



BLACK HAWK COUNTY FAMILY YMCA ROADRUNNERS CLUB

May 1984

669 S. Hackett

Waterloo, Iowa 50701

(319) 233-3531

CONGRATULATIONS!

Due to showing your interest in a runner's club at the YMCA one has been born! Consequently so has another newsletter.

The YMCA Roadrunners was developed with you in mind. It is a program for people of all ages who engage in walking or running as part of their aerobic exercise routine.

The Y Roadrunners Club is designed:

1. Towards "participation" rather than competition.
2. So that positive relationships can be developed between participants.
3. To promote all areas of aerobic conditioning specifically walking and running.
4. To allow those who run or walk alone to exercise with a friend.
5. So that all are "winners" and there are no "losers" regardless of speed, distance or athletic ability.
6. To provide running related information to all club members.

The Roadrunners Club will not only aid you in improving your current fitness level, but will also provide appropriate information on races, running routes and other special events.

The first official meeting of the Y Roadrunners will be Tuesday, May 1 at 7:00 p.m. at the YMCA. We will have some refreshments, speakers, and a chance to get to meet some other people that share your interests.



First Meeting Tues., May 1, 7:00

TO YOUR HEALTH!

Shin splints, sore knees and muscle soreness are the most common ailments of the spring athlete.

According to Mike Bishop, of the Sports Injury Center, these "overuse" problems are a result of spring athletes trying to do too much too soon. "People try to pick up where they left off last fall and their bodies aren't ready," Bishop said.

Mike provided us with a few ways to help prevent these problems and some hints on how to remedy them.

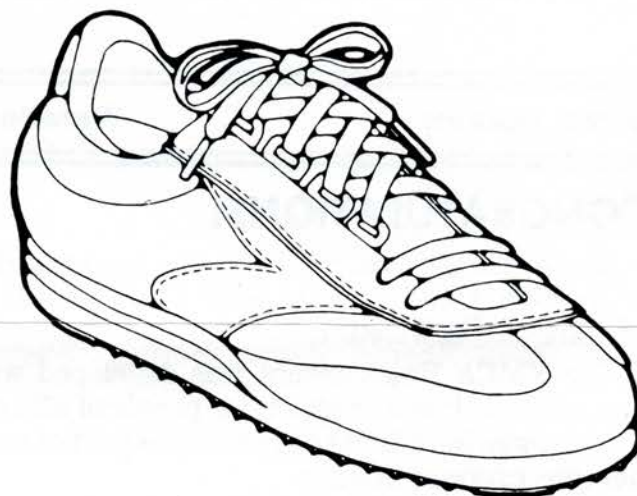
Proper warm-up and a lot of stretching is very important to both the beginning athlete as well as the polished amateur. Mike mentioned reserving enough time for this is very important; "Too many times," Mike said, "business people want to rush a workout into a noon hour or morning and stretching is eliminated because of time."

If you've already out-done yourself this spring and are ailing from sore muscles or shin splints, we have some solutions. First Mike mentioned that ice rather than heat should be applied to shin splints. He also suggests backing off on the training, giving muscles a time to relax, will help more than anything.

Supplementing a running program with bicycle and pool work will help take pressure off the joints and still offer a good aerobic workout to those beginning a training program or recovering from injury, according to Mike.

The Sports Injury Center is located in the Physical Therapy department of St. Francis Hospital. A free clinic is offered from 9 to 11 a.m. Saturdays for consultation and advice on sports related injuries by physical therapists and physicians.

Thanks Mike!



Y Roadrunners Meeting

When: Tuesday, May 1 1984, 7:00 p.m.

Agenda: 7-7:30 Refreshments, mingle and exchange war stories!

7:30 — Welcome to the Y Roadrunners Club

8:00 — Mike Sanchez from the Athletes Foot will speak on, "The Components of the Running Shoe"

There will also be a raffle of a pair of running shoes donated by the Athletes Foot. So be sure to be there!

AND THE RACE IS ON!

Here is a look at some of the races coming up in the near future:

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| April | 29 — Drake Marathon, Des Moines |
| May | 5 — Waterloo Association of Underwriters 8K |
| | 12 — National Bank of Waterloo 10K |
| | 28 — Memorial Day Run, Cedar Rapids 5K & 10K |
| June | 2 — Lutheran Mutual Heritage Run, Waverly 10K and Half Marathon |
| | 9 — My Waterloo Days (Lite) 10K |
| | 16 — Dam to Dam, Des Moines 20K |
| | 24 — Sturgis Falls Festival, Cedar Falls 7:00 a.m. 5K & Half Marathon \$7 |
| July | 14 — Midnight Madness, Ames 5k, 10K and 20K |
| | 28 — Bix 7, Davenport, Iowa 7 miles |
| Aug | 4 — Cucumber Run, Evansdale 10K |
| | 11 — Cedar Falls Triathlon |
| | 25 — Hawkeye Classic, Iowa City 5K & 10K |
| | ?? — Schoitz, Run-Roll for Rehab |

This is by no means a complete list of races. If you have any information on a race please share it with us!

**Don't forget the
Meeting Tuesday
May 1, 7:00 at the
YMCA!**

Here's What The Survivors Said!!

The 1984 race season is fast approaching and YMCA runners will be able to participate in several fine local races in May and June.

The Life Underwriters Run kicks off this areas race schedule and will be held Saturday May 5 in Cedar Falls. Entry fees are set at \$8 for advanced registration and \$9 the day of the race. The first 250 registrants will receive nylon running shorts, so enter early.

The 8K race has been described by co-coordinator Steve Boyd as fast and flat with one moderate hill. The winning time in 1983 was quick 24:50.

The Life Underwriters Run will serve for many runners as a tune up for the National Bank of Waterloo 10K May 12. The NBW race is the first race of the 1984 Grand Prix season.

A 9 a.m. start will send an expected 1000-1200 runners through downtown Waterloo. Lynn King, race coordinator and University of Northern Iowa men's track coach, describes the course as fast, with good possibilities for individual runners to record personal best times. Race forms will be mailed to 1983 NBW participants or the forms can be picked up at any National Bank of Waterloo location. Entries are due no later than May 9.

Next up is the Lutheran Mutual Heritage Run in Waverly. This combination half marathon and 10K will be held June 2 starting at 8 a.m. The first 1100 entrants will receive a nylon gym bag and a Heritage painters cap. The entry fee is \$7 before May 23 and \$10 from May 24 through May 30. Two thousand runners are expected for the 6th annual event.

Race officials in Waverly say that the course is moderately difficult with several rolling hills to challenge the runners.

The "My Waterloo" 10K is set this year for June 9. Starting time is 8 a.m. at the Waterloo Recreation Center. The course has several hills and takes the runners through various parts of west Waterloo.

A half hour special devoted to the race will be produced by KWWL-TV. The show will air at 6:30 p.m. on June 9. This should give runners a great opportunity to show eastern Iowa their "form". See you at the races.

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669 SOUTH HACKETT ROAD
WATERLOO, IOWA 50701

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MEASURE YOUR FITNESS LEVEL

Your Black Hawk County Family YMCA is now offering a Physical Fitness Testing Service. This service provides individual Physical Fitness Evaluations that are designed to measure each person's level of total fitness. The Fitness Evaluation will determine your muscular endurance, flexibility, percentage of body fat, and cardiorespiratory endurance. The results of this evaluation will indicate your present level of fitness, compare you to others in your age group, and also provide you with an in-

dividualized exercise prescription designed by an Exercise Physiologist.

Immediately following the Physical Fitness Evaluation each participant receives an Exercise Consultation. This allows the participant to ask any questions regarding his/her personal exercise regime. The Physical Fitness Evaluations are offered on Tuesdays and Thursdays. The fee is \$15.00 for members and \$25.00 for non-members. Contact Michael Lubbe, Director of Physical Education for an appointment.

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