



HOW LONG DO RUNNING SHOES LAST?

A frequently asked question when fitting a new pair of shoes is "How long should my shoes last?" To answer that we first need to ask you some questions. It depends on several factors.

How often are you wearing them? Do you wear them only when you run? Do you run every day? Do you also use them for activities other than running? How many miles at a time are you usually running? How many miles each week?

One way to insure that your shoes last longer is to wear them only for running. If you are also wearing them to the gym and to the supermarket and the mall you are actually adding many more miles to their use than you might realize.

If you run every day and wear the same pair of shoes each time you are wearing them out sooner. Shoes will "recover" after each time you run, but if you alternate between two different pairs of shoes this allows more time between wearings and may help extend the wear life of each pair. Some runners buy two pair of shoes at the same time to alternate for this reason.

Different styles of gait may have an effect on the length of wear, and different types of shoes will wear longer than others.

As a very general rule we often say that running shoes should last between 300 and 500 miles of use. After that the cushioning and support have begun to wear out.

Or- if your knees are beginning to hurt, maybe it is not YOU getting old, it is your shoes!

FUTURE PLANNING

Plans are already underway for this year's Living History Farms Race on November 21. Once again the race will be limited to the first 7,500 runners & on-line registration is expected to open Oct. 1st. Some new & exciting additions are on the planned for this year's event. If you are not quite ready for seven miles of hills, mud, and stream crossings contact us to put your name on the volunteer list.

Race Calendar - continuously updated at; www.FitnessSports.com.

For more info or to add a race contact; steve@fitnesssports.com or call 515/277-4785 or 800/ 529-7684, Fax 515/277-3854

- Aug 6 Veterans Memorial Hospital 5K Cardiac Classic R/W, 6 PM. At Veterans Memorial Hospital, Waukon, IA. 563-568-3411.
- 7 Durant Dusk Hustle 5K, 7 PM. Durant, IA. Sarah Costello 563-210-3977.
- 8 Maxwell Old Settlers 5K Run/Walk, 8 am. Maxwell City Park behind Casey's General Store, Maxwell, IA. 515-387-1232.
- 8 Atkins Watermelon Days 5K & 1M, 8 AM. City Park on Main Street, Atkins, IA. 319-446-7016.
- 8 The Skunk on the Dam 8K Race, Humboldt, IA. to Rutland, IA. Dean Clasen 515-332-4108.
- 8 Pioneer Valley Days Run 5K R/W, 9 AM. Bluff's Area Recreation Complex, Sergeant Bluff, IA. 712-943-1942.
- 8 Dows Depot Run, 5K and 2 mile, 8AM. \$10 early entry fee - \$15 on race day. Keldon Ellis 515-852-4672.
- 8 Melbourne 5k Run / Walk, 7:30am. Firestation on Main Street, Melbourne, IA. Jen Nason 641-485-9414.
- 8 Knoxville Nationals 1/3 Mara & 4K, 7:33 AM. Dollars for Scholars, Knoxville, IA. Joe Cunningham 641-820-0283.
- 8 Monticello Panther Prowl 5K R/W, 8 AM, B.E. Somebody Fitness and MinnTex, Monticello, IA. Mike 319-465-4548.
- 8 Adel Sweet Corn Festival 5K, Adel-Desoto-Minburn.High.School, Adel, A, 8 AM. Julie Bailey 515-993-5472.
- 8 George Saling 2M Walk, 5K & 10K Run, 8 AM. North side of the town square in Corydon, IA. Dave Mason 641-872-1745.
- 8 MAMM (Monroe Annual Mirco-marathon) 10K, 5K, Monroe, IA. 8AM. Shirley Gilman 641-891-7096.
- 8 Traer Winding Stairs Festival 5K Run/Walk, North Tama School, 6th and Walnut, Traer, IA. 8 a.m. 319-231-8498.
- 8 The Relay for Life 5K/10K Run & Walk for Fun, 8:00 a.m. Lower Gar State Recreation Area, Arnolds Park, Iowa
- 8 "Fall into Soccer" 5K, 7:30 AM. Hidden Valley Soccer Complex, Walnut Woods State, W D M, IA. Pete 515 238-6513.
- 9 "Funday in the Park" 5K & 1M "Walk in the Park", 8:30AM. Lower City Park, Iowa City, IA. Lauren (319) 356-5220.
- 9 CVRA Fairview Farm Trail Run, 7:30 am. 5M & 3M R / W. Beverly Park, Cedar Rapids, IA. Lisa Paulos 319-364-5644.
- 9 Hartman Eco-Tri Tri, Kayak, bike, run 7 AM. Hartman Reserve Nature Ctr, Cedar Falls, IA. 319-277-2187. x 15.
- 9 Youth and Family Triathlon, Ages 6 through 18. Sutton Pool, Dubuque, IA. (563) 589-4263 or (563) 589-4391.
- 14 Camanche Classic 5k R/W, 1/2mi, 7:30 PM. Camanche IA. Dave Mink 563.259.8990.
- 15 Harvest Dreams 5K, 7:30 PM. Living History Farms, Urbandale, IA. On Road, Dave Schwartz
- 15 St Jude's 25th Sweet Corn Fest. Kernal's 8K/5K & 5K Race Walk, 8 AM, Cedar Rapids, IA. PH.319-550-4980.
- Aug 15 DMU-Run-Day-Voo 2, 7:30 a.m. Des Moines University, 3440 Grand Ave, Des Moines, IA. Courtney 515-271-1576.
- 15 Watermelon Stampede 5K & 10K, 8 AM. 3rd St. & Iowa Ave, Muscatine IA. Dell Wagner 563-263-8804.
- 15 Lone Tree Fun Run, 5K & 1M. 7:30 AM at Tank Park at the North end of Lone Tree, IA. Russ Forbes 319-629-4222.
- 15 Atlanticfest Road Races, 5M & 2M, 2M Walk, 8AM. City Park, Atlantic, IA. Bruce Henderson 712/243-3017 / 243-3526.
- 15 H.A.W.K. 5K to benefit Paul Beatty , 8:00 a.m. Tipton, IA. William Bails 319-331-7939.
- 15 Phil Kruger 5K Memorial R/W, Dike Fire Station, Dike, IA. 319/989-2633 after 5:30 p.m.
- 15 Rock River Run 5K/10K, Rock Valley City Park along Highway 18, Rock Valley, Iowa. 712-476-8081 or 712-476-8010.
- 16 Lost Island Youth Triathlon, Lost Island Water Park, Waterloo, IA. 319-233-1459.
- 16 Pigman Triathlon (Half Ironman Distance) Palo, IA. John Sniko at 319/373-0741.
- 22 Ankeny Road Races (10K & 5K R/W, 8 AM. Ankeny YMCA. Hayley Handley, (515) 965-8303 x116.
- 22 Racing on the Wild Side 5K (Off-road), 9:00 AM. Lake Meyer Park, Fort Atkinson, Iowa. 563-534-7145.
- 22 Dog Days Tri, 3M run, 10M bike, 160 meter swim (pool), 7:30 AM, Belmont, IA. 641-444-7014 or cell, 515-571-7286.
- 22 Story County 5K For Life, 8 AM, Brookside Park in Ames, Iowa. Jo Mortvedt 515-231-5800.
- 22 Running Wild, Port Louisa National Wildlife Refuge, Wapello, Iowa. 8:30 AM. 319-523-8381.
- 22 Cascade Canter 4K Run /Walk & 1 Mile Fun Run / Walk). 8 AM , Cascade, Iowa. Ginny Horsfield 563/852-3201.
- 22 Pork Days 5K Run/Walk, 8:00 a.m. The race will start and finish at Fross Park in Center Point, Iowa. Ph.319-849-9221

REMEMBER TO PICK UP THE EXTRAS

Summer running in the heat calls for some extras to keep you going. While you are in for those new shoes remember that we have all the necessary accessories to help make your run more comfortable.

*We have water bottles & carriers for the long training runs.

*Summer sun requires face protection- caps and visors to shade your face, and Native sunglasses for your eyes.

*Body Glide helps prevent chaffing in sensitive areas

*GU packets, carriers, and other supplements

*Wicking sox, buy several pair of your favorites so there is always a clean pair (besides, the clothes dryer always seems to eat one sock)

*Sport Wash to launder your exercise gear. It helps restore technical function as well as eliminate odors.

DO YOU CHEAT YOUR FRIENDS?

Of course not, you reply. But you probably know someone who does. How? If you know someone who has run in a race they have not entered & paid the registration fee they are in fact cheating all of those runners who did enter.

Race fees help the organizers to pay for all of the things necessary in order to hold the event. The course must be measured & often the distance is certified- that costs money. Road use permits, sound permits, police protection of the course cost money. Water, cups, refreshments, medical staff in case of injury, awards, portable toilets all add to the costs. Would you like to run a race without any of these?

Race results & timing cost money. If a runner crosses the finish with no race number they interfere with the correct timing of the rest of the runners. If you know someone who is thinking about "just running along" for the fun of it, explain to them why they need to register and be fair to all of the rest of the participants who do it right.

Serving Iowa Runners,
Swimmers, Walkers and
Aerobics / CrossTrainers
since 1984 !

WHERE YOU HAVE THE RIGHT TO B-FIT
Fitness Sports .com
7230 University, Des Moines, IA. 50311
Phone 277-4785 or 1 800/ 529-7684

Store Hours,
Mon.-Thurs. 10-7
Fri.10-6, Sat.10-5, Sun.1-5
VISA, Discover, MasterCard

Race Calendar - continuously updated at; www.FitnessSports.com.

For more info or to add a race contact; steve@fitnesssports.com or call 515/277-4785 or 800/ 529-7684, Fax 515/277-3854

- Aug 22 Black Squirrel Tri, S 1K yds, B 21M, R 10K. Lake Manawa State Park, Council Bluffs, IA. 712-322-6606.
22 HNI Run 5K, 8 AM. Pearl City Station, Muscatine Riverfront, Muscatine, IA. Kourtney Keller 563-272-7440.
22 Lake Meyer 5K Run/Walk, 9:00 AM. Lake Meyer Park, Fort Atkinson, IA. 563-534-7145.
22 Dexter Gallup, 8:00 A.M. Starting line will be on Marshall St in Downtown Dexter IA. 515-789-4337.
22 Marengo Memorial Hospital Foundation 5K R/ W, 7:30 AM. Marengo, IA. 319-642-8054 or 866-930-8842.
?? Salem Old Settler's Fun Run, 10K & 2.2M, 8AM, Salem, IA. John Feehan at 319-385-8966.
22 Buffalo Trail Run 5k. 8:00 am at Hickory Hills Park, La Porte City, Iowa. 319.239.8329.
23 5K Run For Big Dreams, 9 AM. Shores of Clear Lake, Armour Pugh Memorial Park, Clear Lake, Iowa. 641-357-8014.
23 Hickory Grove Triathlon, Hickory Grove Lake nearest town is Colo, IA. 8 a.m. Alex Syhlman
23 Conquer the Hills 3.5M Fun R/W, Conquer the Cure, 7 AM. Kent Park. Oxford, IA. 319.631.3742.
29 Run for Your Life 5K & 10K or 1M R/W. Water Works, Des Moines, IA. 8 AM. Iowa Heart Foundation
29 Ashland Ridge Family 5K R/W, 9:30 a.m. Ashland Ridge Elem. School, Ankeny. Lunch! Doris Spooner (515) 965-5700.
29 Grinnell Happy Days 10, 5K & 1M, 8am race. Grinnell High School, Grinnell, IA. Travis Renze, 641-236-2620.
29 Racing to Save Another Day, 5K, 5K Team, 8 AM, Iowa State Fair Grounds, Des Moines, IA. Carl Noftsgar 515-868-5600.
29 Huxley "Prairie Festival 10K / 5K Run/Walk & 1 M Fun Run". 7:30 AM. Centennial Park, Huxley, IA. Eden 515-597-4580.
?? Loop the Lake at Holiday Lake "5K Fun Run". 8 am, Powell Shelter at Holiday Lake. 515-274-1431 or 515-201-5530.
29 Denver Break-Away Days 5K Fun Run/Walk. 7:30 a.m. at Prestien Park in Denver, IA. Kyle Matthias 319-239-1273.
29 Leapfrog Bike & Run Half-Mara Team Event and 1 & 5 K fun runs. 7:15 AM. Dallas Center, IA. Bill Claman 515-778-1608.
29 Le Grand Pioneer Days 5K Road Race, 8:00am, Le Grand, Iowa. Wade Steward 641-479-2082.
29 Wilton Eager Beaver 5K, 8 AM. Wilton, IA.
29 Restoration Run Half-Marathon, Half-Marathon, 5K, Hampton, IA. 319-269-1024.
29 Regina Fall Fun Run 5K & 1M, 8 am. @ Regina Education Center, Iowa City, IA. Brunch! 319-321-0100.
- Sept. 4 Captain Midnight's Run for Cystic Fibrosis 5K, 7 pm. North Grand Mall, Ames, IA. Jeff Margrett 515-450-5697.
5 Mustang Gallop, 8:00am. Jones Park — Cedar Rapids, IA Ryan C. Scheckel 319-551-6831
5 Rich Dellaca Pump & Run, 3M & 1M, 7 am. Saydel High School, Des Moines, IA. Nicole 515-265-8653.
5 LABOR DAY RUN, 2, 5, 15 miles. Madrid Elem School, Madrid, IA. 7:30 am. 515-291-5178 or 515-795-3055 evenings.
5 Pleasant Valley XC Challenge Open 5K, 8 a.m. Crow Creek Park, Bettendorf, Iowa. Erik Belby 563-326-1461.
6 The Tipton Labor Day 5k @ 5:00 PM. 1 Mile to Follow. Tipton, IA. Travis Alden at 563-886-6350
6 Jump Right In & Run, Half Mara. & 2 person relay & 5K run. 7:30 a.m. Storm Lake, Iowa. Grace Ivey 712-732-4487,
6 Great Ames Adventure Race, Ada Hayden Heritage Park, Ames, IA. Paddle, bike, run. 7:30 am. Galen Wilke 515 296 1810.
7 Dubuque Benefit Classic Half Mara, 5K. 7:30AM, Bowling and Beyond, Dubuque, IA. Mike Rohner or Nick Klenske.
7 Bettendorf Rotary "Run With Carl" 5M run, 5K, 1M R/W. 7:30 AM. Bettendorf, IA. Dick Schillig 563-332-2200.
12 Governor's Cup Race 5M & 5K R/W. State Capital building, Des Moines, IA. 8 AM. Mary Daley 515-265-1222
12 Park to Park Half Marathon & 5K Race. 7:30 a.m. George Wyth State Park, Waterloo, IA. Dave Lipinski 319-433-6355.
12 Partners for the Poor 4M R/W & Kid's Dash, 8 a.m. Willey, IA (5 mile south of Carroll). 712-790-2006 or 712-830-5023.
12 Iowaman Sprint Triathlon, 400/20k/5k, 8 A.M. Scott county Park, Davenport, IA. Jeff Castro 563-343-7132
12 Swamp Fox 5K Race. Marion, IA. Starts at the Depot. 8 AM. Gretchen Lawyer @319-377-1198.
12 Brian Thomas Memorial 5K, 8:00 a.m. North Cedar High School in Stanwood, IA. William Bails 319-331-7939.
12 Wild Cat Den 5K Trail Run, 8 am. Wildcat Den State Park, Muscatine, IA. Ken Hyman 563.262.9040.
12 LeMars YMCA & Wells Blue Bunny Sprint Tri, 9 AM, City of LeMars Outdoor Pool. Angela Loutsch 712-546-6655
12 Boone County Family YMCA Pufferbilly Days 5K R/W, 7 AM. Boone County YMCA, Boone, IA. Danielle 515-432-5925
12 Back to Basics' 4.7M R/W & .8 mile Youth Run, 8am. Mutchler Com. Ctr., Bloomfield, IA. Katie Fetcho 641-664-1568.
13 Cy Man Tri. 9AM. Big.Creek.State Park, Polk City, IA., 500.yd S, 14.3M B, 5K R. Liz.White 703-489-4085.
13 D.O.athlon for Life, Walnut Woods State Park near West Des Moines, IA.. 8 AM. Contact 515-988-9923
19 Fossil & Prairie XC 5K & 1M walk, 9:30 AM. Fossil & Prairie Park, Rockford, Iowa. Barb 641-756-3490.
19 Southern Prairie YMCA 5K R/W Balloon Chase, 8AM. Mckinley Park, Creston, IA. Jackie Stefen 641-782-9622.
19 Be a Hero W/R Event, 10K & 5K, First Baptist Church Parking Lot, 800 S. 16th, Clarinda, IA. Robert 712-542-3568.
19 Webster County Adv. Race, 8:30 AM. Fort Dodge, Iowa. Bike / Run / Kayak / Run / Bike. Matt Cosgrove 515-576-4258.
19 Spartan Fund 5K & 10K Run, 8am. In Solon, IA. Zanetta Hoehle 1839.Pinebrook Ct. NE, Solon, IA 52333. 319-624-3278
19 BeaverDash Charity Run for Families of SMA, 5K & 1M, 8 AM. Beavertown Shopping Area, Des.Moines. 515-986-2181
19 Osborne Off Road 5K R/W, 9am. Osborne Center 5M south of Elkader on Hwy 13. Julie Brazell 563-245-1516.
19 Heartland Run for MPS, 10 am.. Brookside Park, at 1325 6th St, Ames, IA. Alyssa Hajek-Jones 402-679-4053.
19 Scarecrow Scamper 4M XC Race, 8:30 a.m. Hawkeye Com. College, Waterloo, IA. Stephanie Cherry 319-296-2329 x 1088.
19 Panora Half Marathon & 5 K R/W, 8 AM, Panorama H.S. Panora, IA.
19 Walk for Hope 5K, 10 AM DeWitt, IA. Michelle McKinnon 563-344-6881. Jen,King 563-505-3162.
19 Waukon Wellness Center Duathlon, 8 AM. 5k R, 10k B, 3k R. Waukon Wellness Ctr,Waukon, IA. Dani 563-568-0074.
19 Off the Beaten Path 6K Trail & 3K Walk, 9 AM. Jacob Krumm Nature Preserve, Jasper Cty (Newton). Keri 641-792-9780.
19 Kickin' it up for Health 5K Run/Walk, 9:00 AM. Hospital, Winterset, IA. Rhonda Lauer 515-462-2950 ext. 241.
19 Lutheran Home 5k & 10k Run, Cedar Falls Lutheran Home, Cedar Falls, IA. Hollie or Annie at 268-0401
19 MS 5K. Waterloo, IA. More to come Dave Lipinski 319-433-6355
19 Muscatine County 4-H 5K & 1M, 8 AM. Musser Park, Muscatine, IA. 563-263-5701 or 1-800-992-0894.
19 SK0:00T Triathlon, 300yd Indoor S, 14M B, 5K R. Knoxville Recreation Center, Knoxville, Iowa. 8 AM. 641-828-0580.
20 Z.A.G.R.A.T.A. 5K Run/Walk, 9:00 AM, Rockwell Rec. Ctr, Cedar Rapids, IA. Brenda Ann Cloud 319/295-2552.
20 Trihawks Triathlon, 9 AM, Coralville Lake, Iowa City, Iowa. Ryan Gerling Ph.319-850-0147
20 Green Run 10K XC & 5K R/W. Metro Park East Landfill on Hwy 163 near Des Moines. Amy 515-323-6501 or 515-244-0021.
20 Pewterman Pentathlon, 5k, 1/4M, 1M, 100 yard dash, 10M. 9am. Washington HS Track, Cedar Rapids, IA. 319-364-6567.
26 Oktoberfest Citizens 5K/10K. Courthouse Square, Marshalltown IA, 8 AM. Julie Eipperle, 641-473-3019,
26 CVRA's Indian Summer Distance Classic, 10M, 4M, Trail Run, 9 AM, Lake Macbride State Park, Solon, IA. 319-363-7138.
26 Pinnacle Prairie 5k, 9:00 AM. Cedar Falls, IA. Dave Lipinski 319-433-6355.
27 Capital Pursuit 10M & 5K, 5K R/W, Iowa's-fastest-10-mile! 8 AM, Downtown Des Moines. John Lins 515-208-1993.