



IMT Des Moines Marathon Presents Jeff Galloway's Running School

Year Round Motivation

Olympian and *Runner's World* monthly columnist Jeff Galloway has helped more than 200,000 runners reach their goals, and he wants to help you. Jeff's three hour school offers a unique system of elements that has reduced injury rate to almost zero, with a very high rate of success. He gives you tools to manage your fatigue, with a very accurate prediction of your current fitness level and race times and lots of practical tips that can make running more enjoyable.

Jeff Galloway will appear Saturday, October 16, 2010 from 10 a.m. to 1 p.m. as part of IMT Des Moines Marathon activities at the Wellmark Blue Cross and Blue Shield Sports & Fitness Expo. His highly anticipated three hour class, which sells out across the United States, is limited to 30 people and will be held at the Polk County Convention Complex located at 501 Grand Avenue in downtown Des Moines.

The fee to participate is \$99, which includes snacks and refreshments. A discount is available for current Jeff Galloway Training Program members.

Highlights of the three hour class include:

- How to improve time
- How to avoid hitting the wall
- Specific training programs for specific goals
- Specific recommendations on water intake, eating
- Dealing with heat/cold/wind
- Absolving you of guilt for not stretching
- Strength for running
- Motivation techniques to get you out the door
- Mental toughness techniques to keep going
- Running drills for easier, more efficient, faster runs
- How to improve endurance without pain/over-fatigue
- When to replace shoes
- Why it's good to drink coffee
- Priority e-mail access afterward for lingering questions

All ages, speeds and levels of experience welcome!! The three hour format allows everyone to ask questions at any time, so you can get the individual information you need to reach your goal!

Register at www.jeffgalloway.com or contact carol.miller@jeffgalloway.com.

Jeff Galloway will also appear at the Fitness Sports Speaker Series as the keynote speaker for the Mizuno Pasta Dinner from 6 – 8 p.m. on Saturday, October 16, 2010 at the Polk County Convention Complex. Tickets for the all you can eat meal are \$15 for adults and \$8 for children under 10. Tickets must be purchased in advance online at www.desmoinesmarathon.com.

For more information, contact the IMT Des Moines Marathon at 515-288-2692 or email info@desmoinesmarathon.com.