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**FOR IMMEDIATE RELEASE: State Senator Sarah Trone Garriott Announces Campaign for Congress**

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**State Senator Sarah Trone Garriott Announces Campaign for Congress***Trone Garriott to challenge Zach Nunn in Iowa's Third Congressional District*

DES MOINES - State Senator Sarah Trone Garriott today [announced her candidacy](#) for Iowa's Third Congressional District, challenging Rep. Zach Nunn in what could be the deciding race for control of the U.S. House of Representatives.

Trone Garriott, a Lutheran minister, nonprofit leader, state senator, and mom, shared a video announcing her candidacy with her supporters and plans to attend numerous events across the district in the coming days and weeks.

"My life has always been about serving others," said Sarah Trone Garriott. "As a hospital chaplain and a parish pastor, I've learned how important it is to show up and listen, and what I am hearing from Iowans right now is that life has become unaffordable and people are struggling to make ends meet.

"I've been working since I was a 16-year-old at McDonald's, paying my own way through college with shifts at Wal-Mart, waiting tables at Red Lobster, and cleaning hotel rooms in the summers. And as a mom with two boys in public school, I know the real challenges Iowa families face. I understand these struggles because I live them. And in Congress, I will fight for affordable housing, childcare, healthcare, and essentials, while restoring the rights and freedoms lost in recent years."

Sarah has consistently shown she knows how to win tough elections. In 2020, she was the only Democratic candidate to flip an Iowa State Senate seat. In 2022, she flipped another Senate district from red to blue, defeating then-GOP Senate President Jake Chapman by a decisive

margin in a Republican leaning district. In 2024, she secured re-election as the only Democrat to win a State Senate district carried by Donald Trump.

"I'm no stranger to tough fights," added Trone Garriott. "I'm the only Democrat in Iowa over the past few years who has consistently won competitive elections in Republican districts. I know how to win, and I know how to deliver for Iowans."

In the state legislature, Sarah stands up to powerful special interests, and as a strong advocate for public schools, she is a leading voice against the private school voucher program. She's worked across the aisle to lower the cost of prescription drugs, and is unafraid to stand up to her own party's establishment, authoring bills to implement term limits and banning insider trading by politicians and their staff.

"Sarah Trone Garriott is hands down the best Democratic candidate to defeat Zach Nunn and flip this seat," said State Senator and Executive Director of Urban Dreams Izaah Knox (D-Des Moines). "I've seen that firsthand as her colleague in the Iowa Senate and supporting her during her State Senate campaigns. Iowans recognize her genuine call to serve and help others, which is why she has won tough elections time and time again. I urge Democrats to rally behind Sarah in this election."

Sarah has always felt called to serve. Over the course of her life, this call has taken many forms. It was what led her to join AmeriCorps as a VISTA volunteer, to help victims of domestic violence. It was what sustained her as a hospital chaplain, caring for people during times of crisis. It was what inspired her to become a Lutheran minister, to provide leadership to communities of faith. And it was what took her out of the parish and into the nonprofit world, to bring diverse people together around a common cause of caring for our neighbors in need of food assistance.

"Sarah Trone Garriott exemplifies public service," said Dennis Mandsager, former Dallas County Republican Party central committee member. "The job of our public servants is to show up, listen to us, and address community needs, such as strong public schools, reproductive rights, clean water, and proper health care. That's exactly what Sarah does. We need more leaders like Sarah in Congress. I'm proud to stand with her in this campaign."

Iowa's third congressional district has been identified as a major battleground for control of Congress. The Democratic Congressional Campaign Committee (DCCC) has already placed the district on their target list, while leading election prognosticator website Sabato's Crystal Ball has listed the district as a toss-up. In 2022, this district was the tipping point district for control of the U.S. House of Representatives.

Sarah, her husband, Will, and their two boys live in West Des Moines. For additional information, please visit [www.sarahforiowa.com](http://www.sarahforiowa.com). Additional biographical information and a photo are attached.

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**2 attachments**



**STG Headshot.JPG**  
902K



**Sarah Trone Garriott Biography.pdf**  
164K