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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.**

- Apr. 30 *Kompfen 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 *Pilot Knob 15K Trail Race , 10 AM. Pilot Knob State Park, Forest City, Iowa. Kevin 641.424.5161.
- 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 *SIOUXperman Tri, 10 AM in Sioux Center, IA. Indoor 300m S, 25k B & 5k R. All Seasons Center.
- 3 *May Day Five K. 9 AM, Raccoon River Park, West Des Moines. Heather Riley 515/243-2244.
- 3 *ChildServe Run 4 The Kids . 9:00am at the ChildServe Campus, Johnston, Iowa. Bill 515.727.1478
- 3 *WLCSD Run/Walk for the Schools, 8 AM. West Liberty, IA. 319-627-2100.
- 3 Grandma's House Fun R/W, 10K and 5K R/W, 9 a.m, Clarinda, IA. Shannon 712-542-5502.
- 3 *Run Like a Fox 5K, Leon's Memorial Run, 8 AM, McCreary Building, Perry, IA. 515-465-5621.
- 3 *5K Competitive Run & 5K Family Fun Run/Jog/Walk, 9 AM. Lo-Ma School, Logan, IA. Lori Lockwood 712-644-2168.
- 3 *Ronald McDonald 5K R/W 1PM. Ronald McDonald House, Iowa City, IA. Eggland 319.384.5852
- 3 *Arthritis Walk — Cedar Rapids Veterans Memorial Stadium (Kernals Stadium). 319-363-4403.
- 3 USA T&F Junior Olympic Preliminary Meet, 10 AM, boys & girls 8-14,, Grinnell H S. 641/236-8790 or 821-9620.
- 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. Davenport, 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.
- 7 *Megan Koepke Catch the Spirit 5K Fun R/W, 4:30 PM. Waverly Shell Rock Jr. High in Waverly, IA. 319-352-3632.
- 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 USA T&F Junior Olympic Preliminary Meet, 10AM, 8-14, WDM Valley HS, West Des Moines, IA. 515/280-1569.
- 10 *Race for the Cure, 8 AM. Ottumwa Park, Ottumwa, IA. Tom 641-684-6264 or Kim 641-683-8104.
- 10 5K Bandit Run, Davenport, IA. Brittney DelAngel 563-324-3000.
- 10 *Greater Des Moines Hike To Help Refugees. 10 am, Gray's Lake Park, Des Moines, IA. Paul Webering 515-577-4960.
- 10 iPromise to Celebrate-Remember-Fight Back 1st Annual 5K W/R. 8 am. Simpson College, Indianola,IA. 515-961-4127.
- 10 Arthritis Walk – Des Moines, IA – Blank Park Zoo. 515-278-0636.
- 10 *Runnin' For A Cure, 6pm. Lelah Bradley Park & Reserve in Centerville, IA. 5k/1 mile. Mendy Sebolt 641-895-2558.
- 10 *Lace Up For Learning - 5K & 10K Walk/Run, 12 noon. . Kingston Stadium, Cedar Rapids, IA. 319-558-2400.
- 10 *5K FOR PLGA, 8 am. Research for Pediatric LG Astrocytomas. Marshalltown Bike Path, Marshalltown IA. 641-750-4721.
- 10 Greater Des Moines Hike To Help Refugees. 10 am Gray's Lake Park, Des Moines, IA. 515-577-4960.
- 10 *Run Like A Mother 4 Mile Run/Walk, 9AM. Island Park in Cedar Falls, IA. Suzanne Freedman 319/277-7282.
- 10 *MVRA Heritage Trail Run 5k & 10k, 8:00 AM. Heritage Trail Dubuque, Iowa. Mike Rohner 563-564-9548.
- 10 Finish Strong 5K Walk/Run Race, 9 AM. Johnston Evangelical Free Church, Johnston, IA. 515-986-0306.
- 11 *Quad Cities Dist. Classic Half Marathon & 5K. 7:30 AM at Augustana College, R I, IL. 563-326-1942.
- 11 *Great North American TIMTAM, Marathon, *TIMTAM 50k, 11 Miler. Douglas Bryner, 515-268-3058.
- 17 *Whamm 5K & 10K, 8 AM, 66th & University in Windsor Heights. Denise @ 515.453.9489
- 17 *Tulip Time 10K, 5K & 1M, Windmill Square Park, Orange City, IA. 8:30 AM. Ph. 712/737-4911. John
- 17 *YWCA Main Avenue Run/Walk, 8 a.m. Lyon's Depot, Clinton, IA. Judy Bonnet 563-242-2110.
- 17 *Run for Ronald R / W, 5K, 10K. Blank Park Zoo, Des Moines, IA. RMH Charities 515/243-2111.
- 17 Red Brick Run, 10K, 5K & 2M, 9AM. Bedford, IA. Joe 712/523-2656 or 2655.
- 17 *Marion Arts Festival 5K Run and Fun Walk. 8:00 am, Marion, Iowa. John Snitko (319) 373-0741
- 17 *Lincoln Bridge Days 5K Run, 8 AM. Tama, IA. Kirk & Amy Ridout 641-484-3984
- 17 *IFD Race for Dan, 10K, 5K, 1 Mile Walk. 8:00 A.M. Indianola, IA. 515-577-4573
- 17 Altoona Family Fun Run/Walk 5K. Altoona Campus, Altoona, IA. Justin 515/967-0788.
- 17 AAU Youth Track Meet, 10:00 a.m at Lone Tree Community Schools, Lone Tree, IA. Mickey Zucker 319-723-4579.
- Lytton Gala Days 5K, 8 AM, (for J.D.R.F.). Lytton, IA. Craig Hildreth 712-662-4941.
- 17 Great River Bridge Race, 6Mile at 8 AM. Drake Restaurant, Burlington. Brad 319-753-8134.
- 17 *Arthritis Walk – Dubuque, Murphy Park. Andrea Martinez 319-363-4403.
- 24 Little Panther Relays, Randy Wilson Track, Knoxville, IA. Ages under 6 to 14 yrs. Mike Cunningham 641-842-6155.
- 24 *CRFD Firefighters Meml 5K run. 8:30 AM, Prarie H S, Cedar Rapids, IA. Dan 319/624-2184.
- 24 USA T&F Junior Olympic Preliminary Meet, boys & girls 8-14, Ames High School, Ames, IA. Derrick 515-292-8773.
- 24 Stu Nevermann Memorial Run 8 am. East Park, Mason City IA. 4 M. Dave 641-423-7830.
- 24 The Wild Five, 5k, 8 am, Davenport IA. Running Wild 563.323.7025
- 26 *Iowa Cubs Memorial Day 5 Mile. Principal Park, Des Moines, IA. 10 a.m. Chris Burch, 515.288.2692.
- 31 Wapsi-Great Western Line Run/Walk & Bike, Riceville, IA.
- 31 Whiterock Conservancy Walk. Whiterock Resort, Coon Rapids, IA. 9 AM. Becky 712-663-4311.
- 31 DAM to DAM, Iowa's Distance Classic, Nolan Plaza, Des Moines, IA.
- 31 *Rainbow Run 5K R/W, 9 AM. IA City, IA. 319-594-2829.
- 31 My Waterloo Days 5K R/W, 8 AM at Kinsley Elementary School, Waterloo, IA. Aram Susong. 319-230-5241.
- Jun 1 Sprint Pigman Triathlon, 7:30AM at Pleasant Creek State Park, Palo,IA. John Snitko 319/373-0741.
- 1 USA T&F Iowa Assn. Open / Masters Meet. 9 AM, WDM Valley HS, West Des Moines, IA. 19 to 90+. Jim 515-771-4246.

This Newsletter can also be downloaded straight off our web site at www.FitnessSports.com



From Speed and Distance;

Most of you have observed those runners running along with an oversized watch on their wrist. You might have asked about it.

Want to know how far you've gone? And how fast? Want someone to race against when you don't have someone to run with?

Garmin's GPS units are speed and distance sensors along with that all important wrist stop watch. And in some Garmin models they even include a little runner to race against (you program in your hoped pace and he will show you when you get behind).

Other models include a heart monitor that based on your performances will coach you by projecting workouts when used, it will help you improve.

to Pedometers

A Stanford University study in November 2007 found that pedometers are a very effective tool. If you are trying to increase your activity level simply wearing a pedometer could be the key to success. Their findings showed that using a pedometer resulted in significant increases in the level of physical activity as well as weight loss and improvements in blood pressure.

The subjects in their study found that they increased activity by more than 2,000 steps per day. Being more aware of your activity level can cause you to increase your daily physical activity by 27%.

Pedometers are inexpensive and easy to use. We have several models in stock by Accusplit and Ultrak which run from \$18.95 to \$29.95. Some of these simply count the number of steps you take, with the goal of 10,000 steps per day. Other models record time, steps, calorie expenditure as well as distance. Some are "self-setting" in that you set your stride distance by going twice around a quarter mile track, such as a high school track. Others will have you measure a distance and count the number of steps you take in that distance, and then enter the information to get an accurate distance reading.

Some Annual "Dam" Reminders

It is that time of year once again. Dam to Dam is just around the corner and for some of you this is your "long" run of the season. It is also when we begin to see bruised and black toenails which result from the shoes which were not quite big enough for the increase in distance. If your feet are not used to the longer runs, your favorite old shoes may begin to squeeze your toes as your feet swell when running the longer distances. NOW is when you want to get your new shoes while you have plenty of time to try them in different conditions to be assured they are comfortable.

Race day is a very bad time to learn that something doesn't feel good. This may mean more than just shoes. Our staff have all run Dam to Dam and can help advise you. Make sure to try any socks, shorts, singlets, and supplements ahead of time. Test everything on your training runs. Remember that even though it has been a cool, wet spring the sun will soon shine. You'll want to pick up a hat or visor to protect your face, BodyGlide for those areas that chafe, and a water bottle carrier so you have water on your training runs.

WHAMM

One of our neighborhood events is coming up soon. The start is just a few blocks from our store. WHAMM- the "Windsor Heights Annual Mini-Marathon" is Saturday, May 17 at 8 AM. This 5K/10K run & walk is a benefit for the Muscular Dystrophy Association and includes a kid's run and activities.

Fitness Sports Runs

You have seen many of our staff participating in area races. We all try to stay active. Special congratulations to Bill Lorenz who just recently ran a Marathon in Spain on his 60th birthday! Marty Dalton recently took 2nd and 4th at the Loop the Lake Run and Christie Muenzenberger is training for her first marathon (she was a state champion 400 runner in high school).

Sugoi, Tyr, Speedo and Zoot Triathlon Gear is Here!

Whether you want a one piece body suit, a separate top and bottom, with padding for the bike or without, we've got what you need to wear for the upcoming Tri season. Some want a swim suit and change to bike shorts then running gear. Others want to be able to wear the same gear all the way through the race saving time during the transition. Whatever you want, we will try to "have you covered"

Races, Races and More Races

As you look at the list of races on the other side of this letter you should be aware that last year this sheet covered all the races from May 1st through June 15th. There were more age group track meets in the list that I haven't received info on yet for this year. There is no shortage of races in Iowa. It seems like every cause is trying to put on a race. Hopefully they can find someone to help who knows what they are doing. Volunteers are forever needed and here is hopes that the runners will be patient when it comes to getting the results out. There are only so many professional timing companies available.

Starting next month, we are not going to be able to include all of the events on this newsletter. As we have started to realize that the time was approaching when this would become fact, we have had to make some hard choices.

Central Iowa events will take precedence as will races, be they runs or triathlons. Walks will be included when there is space along with races that are more than 2 hours from Des Moines.

We will still collect and post all IOWA events on our web site. Also we will continue to post entry forms and results for all events that are sent to us. The web site has unlimited space which is not the case with this newsletter.

Once Again, the Magazines Shoe Articles aren't Addressing Every Foot.

Both of the major running magazines are now doing at least 5 issues a year with shoe reviews. Every review has a very simple guide on "how to pick out the perfect shoe for you".

It's just not always that simple folks!

Maybe you are one of the lucky ones who falls perfectly into a category but many don't. Today I saw a high arched lady who overpronated severely. Last week I saw a flat-footed person who DID NOT need a lot of motion control. There are no absolutes. If you have a high rigid arch, but you run with your toes pointed a little out to the side, you probably over-pronate. You might even do so to the extreme. This will lead to shin-splints, sore knees (on the inside) and quickly worn out shoes should you get the wrong kind.

You need to have someone watch you run or at least watch you squat down. Then look for your knee and foot alignment. This can tell us a great deal about what you're going to run like. So, if you are having problems now, chances are that you are not in the correct footwear. Come let us take a look or come to our;

Free Foot Screenings scheduled for May 17th.

Dr. Kirk Neustrom, D.P.M., will be at Fitness Sports following the WHAMM race on May 17th doing foot screenings for those who would like to schedule one. This is a great opportunity to just check things out that might have been bothering you before you run DAM to DAM. He will be here from 10 AM to 2 PM and we will need to book you for an appointment. Call now so we can get you on the list.

Kirk has been with the Hawaii Ironman Tri team for over 20 years and heads up the medical team at the Dam to Dam and the Des Moines Marathon.

They're "Keen™" and They're On Sale"

Sport sandals have been rampant in the market for the past 18 years. Teva™ started the fad with sandals that were designed for water or land and everyone followed suit. But they were all the same.

Fitness Sport was the first Central Iowa dealer of the Keen™ sandal. It is not just like all the others and you know it immediately when you see it. A great fit on a semi-curved shape with a wonderfully cushioned foot bed which is contoured to the bottom of your foot and maintains outstanding arch support. Waterproof uppers and squeegee soles mean they are perfect for watersports, hiking, back yard sports and even running. And then there is the big difference - you won't stub your toe in these sandals. That's because they're "Keen™"

To celebrate the arrival of new colors for the season all Keen sandals are now on sale.

More Entry Forms and Results on Fitness Sports 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 35 May race entry forms right off our web-site.