



# *the runner's flat*

**Running, Walking, Fitness, and more!**

115 East 4<sup>th</sup> Street, Cedar Falls  
319-277-1154

[www.therunnersflat.com](http://www.therunnersflat.com)

Mon - Fri. 10am - 6pm; Sat - 10am - 5pm

The Runner's Flat Newsletter

August 2008 Issue...

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August 8<sup>th</sup> marks the beginning of the Olympic Games! All events are amazing and magical to watch, but don't forget to free your schedule starting August 15<sup>th</sup>. Track & Field will take the spot light for a few days ending with a big finale - the men's marathon on Sunday, August 24<sup>th</sup>! GO USA! For a schedule of events please visit

<http://www.usatf.org/events/2008/OlympicGames/schedule.asp>.



# **New Apparel!!!**

Have you ever heard the phrase, "If you look good, you feel good?" Well, it's very true especially when you're working out...and maybe for a little motivation to get you out the door on hot days! New apparel is streaming through our door for marathon season and summer/fall racing! Apparel from Nike, Adidas, Brooks, Mizuno, and more has come in recently! Stop by to check out the new colors!



# XC Spikes Now In!!!

The Cross-country season is creeping up on us! New XC spikes have just arrived from Nike, Asics, Mizuno, and Saucony! New colors and technology in each spike. Prices range from \$49.99 to \$74.99...and each student will receive a 10% discount! Don't forget to schedule a Team Night to receive bigger discounts, new freebies from vendors, and some fun with your team!

Good luck with the rest of your summer training and we'll see you soon!

Paddle...

Bike...

Run...



Sweat...

Tears...

FUN!!!

The second Annual Hartman Eco Tri will be Sunday, August 10, 2008! The gun will fire at 7:00am. The race includes a 5.5k kayak, 17k bike, and 5k trail run. For more information please visit [http://www.co.black-hawk.ia.us/hartman/events\\_eco\\_tri.html](http://www.co.black-hawk.ia.us/hartman/events_eco_tri.html).

 The Leukemia & Lymphoma Society

**TEAM**  
**IN TRAINING**

Are you looking for a way to meet others who share your desire to help others while running or walking? Join The Leukemia & Lymphoma Society's Team In Training to help save a life. Team In Training is the world's largest endurance sports training program and celebrates its 20th anniversary in 2008. Attend an informational meeting to learn how you can be a part of the Team that is saving lives one mile at a time.

August 6 - 6 PM - Cedar Falls Recreation Center, 110 E. 13th St., Cedar Falls, IA  
August 19 - 6 PM - The Runner's Flat, 115 East 4th St., Cedar Falls, IA

Visit [www.teamintraining.org/ia](http://www.teamintraining.org/ia) to learn more or contact Amanda at 1-877-339-0072 (toll-free) or [Amanda.Freese@LLS.org](mailto:Amanda.Freese@LLS.org).



The Peregrine Triathlon will still be held *with* the swim! After the recent flood and closing of George Wyth the park is now open and ready for racers. Plan on September 28<sup>th</sup> at George Wyth for a great race! For more information please visit <http://www.peregrinecharities.org/TRI/>.

## PARK TO PARK NEWS

As the races approach many people have asked me if the trails will be open given the devastation the flooding wrought. The answer is an unequivocal YES, and the reason is the hard work of volunteers that cleared trees, garbage and other debris with sweat equity. Park rangers Gary Dusenberry from George Wyth and Al Weber from Black Hawk Park, along with Cedar Falls Park's manager Mark Ripplinger, have been fantastic to work with. Along with other volunteers my chain saw, garbage cans and back got a workout getting things off the trail so people can get back to enjoying them. A special thanks needs to go to local runner Alan Bauler who joined me for an entire morning of cutting and lifting to clear the trail from Island Park to Cottage Row, which was particularly bad. Entry fees for Park to Park go up on August 8<sup>th</sup>, so get your entry form in fast! As a special for Runner's Flat patrons I will provide a free performance hat for the first 20 people that come in and buy a pair of Mizuno shoes or make a \$50 Mizuno gear purchase AND enter either P2P the half marathon or 5K on the spot. Already entered? Just leave your name with Sarah or Scott and take the hat (\$25 value) with your purchase. Mizuno is a valued Park to Park sponsor and makes great products.

New this year will be the chance to buy some cool Park to Park race clothing. Lightweight sweatshirts, performance/sweat wicking polo shirts, Mizuno technical shirts and ladies French cut workout pants will be embroidered with the race logo. Gear will be available to look at and purchase at the Runner's Flat in mid August and at the packet pick-up and expo the night before Park to Park. Supplies will be very limited so don't miss out. Pictures of the gear will be at [www.trekmanracing.com](http://www.trekmanracing.com).

Olympic marathon trials 7<sup>th</sup> place finisher and last year's record setter Robyn Friedman will be returning to defend her title this year in the half marathon, and former record holder Jason Flogel is returning to make this year's speed crop top notch.

Friday night before the race the 5 Sullivan Brothers Convention Center will be serving an all you can eat full pasta meal for an incredibly affordable price. An entire family of parents and 3 kids can eat for under \$30! Get signed up before the price increases.

Hope your summer running/walking/racing is going well and I look forward to seeing many of you at a race or clinic soon!

Dave "Trekman" Lipinski

## JOIN US FOR THE AREAS FIRST PREDICTION RUN/WALK AND ICE CREAM SOCIAL ON AUGUST 20<sup>TH</sup>

The Runner's Flat and Trekman racing are teaming up again to bring area runners and walkers a new and fun way to enjoy what we all love. Fresh air, wooded trails, completion and ICE CREAM!

Weekends are busy, so we decided that a Wednesday evening is perfect for families to get out and enjoy a run/walk. No need for speed in this event so it fits into everyone's schedule even if you are marathon training. Participants will simply predict how long it will take to run or walk 3 miles. No watches, GPS units, pedometers, MP3 players and so on are allowed so that the event is 100% fair.

The course starts and finishes in front of the Runner's Flat, where finishers will be treated to ice cream. This is in lieu of the picnic we planned earlier that had to be canceled on account of high water in Black Hawk Park.

Money tight? This event is only \$3 if you register early and \$5 the day of! Prizes will be awarded to 5 males and females who come the closest to predicting their times accurately. Door prizes for everyone will be also given away after the event. You do not have to run or walk to join us for the ice cream; we will take \$1 for the ice cream only and just ask that you call 277-1154 to say you are coming so we can plan for how much ice cream to buy.

You can get registration forms at [www.trekmanracing.com](http://www.trekmanracing.com), the Flat or download from this newsletter.

Join us for a fun evening; the store will be open for purchases until the event is over.



# Upcoming Races!



### August

#### **Tripoli Days 5k**

Date: Saturday, August 02, 2008

Location: Maple Hills Golf Course

Tripoli, IA

Registration: 6:00am

Race Time: 7:00am

Entry fee: \$10 pre-registration; \$13 race day

Events: 5k Run/Walk

Phone: Lawain Judisch at 882-3066

Details: will take runners/walkers into Sweet Marsh via black top roads and back.

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#### **Hartman Eco-Triathlon**

Date: Sunday, August 10, 2008

Location: Hartman Reserve Nature Center  
Cedar Falls, IA  
Race Time: 7:00am  
Events: Triathlon  
Details: 5.5k kayak, 12k or 17k bike, 5k trail run. Visit [www.hartmanreserve.org](http://www.hartmanreserve.org) to register.

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#### **Lost Island Youth Triathlon**

Date: Saturday, August 16, 2008  
Location:  
, IA  
Details: More details will follow!

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#### **Flood 5k Registration**

Date: Saturday, August 16, 2008  
Location: City Hall  
Waverly, IA  
Registration: 8:00am  
Race Time: 9:00am  
Entry fee: \$15 pre-registration/ \$20 race day  
Events: 5k Run/Walk  
Phone: Mara Groom @ [mara.groom@wartburg.edu](mailto:mara.groom@wartburg.edu)  
Details:

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#### **Phil Kruger Memorial Race**

Date: Saturday, August 16, 2008  
Location: Dike Fire Station corner of Front and 2nd St.  
Dike, IA  
Registration: 7:00am  
Race Time: 8:00am  
Events: 5k Race & Fun Walk  
Phone: Wayne Whipps at 319-989-2633 or [wcloneswin@aol.com](mailto:wcloneswin@aol.com)  
Details: This race is dedicated to Phil Kruger's memory, his love for running, and the drive and determination that he had to succeed in competition and in life. He is missed.

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#### **American Cancer Society 5k For Like**

Date: Saturday, August 23, 2008  
Location: Brookside Park  
Ames, IA  
Registration: 7:30-8:00am  
Race Time: 8:00am  
Entry fee: \$15 Pre-registration; \$25 Race Day (t-shirts may not be available race day)  
Events: 5k Run/Walk  
Phone: Gail Anderson @ 515-296-6765  
Details: The 5k For Like is a community gathering where everyone can participate in the fight against cancer. Teams or individuals walk or run a set course at Brookside Park in Ames, Iowa. The course is a favorite for runners, who usually record fast times on a mostly flat route.

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#### **Team In Training Poker Run**

Date: Saturday, August 23, 2008  
Location: Pump Haus on Main Street  
Cedar Falls, IA  
Registration: 12:00 noon  
Race Time: 1:00pm  
Phone: Paula Thronson at [thronsp@uni.edu](mailto:thronsp@uni.edu)  
Details: We will once again start at the Pump Haus on Main Street Cedar Falls, and then travel to 10 other stops.

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#### **3 Mile Prediction Race & Ice Cream Social**

Date: Saturday, August 30, 2008  
Location: The Runner's Flat  
Cedar Falls, IA

Race Time: 7:30pm  
Entry fee: \$3 before August 15th and \$5 after  
Events: 3 mile prediction race  
Details: No age awards - there will be 5 awards for both men and women of all ages who are the closest to their predicted time to run 3 miles. Ice cream for all! We are putting this event on to break up the dog days of summer and to make up for the flood canceled BBQ. No t-shirts, no stress of running fast, just come and have a good time with us!

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#### **Friends of Beads Lake 5k & Half-Marathon**

Date: Saturday, August 30, 2008  
Location: Hampton  
Hampton, IA  
Registration: No Race Day Registration  
Race Time: Half-Marathon: 7:30am; 5k: 7:45am  
Events: 5k and Half-Marathon  
Phone: 641-456-2838  
Details: For more details email Mike Sutter at sutter\_uni@hotmail.com.

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## **September**

#### **Park to Park 5K & Half Marathon**

Date: Saturday, September 06, 2008  
Location: George Wyth State Park  
Waterloo, IA  
Race Time: 1/2 marathon Walk-6:30am; 1/2 marathon run-7:30am; 5k-7:35am  
Entry fee: Before: June 1st-\$14; July 1st-\$16; August 8th-\$18; Until Race Day-\$20; Race Day-\$25  
Events: 5K and Half Marathon  
Details: Come join the fun for Park 2 Park this year! Chip timing, prize money, race expo, pasta dinner, Mizuno tech tees, and if you register by August 8th you will be able to customize your race bib! Trekman Racing will be donating portions of the proceeds to two very worthy causes once again this year: Black Hawk County Family and Children's Council. Race brochures are available at The Flat!

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#### **Multiple Sclerosis 5K**

Date: Saturday, September 13, 2008  
Location:  
Events: 5K  
Details: More details to follow

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#### **Scarecrow Scamper, 4 mile XC Race**

Date: Saturday, September 20, 2008  
Location: Hawkeye Community College  
Waterloo, IA  
Registration: 7:30 a.m. – 8:15 am  
Race Time: 8:30 a.m.  
Events: 4 mile XC Race  
Phone: Stephanie Cherry (319) 296-2320 ext. 1088  
Details: All proceeds from this event will go towards student scholarships.

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#### **Pushin 4 a Cure Pump and Run**

Date: Saturday, September 27, 2008  
Location:  
Details: More details to follow

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#### **Peregrine Tri**

Date: Sunday, September 28, 2008  
Location: George Wyth State Park  
Waterloo, IA  
Events: Triathlon (1 miles swim, 22 mile bike, 6 mile run)  
Phone: 319-553-2118  
Details: Novice to elite individuals and relay teams welcome!!!

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## October

### **Pink Ribbon Run 5k**

Date: Saturday, October 04, 2008  
Location: Cedar Falls Library  
Cedar Falls, IA  
Registration: 7-8:00am  
Race Time: 8:00am  
Entry fee: \$25 - includes official Pink Ribbon t-shirt  
Events: 5k Run/Walk  
Phone: 319-277-0213 or 319-277-8867  
Details: All proceeds benefit the Beyond Pink Team. No t-shirt guarantee after 9/24/08.

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### **Pinnacle Prairie 5K**

Date: Saturday, October 04, 2008  
Location: Pinnacle Prairie 5k  
Cedar Falls, IA  
Race Time: 9:00am  
Events: 5k Run/Walk  
Details: Packet pick-up is Friday, October 3rd from 5:00 - 7:00pm at The Runner's Flat.

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### **Iowa's Best Muscle/Potters Hands 5k run/walk**

Date: Saturday, October 11, 2008  
Location: Iowa's Best Muscle  
Cedar Falls, IA  
Race Time: 8:30am  
Details: register online @ Active.com or Allsportscentral. More details will follow.

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### **Flat Tire Fall Festival**

Date: Saturday, October 11, 2008  
Location: Camp Ingawanis Boy scout Camp  
Waverly, IA  
Details: Trail run and mountain bike race! More details will follow!

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### **Run for the Roses 5k & 10k**

Date: Sunday, October 12, 2008  
Location: Ames  
Ames, IA  
Race Time: 9am - 5k; 10am - 10k  
Events: 5k & 10k  
Phone: Roman Lynch: 515-231-9995 or romanlynch@mchsi.com  
Details: 1000 runners! Omelet breakfast afterwards! For more information please visit [www.isu-aoii.com/run.html](http://www.isu-aoii.com/run.html).

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### **Grant Wheeler Memorial 5k**

Date: Saturday, October 18, 2008  
Location: Cedar Falls  
Details: Details will follow!

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### **Pathways 5K**

Date: Saturday, October 25, 2008  
Location:  
Events: 5K  
Details: More details to follow

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## November

### **5 Sullivan's Brothers 5K and 10K**

Date: Saturday, November 01, 2008  
Location: 5 Sullivan's Brothers Convention Center  
Waterloo, IA

Events: 5K and 10K  
Details: More details to follow

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## December

### Show Shuffle 5K

Date: Saturday, December 06, 2008  
Location:  
Events: 5K  
Details: More details to follow