



## IMT Des Moines Marathon MidAmerican Energy Speaker Series

The MidAmerican Energy Speaker Series features guest presentations focusing on active participation in healthy lifestyles. The public is welcome to attend.

### FRIDAY, OCTOBER 14

3 pm

Creigh Kelley, Director, Denver Colfax Marathon Weekend & VP, Hal Sports Events

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

For 16 years, Creigh Kelley has emceed and announced the IMT Des Moines Marathon and, for several decades, announced and emceed expos and awards ceremonies for Walt Disney World Marathon and the Cherry Blossom 10M (DC). (More than 1,000 events to date.)

A Vietnam combat veteran, he holds an English degree (VMI) and a graduate degree in International Relations (USC). He has served on numerous local and national charity boards. In 2004 he created the Kipture Primary School Foundation (Kenya) and serves as its VP. He was a long-time member of the Board of USA Track and Field and was a founding member of Running USA.

3:30 pm

Sarah Jungers, Director of Development, Children's Cancer Connection

**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 living, treating, or being diagnosed in Iowa annually. Hear how you can get involved!

4 pm

Chris Burch, Race Director, 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, and the Principal 5K Road Race courses. It's a great time to learn about course amenities and to get your last-minute race day questions answered.

4:30 pm

Cari Kenzie

**RUNNING BACK TO BOSTON** In April 2013, Cari crossed the finish line at the Boston Marathon. Minutes later, the bombs exploded. Because she saw no blood, she thought she was unhurt. She was wrong. Her life unraveled to the point of near-complete destruction until she learned to pull the threads of trauma that would free her forever. Now, as a globally recognized speaker, coach, and guide, she shows others how to overcome trauma and live life to the fullest.



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 provided clinical expertise to patients in Ankeny and the Des Moines Metro area for more than ten years.

5:30 pm

Rick Wagaman, HW CBD Iowa

**CBD AND ATHLETE PERFORMANCE; WHAT DO WE KNOW?** HW CBD is a locally owned family company. Its proprietors have been involved in growing the industry for nearly a decade and helped pass the law allowing for the sale of legal CBD products in Iowa. The HWCBD family strives to create a comfortable educational experience in a safe and caring environment. They are dedicated to assisting customers in finding a CBD routine that works for them as they begin or continue their health journey.

6 pm

Carissa Galloway, RDN

**HEALTHY EATING ON THE GO** Carissa Galloway is a Registered Dietitian, race announcer, and TV host and is excited to be back announcing the IMT Des Moines Marathon again in 2022! Carissa travels the world to announce and share her passion for fitness, which means a lot of eating on the go! Carissa shares tips and tricks to make better food choices while on the go and shows you how to 'travel like a dietitian and still enjoy'!

7 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.

7:45 pm

Creigh Kelley, VP, Hal Sports & Director

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

### **MidAmerican Energy Speaker 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 Speaker 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.

### **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.



## IMT Des Moines Marathon MidAmerican Energy Speaker Series

### SATURDAY, OCTOBER 15

10 am

Creigh Kelley, VP, Hal Sports & Director

**WELCOME** Receive an official welcome to the DMOS Orthopaedic Sports & Fitness Expo from race emcee Creigh Kelley. He 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 race weekend.

10:30 am

Chris Burch, Race Director, 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, and the Principal 5K Road Race courses. It's a great time to learn about course amenities and to get your last-minute race day questions answered.

11 am

Cari Kenzie

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11:30 am

Carissa Galloway, RDN

**NUTRITION FOR RUNNERS** Carissa Galloway is a Registered Dietitian, race announcer, and TV host who also happens to be a marathon runner! While she says you should 'do nothing new on race day, she's gathered the latest in sports nutrition tips and research to prepare you to fuel well and finish strong with proper nutrition and hydration.

12:30 pm

Pace Team presented by Fitness Sports

**KEEPING PACE** IMT Des Moines Marathon & Half Marathon pace team leaders lead a panel discussion answering your questions about race day. Learn more about running the race with a pace team and the benefits a pace team leader can provide, whether it is your first or 100<sup>th</sup> race.



1:30 pm

Courtney Buhrow, PT, Revive Physical Therapy and Wellness

**THE PELVIC FLOOR AND RUNNING** Courtney is a Cedar Falls, IA native who earned her Bachelor's degree in Exercise Science from the University of Northern Iowa. She continued for her Doctorate in Physical Therapy from Des Moines University. While running her practice, she treats all orthopedic injuries, specializing in pelvic health for both women and men. As a mom of 2, an avid runner, and a fitness enthusiast, Courtney is passionate about helping people run their best and pain-free. She enjoys educating all people about the pelvic floor and how it can affect running and exercise in general. Through her own experiences of being pregnant and postpartum, she can better help other moms return to running and exercise without pelvic pain or peeing their pants. She also has a certification to help men with their pelvic floor, especially post-prostate dysfunction, and the stability needed for running. Courtney believes that Physical Therapy emphasizes the pelvic floor and allows people to unlock their highest athletic potential.

2 pm

Chris Burch, Race Director, IMT Des Moines Marathon

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2:20 pm

Matthew Johnson, Development Manager, Children's Cancer Connection

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2:30 pm

Tyson Wieland, Team Director, and Jason Thomas, President, Runablaze Iowa

**RUNABLAZE IOWA** is a post-collegiate running team based out of Des Moines with club members statewide. Our mission is to develop and support post-collegiate, Iowa-based distance runners. We aspire to be competitive at individual and team events at the local, regional, and national levels in road racing, track & field, and cross-country sports. Our goal is to provide our athletes with as much as they require in terms of coaching, training gear, and travel expenses to national championship races. We aim to help people find balance after college with the challenges that come after competing at a high level and wanting to continue but not sure how to do so.

3 pm

Cari Kenzie

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3:30 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, receiving 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.

4 pm

Carissa Galloway, RDN

**NUTRITION FOR RUNNERS** Carissa Galloway is a Registered Dietitian, race announcer, and TV host who also happens to be a marathon runner! While she says you should 'do nothing new on race day, she's gathered the latest in sports nutrition tips and research to prepare you to fuel well and finish strong with proper nutrition and hydration.

5 pm

Drew O'Bleness, DC, Revival Health Center

**NEUROLOGY, CHIROPRACTIC, and PERFORMANCE**

Drew O'Bleness is the owner of Revival Health Center in Clive, IA, a holistic chiropractic office focusing on health and wellness for people of all ages. He will discuss the profound impact of the nervous system and its influence on running your best race, recovery, and day-to-day life and how you can optimize it. And will also share stories on healing and hope along with educational tools to improve your nervous system function consistently; and how that can lead to better health overall.

5:30 pm

Creigh Kelley, VP, Hal Sports & Director

**REST WELL** Receive an official thank you for attending the MidAmerican Energy Speaker Series and DMOS Orthopaedic Sports & Fitness Expo from race emcee Carissa Galloway.

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

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