

AMES Insider

A **DISCOVER AMES** bi-weekly newsletter

Form a team

Story Medical Relay Race

Head to Nevada for a 3-person relay race with a youth and adult division. Each participant will run a 5K. Walkers can form teams as well, walking together instead of doing a relay.



[Sign Up](#)



Picture this

Best photo backgrounds in Ames

Need an easy way to discover the city while sprucing up your Instagram page or taking portraits? Here are some of the best places in Ames for a photo background sure to wow your followers!

[Find Out More](#)

Upcoming events in Ames



Shrek the Musical Jr.



Fourth of July Fireworks



Live Music at Snus Hill Winery

[Visit our website](#)

Mark your calendar: groups coming to Ames in 2022

- State Games of America, July 27-31
- Farm Progress Show (Boone), August 30 - September 1
- Octagon Art Festival, September 25

[Download the calendar](#)

Connect with us!

