envelope:

Candidates Community Reference

Select a person from your community. This person can be a community leader, volunteer supervisor, or someone holding a position of responsibility within the community. It is recommended that you ask someone who knows you well and who can speak of your involvement in community activities. This person cannot be a relative.

Ask your reference to write you a one-page letter outlining your personal characteristics, ability to work with others, participation in volunteer and extracurricular activities and your leadership potential.

The letter should be sealed in an envelope and signed on the back flap. You are responsible for collecting the letter and including it with your application package.

Completed application packages should be received no later than **March 31 2025** and mailed to:

**Alive and Running c/o
Traci Mostek
2485 Jamestown Ave
Independence, Ia 50644**

Important Dates

Entry deadline – It must be received in hand by March 31 2025 Award winner will be announced in May.

You will be emailed a confirmation of receipt of your application.

Questions

Questions regarding the Alive and Running Scholarship should be directed by email to aliveandrunningscholarship@gmail.com

Best wishes and keep up the great work in your schools and communities!

2025 Alive and Running Scholarship Application
Part I: Candidate's Information

Section A: Personal Information		
Last name	First Name	Middle Name
Gender	Date of Birth	
Street Address		
City	State	Postal Code
Telephone Number	Email Address	
Section B: Academic Information		
Current Secondary School	Graduation Date	GPA
Street Address	City	
State	Postal Code	Telephone Number
List other secondary schools/junior colleges you have attended starting with the most recent:		
School	Location	Date of attendance

List and briefly describe any academic achievements and/or honors (e.g. academic awards, honor roll, etc.)

<u>Achievement</u>	<u>Date received</u>

List in order of preference the post-secondary institutions, technical schools or colleges you have applied to or have enrolled in:

<u>Institution</u>	<u>Location</u>	<u>Status</u> (Intend to Apply, Applied, Accepted or Enrolled)
1)		
2)		
3)		
4)		

List two careers you are considering, in order of preference, and briefly describe why. Please indicate if you are uncertain.

<u>Career</u>	<u>Reason for Interest in this Career</u>
1)	
2)	

List any awards you have received for school extracurricular activities

Award	Date award received

Section D: Community Services and Volunteer Activities

Please describe your community involvement (i.e. outside of school) starting with the most recent experience

Activity/ Organization	Responsibilities	Dates

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Section E: Employment Experience			
Please describe any employment you have had. This can include internships.			
Organization	Responsibilities	Position	Dates

Section G: Personal Statements

Type your answers on a separate sheet of paper to the following questions:

- How will this scholarship help you achieve your future goals and what makes you the most deserving candidate? Financial need will be taken into consideration, so please indicate (if you choose) to what extent this ought to be considered. (max. 2500 characters, including spaces)
- How do you imagine continuing your community involvement as you enter post-secondary school and in your adult life? (max. 2500 characters, including spaces)

End of Application

Please ensure you mail this application form *and* letter of reference to:

Alive and Running Scholarship

c/o

Traci Mostek

2485 Jamestown Ave

Independence, Ia 50644