

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

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

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

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

- Mar.17-22 Fitness World West Indoor Triathlon, WDM, IA. Brent or Scott @ 515-223-5111.
- 22 *Run for the Egg, 5M run/walk, 9 AM at Easter Lake, Des Moines. Road and trail. Lori 515/323-5380.
- 25 *Iowa City Girls Track Open 800m Race (both men and women) 5:00 PM, Tom 319-325-9027.
- 29 *Spring Fever 5k&1Mile Run at Quincy Place Mall. 9 am. Ottumwa, IA. Rob Wonderlich 641-667-3801.
- 29 *April Fools 5K, George Wyth Park, Waterloo, IA. Dave Lipinski 319-433-6355.
- 30 *Friendly Sons of St. Patrick. 10k, 5K Run, 63rd & Grand, West Des Moines. 11AM. 515/277-SONS.
- 30 Easter Seals Run, 4 Mile at the Masonic Center in Clinton, IA. Jean Roeder, 815-589-4945.
- 30 *SDA 5K, 3 PM. City Park, Ottumwa, IA. Aric 641-683-1396.
- Apr. 1 Knoxville/ Capital Striders Beginners Running Group. 6 pm. Knoxville, IA. Luanne 641-842-4850.
- 5 *UAY Miles for Kids, 10 a.m. City Park, Iowa City, IA. Amy 319-338-7518 or 319-330-0524.
- 5 *Capital Strider's Loop the Lake, 8 AM. Gray's Lake, Des Moines, IA. John 515-205-9094.
- 5 Ulrich Park Adventure Run, 9am at Ulrich Park, Cedar Falls, IA. Jeff 319-240-5626.
- 5 *Iowa Speedway 8k, 9 a.m. Iowa Speedway Grounds, Newton, Iowa. Butler 641-791-2846.
- 5 St. Pat's 5k, 9 AM. Cedar Falls. St. Dave Lipinski 319-433-6355.
- 5 Spring Thaw 5K & 10 M run. 10 AM, Sioux City, IA. Rex 712-255-3136.
- 6 Spring into Action, 8 am. Raccoon River Park, West Des Moines, IA. Katie Cox 515-283-9370.
- 7 Capital Striders Beginning Runner's Group, Campbell's Park, Clive, IA. PM. Curt 515-226-0860.
- 8 *3K3 W/R, Wag, 5:30pm, Hansen Fieldhouse, Waldorf College, Forest City, IA. Kristi 641-585-8182.
- 12 Lighten Up Linn 5K Fun Run & Walk, 9AM. Cedar Rapids, IA. 319/892-6020.
- 12 *AIDS Walk/Run, 10 AM. Starts @ the Des Moines University Des Moines, IA. Rhea 515-284-0245.
- 12 Mt Pleasant Fun Run/walk 5k , 9 AM. Old Threshers South Campground, Mt Pleasant IA.
- 12 *Hayes Hustle Run/Walk/Relay, 5K. 9 AM. Bishop Hayes School, Muscatine IA. Jason 563-263-5538.
- 12 5K run/walk for Kelli Glascock, 10:00 AM. Simpson College, Indianola, IA. Chrissy 515-681-7145.
- 12 *Friends of St. Thomas 3M R/W, 9 AM, Brewer Creek Shelter, Webster City, IA. Nick 515-297-0068
- 12 *Gene Van Wyk Meml 5k R/W. 9 am at Pella Christian HS, Pella, IA. Darryl De Ruitter 641-628-4440.
- 12 *PRSSA's Do-Run-Run 5k run/walk, 8 A.M. @ Gateway Park-Cedar Falls, Iowa. Val 641-295-0828.
- 12 NCJC 50K Race/Relay, 8:00AM. Broadway Neighborhood Centers, Iowa City, IA. Robin Sueppel.
- 12 *Race for Education, 8 AM. New Hampton HS, New Hampton, IA. Erin 641-394-2144 Ext. 2025.
- 12 *Go the Distance for Crime victims 5K, 9 AM. Thomas Park, Marion, IA. 319-398-3943.
- 13 *Rehab Run 5K R/W/Wheelchair. 3 pm. Iowa City Upper City Park, Iowa City, IA. Andy 319-330-9025.
- 13 *Gilda's Run for Laughs 5K, 1M, 8 AM, Isle of Capri Casino, Bettendorf, IA. Claudia @ (563) 326-7504.
- 13 *Doughnut Run 9 AM. Brookside Park, Ames, IA. Alex Syhlman, 107 State Gym, Ames, IA 50010.
- 18 Iowa City High Adult / Master's Open 800m Race, City High School, Iowa City, IA. Tom 319-325-9027.
- 19 *Project Renewal Youth Program 5K, 1/2Mile. 8:30 AM, Davenport, IA. Ann 563/324-0800.
- 19 *SCAVMA Scamper, 5k & 10k, 5K. I.S.U. Vet. School, ISU Campus, Ames, IA. 8AM. 712-260-2776.
- 19 *Blues for Greens Earth Day 5K Run/Walk, 9 am. Capitol Complex. Jessica 515-309-9507 ext. 200.
- 19 *Clear Lake Earth Day 5k, 9:00 a.m. Clear Lake City Park, Clear Lake, IA. Hunter 641-357-2159.
- 19 *Earth Day 5k, Kids' Fun Run, 5k R/W, 9 AM. Ada Hayden Park, Ames, IA. 515-294-3586.
- 19 Clarion Health & Fitness/ Goldfield School 5K R/W, 10 AM, Lake Cornelia, Clarion, IA. 532-3500.
- 19 *Pi Sigma Epsilon 5K Run/Walk, Cedar Falls, IA. 515-306-5326.
- 20 *Earth Day at the Junction 5K, 9 AM. Old Valley Junction (West Des Moines). 515-222-3642.
- 26 GDMVA Walk for Wildlife, Jester Park Greenbelt. Polk City, IA. Norma or Phyllis 515/270-6920.
- 26 *Drake Relays On the Roads, 8K & 1/2 Mara. 8 AM at Drake Stadium, Des Moines, IA. 515-274-5379.
- 26 Iowa Masters Swim State / Zone Champs. Sat. & Sun., Coe College, Cedar Rapids, IA.
- 26 JW Memorial 5K. 9 AM, Not Your Ordinary 5K in Le Mars Municipal Park, Le Mars, IA.
- 26 *Templeton 5K W/R, 9 am. Templeton, IA. Tony Siepker, 2522 Knapp St, Ames, IA. 50014..
- 27 *28th annual RiverRun, 10K & 5K, team Comp. in 5K. Iowa City, IA. Bobby Godbersen 515-468-0783.
- 30 *Kompens Classic 5K R/W, 7 PM. Pella, IA. 888-322-6299.
- May 3 SPYMCA Spring 5k Run/Walk, 8:00 A.M Start. Creston, IA. Jackie Steffen 641-782-9622.
- 3 May Day 5K, 9:00 am. At the high school in Bondurant, IA. Jenny Juhl, 515-967-3711.
- 3 *Camp Ingawanis Upside Down Duathlon, 10 AM, Boy Scout Camp, Waverly, Ia. Jeff 319-240-5626.
- 3 Prairie's 5K Fun R/W. 8 am, Rapids Prairie HS, Cedar Rapids, IA. John 319-848-5340
- 3 Beat the Street 8K R & 2 M W! 8am, Story County Hosp, Nevada, IA. Nancy 515-382-2111 ext 2231.
- 3 Hoofin' It 5k Run/Walk, 10 AM, Merrill Park, Grinnell, Iowa. 615-476-0240.
- 3 ChildServe Run 4 The Kids . 9:00am at the ChildServe Campus, Johnston, Iowa. Bill 515.727.1478
- 3 Grandma's House Fun R/W, 10K and 5K R/W, 9 a.m, Clarinda, IA. Shannon 712-542-5502.
- 3 *Ronald McDonald 5K R/W 1PM. Ronald McDonald House, Iowa City, IA. Egglund 319.384.5852
- 3 *Pilot Knob 15K Trail Race , 10 AM. Pilot Knob State Park, Forest City, Iowa. Kevin 641.424.5161.
- 3 *WLCSD Run/Walk for the Schools, 8 AM. West Liberty, IA. 319-627-2100.
- 3 *May Day Five K. 9 AM, Raccoon River Park, West Des Moines. Heather Riley 515/243-2244.
- 3-4 CBRC 24 Hour Run, individual or relay. North Scott H S, Eldridge, IA.7 AM. 563.264.0120
- 4 Cinco Du Mayo Duathlon. 9 a.m. Daveport, IA. Ind or tm. Contact 563-343-7132.
- 4 *Swing Into Spring Duathlon, Davenport, IA. Run 1.9 m, Bike 10.6 m, Run 1.9 m. Tim 563-343-8088.
- 4 *CVRA's Mall to Mall Run/Walk, 8.5 mile, 8 AM. Lindale Mall to Westdale Mall. Gaddis 319-624-2844.
- 10 *C.A.R.E. 5K&10K, 8AM. Centennial Park in Waukee, IA. Ted 515-339-6721.
- 10 Lake Darling Trail Run 5K, 15K. 9 AM. Lake Darling State Park, Washington, IA. 319-653-1569.
- 10 *RuNorWalk 8K run / 5K walk, 8:30 AM. Norwalk, IA. 515/981-0619.
- 10 *Run, Walk & Roll 5k/10k run/walk. 8 am. Carroll, IA. Kelsi 712-792-6922.
- 10 *Race for the Cure, 8 AM. Ottumwa Park, Ottumwa, IA. Tom 641-684-6264 or Kim 641-683-8104.



Are You New to this List?

WHO we are! Get to know us here at Fitness Sports. We are all runners, walkers, swimmers, or triathletes. Some of us are coaches, and parents of athletes. Since Fitness Sports opened in 1984 we have been involved in many aspects of running and fitness within the community. We help to sponsor, organize and support many of the area's races, walks, runs and other events. We provide assistance and advice to teams and running groups for training and competing. We work to educate athletes on the latest shoes and gear to help improve their performance. It is our goal to help you to do your best while achieving your health and fitness goals.

It's Coming!

It has been a VERY LONG winter and many of us have not been able to stick with our outdoor work-outs on a regular schedule. There really ARE some signs of SPRING approaching. Daylight Savings Time has begun! The race calendar on the other side of this page is filling up fast. Some of our race favorites are soon approaching;

*Drake Relays On-the-Roads is just around the corner. Those of you who have kept up the training through winter can run the half-marathon, the rest have the option of the 8K.

* May brings lots of fun events- one of our favorites located near Fitness Sports is WHAMM on Sat, May 17 & the proceeds go to the Muscular Dystrophy Association.

* Of course a hi-light of the season is always Dam to Dam! This is "Iowa's Distance Classic" and it is early this year- May 31 (the Saturday following the celebration of Memorial Day). Begin your training now while there is still enough time to increase your distance and run a fun 20K. There is also the 5K if you want a little shorter distance. Either way there is the great party at Nollen Plaza when you are done.

NOW is the time to come buy those new shoes to do that training! We have a huge selection of shoes so stop in today. Do remember if you are planning to increase your distance you will need to allow a bit more toe-room in your new shoes to prevent those black toenails.

While you're in, check out our latest running gear. Treat yourself to some new shorts, shirts & singlets to keep you training in comfort and style.

Training Groups

Speaking of training- Monday, April 7 is the first meeting of the FREE training group which meets at Clive's Campbell Park gazebo (off 128th Street just south of Hickman Road) at 6 pm. The group was originally designed as a "new runner" group but quickly became a group for all levels of runners who want to increase their distance, improve their time, or just have some running companions who go their speed. Of course new runners are encouraged, & many veterans of this group have continued to participate each new season & gone on to complete a 5K, 10K, or longer. Many still run together with those they met at these group runs.

The Clive Greenbelt Trail is a beautiful area to run. Water is provided as well as helpful information on such topics as nutrition, proper shoes, stretching, etc. For information contact Curt or Nancy Hoegh at 226-0860.

BRAS!

Ladies, how long has it been since you replaced your sports bras? This is not a topic that the "guys" will often bring up with you. New research indicates that your sports bras should be replaced about as often as your running shoes! Think about it! Repeated wear & washing cause them to stretch out & loose support over time just like our other running "equipment". The next time you are buying shoes check out the many styles we have in sports bras.

REMINDER

We hear it over and over again. Just last week a driver reported nearly hitting a runner who was coming toward their car in the street because the runner was wearing dark clothing & was not visible! PLEASE- we don't want to lose any of you out there. Many of the drivers say they understand why the runners are there, but you could make an ugly dent in that car, not to mention that it would certainly ruin their day & your running career as well! Put on something very bright and reflective! Wear bright colors! Get a reflective vest, hat, leg bands, and clothing and make certain that you show up like a neon light. BE SAFE-PLEASE!

A Friendly Run

It's billed as a St. Patrick's Day run and is never the week of the holiday but who cares. This race has grown to be a harbinger of the "Spring racing season's" arrival. Sometimes cool and sometimes hot, almost always sunny and with the green of grass and flowers coming forth, it's just a great time to get out there and test yourself or possibly see how the training for the Drake Half is coming. Plus, who wants to miss Sully's Irish Pub at this time of the year?

This year a 5K has been added to the 10K so there can be no excuse for not showing up.

Races, Races and More Races

As I put the calendar together (other side) I couldn't quite believe it. We have as many races in April this year as we had in June just 5 years ago. Everywhere and everyone is having a race. It's great for the running scene but we do hope that organizers realize that races are not big money makers. The fund raising aspects of races comes from the sponsors, not the entry fees.

We want to keep the quality up with the availability. Runners do care about a well organized event. The key things are accurate timing and accurate distance. The distance can be off what was advertised because of some unforeseen mistake, but organizers should know what the actual distance run is so that runners can relate their time. If it's 4.9 miles, don't call it 5, Be accurate!

And make sure you have enough volunteers. Races problems can be solved as long as one person isn't trying to do everything.

Loop the Lake and Drake Relays on the Roads

One of the areas prettiest and Iowa's oldest major road races are part of the April tradition here in Central Iowa. Loop the Lake is April 5th and what prettier or more popular place to run in the Metro area that Gray's Lake. Plus it's a 8K event giving those of you who normal only run 5K's a little extra challenge. Test yourself.

And the 40th Drake Relays on the Roads is as good as it gets. Whether you run the 8K or the half marathon you are part of one of the biggest and best run track events in the country. With the NCAA Championships being here in June, this years field at the track meet is expected to be one of the finest ever. You can run on Sat. morning and still see almost all of the major competition.

The Body Project, Speed Freaks and Zoom Performance

The triathlon seems to be the sport of the year around here. Hy-Vee has created unbelievable interest and athletes are coming out of everywhere. We get calls daily about how to properly train and who they might contact for some personal training.

I'm going to list some and I know as I do this that I will upset some people by not listing them. The names that appear are the ones that I've talked to most recently. If you want your name mentioned contact me and we will add you to the list.

These individuals I currently have personal experience with. They have trained people that I know and have performed well as individuals.

SpeedFreaks - Nathan and Tony White. These young men have been swimmers and runners since they can remember. Their father was the head coach of both sports at Southeast Polk H.S. They both competed at the h.s and collegiate level and have coached at all age levels. They are certified and know how to get you to your goal without getting you hurt. Also, Nathan works here at F.S.

Zoom Performance - J.J. Bailey, Jenny Weber and Matt Zepeda. All certified personal trainers and experienced triathletes, these people have been training people around central Iowa for the past few years. They know what they are doing and have referrals that you can check with.

The Body Project - Tim and Mandy Ives. Tim has been working with area runners for the past few years and was recently written up in the DM Register in an article on losing weight and getting fit. He is a Level 1 T&F coach and personal trainer. He has also won a marathon or two himself.

All of central Iowa's YMCA's currently have triathlon training programs along with the Leukemia & Lymphoma Society's Team in Training. These programs are coached by knowledgeable, experienced people and can give you that little bit of extra motivation to push you forward.

Our Suguoi, Tyr, and Zoot Triathlon Gear is Arriving This Month.