



IMT Des Moines Marathon MidAmerican Energy Interactive Series

Home to athlete packet pick-up and walk-up race registration for all IMT Des Moines Marathon races. The DMOS Orthopaedic Sports & Fitness Expo and MidAmerican Energy Interactive Series offer athletes and spectators an opportunity to celebrate the sport of running with like-minded individuals while featuring the latest in active apparel, accessories, product innovations, and adventure events.

FRIDAY, OCTOBER 14

3:30 pm

Jimmy Olsen, Jimmy Olsen Productions

WELCOME Receive an official welcome to the DMOS Orthopaedic Sports & Fitness Expo from your host, Jimmy Olsen. He will introduce you to IMT Des Moines Marathon activities, including the MidAmerican Energy Interactive Series.

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

4 pm

Nikki Russell, Aptitude Fitness

SILVER SNEAKERS

Nikki Russell is a certified group fitness, nutrition, and running coach. Her passion for encouraging others to achieve their goals and helping them feel their best prompted her to open Aptitude Fitness in the fall of 2021. At Aptitude Fitness, everyone in the same class can be in a different place. Silver Sneakers is designed for individuals age 65+, incorporating strength and flexibility. If you are looking to get more active or keep up with your active lifestyle, this class is for you!

4:45 pm

Brent Stowell, Garmin

HOW TO GET MORE OUT OF YOUR GARMIN

A GPS smartwatch, like a Garmin, is essential for runners, walkers, triathletes, and fitness enthusiasts. If you want to know how far you've run (and who doesn't?), a Garmin watch makes tracking your mileage and measuring your pace is now easier than ever before. Learn tips and discover valuable data that can improve your fitness routine and help you stay motivated to keep working toward your goals.

5:30 pm

Drew O'Bleness, Revival Health Des Moines

WARM UP WITH A WOBBLE Often overlooked with the traditional static stretching is the spine's ability to be mobile and active before, during, and after a run. Now more than ever, we spend so much time hunched over computers, phones, tablets, etc. that when athletes go out for a run, their low back, SI joints, and mid back are still loosened up. I will demonstrate a simple way to get better mobility throughout the spine and hips to run faster with less stiffness throughout the back. We will show you how to use our wobble cushion to engage your core, strengthen the deep muscles of the back, and warm-up muscles that have been shortened while seated all day long.



6:15 pm

Chris LoRang, DC - Capital Chiropractic & Rehabilitation Center

DYNAMIC NEUROMUSCULAR STABILIZATION Learn unique and dynamic core stability exercises and concepts that can be performed in the gym, on the trail, or at home. We can improve our running form and function by using developmental kinesiology to train better core stability and overall better movement patterns.

7 pm

Nikki Russell, Aptitude Fitness

RUNNING NUTRITION; YOUR RECOVERY PLAN

Nikki Russell is a certified group fitness, nutrition, and running coach. She is a 3x Boston Marathon Qualifier and passionate about working with endurance athletes. Her passion for encouraging others to achieve their goals and helping them feel their best prompted her to open Aptitude Fitness in the fall of 2021. Nikki's nutrition coaching focuses on fueling with *real food*. Learn how to use food and nutrition to set your muscles up for optimal recovery post-race!

7:45 pm

Jimmy Olsen, Jimmy Olsen Productions

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

SATURDAY, OCTOBER 15

10:30 am

Jimmy Olsen, Jimmy Olsen Productions

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11 am

Chris LoRang, DC - Iowa HBOT - Des Moines, Iowa

HYPERBARIC OXYGEN THERAPY FOR ATHLETIC RECOVERY AND PERFORMANCE The application of hyperbaric oxygen therapy (HBOT) is simple and safe. Many professional athletes, trainers, and physicians use it for quicker injury recovery, and numerous studies support faster and stronger tissue recovery with HBOT. Learn how Hyperbaric oxygen is an incredible tool for recovery, improving cellular and mitochondrial function, and how it may benefit your training cycles. Iowa HBOT is located in Des Moines but can offer sales and rentals throughout the state and country; iowahbot.com)



Noon

Nikki Russell, Aptitude Fitness

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1 pm

James Wilson and Luke Ronneberg, Saucony

THE RUNDOWN ON RUNNING SHOES

Choosing the right running shoe is crucial for performance and staying injury free. With a wide variety of options produced by dozens of manufacturers, making the essential shoe choice is not always easy. Running shoe experts from Saucony will give you the "rundown on running shoes" so you can choose the best pair for you.

2 pm

Drew O'Bleness, Revival Health Des Moines

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3 pm

Nikki Russell, Aptitude Fitness

STRENGTH TRAINING FOR ENDURANCE

Join Aptitude Fitness for a strength training class designed for the endurance athlete! Incorporating the Axle Bar, Aptitude Fitness is bringing everybody the benefits of barbell strength training. Strength training is an essential aspect of training for all athletes- including endurance runners. Axle is designed for athletes, not powerlifters. The workout utilizes a lightweight bar and plates (12 lbs), making barbell training accessible and functional for the endurance runner.

Nikki Russell is a certified group fitness, nutrition, and running coach. She is a 3x Boston Marathon Qualifier and passionate about working with endurance athletes. Her passion for encouraging others to achieve their goals and helping them feel their best prompted her to open Aptitude Fitness in the fall of 2021. Nikki combines her group fitness training and running knowledge to create a unique approach to strength training geared towards the endurance athlete.



4 pm

Joe Sciarrotta, Hawkeye Medical Services.

YOUR EMS RACE DAY PLAN Hawkeye Medical Services provides medical coverage for events all around Iowa. Learn about any medical concerns seen throughout the race and how Hawkeye Medical Services will provide medical coverage for them. Hawkeye Medical Services will also offer IV Infusion Therapy near the finish line to help improve rapid recovery for athletes. Review the measures taken to help keep you safe, what you need to do if there is a medical problem and how IV Infusion Therapy can help you both pre- and post-race.

5:30 pm

Jimmy Olsen, Jimmy Olsen Productions

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(As of press time- subject to change.)

MidAmerican Energy Speaker Series

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Location & Hours

DMOS Orthopaedic Sports & Fitness Expo & MidAmerican Energy Speaker Series.

Friday, October 14, from 3 to 8 pm.

Saturday, October 15, from 10 am to 6 pm.

Iowa Events Center – Hall C, 730 3rd Street. Des Moines, IA 50309.

Location & Hours

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For more information visit desmoinesmarathon.com.