

Serving Iowa Runners,  
Triathletes, Walkers and  
Swimmers since 1984 !

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**Fitness Sports**.com  
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Store Hours,  
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**Race Calendar - continuously updated at; [www.FitnessSports.com](http://www.FitnessSports.com).**

For more info or to add a race e-mail at; [steve@fitnesssports.com](mailto:steve@fitnesssports.com) or call 515/277-4785 or 800/ 529-7684, Fax 515/277-3854

Because of the number of events this year, Fitness Sports was only able to cover the central part of the state with this newsletter. Full statewide race listings may be found on our web site; [www.FitnessSports.com](http://www.FitnessSports.com)

\* means that registration online or forms are available on our web site.

- Aug. 10 \*Hartman Eco-Tri Tri. Kayak 3.4M, Bike 7.5M, Run 3.1M, George Wyth State Park, Cedar Falls, IA., Ben 319-277-2187  
16 Atlanticfest Road Races, 5M & 2M, 2M Walk, 8AM at the City Park, Atlantic, IA. 712/243-3017 or 712/243-3526.  
16 \*Run For Your Life 5K & 3K R & 3M W, 8 AM. Des Moines Water Works Park. Jo 515-289-2372 or 515-247-4485.  
16 Lost Island Youth Triathlon, Lost Island Water Park, Waterloo, IA. 319-233-1459.  
16 \*Phil Kruger 5K Memorial R / W, Dike Fire Station, Dike, IA. Wayne Whipps 319/989-2633 after 5:30 p.m.  
16 Terril Fun Days Duathlon and 5k Run, 7:30 a.m., Terril School, Terril, IA. Dan Schnelle 712-853-6516.  
16 \*Aurora Comet Center 5K Run/Walk, 8:30 Am. Aurora Comet Center in Aurora, IA. Seth Gage 319-210-0733.  
16 \*Alden Egg Days 5K Run, 8:00 a.m. City Park, Alden, Iowa. Chris Kuhnle 515-859-3092.  
16 \*Le Grand Pioneer Days 5K Road Race, 8:00am, Le Grand, Iowa. Wade Steward641-479-2082.  
17 \*Pigman Triathlon, Palo, IA. USA Triathlon's Midwest Regional Long Course Championship. John Sniko at 319/373-0741.  
23 \*Huxley Prairie Festival 10K / 5K R/W & 1 M Fun Run . 7:30 AM. Centennial Park, Huxley, IA.. Eden Gaul 515-597-4580.  
23 \*Leapfrog Bike & Run Half-Marathon and 1 & 2 mile fun runs. 2 people/1 bicycle. Dallas Center, IA . Bill 515-778-1608.  
23 \*Dog Days Triathlon, 3M R, 10M B, 160 meter S. 7:30 AM, Belmond, IA. Ron & Lu 641-444-7014 or cell, 515-571-7286.  
23 Solstice Stride 5K Run & Kids Solstice Sprint, 6PM. At S. T. Morrison Park, Coralville, IA. Sheila Baldwin 319-339-4755.  
23 Marengo Memorial Hospital 5K Run / Walk, 7:30 AM Marengo, IA. Margaret Staman, 319-642-8054 or 866-930-8842.  
23 Denver Break-Away Days 5K Fun Run/Walk. 7:30 a.m. at Prestien Park in Denver, IA.  
23 \*Story County 5K For Life, 8 AM, Brookside Park in Ames, Iowa. Phyllis Craig 515-727-0067.  
23 \*Des Moines Fire Fest 5K. 8 AM, Water Works Park, Des Moines, IA. DM Fireman's Welfare Fund. Carl 515-975-2709.  
23 Grinnell Happy Days 5K, 8am. Grinnell H S, 1333 Sunset Street, Grinnell, IA. Travis Renze, 641-236-2620.  
23 \*Dexter Gallup, 8:00 A.M. Dexter IA. Chris Egger 515-789-4337.  
23 \*CC Rider Festival 5K R/W & Bike Ride, Downtown , Central City, IA. Wayne Martin or call 319-438-6202.  
23 \*Buffalo Trail Run 5k. 8AM. Hickory Hills Park, La Porte City, Iowa. Sarah Davis, 319.239.8329.  
24 \*5K Run For Big Dreams, 9AM. Armour Pugh Memorial Park, Clear Lake, Iowa. Mari Toyne 641-357-8014.  
24 \*Hickory Grove Triathlon, Hickory Grove Lake nearest town is Colo, IA. 8 a.m. Alex Syhlman.  
28 Race Like a Girl! 5:30 PM. Beginning bicycle racing clinic races. Union Park, Des Moines, IA.  
29 \*Captain Midnight's Run for Cystic Fibrosis, 7 pm. 5K R/W at North Grand Mall, Ames, IA. Jeff Margrett 515-450-5697.  
30 Mustang Gallop, 5K R/W, 8:00 a.m. Jones Park in Cedar Rapids, IA. Ryan Scheckel 319-363-1323 ext. 1836.  
30 Madrid Milers Labor Day Run, 2, 5, 15 miles. Madrid Elem School 7:30 am .Lori 515-291-5178 or 515-795-3055 eve.  
30 \*Beeds Lake Restoration Run 5k & Half Mara, 7:30 & 7:45 am. Beeds Lake State Park, Hampton, IA Mike C-319-269-1024.  
30 Heat the Streets 5k Run/Walk, 7:30 a.m. Guthrie County Hospital, Guthrie Center, Iowa. 641-332-3810.  
30 \*Rich Dellaca Pump and Run, Saydel High School 5601, Des Moines, Iowa. 7:00 am. Nicole at 515-265-8653.  
30 Loop the Lake. Not a race! 8am, Powell Shelter at Holiday Lake (10 miles north of Brooklyn, Iowa). Dale 515-201-5530.  
30 \*Scott Kiefer "Have a Heart for Marfan" W/R . Copper Creek Lake, Pleasant Hill, IA. 8 AM. Teri Dean 515-263-1948.  
31 Great Ames Adv. Race. Ada Hayden Heritage Park, Ames, Iowa. Paddle, bike, run. Dave Kraemer 515 232 2160.  
31 \*Jump Right In & Run, 7:30 a.m. Storm Lake, Iowa. Grace Ivey 712-732-4487, 712-299-1304.  
31 Regina Fall Fun Run 5K & 1M, 8 am. @ Regina Education Center, Iowa City, IA. 319-321-0100.
- Sept. 1 \*Fifth Season 8K Run & 5K R/W , \$15,000 in Prize Money! Cedar Rapids, Iowa. Mike.Regan 319-530-2873.  
1 Around the Lake 5K & 1 M R/W at Kennedy Park in Fort Dodge, IA. at 8 am. Keith.or.Jayne 515-955-3067.  
6 \*Governor's Cup Race 5M & 5K R/W. West Capitol Terrace, State Capital Building. 8 AM. Mary Daley 515-265-1222.  
6 \*Park to Park Half Marathon & 5K Race. 7:30 a.m. George Wyth State Park, Waterloo, IA . Dave Lipinski, 319-433-6355.  
6 \*Swamp Fox 5K Race. Marion, IA. Sarts at the Depot. 8:30 AM. Ph. 319-854-6497. E-mail\_here  
6 Emerson Days 10-K & 5K Run/1.5-M R/W. 7:30 a.m. Evans Park, Emerson, Iowa. Angie McKee 712-623-3167.  
6 Boone County YMCA Pufferbilly Days 5K R/W, 7 AM. Boone High School Track, Boone, IA. Jennifer 515-432-5925.  
6 Packwood Quasiquicentennial 5K or 1M. Run/Walk, 8:00 a.m. Starts at the Firestation in Packwood, IA.  
7 \*Z.A.G.R.A.T.A. 5K R/W, 9 AM, Rockwell Rec. Center , Cedar Rapids, IA. Cash Prizes, Brenda Ann Cloud 319/295-2552.  
7 \*Cy Man Tri. 9AM. Big.Creek.State Park, Polk City, IA., 500.yd S, 14.3M B, 5K R. John 319-360-1231 Liz 703-489-4085.  
13 Fossil & Prairie Run-5K & 1M walk, 9:30 AM at the Fossil & Prairie Park, Rockford, Iowa. XC. Barb 641-756-3490  
13 \*George Ballard Memorial 5 K Fun Run & 2 K Walk, 8 AM. City Park in Mitchellville, IA. Amy 515-971-8052.  
14 \*D.O.athlon for Life, Walnut Woods State Park (near West Des Moines, IA.. 8 AM. 515.88.9923  
20 \*YMCA 5K Balloon Chase (Creston Balloon Days). 8AM, Mckinley Park, Creston, IA. Jackie Stefen 641/782-9622.  
20 \*Spartan Fund Run, 1/2 mile & mile at 8:00, 5K & 10K at 8:30. In Solon, IA. Zanetta Hoehle 319-624-3278.  
20 \*BeaverDash Charity Run for Families of SMA, 5K & 1M, 8 AM. Beavertdale Shopping Area, Des.Moines., 515-986-2181  
20 Hospice of Washington County 5K "When Caring Matters Most", 9 a.m., Sunset Park, Washington, IA. 319-653-7321  
20 \*Healthy Hearts Promoting Healthy Minds 5K R/W. 8:30 AM, Reynolds Field in Chariton, IA. Shannon 641/774-3370 .  
20 \*Ankeny Road Races, 10K & 5K R/W, 7 AM. Ankeny YMCA. Hayley Handley 515-965-8303 x116.  
20 \*Off the Beaten Path 6K Trail & 3K Walk, 9 AM. Jacob Krumm Nature Preserve (near Newton). Keri Van 641-792-9780.  
20 Capital Strider's Equalizer 6 Hour & 24 Hour Runs, Gray's Lake, Des Moines. Dan Baldi  
20 \*Linn-Mar Growl Prowl 5k, 9am. Linn-Mar High School - Marion, IA. Mike Shipley 319-447-3152.  
20 \*Scarecrow Scamper, 8:30 a.m. Hawkeye Community College, Waterloo, IA.; Stephanie Cherry 319-296-2320 ext.1088.  
20 Forest City Frontier Day's R/W - 5 mile run/1.5 walk, 5pm. Pammel Park, Forest City, IA. Mary Hanna, 641-585 2092.  
20 SK0:00T Triathlon, 300yd Indoor S, 14M B, 5K R. Knoxville Rec. Center, Knoxville, Iowa. 8 AM. 641-828-0580.  
21 \*Trihawks Tri, 9 AM, Coralville Lake, Iowa City, Iowa. Ryan Gerling, ph.319-850-0147  
21 Green Run10K XC Race & 5K R/W. east of Iowa State Fair Grounds, near Des Moines. Amy 515-323-6501 or 244-0021.  
27 \*Oktemberfest Citizens 5K/10K. Courthouse Square, Marshalltown IA, 8 AM. Julie Eipperle, 641-473-3019,  
28 \*Capital Pursuit 10M & 5K, 5K Run/Walk, 8 AM, Downtown Des Moines, IA. Tom Green 515-229-6072.

This Newsletter can also be downloaded straight off our web site at [www.FitnessSports.com](http://www.FitnessSports.com)



### Another Race- Another T-Shirt!

If you are like most runners you have been accumulating race shirts for some time & your closet is now overflowing with t-shirts. We have a suggestion for you. DONATE them! Many of you are aware that we already collect & re-distribute your "retired" running shoes to the needy. We have been part of Save your Soles for 15 years.

We now will also collect & donate your "gently worn" t-shirts to Hope Ministries, an organization right here in Central Iowa serving the homeless population. They are privately funded, operate several area facilities & rely completely on contributions for their work in providing an astounding 4,500 nights of shelter and 11,000 meals each month to homeless & hungry people right here in our own community. They are a group worth helping.

Please bring your donations of t-shirts (all sizes- youth to adult) & running shoes to us at Fitness Sports & we will see that they are delivered to those in need.

Also needed are personal care items such as shampoo, soaps, etc. in travel/sample sizes.

Please take a few minutes today to clean out your closet, make room for the newest additions, & help someone in need.

### Floods Cause Changes

Devastating rains & flooding in our state have caused numerous changes on the race calendar. Some we know of are:

\*Run, Rock & Stroll to benefit the Heart Connection Children's Cancer Programs was originally June 14 in Water Works Park in Des Moines. This event has been moved to August 2nd.

\*Fifth Season 8K & 5K in Cedar Rapids is a standard for the 4th of July holiday. This race is now scheduled to run on Labor Day, September 1st.

### Nike's "The Human Race" 8-31-08

Nike is organizing the largest race in history this coming Labor Day weekend, "The Human Race". It will be a virtual race for some and they are shooting for "1 Million" participants worldwide and online. Just join [www.nikeplus.com](http://www.nikeplus.com) first (it's free). then sign up to be a part of this event (also free). On race day just run and upload your results to be an "official finisher". **Fitness Sports will be having Weds. evening training runs starting at 6 PM. Call us for details. 515-277-4785 or 800-529-7684.**

### Entry Forms & Results on FS Web-site!

Take a look at our calendar and find the events in your area. We update daily @ FitnessSports.com. As I type this you can download over 60 Aug.-Sept. race entry forms right off our web-site. Many of the results are and will be posted there during the course of the season. We will have online registration in the near future.

### Shorter Distance Training

Still meeting each Monday evening at 6 PM through October is the "Beginning Runners" group. This also includes many more experienced runners wanting to train together for the shorter distance events as well as novices running their first race. Join them in training (also free) on the Greenbelt Trail. Meet at the gazebo in Campbell Park in Clive at 128th between Hickman & University. Contact Curt or Nancy with questions at 226-0860.

### Foot Pain?

Are you experiencing foot pain? It may not be your running causing you trouble. The problem might be with the casual footwear you are using. A recent study at Auburn University found that wearing the thong-style flip-flops which are seen everywhere, especially in summer, can change your gait resulting in pain in your feet, and up into the hips and lower back.

Such problems as heel pain, plantar fasciitis, and Achilles tendonitis have been attributed to flip-flop use and ankle sprains have resulted from wearing the thicker platform type.

Podiatrists recommend limiting your use of flip-flops to short periods of no more than an hour or two, then using footwear with proper arch support for longer periods.

### Are you "Hard to Fit"?

Some of you may not be aware that we stock the shoes in widths where the option is available. Not only does New Balance carry widths but Nike, Asics, and Brooks do narrows and Nike, Asics, Brooks, Saucony, Mizuno and Adidas do wides in there most popular models.

Our narrowest ladies shoe is currently a Brooks Adrenaline (everyone assumes it's a New Balance) and Asics makes a number of their shoes in not only wide, but also extra wide widths.

Also, there are a couple of you who need two different sizes. Brooks will actually accommodate you for a 25% extra fee. (Better than buying two pair and throwing one away.

**Because of the number of events going on in Iowa Fitness Sports was only able to cover the Central part of the state with this newsletter. Full statewide race listings may be found on our web site; [www.FitnessSports.com](http://www.FitnessSports.com)**

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- Aug. 2 Wolf Pack 5K & 1M, 7:30 AM. Winfield-Mt.Union HS, Winfield, IA. Big Red Pride, Box 252, Winfield, IA. 52659.
- 2 \*Project H2O Maffitt Lake 5 Mile Trail Run, 8 am, Maffit Lake, Southwest of Des Moines. John 515-323-6234.
- 2 5K Run for the Cob, 1 M Fun Run, 8:30 AM. Estherville, IA. At the Library Square. Molly Struve @ 712-362-7919
- 2 \*Ethan's Tractor Run 5k, Mid-Iowa Antique Power Show, 8M west of Marshalltown on Hwy 30. Tim 641-750-2626.
- 2 \*Whaletown Tri, 1k S - 40k B - 10k R. USA Tri. Lake Anita State Park, Anita, IA. Jon 712/783-4568 or 712/762-3779.
- 2 \*Knoxville Nationals 1/3 Mara & 4K, 7:33 AM. Knoxville Dollars for Scholars. Joe Cunningham 641-820-0283.
- 2 \*Maxwell Old Settlers 5K Run/Walk, 8 am. Maxwell City Park behind Casey's General Store. Curtis or Mary 515-387-1232.
- 2 \*Midwest Federation W/R for St.Jude's, 9AM. Noelridge Park, Cedar Rapids, IA.
- 2 \*Cannonball Pump & Run, 7AM, Winterset, IA. 515/462-4731.
- 2 Dows Depot Run, 5K and 2 mile, 8AM. Dows, IA. Kelvon Ellis 515-852-4672.
- 2 \*Panorama Days 5K R/W, 7:30 AM. Panora, IA. 712-830-9007.
- 2 Clutier Fun Day 5K Run/Walk, Clutier Fire Station, Clutier, IA. 8 a.m. North Tama FCCLA. Janice @ 319-231-8498.
- 2 \*Atkins Watermelon Days Fun Run/5K & 1M, 8 AM. City Park on Main Street, Atkins, IA. Shawn 319-446-7016.
- 2 \*The Skunk on the Dam 8K Race, Humboldt to Rutland. Dean Clasen, 515-332-4108.
- 2 \*Skunk River Stampede 5K, 7 AM Firehouse in Ollie. Rob Wonderlich 641-667-3801 .
- 2 Tripoli Fun Days Tee to Spillway Run, 7 A.M. Tripoli, IA. 319-882-3066.
- 2 \*Glidden-Ralston FFA & Alumni Fun Days Walk, Run, or Crawl, 8 A. M. Glidden IA. Donna Kinnick 712-659-2232.
- 2 \*Run, Rock & Stroll, 5 & 10K & 1M, 8 AM. Water Works Park, Des Moines, IA. Elaine 515-243-6239 or 877-535-7802.
- 2 \*Twin Lakes Triathlon, 7:30 AM. Twin Lakes Christian Center, Manson, IA, Bill Morton 515-571-5638.
- 2 \*Butter Fun Run/Walk, 7:30 A.M. Elgin City Park, downtown Elgin, IA. Meg Benson. 563-380-8977.
- 9 \*Dutchman Triathlon 7AM. Swim 1.2 miles, Bike 56 miles, Run 13.1 miles: Red Rock Lake, Pella, IA. 641-628-3289.
- 9 \*Nick Wagner 5K Run/Walk, 9:00 AM. City Park, Iowa City, IA. Tami Brenneman 319-665-3790.
- 9 George Saling 2-Mile Walk, 5K & 10K Run, 8 AM. North side of the town square in Corydon, IA. Dave 641-872-1745.
- 9 \*MAMM (Monroe Annual Mirco-marathon) 10K, 5K, Monroe,IA. 8AM. Walkers welcome. Shirley Gilman 641-891-7096.
- 9 \*Central Iowa's Hottest Road Race' Sweet.Corn.Run, Adel-Desoto-Minburn.H.S., Adel, IA., 8 AM. @ 515/727-5481.
- 9 \*WDM Soccer Club 5K, 7:30 AM. Hidden Valley Soccer Complex, West Des Moines, IA. Pete 515 238-6513.
- 9 Traer Winding Stairs Festival 5K Run/Walk, North Tama School, Traer, IA. 8 a.m. FCCLA. Janice @ 319-231-8498.
- 9 DMU Run-Day-Voo 5k Run/Walk, 6:30 a.m. Des Moines University Des Moines IA.. Ronnette Vondrak 515-271-1447.
- 9 \*St Jude's Sweet Corn Fest. 10K/5K & 5K Race Walk, 8 AM, Cedar Rapids, IA. Bob Andresen, Cedar Rapids, IA 52405.
- 9 \*Wellman Pickle Run, 5K & 1 mile race, 8:00 AM. North Park, Wellman, IA. Eric Parrott, 319-646-5650, C: 319-325-1542.
- 10 \*Kids Y Triathlon, Ashworth Pool, Des Moines, IA.8:30 am. Sponsored by the Walnut Creek YMCA. Penny 515-224-1888.