



EQUANOX TIME!

It is that time of seasons changing, and along with the temperatures dropping and the leaves turning colors comes a new set of needs for runners. Around this time each year we remind you all of the need to BE SEEN! Drivers have enough trouble seeing pedestrians in broad daylight, so you must take extra precautions if you're out running when it is dark.

Be sure you are wearing bright or reflective clothing. We stock a big selection of caps, gloves, vests, jackets, tights, arm or leg bands, and numerous accessories to help make you more visible.

Footwear

Another thing to consider for the fall season is a pair of "trail" shoes for running. Slightly thicker tread can help in damp or slippery conditions, and often the upper is made of a sturdier fabric or may even be water repellent.

Adidas brings forward the latest version of the Response Trail (#15). This shoe has been popular for over 10 years. Good for on or off road.

Asics steps up with the trail version of the most popular shoe on the planet, the Gel 2140. A more aggressive sole and, gusseted tongue and repellent upper make this a go anywhere shoe. Also continuing forward is their waterproof Trabuco WP series. Gore-tex upper to keep you warm and dry.

New Balance's new 910 is the most refined trail shoe they have ever made and incorporates their newest technology, an "Anti-Freez" midsole.

The Nike Zoom Structure Triax Escape is similar to the 2140. Take your most popular running shoe, add some key elements and voila, great trail footwear.

Saucony introduces the ProGrid Razor. You might have seen it in Runner's World or one of the other running publications. A well regarded trail shoe is improved by adding a built in gator cuff to keep the twigs, dirt, snow or other residue out of your shoes. This one will take you through the nasty weather.

Be sure to wear your "Smart ID" with the reflective face on all your running shoes.

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

*racess prefessed by * have link to entry forms or registration on our web site at www.FitnessSports.com*

- Sept.19 *Fossil & Prairie 5K & 1M walk, 9:30 AM. Fossil & Prairie Park, Rockford, Iowa. XC. Barb 641-756-3490.
- 19 *Pilot Knob 5M Trail_Race, 10 AM, Pilot Knob State Park, Forest City, Iowa. Kevin Dear 641-740-7296.
- 19 Southern Prairie YMCA 5K R/W Balloon Chase. 8AM, Mckinley Park, Creston, IA. Jackie 641-782-9622.
- 19 *Be a Hero R/W Event, 10K & 5K, First Baptist Church Parking, Clarinda, IA. Robert 712-542-3568.
- 19 *Spartan Fund Run, 8AM, 5K & 10K. In Solon, IA. Zanetta Hoehle 319-624-3278
- 19 *Beaver Dash for SMA, 5K & 1M, 8 AM. NOLONGER TIMED! Beaverville, Des.Moines, 515-986-2181.
- 19 *Hospice of Washington County 5K. 9 a.m., Sunset Park, Washington, Iowa. Ph. 319-653-7321.
- 19 Osborne Off Road R/W 5K, 9am. Clayton County Conser. Osborne Center, Elkader. Julie 563-245-1516.
- 19 *Heartland Run for MPS, 10 am.. Brookside Park, Ames, IA. Alyssa Hajek-Jones, 402-679-4053.
- 19 Scarecrow Scamper 4M XC Race, 8:30 a.m. Hawkeye Com. College, Waterloo, IA. 319-296-2329 x 1088.
- 19 *1/2 Mara. & 5K, 8 AM. Panorama HS, Panora, IA. Sandy Leiferman 4628 Jeanie Lane, Panora, IA 50216.
- 19 *Waukon Wellness Center Duathlon, 8 AM. 5k r, Waukon Wellness Ctr,Waukon, IA. Dani 563-568-0074.
- 19 *Off the Beaten Path 6K XC & 3K, 9 AM. Jacob Krumm Preserve, Jasper County. Keri, 641-792-9780.
- 19 *Kickin' it up for Health 5K /W, 8:30 AM. At the hospital, Winterset, IA. Rhonda 515-462-2950 ext. 241.
- 19 *Scarecrow Scamper, 8:30 a.m. Com College, Waterloo, IA. Stephanie Cherry 319-296-2320 ext.1088.
- 19 Forest City Frontier Day's R/W, 5pm. Pammel Park, Forest City, IA. Mary Hanna, 641-585 2092.
- 19 Lutheran Home 5k & 10k Run, Cedar Falls Lutheran Home, Cedar Falls, IA. Hollie or Annie at 268-0401.
- 19 *Fall Fest Adventure Race (Triathlon). Bike, Run, Kayak, Run, Bike. Fort Dodge, Iowa. 515-576-4258.
- 19 MS 5K. Waterloo, IA. Dave Lipinski 319-433-6355
- 19 SK0:00T Tri, Knoxville Rec. Center, Knoxville, Iowa. 8 AM. 641-828-0580.
- 19 *Pearl City Dash 5K, 8 AM. Pearl City Station, Muscatine. Jennifer Neal 563-543-1023.
- 20 *Paws for a Cause Pet Fun R/W. 12 noon at Johnson County Fairgrounds, Iowa City, IA. 319-887-6083
- 20 *Z.A.G.R.A.T.A. 5K R/W, 9 AM, Rockwell Rec. Center, Cedar Rapids, IA. Brenda 319/295-2552.
- 20 *Trihawks Tri, 9 AM, Coralville Lake, Iowa City, IA. Ryan Gerling 319-850-0147
- 20 Miracles in Motion 5K. 8:30 AM at Prairie High School), Cedar Rapids, IA. 319-857-4141
- 20 *Green Run 10K XC & 5K R/W. Metro Waste Authority. 515-323-6501 or 515-244-0021.
- 20 *Pewterman Pentathlon, 5k, 1/4M, 1M, 100 yd dash, 10M. 9am. Cedar Rapids, IA. Nick 319-364-6567.
- 23 *Urbandale Superstar XC Kids Mile. 4:30 PM. Walker Johnson Park, Urbandale. Sara 515-457-5800.
- 25 *'Hoofin' It For Alison' 5K R/W, 6 PM. Brookside Park, Ames, IA. ISU Dairy Science Club.
- 26 *The Crusader Run. St. Boniface Catholic Church, Waukee, IA. Josh Sevier 515-559-4301.
- 26 *Ashlie Duit 5K & 10K R/W, 8AM. S.C.O.R.E. Recreation Facility, Nevada, IA. Ted 515-339-6721.
- 26 *Jacque Cayton Meml Run, 8 AM. Kalona Park, Hwy 22, Kalona IA. Carol TeBockhorst 319-330-3452.
- 26 *Oktemberfest Citizens 5K/10K. Courthouse Square, Marshalltown IA, 8 AM. Julie 641-473-3019,
- 26 *Cresco Gravel-Grinder Duathon (off road). 9 AM, Prairie's Edge Nature Ctr, Cresco, IA. 563-547-3434.

THE FARM RACE TO RUN OR VOLUNTEER

It is coming up soon- "The Farm Race" is November 21st. Renowned as the "Largest Cross-country Race in North America" this seven mile course will take you through the fields, across streams- several times, up and down the hills, and showcase the farms of previous generations along the way through this living museum. This non-profit event donates all proceeds to the Farms and other local organizations such as the Red Cross, Lions Club, Muscular Dystrophy Association, Boy Scouts, area track clubs and several scholarships.

Entries are limited to 7,500 so sign up early. On-line registration will open October 1. VIP entrants, those donating an additional \$100 to the Farms in addition to the regular entry fee, are guaranteed a place in the race, guaranteed choice of shirt size, receive special bonus gifts, and have their own special "express" packet pick-up.

This year be ready for even more fun with the addition of a post-race feast including beef stew from the famed Iowa Machine Shed Restaurant.

If running through streams & fields is not your idea of a good time, why not sign up to volunteer? You get to watch all the crazy costumes without getting into the mud yourself! Call or e-mail us to volunteer (nancy1@fitnesssports.com or 515-277-4785).

FALL MARATHONS

If you are training for the Des Moines Marathon, or one of the many others this time of year, you have likely increased your mileage drastically. Now is the time to be replacing your shoes. Another pair of the same model you have been wearing will help your feet to feel great. Running that far a distance will go a whole lot better in shoes that are not way past their prime. And remember, if the toes are squawking at 12 miles, they will be dead at 26. Give them a little more room.

Make sure to stock up on GU, Body Glide, extra socks and water bottle carriers to assist you as you prepare for race day. Hand held containers to 8 bottle waist packs will keep you hydrated during those 20 milers. Fuel Belt, Amphipod and Nathan make a wide selection of choices for every persons tastes.

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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
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- Sept. 26 *Running of the YAKS, 5K & 1M, 9 AM. Christian Reformed Church, Pella, IA. Valerie 641-628-9789.
26 Off-Road 5K Pumpkin Run, 9:30AM. TimberPine Nursery in Earlham. Katie Ketelsen.
26 *CWC 5K R/W, 8 am. Chickasaw Wellness Complex, CWC New Hampton, IA. Lisa 641-394-5433.
26 *Indian Summer Distance Classic, 10M, 4M, 9 AM, Lake Macbride State Park, Solon, IA. 319-363-7138.
26 Pinnacle Prairie 5k,9 AM. Cedar Falls, IA. Dave Lipinski 319-652-0484.
26 Canine Capers, Eagle Point Park, Clinton, IA. 2M R/W with or w/o dog. 9 AM. 563-242-2457.
26 StepOut 5K R/W or Bike to Fight Diabetes, 8 AM. Blank Park Zoo, Des Moines, IA. 515-276-2237.
26 *Tanger Fit for a Cure 5K R/W, Tanger Outlet Center, Williamsburg, IA. Theresa Phillips 319-668-2885.
26 Christian Opportunity Ctr R/W & Roll, 9am. Warren Cty Fairgrds, Indianola, IA. 641-628-8087 ext 105.
26 Guttenberg Germanfest, 9:00 AM. Guttenberg Hospital, Guttenberg, IA. Rehab Dept. 563-252-5527.
26 *Ely Fall Fest. 5K & 1M R/W, 8:30 AM. Ely Community Center, Ely, IA. Dave 319-841-2043
26 *Band On The Run 5K R/W, 9 a.m. Ada Hayden Park, Ames. Heather 515-290-5185, Deb 515-450-8652.
27 *Peregrine Charities Tri, George Wyth State Park, Waterloo, Waterloo, Iowa. Maria 319-553-2118.
27 *Capital Pursuit 10M & 5K, 5K R/W, 8AM. Downtown Des Moines. John Lins. www.CapitalStriders.org
27 *The Steve Goff Memorial 5K R/W. 9 AM. Univ of Iowa XC Course, Iowa City, IA. 319/335-9293.
- Oct. 3 *Best Dam Run, 9AM. Waverly, IA. Bill Cashman, 910 Cedar Lane, Waverly, IA 50677.
3 *Amana Colonies Oktoberfest - Timber Trek, 8am. 4.3 Mile Off Road R/W, Amana, IA. 319-362-4065.
3 *Tornado Alley Run, 5K R/W & 10K Run, 1M. City Hall in Algona, IA. 8 AM. 515-295-9251.
3 *Viking 5K R/W & Kid Trot, 8:30 AM. Grand View Univ, Des Moines, IA. Heather 515/263-2957.
3 Cedar Falls Pink Ribbon Run (5K), 8 a.m. Cedar Falls, Iowa. Gary Jones 319-266-3556.
3 *Broken Toe Trail R/W, 4M R/W & 2M walk. Stone State Park, Sioux City, IA. Brent 712-204-7609.
3 *Linn-Mar Growl Prowl 5k, 9am. Linn-Mar HS, Marion, IA. Mike Shipley 319-447-3152.
3 *5K R/W for the Pumpkins, 8 AM. F&M Bank, 220 West Main, Anamosa, IA. Nate Dunn 319-573-8327.
3 *Healthy Hearts Promoting Healthy Minds 5K R/W. 8:30 AM, Reynolds Field, Chariton, IA. 641/774-3370.
3 Dubuque Jaycees Chili Trot 5K, 2K, 9AM. Dubuque , IA. Chris Puetz at 563-543-7604
3 Indian Hills Scholarship 5K, 1.5M Walk, 8 AM. Indian Hills Com. College, Ottumwa, IA. 641-680-5684.
3 *Bridges of Madison County, 5K R/W. 9:15 AM. Winterset, IA. Bob 515-462-4731.
3 *Tau Beta Pi "Pi Mile Run", for Special Olympics, 9 AM. Brookside Park, Ames, IA. Jessica 847.830.2722.
3 Beat the Street 5K/1M Walk, 8 am. Story County Hospital, Nevada, IA. Nancy 515-382-2111 ext 2231.
3 *12:1 Run, 5K & 10K. 8:30 AM. Harmony Bible Church, Danville, IA. Libby 319.392.44152.
3 *Turkey River Run, 5M, 9 a.m. Quarry Lodge, Clermont, IA. Real XC. Maureen 563-423-5000.
3 *Heat the Streets 5k R/W, 9 a.m. Guthrie County Hospital, Guthrie Center, IA. Diane 641-332-3810.
3 *Muscatine County 4-H 5K & 1M, 8 AM. Musser Park, Muscatine, IA. 563-263-5701 or 1-800-992-0894
4 *Running With Heart 10K & 5K R/W, 9 AM. ISU Beyer Hall, Ames, IA . Christina 515-210-2228.
4 Applefest 5K R/W & 10K, 9 AM. St. Edmund School track, Fort Dodge, IA. Clyde Knupp 515-571-8363.
4 *STINKFOOT 5K, 8 AM. Lions Park, Altoona, IA. Gary 515 967-2572
9 *The "Believe" 5K, 10 P.M. Football Field, Stanwood, IA. William Bails 319-331-7939.
10 *Killer Bee 5K R/W, 8 AM, O'Keefe Library, St.Ambrose Univ. Campus, Davenport, IA. 563/333-6290.
10 *Wounded Hero Run 10K & 5K, 9 am. Waterworks Park, Des Moines, IA. Aaron Pearce 515-327-5775.
10 *Oskaloosa Trail Run for the Red, 10K & 5K R/W. Oskaloosa High School, Oskaloosa, IA. 641-673-4306.
10 Iron Kids Triathlon, 8 AM. Urbandale Rec Dept. Urbandale Pool, Urbandale. 515/278-3959.
10 *Johnston Spooktacular 5K Fun Run, 8 AM. Johnston High School, Johston, IA.
10 *Stepping Stones Stroll, 9:30 AM. Stepping Stones Early Learning Center, Knoxville, IA. 641-828-7837.
10 A.W.A.R.E. 5K W/R, 8a.m. Buena Vista Medical Center, Storm Lake, IA. 866-618-3371.
10 *Blue Sky Days 5K, 10:30 am. Iowa State University Campus, Ames, IA. Belinda Meis 515-817-0923
10 *Get The Lead Out, 9AM. Mines Of Spain State Park, Dubuque, Iowa. Mark Dolan 563-583-5758.
10 Muskie Grass Trail Run 5K, 9 AM. Discovery Park, Muscatine, IA. Chris Foxen
10 *Homecoming 5k Run, 8 a.m. Ash Park, Cornell College, Mount Vernon, IA. Shanda Ness 319-895-4411.
11 *Run for the Roses, 5K & 10K, 9 AM. Ames Middle School, Ames, IA. Roman Lynch 515-231-9995.
11 Nancy M. Kapheim CBRC 10K 5K at 8 a.m. Main Pavilion, Sunset Park, Rock Island, IL. 563/326-1942.
11 Especially for You, Women's 5K R/W, 1M walk, 8AM. Cedar Rapids, IA. 800/626-6826 or 319-398-6821.
11 *Lacey Keosauqua Fall 5K, 9 am. Lacey Kesoauqua State Park, Keosauqua, Iowa. 319-293-6434.
13 Eastern Iowa Middle School XC Invitational, 4 PM. Park in Cedar Rapids, IA. Julie Gerke 319-393-1968.
16 Dr. Robert Tucker' Loras XC Open Invitational, 4:30 PM, Dubuque, IA. 563/588-7491.
17 Race Against Violence, 9 a.m. Heritage Pond/Rupp Hollow Road, Dubuque, IA. Holly 563-589-4470.
17 *Make A Difference for Autism 5K R/W, 9 AM. Unified Therapy Services, Dubuque, IA. 563-583-4003.
17 *University of Northern Iowa Homecoming 5K, 8 AM Cedar Falls, IA.
17 *Washburn Classic State Middle School XC Meet, Saydel High School, 2 miles north of Des Moines. Mary Madsen
17 *"Harvest Moon Run", 5K R/W at 7 PM, Danville H S, Danville, IA. Kathy Speer Ph.319-759-0316.
17 *Lewis & Clark Marathon, 5 Person Relay, 5K R/W. Sioux City, IA. Steven 712-252-2653.Ext.3124.
17 *Run for the Ridge 5k XC R/W, 10 a.m. Pioneer Ridge Nature Area. Ottumwa. Kurt Baker, 641.682.3091.
17 *Brant's Great Pumpkin Race, 10K, 5K, 10 AM. Earlham School, Earlham, IA. Cindy 515.758.2057.
18 Run for the Schools, 1/2 Mara, 10K, 5K, 1M, 1/2M. Iowa City, IA. Laurie Canady 319-321-0280.
18 *Des_Moines Marathon.& Half Mara 5K. Nolan Plaza, Des Moines, IA.
24 *Abana Banji Run 5K, 9 AM. Ames, Iowa, Ada Hayden Park. Tim Mooney 515-817-0600.
?? Halloween Hustle 5k, 1M, Raccoon River Park, W Des Moines. Britt_515/224-1888 or 515/224-9901.
24 *Grant Wheeler Meml 5K R/W, 9 AM. Orchard Hill Reformed Church, Cedar Falls, IA. 319-277-7362.
24 *Phi Kappa Tau 5k & 1M R/W, 11:00 AM. Daniel's Park - Cedar Rapids, IA. Eric Wood, 763-234-9369.
24 *Des Moines Race for the Cure, 5K & 1M. 9AM. West Capitol Terrace, Des Moines. Larry 515-309-0095.