



## Earn Points While Enjoying Some of These Iowa Summer Activities

### JUNE

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Contact</b>
6.5.09	Mustang Madness Cross Country Race	Bettendorf	<a href="mailto:deenasimpson6@att.net">deenasimpson6@att.net</a>
6.6.09	Des Moines Start! Heart Walk	Des Moines	<a href="mailto:joani.mantalone@heart.org">joani.mantalone@heart.org</a>
6.6.09	Grandma's House Fun Run/Walk	Clarinda	<a href="mailto:grandmahouse@iowatelecom.net">grandmahouse@iowatelecom.net</a>
6.6.09	Jump Clinic	Waukee	<a href="mailto:alyssa@absoluteperformancetherapy.com">alyssa@absoluteperformancetherapy.com</a>
6.6.09	Iron Cop Triathlon	Linn	<a href="mailto:schwenny@netins.net">schwenny@netins.net</a>
6.6.09	Scandinavian Run/Fun Walk	Story City	<a href="mailto:kandseric@yahoo.com">kandseric@yahoo.com</a>
6.6.09	Save Our Stadium Run/Walk	Knoxville	<a href="mailto:woolseys81@iowatelecom.net">woolseys81@iowatelecom.net</a>
6.6.09	Run for Relay/Survivor Mile	Estherville	<a href="mailto:mstruve@iowalakes.edu">mstruve@iowalakes.edu</a>
6.6.09	USA T&F Junior Olympic Prelim Meet	Des Moines	<a href="mailto:trackmaster00@yahoo.com">trackmaster00@yahoo.com</a>
6.09	Pekin Prowl	Ollie	<a href="mailto:hilldairy@agristar.net">hilldairy@agristar.net</a>
6.6.09	Boone Bash River Dash	Webster City	<a href="mailto:brian_stroner@webstercity.com">brian_stroner@webstercity.com</a>
6.09	Kiwanis' 5K	Adel	<a href="mailto:bbaier@riw2000.com">bbaier@riw2000.com</a>
6.6.09	Village NW Unlimited Run, Walk & Roll	Sheldon	<a href="mailto:beckyv@villagenorthwest.org">beckyv@villagenorthwest.org</a>

6.6.09	Loop the Lakes	Cedar Falls	<a href="mailto:AIRSAND@AOL.COM">AIRSAND@AOL.COM</a>
6.6.09	Conrad Dash and Splash Run/Walk	Conrad	<a href="mailto:nkdiel@netins.net">nkdiel@netins.net</a>
6.6.09	Kids Triathlon	Davenport	<a href="mailto:tim@theendresultco.com">tim@theendresultco.com</a>
6.6.09	Sauerkraut Days Run/Walk	Ackley	<a href="mailto:amwiarda@mycns.net">amwiarda@mycns.net</a>
6.6.09	Kernels Foundation Run/Walk/Nordic Pole	Cedar Rapids	<a href="mailto:scott@kernels.com">scott@kernels.com</a>
6.7.09	Race to the Garden	Altoona	Nick Woolsey - 641.842.2465
6.7.09	Sprint Pigman Triathlon	Palo	<a href="mailto:john@pigmantri.com">john@pigmantri.com</a>
6.7.09	Council Bluffs Half Marathon	Council Bluffs	<a href="mailto:dreinkesports@msn.com">dreinkesports@msn.com</a>
6.11-14.09	Iowa Senior Games	West Des Moines	515.622.5011
6.12.09	ACS Washington County 5K & Relay for Life	Washington	<a href="mailto:ericjturner@iowatelecom.net">ericjturner@iowatelecom.net</a>
6.13.09	Running Clinic	Waukee	Alyssa Subbert - 987.6267
6.13.09	Run The Flood	Cedar Rapids	<a href="mailto:klammer@cedarrapids.org">klammer@cedarrapids.org</a>
6.13.09	Rock, Run and Stroll Race	Des Moines	<a href="mailto:cindy@childrenscancerprograms.com">cindy@childrenscancerprograms.com</a>
6.13.09	Keota Fun Run	Keota	<a href="mailto:craigtnt@mchsi.com">craigtnt@mchsi.com</a>
6.13.09	Quad Cities Race for the Cure	Moline	<a href="mailto:qracefortheCure@genesishealth.com">qracefortheCure@genesishealth.com</a>
6.09	YMCA "Summer Daze" Triathlon	Newton	<a href="mailto:teenclub@pcpartner.net">teenclub@pcpartner.net</a>
6.09	Clarion Festival in the Park	Clarion	<a href="mailto:jonahr@mchsi.com">jonahr@mchsi.com</a>
6.13.09	Ding Dong Dahs	Jefferson	<a href="mailto:fitness@netins.net">fitness@netins.net</a>
6.09	Hubbard Days – 125 <sup>th</sup> Celebration	Hubbard	<a href="mailto:plainvw@netins.net">plainvw@netins.net</a>

6.13.09	Holiday Lake Triathlon	Brooklyn	<a href="mailto:dalehowe@mchsi.com">dalehowe@mchsi.com</a>
6.13.09	Jace Race	New Sharon	<a href="mailto:carrico4@mchsi.com">carrico4@mchsi.com</a>
6.09	Flag Fest Walk/Run	Spencer	<a href="mailto:mwhitaker@spencerymca.org">mwhitaker@spencerymca.org</a>
6.09	Tom Skram Memorial Fun Run	LeMars	Angela Loutsch – 712.546.6655
6.13.09	Marathon to Marathon	Marathon	Lois – 712.289.2246
6.13.09	Clive Run Fest	Clive	<a href="mailto:ed.bell@drake.edu">ed.bell@drake.edu</a>
6.13.09	Stride to Provide	Fort Dodge	<a href="mailto:giving@friendshiphaven.org">giving@friendshiphaven.org</a>
6.13.09	MRR All-Comers Track Meet	Sioux City	<a href="mailto:kjersten@sprynet.com">kjersten@sprynet.com</a>
6.13.09	Hope Run for Hospice	Ames	<a href="mailto:bhenriksen2@msn.com">bhenriksen2@msn.com</a>
6.13.09	IronCop Triathlon & Duathlon	Cedar Rapids	<a href="mailto:schwenny@netins.net">schwenny@netins.net</a>
6.13.09	Grimes Funtastic Day	Grimes	<a href="mailto:mchizek@dc-grimes.k12.ia.us">mchizek@dc-grimes.k12.ia.us</a>
6.13.09	America's River Duathlon	Dubuque	<a href="mailto:ksimmons@dubuquechamber.com">ksimmons@dubuquechamber.com</a>
6.13.09	Grandview Gallop	Dubuque	<a href="mailto:ghermiston@mahealthcare.com">ghermiston@mahealthcare.com</a>
6.13.09	Weekend on the Square Biathlon	Williamsburg	Fonda Garringer–319.668.2580
6.13.09	Festival of Trails	La Porte City	
6.13.09	DAM to Downtown 10K	Coralville	
6.14.09	Copper Creek Sprint Trathlon	Pleasant Hill	<a href="mailto:info@coppercreektri.com">info@coppercreektri.com</a>
6.14.09	Strawberry Stampede – Youth Race	Long Grove	<a href="mailto:shoag@netins.net">shoag@netins.net</a>
6.14.09	USA T&F Junior Olympic Combined Meet	West Des Moines	<a href="mailto:walczykjim@qwest.net">walczykjim@qwest.net</a>
6.14.09	USA T&F Iowa Assn. Outdoor/Open Masters	West Des Moines	<a href="mailto:walczykjim@qwest.net">walczykjim@qwest.net</a>

6.14.09	Iowa Sports Foundation Adventure Race	Des Moines	1.888.777.8881
6.19.09	5K For Karen	Johnston	<a href="mailto:todd_keech@quakeroats.com">todd_keech@quakeroats.com</a>
6.19.09	Kalona Days Fun Run/Walk	Kalona	<a href="mailto:lrhochcst@gmail.com">lrhochcst@gmail.com</a>
6.19.09	4-H 1Mile/5K Run/Walk	Washington	<a href="mailto:KPeiffer@iastate.edu">KPeiffer@iastate.edu</a>
6.20.09	Ringsted Danish Days	Ringsted	<a href="mailto:brooke.nelsen@gmail.com">brooke.nelsen@gmail.com</a>
6.20.09	Quad Cities Triathlon	Davenport	Eric Sarno - 309.786.0040
6.20.09	Pleasantville Firecracker 5K	Pleasantville	Rod Horsman - 515.669.0378
6.20.09	Kinderfest Roadrace	Manning	<a href="mailto:cast@fmctc.com">cast@fmctc.com</a>
6.20.09	Good Egg Days 5K Run/Walk	Stuart	Andrew – 515.523.2348
6.20.09	Kingsley's 125 <sup>th</sup> 5K Run/Walk	Kingsley	Laura Phelps – 712.898.3251
6.20.09	Paul Skeffington Memorial Run	DeWitt	<a href="mailto:info@dewitt.org">info@dewitt.org</a>
6.20.09	The Greg Harris Memorial 5K Run/Walk	Eagle Grove	<a href="mailto:jjtilly@hotmail.com">jjtilly@hotmail.com</a>
6.09	Hit the Bricks Road Race	Williamsburg	<a href="mailto:gstolze@williamsburg.k12.ia.us">gstolze@williamsburg.k12.ia.us</a>
6.20.09	State Center's Rose Festival	State Center	<a href="mailto:byerly3@partnercom.net">byerly3@partnercom.net</a>
6.20.09	Heritage Days Road Race	Rock Rapids	<a href="mailto:heritagedaysrace@hotmail.com">heritagedaysrace@hotmail.com</a>
6.20.09	Hog Wild Days 5K Squeal	Hiawatha	<a href="mailto:hogwilddays@hotmail.com">hogwilddays@hotmail.com</a>
6.20.09	Run, Walk&Stroll Team RWC Running Festival	Estherville	<a href="mailto:jo.currell@estherville.k12.ia.us">jo.currell@estherville.k12.ia.us</a>
6.20.09	RiseFest	Sheldon	712. 324.9763
6.09	Hoerner YMCA Y-Athlon	Keokuk	319.524.6724

6.20.09	Solstice Stride Family Run/Kids Sprint	Coralville	<a href="mailto:alkout1@gmail.com">alkout1@gmail.com</a>
6.20-21.09	USA T&F Iowa State Junior Olympic Meet	Johnston	<a href="mailto:walczykjim@qwest.net">walczykjim@qwest.net</a>
6.20.09	Penny's Pieathlon	Adel	<a href="mailto:info@pieathlon.com">info@pieathlon.com</a>
6.27.09	Cannonball Kids Fun Run	Mason City	<a href="mailto:Salsa707@aol.com">Salsa707@aol.com</a>
6.27.09	Cascade 175 <sup>th</sup> Celebration Run/Walk	Cascade	<a href="mailto:pkauder@netins.net">pkauder@netins.net</a>
6.27.09	Fairfax USA Days 5K Run/1 Mile Walk	Fairfax	<a href="mailto:5Krun@fidelitaslodge.org">5Krun@fidelitaslodge.org</a>
6.09	Lake Darling Trail Run	Brighton	<a href="mailto:mikeamychris@yahoo.com">mikeamychris@yahoo.com</a>
6.27.09	Pocahontas Run -Congenital Heart Defects	Pocahontas	Amanda Allen 712.358.3244
6.09	USATF Nancy Kapheim Memorial Track&Field	Moline, IL	<a href="mailto:FredericWhiteside@augustana.edu">FredericWhiteside@augustana.edu</a>
6.27.09	Gallop & Trot 5K Fun Run/Walk	Edgewood	<a href="mailto:edgewood@iowatelecom.net">edgewood@iowatelecom.net</a>
6.09	Fox Trot Run	Hedrick	Joyce - 641.653.2293
6.27.09	Another Dam Race	Nashua	<a href="mailto:khannemann@nashuainplainfield.k12.ia.us">khannemann@nashuainplainfield.k12.ia.us</a>
6.27.09	Timber City Adventure Race	Maquoketa	<a href="mailto:maqchamberassist@qwestoffice.net">maqchamberassist@qwestoffice.net</a>
6.27.09	Logan 5K Run/Walk	Logan	<a href="mailto:speby@loganet.net">speby@loganet.net</a>
6.27.09	Ida Grove Royal Run	Ida Grove	<a href="mailto:igroyalrun@gmail.com">igroyalrun@gmail.com</a>
6.09	Island Days 5K/1 Mile	Fairbank	<a href="mailto:TMatthaidess@wapsievalleyschools.org">TMatthaidess@wapsievalleyschools.org</a>
6.09	Victor Fun 5K Run/Walk	Victor	Kristy – 319.647.2371
6.27.09	P.A.T.O.O.T. 5/10K Runs	Peterston	<a href="mailto:hawkifan@iowatelecom.net">hawkifan@iowatelecom.net</a>
6.27.09	Carlisle Fourth of July 5K Run/Walk	Carlisle	<a href="mailto:ddhammer@worldnet.att.net">ddhammer@worldnet.att.net</a>
6.27.09	CIARAD's Prairie Fun Run	Prairie City	<a href="mailto:m.keitges@hotmail.com">m.keitges@hotmail.com</a>

6.27.09	Steventon's Kids Triathlon	Bettendorf	<a href="mailto:kbug@qconline.com">kbug@qconline.com</a>
6.27.09	Ottumwa YMCA Balloon Race 5K	Ottumwa	<a href="mailto:becky@ottumwaymca.com">becky@ottumwaymca.com</a>
6.27.09	Conroy Days 5K	Conroy	<a href="mailto:heartland.coop.conroy@plantpioneer.com">heartland.coop.conroy@plantpioneer.com</a>
6.27.09	Hy-Vee Kids Triathlon	West Des Moines	<a href="mailto:csulzman@hy-vee.com">csulzman@hy-vee.com</a>
6.28.09	Hy-Vee Citizens Triathlon	West Des Moines	<a href="mailto:csulzman@hy-vee.com">csulzman@hy-vee.com</a>
6.28.09	Sturgis Falls Half Marathon & 5K	Cedar Falls	Joe Cook – 319.277.6526
6.28.09	West Union Triathlon	West Union	<a href="mailto:wuparkandrec@alpinecom.net">wuparkandrec@alpinecom.net</a>
6.28.09	USA T&F Iowa Assn. Outdoor/Open	Des Moines	<a href="mailto:walczykjim@qwest.net">walczykjim@qwest.net</a>
6.28.09	Burlington Youth Triathlon	Burlington	<a href="mailto:bkaad@mepotelco.net">bkaad@mepotelco.net</a>

## **JULY**

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>
7.3.09	Exira Road Run	Exira	<a href="mailto:tgbenton@metc.net">tgbenton@metc.net</a>
7.3.09	Harry Gardner Memorial/Toledo	Toledo	George Kuhter – 641.484.4938
7.4.09	Williamsburg Firecracker Run	Williamsburg	<a href="mailto:rec@iowatelecom.net">rec@iowatelecom.net</a>
7.4.09	Clover Run	Fontanelle	<a href="mailto:debhall@iastate.edu">debhall@iastate.edu</a>
7.4.09	Earlham Firecracker Run	Earlham	Jan Fletcher – 515.758.2815
7.4.09	Dysart 5K Run/Walk	Dysart	<a href="mailto:m_schmidt@union.k12.ia.us">m_schmidt@union.k12.ia.us</a>
7.4.09	Urbandale 4 <sup>th</sup> of July Runs	Urbandale	Larry Jablonski at 515.276.4538

7.4.09	Waukee Fun Run/Walk	Waukee	Tony Obermann – 515.975.5288
7.4.09	Colo Crossroads Fun Run/Walk	Colo	<a href="mailto:stacie_hoss@yahoo.com">stacie_hoss@yahoo.com</a>
7.4.09	4 on the 4 <sup>th</sup>	Ames	<a href="mailto:Brett.Carney@ChampionshipProductions.com">Brett.Carney@ChampionshipProductions.com</a>
7.4.09	Belle Plaine Rotary Annual	Belle Plaine	<a href="mailto:mstratf@iowatelecom.net">mstratf@iowatelecom.net</a>
7.4.09	Fifth Season 8K Run/5K Run/Walk	Cedar Rapids	Mike Regan – 319.530.2873
7.4.09	Let Freedom Run	Armstrong	<a href="mailto:up4grabs@iowatelecom.net">up4grabs@iowatelecom.net</a>
7.4.09	5K for Independence Day	Cedar Falls	<a href="mailto:Trekman@mchsi.com">Trekman@mchsi.com</a>
7.4.09	4 <sup>th</sup> of July Fun Run/Walk	Dunlap	<a href="mailto:carriegrady@yahoo.com">carriegrady@yahoo.com</a>
7.4.09	City of Maples 5K & 1 Mile	Osage	<a href="mailto:gruman@osage.net">gruman@osage.net</a>
7.4.09	Firecracker 5K Run/Walk	Webster City	<a href="mailto:glmoenck@wmtel.net">glmoenck@wmtel.net</a>
7.4.09	Sully Freedom Fun Run	Sully	<a href="mailto:arkema@lynnville-sully.k12.ia.us">arkema@lynnville-sully.k12.ia.us</a>
7.4.09	Farm Bureau Financial Services Classic Races	Sigourney	<a href="mailto:millerfam@iowatelecom.net">millerfam@iowatelecom.net</a>
7.4.09	Sibley Good Ole Summertime Fun Run/Walk	Sibley	<a href="mailto:kswenson@sibley-ocheyedan.k12.ia.us">kswenson@sibley-ocheyedan.k12.ia.us</a>
7.4.09	Firecracker Classic	Belmond	<a href="mailto:brobson@fsbbelmond.com">brobson@fsbbelmond.com</a>
7.4.09	Ride/Run	Storm Lake	<a href="mailto:tgivey@iw.net">tgivey@iw.net</a>
7.4.09	Riverbend Rally 5K Run/Walk	Iowa Falls	<a href="mailto:cindygoodner@gmail.com">cindygoodner@gmail.com</a>
7.4.09	Royal Rec 5K Fun Run/Walk	Royal	<a href="mailto:bbrugman@royaltelco.net">bbrugman@royaltelco.net</a>
7.4.09	It's All About the Heart!	Shell Rock	
7.4.09	Bison Firecracker 5K	Buffalo Center	<a href="mailto:bjkramers@wctatel.net">bjkramers@wctatel.net</a>
7.5.09	Tri in July	Sigourney	<a href="mailto:amyjoellen@hotmail.com">amyjoellen@hotmail.com</a>

7.5.09	Cornman Triathlon	Gladbrook	<a href="mailto:lakeside2148@mchsi.com">lakeside2148@mchsi.com</a>
7.10.09	Relay for Life Polk Metro	Des Moines	<a href="mailto:lori.schaben@cancer.org">lori.schaben@cancer.org</a>
7.09	IHCC Moonlight Fun Run	Ottumwa	<a href="mailto:bgray@indianhills.edu">bgray@indianhills.edu</a>
7.11.09	Midnight Madness	Ames	Roman - 515.232.6131
7.11.09	Duesey Days Race	Garner	<a href="mailto:gklk@mchsi.com">gklk@mchsi.com</a>
7.11.09	Felix-Grundy Celebration 5K	Grundy Center	<a href="mailto:apeters@spartanpride.net">apeters@spartanpride.net</a>
7.11.09	Kevin Young/Kay Junkins Memorial Run	Donnellson	<a href="mailto:spjones@iowatelecom.net">spjones@iowatelecom.net</a>
7.09	Jesup Farmers Day 5K	Jesup	<a href="mailto:lloecher@jesup.k12.ia.us">lloecher@jesup.k12.ia.us</a>
7.11.09	Moonlight Chase	Eldridge	<a href="mailto:moonlight@northscottchamber.com">moonlight@northscottchamber.com</a>
7.11.09	Lake Geode Challenge Triathlon	Danville	<a href="mailto:racedirector@teambeast.org">racedirector@teambeast.org</a>
7.09	Baxter Fun Days 5K Fun Run/Walk	Baxter	<a href="mailto:cindy@artalacarte.com">cindy@artalacarte.com</a>
7.09	Mount Vernon Heritage Days Run/Walk	Mount Vernon	<a href="mailto:Slackersmom@aol.com">Slackersmom@aol.com</a>
7.11.09	Iowa Telecom Run/Rosie Phillips Fun Walk	What Cheer	<a href="mailto:kcsheriff@iowatelecom.net">kcsheriff@iowatelecom.net</a>
7.11.09	Grimes Farm Run...A Walk in the Park	Marshalltown	<a href="mailto:grimesbarr@gmail.com">grimesbarr@gmail.com</a>
7.11.09	Nishna Valley Family YMCA Sprint Triathlon	Atlantic	<a href="mailto:lrobinson@nishnavalleymca.com">lrobinson@nishnavalleymca.com</a>
7.11.09	Hudson Pump & Run	Hudson	<a href="mailto:trekman@kca.net">trekman@kca.net</a>
7.12.09	MRR All-Comers Track Meet	Sioux City	<a href="mailto:kjersten@sprynet.com">kjersten@sprynet.com</a>
7.09	Little Sioux Day 5 Mile Run	Linn Grove	
7.12.09	Ankeny Summerfest 5K/1 Mile Run/Walk	Ankeny	<a href="mailto:ed@alliediowa.com">ed@alliediowa.com</a>

7.12.09	Triathlon	Des Moines	<a href="mailto:colleen0403@yahoo.com">colleen0403@yahoo.com</a>
7.09	West Liberty Youth Sports Fun Run	West Liberty	<a href="mailto:kevmuel@lcom.net">kevmuel@lcom.net</a>
7.12.09	Water's Edge Triathlon	Algona	<a href="mailto:Jeff_morty@yahoo.com">Jeff_morty@yahoo.com</a>
7.09	Meskwaki Nation Times 5K Classic	Tama	<a href="mailto:dvdavenport@meskwaki.org">dvdavenport@meskwaki.org</a>
7.16-19.09	Iowa Games Track&Field/Swimming/Cross Country	Ames	Joe Blunk - 515.232.6746
7.18.09	Walcott Days 5K/1Mile	Walcott	Laurie Botkin – 563.284.5127
7.18.09	Solon Beef Days Run	Solon	
7.09	Lawler's Annual 5K Fun Run/Walk	Lawler	<a href="mailto:speltzd@iowatelecom.net">speltzd@iowatelecom.net</a>
7.18.09	Rustin Run	Lost Nation	<a href="mailto:mitch@rusticrun.com">mitch@rusticrun.com</a>
7.18.09	Okoboji Tri/Marathon/Half Marathon/10K	Okoboji	<a href="mailto:sales@threesons.com">sales@threesons.com</a>
7.18.09	Radcliffe Summerfest Cardinal Trot	Radcliffe	<a href="mailto:joy50230@hotmail.com">joy50230@hotmail.com</a>
7.18.09	Scott Kiefer - Have a Heart for Marfan	Pleasant Hill	<a href="mailto:tkdean11@mchsi.com">tkdean11@mchsi.com</a>
7.18.09	The Road Runner 5K	Stanwood	<a href="mailto:roadrunr@mchsi.com">roadrunr@mchsi.com</a>
7.18.09	Carroll County Fair Family Fun Run/Walk	Coon Rapids	Julie Winnett – 712.999.2954
7.18.09	Old Roundhouse Trail Days 5K	Elma	<a href="mailto:elma5k@yahoo.com">elma5k@yahoo.com</a>
7.18.09	4-H 5K Fun Run	Ottumwa	<a href="mailto:sara.tnrr@gmail.com">sara.tnrr@gmail.com</a>
7.09	Granger Daze 5K Run	Granger	<a href="mailto:dgalvin@woodward-granger.k12.ia.us">dgalvin@woodward-granger.k12.ia.us</a>
7.09	Balloon Challenge 5K Road Race	Indianola	<a href="mailto:Brad.Hofer@simpson.edu">Brad.Hofer@simpson.edu</a>
7.24.09	JR BIX Kids Race	Davenport	Race Hotline – 563.383.2489
7.25.09	BIX 7	Davenport	Race Hotline – 563.383.2489

7.09	Janesville Days Fun Run/Walk	Janesville	<a href="mailto:bengens@iowatelecom.net">bengens@iowatelecom.net</a>
7.25.09	Ankeny Youth Triathlon	Ankeny	<a href="mailto:rpenning@ankenyiowa.gov">rpenning@ankenyiowa.gov</a>
7.25.09	Pin Lake Trail 3.1 Mile Run	Eldora	<a href="mailto:mnjteske@heartofiowa.net">mnjteske@heartofiowa.net</a>
7.25.09	North English Fun Run	North English	Brandi Claypool – 319.530.4706
7.09	Sioux Rapids Tall Corn Days 5K Run/Walk	Sioux Rapids	<a href="mailto:dskelton@webbwireless.net">dskelton@webbwireless.net</a>
7.25.09	Lake Pahoja Races	Larchwood	712.472.2217
7.25.09	Shed Your Threads Walk/Run	Elkader	<a href="mailto:jscherf@alpinecom.net">jscherf@alpinecom.net</a>
7.09	Friends and Neighbors 5K	Woodward	<a href="mailto:bachenbach@woodward-granger.k12.ia.us">bachenbach@woodward-granger.k12.ia.us</a>
7.25.09	Walker Pickle Days 5K/Kids Fun Run	Walker	<a href="mailto:lonnie.helms@nexteraenergy.com">lonnie.helms@nexteraenergy.com</a>
7.09	Delhi Lion's Pride Day 5K Run/Walk	Delhi	<a href="mailto:runningforthefuture@hotmail.com">runningforthefuture@hotmail.com</a>
7.25.09	Rebel Summer Scorcher 12 Hour Run	Sioux Rapids	<a href="mailto:hawkifan@iowatelecom.net">hawkifan@iowatelecom.net</a>
7.25.09	Doctors Dash	Corning	<a href="mailto:marilea.mullen@alegent.org">marilea.mullen@alegent.org</a>
7.25.09	Elvelopet 5K-15K Run/Walk	Decorah	563.382.3990
7.25.09	Taste of Hope 5K	West Des Moines	<a href="mailto:Grinco6@aol.com">Grinco6@aol.com</a>
7.09	Sanborn Christian 5K/10K Run	Sanborn	<a href="mailto:stacyandringa@hotmail.com">stacyandringa@hotmail.com</a>
7.09	Rhodes Pride Day 5K Fun Run/Walk	Rhodes	<a href="mailto:Misty.Hulbert@emerson.com">Misty.Hulbert@emerson.com</a>

## **AUGUST**

8.1.09	Youth Sprint Triathlon	Emmetsburg	712.852.5201
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8.1.09	Tripoli Fun Days Tee to Spillway Run/Walk	Tripoli	<a href="mailto:trafoolaw@hotmail.com">trafoolaw@hotmail.com</a>
8.09	Wolf Pack 5K	Winfield	
8.01.09	Project H2O Maffitt Lake 5 Mile Run	Des Moines	<a href="mailto:lins@dmww.com">lins@dmww.com</a>
8.09	5K Run for the Cob	Estherville	Molly Struve - 712.362.7919
8.1.09	Ethan's Tractor Run 5K	Marshalltown	<a href="mailto:ethanstractorrun@yahoo.com">ethanstractorrun@yahoo.com</a>
8.1.09	Maxwell Old Settlers 5K Run/Walk	Maxwell	<a href="mailto:cdhusske@iowatelecom.net">cdhusske@iowatelecom.net</a>
8.09	Midwest Federation Walk/Run for St. Jude's	Cedar Rapids	<a href="mailto:mommagwen@mchsi.com">mommagwen@mchsi.com</a>
8.1.09	First Central Crossroads Triathlon	Dewitt	<a href="mailto:kbug@qconline.com">kbug@qconline.com</a>
8.1.09	Cannonball Pump & Run	Winterset	<a href="mailto:pek9@mindspring.com">pek9@mindspring.com</a>
8.1.09	Twin Lakes Half-Olympic Triathlon	Rockwell City	<a href="mailto:chcarr@newulmtel.net">chcarr@newulmtel.net</a>
8.1.09	Town & Country Days Road Race	Epworth	<a href="mailto:mdigmann@w-dubuque.k12.ia.us">mdigmann@w-dubuque.k12.ia.us</a>
8.09	Dows Depot Run 5K & 2 Mile	Dows	Kelvon Ellis – 515.852.4672
8.1.09	The Alburnett Pirate Dash	Alburnett	<a href="mailto:skoff@fmtcs.com">skoff@fmtcs.com</a>
8.1.09	Nick Wagner's Heroes with Hope Memorial	Iowa City	<a href="mailto:tbrenneman@iadh.org">tbrenneman@iadh.org</a>
8.1.09	Wapsi 5K	Riceville	<a href="mailto:bandochristensen@gmail.com">bandochristensen@gmail.com</a>
8.2.09	Big Creek Triathlon	Polk City	<a href="mailto:jenny.weber@mchsi.com">jenny.weber@mchsi.com</a>
8.6.09	Veterans Memorial Hospital 5K Cardiac Classic	Waukon	<a href="mailto:eburns@vmhospital.com">eburns@vmhospital.com</a>
8.8.09	Iowa Assoc. of Track Coaches Clinic	Ames	
8.09	Panorama Days 5K	Panora	712.830.9007

8.09	Clutier Fun Day 5K Run/Walk	Clutier	<a href="mailto:jjhalups@traer.net">jjhalups@traer.net</a>
8.8.09	Atkins Watermelon Days Fun Run	Atkins	<a href="mailto:Shawn_Steffen@msn.com">Shawn Steffen@msn.com</a>
8.8.09	The Skunk on the Dam 8K Race	Humboldt	<a href="mailto:dhclasen@trvnet.net">dhclasen@trvnet.net</a>
8.09	Skunk River Stampede 5K	Ollie	<a href="mailto:hilldairy@agristar.net">hilldairy@agristar.net</a>
8.09	Glidden-Ralston FFA Alumni Fun Days	Glidden	<a href="mailto:commins@dybb.com">commins@dybb.com</a>
8.09	Sweet Corn Days Butter Fun Run/Walk	Elgin City Park	<a href="mailto:megkathleen@yahoo.com">megkathleen@yahoo.com</a>
8.09	Team Fergalicious 5K Road Race	West Branch	<a href="mailto:cmwhite2010@gmail.com">cmwhite2010@gmail.com</a>
8.09	Veteran's Memorial Cardiac Classic	Waukon	Erin Berns-563.568.3411
8.09	Durant Dusk Hustle	Durant	Kay Hein – 563.284.6726
8.09	Camanche Classic 5K Run/Walk	Camanche	Dave Mink – 563.259.8990
8.8.09	Knoxville Nationals 1/3 Marathon & 4K	Knoxville	<a href="mailto:joec@issbank.com">joec@issbank.com</a>
8.8.09	Monticello Panther Prowl 5K Run/Walk	Monticello	<a href="mailto:mikelambert.home@gmail.com">mikelambert.home@gmail.com</a>
8.8.09	Sweet. Corn. Run	Adel	515.727.5481
8.09	George Saling 2 Mile Walk/5K10K Runs	Corydon	<a href="mailto:masond@grm.net">masond@grm.net</a>
8.8.09	Monroe Annual Mirco Marathon	Monroe	<a href="mailto:gilman@iowatelecom.net">gilman@iowatelecom.net</a>
8.9.09	MRR All-Comers Track Meet	Sioux City	<a href="mailto:kjersten@sprynet.com">kjersten@sprynet.com</a>
8.9.09	Hartman Eco-Tri Triathlon	Cedar Falls	<a href="mailto:chelsie.hrnc@gmail.com">chelsie.hrnc@gmail.com</a>
8.15.09	Harvest Dreams 5K	Urbandale	<a href="mailto:DSchwartz@bearence.com">DSchwartz@bearence.com</a>
8.09	Traer Winding Stairs Festival 5K Run/Walk	Traer	<a href="mailto:jjhalups@traer.net">jjhalups@traer.net</a>
8.09	WDSM Soccer Club "Fall into Soccer"	West Des Moines	<a href="mailto:Peteolberding@epruental.com">Peteolberding@epruental.com</a>

8.15.09	St. Jude's Sweet Corn Fest 8K/5K Run/Walk	Cedar Rapids	jjgo262@gmail.com
8.09	Kraut Route 5K Run/Walk	Lisbon	<a href="mailto:nelsonatas@mchsi.com">nelsonatas@mchsi.com</a>
8.09	Wellman Pickle Run 5K/1Mile Race	Wellman	picklerun@hotmail.com
8.15.09	DMU-Run-Day-Voo 2	Des Moines	<a href="mailto:alumni@dmu.edu">alumni@dmu.edu</a>
8.09	Kids Y Triathlon	Des Moines	<a href="mailto:PennyLuthens@dmymca.org">PennyLuthens@dmymca.org</a>
8.09	Youth & Family Triathlon	Dubuque	Parks & Rec - 563.589.4263
8.09	Watermelon Stampede against Diabetes	Muscatine	Dell Wagner – 563.263.8804
8.15.09	Lone Tree Fun Run	Lone Tree	Russ Forbes – 319.629.4222
8.09	Atlanticfest Road Races 5M/2M Run/Walk	Atlantic	712.243.3017
8.09	Lost Island Youth Triathlon	Waterloo	<a href="mailto:coachjeff@trismith.net">coachjeff@trismith.net</a>
8.09	Cascade Canter 4K & 1Mile Run/Walk	Cascade	Ginny Horsfield – 563.852.3201
8.15.09	Phil Kruger 5K Memorial Run/Walk	Dike	<a href="mailto:Wcloneswin@aol.com">Wcloneswin@aol.com</a>
8.16.09	Pigman Triathlon	Palo	<a href="mailto:john@pigmantri.com">john@pigmantri.com</a>
8.09	DU-State Duathlon	Quad Cities	<a href="mailto:dthompson@revealed.net">dthompson@revealed.net</a>
8.09	Racing on the Wild Side 5K (Off Road)	Fort Atkinson	<a href="mailto:d4os@acegroup.cc">d4os@acegroup.cc</a>
8.09	Iowa SIDS 5K Run/Walk for the Future	Albia	<a href="mailto:info@iowasids.org">info@iowasids.org</a>
8.09	Iowa SIDS 5K Run/Walk for the Future	Cedar Rapids	<a href="mailto:info@iowasids.org">info@iowasids.org</a>
8.09	Iowa SIDS 5K Run/Walk for the Future	Cedar Falls	<a href="mailto:info@iowasids.org">info@iowasids.org</a>
8.09	Iowa SIDS 5K Run/Walk for the Future	Keswick	<a href="mailto:info@iowasids.org">info@iowasids.org</a>

8.09	Iowa SIDS 5K Run/Walk for the Future	Mason City	<a href="mailto:info@iowasids.org">info@iowasids.org</a>
8.09	Iowa SIDS 5K Run/Walk for the Future	Washington	<a href="mailto:info@iowasids.org">info@iowasids.org</a>
8.09	Iowa SIDS 5K Run/Walk for the Future	West Des Moines	<a href="mailto:info@iowasids.org">info@iowasids.org</a>
8.22.09	Dog Days Triathlon	Belmond	<a href="mailto:rfink1@frontiernet.net">rfink1@frontiernet.net</a>
8.09	Le Grand Pioneer Days 5K Road Race	Le Grand	<a href="mailto:Wade.Steward@ryerson.com">Wade.Steward@ryerson.com</a>
8.09	Denver Break-Away Days 5K Fun Run/Walk	Denver	<a href="mailto:jess_wass@yahoo.com">jess_wass@yahoo.com</a>
8.09	Running Wild for Langwood	Wapello	<a href="mailto:tri-rivers@lccb.org">tri-rivers@lccb.org</a>
8.22.09	Story County 5K for Life	Ames	<a href="mailto:phyllis.craig@cancer.org">phyllis.craig@cancer.org</a>
8.09	Poker Run/Walk/Bike/Crawl	Cedar Falls	
8.22.09	Black Squirrel Triathlon	Council Bluffs	<a href="mailto:lrobicheau@metroymca.org">lrobicheau@metroymca.org</a>
8.22.09	Buddy Walk	Ankeny	<a href="mailto:buddywalk@upwithdown.com">buddywalk@upwithdown.com</a>
8.22.09	Lake Meyer 5K Run/Walk	Atkinson	<a href="mailto:d4os@acegroup.cc">d4os@acegroup.cc</a>
8.09	Dexter Gallup	Dexter	<a href="mailto:gallup@dexteriowa.org">gallup@dexteriowa.org</a>
8.09	Marengo Memorial Hospital 5K Run/Walk	Marengo	<a href="mailto:mstaman@marengohospital.org">mstaman@marengohospital.org</a>
8.09	Walk for the Future	West Des Moines	Gary – 515.289.2605
8.09	Salem Old Settler's Fun Run	Salem	<a href="mailto:feefab@lisco.com">feefab@lisco.com</a>
8.22.09	Buffalo Trail Run 5K	La Porte City	<a href="mailto:hickoryhillsbuffalorun@yahoo.com">hickoryhillsbuffalorun@yahoo.com</a>
8.23.09	5K Run for Big Dreams	Clear Lake	<a href="mailto:mari@agapepage.com">mari@agapepage.com</a>
8.09	Conquer the Hills/Conquer the Cure	Oxford	<a href="mailto:Elizabeth.Blass@verizonbusiness.com">Elizabeth.Blass@verizonbusiness.com</a>
8.23.09	Hickory Grove Triathlon	Colo	<a href="mailto:alex@hickorygrovetriathlon.com">alex@hickorygrovetriathlon.com</a>

8.09	Moonlight Stroll for Marfan	Pleasant Hill	515.371.5633
8.29.09	Grinnell Happy Days 10K/5K/1 Mile Races	Grinnell	<a href="mailto:get12tv@grinnelliowa.gov">get12tv@grinnelliowa.gov</a>
8.29.09	Firefest/LifeFlight Racing to save another day	Des Moines	<a href="mailto:CFNoftsger@dmgov.org">CFNoftsger@dmgov.org</a>
8.09	Mustang Gallop 5K Run/Walk	Cedar Rapids	<a href="mailto:scheckel@mtmercy.edu">scheckel@mtmercy.edu</a>
8.09	Heat the Streets 5K Run/Walk	Guthrie Center	641.332.3810
8.29.09	Prairie Festival 10K/5K Run/Walk & 1M Run	Huxley	<a href="mailto:edengaul@gmail.com">edengaul@gmail.com</a>
8.09	Loop the Lake at Holiday Lake 5K Run	Des Moines	<a href="mailto:dalehowe@mchsi.com">dalehowe@mchsi.com</a>
8.29.09	Leapfrog Bike & Run Half-Marathon Team Event	Dallas Center	<a href="mailto:leapfrog@dccelebrations.com">leapfrog@dccelebrations.com</a>
8.29.09	Restoration Run Half-Marathon	Hampton	<a href="mailto:sutter_uni@hotmail.com">sutter_uni@hotmail.com</a>
8.29.09	Run for your Life 5K/3K Run & 3M Walk	Des Moines	<a href="mailto:jkajewski@mercydesmoines.org">jkajewski@mercydesmoines.org</a>
8.09	Regina Fall Fun Run 5K & 1Mile	Iowa City	<a href="mailto:glennandnancyowell@msn.com">glennandnancyowell@msn.com</a>