



IMT Des Moines Marathon MidAmerican Energy Speaker Series

The MidAmerican Energy Speaker Series features guest presentations that focus on active participation in healthy lifestyles.

The two-day speaker series occurs during the DMOS Orthopaedic Sports & Fitness Expo as part of the IMT Des Moines Marathon packet pick-up and walk-up registration process at the Iowa Events Center on Friday, October 15 Saturday, October 16. The public is welcome to attend.

FRIDAY, OCTOBER 15

3 pm

Carissa Galloway, RDN

WELCOME Receive an official welcome to the DMOS Orthopaedic Sports & Fitness Expo from race emcee Carissa Galloway and Olympian and America's Running Coach, Jeff Galloway. They will introduce you to the IMT Des Moines Marathon weekend activities.

Stop by the MidAmerican Energy Speaker Series meet and greet table between sessions for unique engagement opportunities, book signings, and prize giveaways throughout the day.

3:30 pm

Children's Cancer Connection

Jennifer Hines, CEO

OFFICIAL CHARITY PARTNER Learn more about Children's Cancer Connection, whose mission is to connect families affected by childhood cancer by providing opportunities that encourage relationships and strengthen the community. Hear from some of the families they serve and learn more about their many programs. They offer programs to over 700 families annually that are living, treated, or diagnosed in Iowa. Hear how you can get involved!

4 pm

Chris Burch, IMT Des Moines Marathon

COURSE PRESENTATION The race director will present a mile by mile, 'run through' of the IMT Des Moines Marathon & Half Marathon, Bankers Trust Marathon Relay, Principal 5K Road Race, MercyOne 5-Mile Run & 1-Mile Walk courses. It's a great time to get your last-minute race day questions answered.

4:30 pm

Lisa Robb, Twelve Minute Turtles

CELEBRATING THE BACK OF THE PACK Lisa Robb is a national speaker on mindset, a certified life coach, and an 11-time marathon finisher on a mission to harness the inspiration she has found in the back of the pack. Lisa combines her background in education and the corporate world with her coach training and her obsession with personal development. The result? She's like a cheerleader on steroids (figuratively, of course!). Lisa will provide a cocktail of stories that you can use to remind you of just how powerful you are. Exactly what we need to get in the right headspace before the big race.



5 pm

Nick Swanson, PT, DMOS Orthopaedic

POST-RACE RECOVERY Nick is the Director of Physical and Hand Therapy. He oversees the physical and hand therapy department services in Ankeny, Des Moines, and West Des Moines. Nick has been providing clinical expertise to patients in Ankeny and the Des Moines Metro area for more than ten years.

5:30 pm

Jimmy Olsen, Jimmy Olsen Productions

MENTAL WARM-UP It's time to warm up your mental muscles with trivia. Trivia host, Jimmy Olsen, entertains crowds by providing a game-show atmosphere with themed questions and prizes.

5:45 pm

Carissa Galloway, RDN

Carissa Galloway is a Registered Dietitian and certified personal trainer with diverse nutrition, fitness, and television hosting backgrounds. Besides hosting Bloom on WFLA NBC Tampa, Carissa is an internationally recognized nutrition and fitness expert. She has appeared nationally on E! TV, The Daily Buzz, CBS College Sports, and the Home Shopping Network in the US and Australia. In addition, Carissa regularly appears in nutrition segments across the country. She is also a 6x marathoner and proud run-walk-run advocate who ran the 2019 Boston Marathon.

6 pm

Jeff Galloway, Galloway Productions

RUN INJURY FREE Jeff Galloway transformed himself from an overweight 13-year-old to an Olympian by learning and applying training principles. He has coached over a million runners & walkers to their goals through Galloway training programs, retreats, running schools, and books. His methods allow those at all fitness levels to enjoy the accomplishment of finishing 13.1 miles with almost no risk of injury.

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7 pm

Golden Harper, Founder Altra

THE NEW SCIENCE OF RUNNING BETTER, FASTER, AND INJURY-FREE Have fun while learning the latest science on avoiding common running injuries and foot problems while getting a lesson on optimizing the best running technique for you. Along the way, Golden will share his running journey, including running FKT's and World Best times, as well as the principles that led him to create Altra. Golden will also discuss how many common running beliefs are marketing myths directly opposing recent science, which prevents runners from achieving their best.

7:45 pm

Carissa Galloway, RDN

GOOD EVENING Receive an official thank you for attending the MidAmerican Energy Speaker Series.



IMT Des Moines Marathon MidAmerican Energy Speaker Series

SATURDAY, OCTOBER 16

10 am

Carissa Galloway, RDN

WELCOME Receive an official welcome to the DMOS Orthopaedic Sports & Fitness Expo from race emcee Carissa Galloway. She will introduce you to IMT Des Moines Marathon activities, including the MidAmerican Energy Speaker Series.

Stop by the MidAmerican Energy Speaker Series meet and greet table for trivia questions, book signings, and prize giveaways throughout the day.

10:30 am

IMT Des Moines Marathon Athletes

A STORY TO TELL Hear from a panel of IMT Des Moines Marathon athletes who accomplish some fantastic things. These guest speakers will inspire you and get you ready for race day.

- Matt Millard is a runner that loves to explore new places to run close to his home in Altoona, Iowa. He has been running at least a mile every day since November 13, 2015. He has explored every street of his community and branched out to 6 of his neighboring towns. In May of 2020, Matt decided to run every street in Des Moines and accomplished that goal in March of 2021 by completing all 1250 streets. He is the current President and founder of the Altoona Running Club. Matt has completed the IMT Des Moines Marathon in 2016 and several 50k races and is currently training for his first 100-mile trail run this fall.
- Tom "Pacer Tom" Perri has been running for over 45 years, covering a wide range of distances. Tom is acknowledged as the only runner globally with a combined 100K Lifetime Miles, with over 2,000 career races. He is a 50 State Club Sub 4 hour certified marathon finisher and a five-time certified 50 State Marathon Club finisher. Tom has completed more than 500 marathons under 5 hours and at least a 5k distance race on every 365 days/date in a calendar year. He is a Titanium Marathon Maniac and is in the Marathon Maniacs Hall of Fame. Tom is one of thirty-seven runners profiled in "Running Past Fifty - Advice & Inspiration for Senior Runners" by Gail Waesche Kislevitz. Tom's latest running goal is continuing his pacing and running while battling Stage 4 cancer. The IMT Des Moines Marathon should be between #570 and #575.
- The IMT DMM Advocate Program provides our athletes with the opportunity to blog about their experience with running or walking the IMT DMM on race day as an official IMT Des Moines Marathon blogger and event ambassador. Jamie Logan and Shelia Maddock, scheduled to appear.



11:30 am

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12:15 pm

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12:30 pm

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Christina McCleary and Sarah Jungers

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1 pm

Jared Sweet, Altra Footwear

BECOMING A BETTER RUNNER Jared Sweet, LWMS, is a certified metabolic tester and endurance sports trainer who has worked with all athletes from world-class to first-timer. Jared has learned that each athlete has different needs in his decades of experience, and there is no one plan or piece of equipment that fits everyone. As a veteran racer for Altra Footwear, Jared can discuss the factors that go into finding your perfect running equipment and how to improve your efforts by focusing on the significant factors that affect your running. Jared has run more than 60 races in one year and was named the Las Vegas male runner of 2011.

1:45 pm

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3 pm

Rachael Ash, PT, DMOS Orthopaedic

POST-RACE RECOVERY Rachael is a Bettendorf, Iowa native who earned her Bachelor's degree in Fitness Management from Wartburg College. She continued her studies at Rockhurst University in Kansas City, where she received her Doctorate in Physical Therapy. Growing up, Rachael always wanted to work in the healthcare industry to make a difference in people's lives. Her passion for people allows her to give her total effort, knowledge, and abilities to each patient. Rachael believes that Physical Therapy treats more than just the human body – it helps people achieve their goals and aspirations.

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