



The IMT Des Moines Marathon Presents Jeff Galloway's One-Day Training School

Run Until You're 100—Injury Free

Olympian and *Runner's World* monthly columnist Jeff Galloway has helped over 200,000 runners reach their goals, and he wants to help you. Jeff's one-day school offers a unique system that reduces 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 will appear at the Wellmark Blue Cross and Blue Shield Sports & Fitness Expo October 18-20, 2007, as part of IMT Des Moines Marathon activities. His highly anticipated seven-hour class, which sells out across the United States, is limited to 30 people and will be held at the Polk County Convention Complex on October 18, 2007.

The fee to participate is \$289, which includes an IMT Des Moines Marathon training care package, individual running form evaluation from Jeff and a copy of his highly acclaimed book, *Galloway's Book of Running*. Highlights of the 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

The seven-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/resources/running_school.html. For more information, contact the IMT Des Moines Marathon at 515-288-2692; info@desmoinesmarathon.com.



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