

A NOTE FROM THE PRESIDENT & BOARD

Hello CVRA,

I am winding down as your club President and would love to see you all at the FREEZEFEST and Social. This race was started by Tim Saylor and myself 12 years ago.



We used to have a CVRA Winterfest 5K and when it ended we didn't have a winter events for a few years. It should be a great event this year with fun for all.

There is a 5k run with great shirts, swards, and then door prizes, food, drinks and fun for all. My awesome Cookie Monsters will be baking again for you all and we will have chili. Later we will have pizza , music and fun. There will be games as well for the kids too.

We celebrate with our Midwest Xtreme Tri Club friends, sponsors and new folks who just want to meet the people in the area who work out :) Come out on 2/18/12!

The next CVRA event will be Mall to Mall on May 6th. That will give you time to train for a little longer run. It's a prediction event that is around 9 miles so anyone can win. You take off your watch and run and hope you are the closest to your time.

The board will change on March 1st so give them time to figure thins out. There are a lot of awesome folks to take care of the club and it may be different but even better. They are all very capable of taking care of you and the club.

Let's hope the ground hog doesn't predict 6 more weeks of winter. The month looks like it will start off mild.

CVRA has a lot of offer this year so stay tuned and join in for some great training. It looks like there will be a group going to Green bay in the spring was well as Champagne. Both should be fun.

Keep an eye on the website and have a great month.

Candy & the Board.

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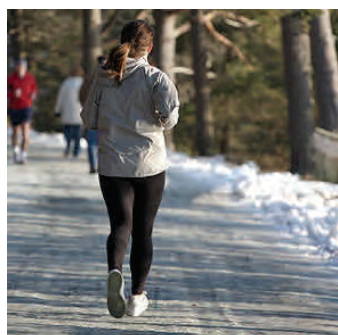
FEBRUARY 2012

"WE FIND TIME FOR THE THINGS THAT ARE IMPORTANT TO US. PERIOD."

— SCOTT DOUGLAS



www.cvra.net



Weekly Group Runs

Every Tuesday @
5:45 at the Downtown
YMCA

Every Thursday @
5:45 at the Downtown
YMCA

Every Saturday @
7AM at Running Wild

Every Sunday @ 8AM
at the Springhouse on
Center Point Road



NEW RACE ALERT



The UIVA Warrior Challenge & 5k Run/Walk

In today's running world it seems that 5k run/walks are a dime a dozen. I have run many fun 5k races and loved them all. However, many of us are looking for a fun event that will push and test us a little more than before.

As a runner, I adore races like the Warrior Dash, the infamous Tough Mudder, or Market to Market. All of these races were challenging for me and because of their uniqueness they were a ton of fun. Different and crazy races like these have led me to create my own race.

On behalf of the University of Iowa Veterans Association (UIVA) I am proud to present the UIVA Warrior Challenge & 5k Run/Walk to benefit Wounded Warrior Project. This event is set for March 31st, 2012 at the Hawkeye Recreation Fields in Iowa City, IA. Proceeds for this event will go to the Wounded Warrior Project, an organization that supports our battle scared brave men and women.

The day consists of two separate races; a 5k run/walk, and the Warrior Challenge. The Warrior Challenge is a three event race that has been created to embody military values of strength, endurance, and teamwork. In the Warrior Challenge teams of four will compete in the Tire Flip Event, Stone Carry Event, and the Weighted 5k Run. Warrior Challengers will receive some great race swag including a Warrior Challenge backpack.

So come out and race against some of our bravest men and women of the US military and see if you have what it takes to be a warrior. Go online to getmeregistered.com and look for the UIVA Warrior Challenge & 5k Run/Walk to sign up today and support a wonderful cause! For any questions on registration, sponsorship, donations, or anything else please contact Michael Considine at michael_considine@uiowa.edu or 712-301-8024.

Remember to check CVRA.net for more races

Have you ran a race that you would **DEFINITELY** run again or maybe **NEVER** run again?

Share your experiences with others in the club.

Send your race reviews to washon2@hotmail.com





Cedar Valley
Running Association

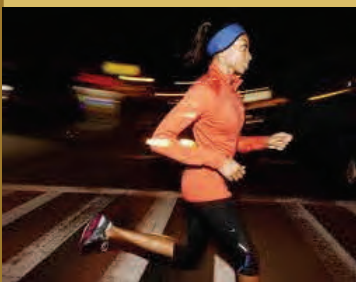
www.cvra.net



*Have you created your
member Profile online
yet?*

Go to:

cvra.net/membership/
[member-spotlight/survey](http://cvra.net/membership/member-spotlight/survey)



WHAT IS THE “CIRCUIT”???



Would you like to win prizes for running or walking? Did you know that one of your benefits as a CVRA member is partaking in the Circuit? What is this circuit thing you ask?

Each calendar year CVRA sponsors the Race Circuit. Select races are assigned participation points. If you participate in one of the races on the list (run, walk, or volunteer) you earn points. The number of points a race is worth is based on a graduated scale of the race's distance.

All participants are assigned to a 10 year age group of male/female. At the end of the calendar year prizes are awarded to the top male and female

points earner and the 3 males and females in each age group. Past prizes have included gift certificates to Running Wild, CVRA hats, and t-shirts.

Things to remember are that you need to earn a minimum of 100 points to win a prize. Think 100 points is a lot? It's not. All CVRA races are worth double points for running & volunteering. If you only participated in the CVRA races for the calendar year you would have between 100-200 points. Which could put you in the top 3 in your age groups.

Got a family membership? There's even an under 19 age group for kids. It all starts with the FreezeFest in February, so sign up now!

Why I participate in the Circuit

By: Eric Wasson

The CVRA's circuit has participants receiving points for either volunteering at events or running in them. Since at the start of last year my wife, daughter and I had several races marked on our calendar, my wife decided to enter the three of us in the circuit and record our points even though at the time I had no interest in keeping score of my participation.

In looking at myself, I can say that I am a competitive person. I like to win, but when it comes to running, I was not built for speed and will never win a race. That is a fact that I'm at peace with and just participating in events is all the reward I need to carry me to the next. You'll notice that I don't even call them races; I call our organized runs "events".

Sometime around the end of summer my wife informed me that I stood at third place in the circuit for my age group and knowing that I had two marathons and two half marathons already on the calendar in the coming months, I had the potential of winning my age group or even the men's division. There was now something in running where even I could be competitive. During the last three months of the season I ran in or volunteered at nearly every circuit event. For some events I even did both though you only get points for one or the other.

At years end I did finish with the most points in the men's division, barely beating out runners who cross the finish line long before I do but with whom I could at least have a friendly competition on the circuit. There were events that I participated in primarily for the circuit points but in the end I did challenge my stamina and I'm a better runner and CVRA member for it.



www.cvra.net

Darren and Dennis would love to have you join them on their trek.

Run along with them in a county for as much as you'd like.

Contact them via Facebook to let them know your interested



Follow Team 99 Counties on Facebook, and Twitter.

To donate go to www.team99counties.com

TEAM 99 COUNTIES UPDATE

INSPIRATION THROUGH PERSPIRATION

CLINTON COUNTY—RECAP

New Year's Eve is commonly a date that many ponder potential "resolutions" for the next year. The most common of such resolutions involve losing weight, exercising more, quitting smoking, spending more time with family, and enjoying life more. What many fail to note about the aforementioned is that these resolutions, if truly a priority, should be implemented immediately rather than delayed until the calendar next reads January 1.

Resolutions require resolve and, by nature, are not easy. Team 99 Counties celebrated New Year's Eve by remaining resolute in attaining our goal and, along the way, hopefully provided others with some motivation to follow through with their resolutions, resolutions that we hope will last a lifetime rather than only the next year.

On Saturday, December 31, 2011, after a great deal of deliberation, we set out for Clinton County to commence our last run of 2011. We arrived at the western border of Clinton County and headed east, following Highway 30 through Wheatland and Calamus, past Grand Mound, and into DeWitt.

We battled a gusting east wind as we returned to Highway 30, dodging traffic and a setting sun as we entered into Clinton. We met many a passerby who appeared confused by what we were doing - running on New Year's Eve - before entering downtown Clinton and charging toward the Mississippi River where we splashed our feet in the water 5:50:01 after and 38.3 miles from where we had started our journey.

To finish such a run, a run that we really didn't want to start, we had to not only be resolute, but maintain the resolve to keep our goal in sight despite its distance and

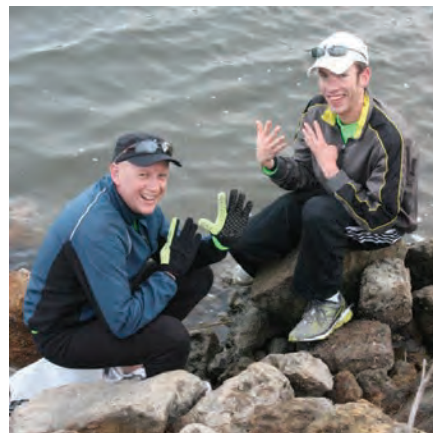
the challenges that we would face along the way.

If you want to lose weight, exercise more, quit smoking, spend more time with family, and enjoy life more, regardless of the time of year, the only way to reach your goal is to start moving toward it. Become active. Make your health, in particular your heart health, a priority in your life so that you can spend more time with your family via a longer life, a life that will likely be more enjoyable with an improved physical condition.

Become resolute. You don't have to sprint toward your goal. You can start with a crawl as long as you're moving in the right direction. Become active. Walk a few minutes on a couple of occasions each week. Set your goals higher. Sign up for that first exercise class and participate. Sign up for that first half-marathon, or your second, and train. Get out there. Become resolute to make your future as bright as it can be.

Inspiration through perspiration. Become active or make a donation to the American Heart Association to help fight heart disease today.

Donate now at http://honor.americanheart.org/site/TR/FunRaiser/NAT-Fundraiser?pg=team&fr_id=1150&team_id=142080





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Follow Team 99 Counties on Facebook, and Twitter.

To donate go to www.team99counties.com

TEAM 99 COUNTIES UPDATE

INSPIRATION THROUGH PERSPIRATION

POWESHIEK COUNTY—RECAP

Montezuma ruled over Tenochtitlan at the height of the Aztec Empire, employing warfare to expand his territory. However, Montezuma's reign and the Aztec Empire came to an unexpected end at the hands of Spanish Conquistador Hernán Cortés in June of 1520. Nothing could have prepared Montezuma or the Aztec for what they experienced when they encountered the invading Spanish, and they quickly fell.

On Saturday, January 14, 2012, we found ourselves in Poweshiek County where the town of Montezuma reminded us of our mission. Unlike the Aztec, we often know what we are facing but, as we learned, we are not immune to unexpected ends.

We started off just east of Lynnville and ran east into the frigid 12 degree air of a bitter cold winter morning. We continued east before we took a detour through the hills of the aging town of Searsboro before again heading east toward and into Montezuma. At first we had no problems, we interacted with the locals – who were not hostile in any way – and left Montezuma behind us.

We were barely out of the shadow of Montezuma before it hit – Dennis experienced a sharp pain in his foot and, for the first time in our many adventures, we doubted whether he would be able to finish our run. We were faced with quite the challenge, an injury with 12 miles left to run . . . at least we didn't experience the typical "Montezuma's revenge."



We continued our journey, with new resolve, and passed through Deep River before we found ourselves weary from our 4:00:05 battle with the 26.4-mile course that we had traversed across Poweshiek County.

The moral of the story is quite simple. Like Montezuma, many of us think that things are going well until they unexpectedly take a turn for the worse. For the majority of us, we approach our health, especially our heart health, like Montezuma approached his empire. However, unlike Montezuma, we are able to prepare for the challenges that we face and we shouldn't be surprised by an "invading Spanish Conquistador." We know what we have to do to make ourselves healthy so as to prolong our own personal empires.

Become active, exercise, and eat in moderation so as to take your health – and your very life – into your own hands.

Inspiration through perspiration. Become active or make a donation to the American Heart Association to help fight heart disease today. Donate now at http://honor.americanheart.org/site/TR/FunRaiser/NAT-Funraiser?pg=team&fr_id=1150&team_id=142080



RUNNING HEALTH

HOW TO COME BACK AFTER A BREAK

It happens to even the most well-intentioned runner. The babysitter bails, so you can't get out. Work obligations derail a three-miler, icy sidewalks nix another. Before you know it, your regular routine is a distant memory. The good news is that you can start back up right now, and with smart training and a little planning, stick with it all year. With each brief, easy **workout** you complete, you'll feel energized and empowered to get back on track. Here's how to safely return to where you left off.



START SLOW

Plan to run/walk every other day. Doing too much after a break puts you at risk of injury as your joints and muscles need time (about two weeks) to readapt to the running motion. Plus, jumping in with too much gusto can tire you out, which will set you back and make it even harder to get on schedule.

WALK MORE

If your hiatus has lasted two weeks or more, lengthen your walk segments. For example, if you had been using a run/walk ratio of five to eight minutes running with one minute walking, drop

down to a 1:1 ratio.

BUILD GRADUALLY

Once or twice a week, add three to five minutes to your workout time. Continue adding time until you reach 30 minutes of run/walking. At that point, you can alter your run/walk ratio, lengthen your run portions, or focus on increasing the duration of your run.

SET GOALS

There's nothing like a goal to stoke your motivation. It doesn't have to be lofty, but a **goal** should take some work so attaining it feels sweeter. Simply aiming to run every other day for two weeks is a fine target that will get your body and mind in sync with running again.

Source: www.runnersworld.com



RECENT RACE—PHOTOS



**Jingle Bell Run
Dec. 15, 2011**



RECENT RUNS—PHOTOS



**First Run of the New Year
Jan. 1, 2012**



RECIPES

TRIED & TESTED BY MEMBERS

Hummus & Vegetable Pita Toasts

Ingredients

- 1 pita bread, split horizontally into 2 rounds
- 1 tsp. olive oil
- 2 Tbsp. Hummus
- 1/4 cup shredded carrots
- 1 green onion sliced
- 1 Tbsp. sliced black olives

Directions

1. Heat broiler
2. Place pita rounds on baking sheet; brush with oil
3. Broil 1 min. Or until lightly browned.
4. Spread with hummus and top with vegetables and olives
5. Cut into wedges and serve

Source: www.kraftfoods.com



Have a favorite Recipe?

Share it with other in the club.

Send your recipe to Janine Wasson at washon2@hotmail.com



www.cvra.net



Welcome to our new members.

Hawley Landenberg

Marcus Beal

Ken Sunseri

Danielle & Nolan

Wangsness & Ryan

Beck

Missy Anderson

Trenton Roehlk

Vonzel Johnson

Cory, Angelica, Megan,

& Nicholas Vannatta

Jim, Janette, Jesse, &

Dehrik Bevins &

Rabecca Moehns

Jim Cox

Julie Hoffman

Michael Considine

Tim Eilers

Charitable Members

Thanks to the following members who have given CVRA extra support!

JP Ampey

Heidi Anhalt & Shaun Cassells

Bruce Bachmann

Mike Becker

Sue Bennett

Karla & Darryl Button

Doug & Kathy Castek

Bob Clark

Pam & Larry Cohn

Carrie & Denton DeSotel

Jim Dwyer & Family

Andrea Eastburn

Kevin Eck & Family

Jerry Elsea

Warren Feerer

Matthew & Teresa

Fettkether

Colin Flynn

Belinda & Daniel Gee

Dave Glessner

Amy Godwin

Phil Hartgrave

Andrew Hartz

Trevor Hartz

Erika & Douglas Hass

Allison Heffern

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Dale & Kelly Jensen

Mary L. Johnston

Amiee Jones

Daryl Julich & Sher Jasperse

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Al & Dee Kacere

Rob & Montyne Kasper

Joseph & Maureen Kenny

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Marty & Kelly Klipp & Family

Raelynn Lamparek

Gretchen Lawyer

John Leland

Wayne Martin

Kent Mattison

John McClellan

Candy & Jeff Mullen

Eric & Kathy Mullen

Patrick & Sharon Murphy

Keith Neubauer & Family

Michael & Kathleen Newhouse

Bret & Suzanne Nilles

Chris & Deidre Nims & Family

Brandon & Stacey O'Hern & Family

Jeff Pick & Family

Mark & Diana Powers & Family

Paula & Randy Price

Michael Regan

Joseph Richey

Ron Ricklefs

Andrew Roberts

Dean & Emily Rothchild

Jill & Ryan Scheckel

Rob & Lori Schmit & Family

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Kim Sherman

Jim & Julie Shimek

Sashi Solomon

Gary & Nancy Strandberg

Sue Stannard

Jim & Barb Steggall

Bob Strickland

Matt & Cassy Townsley

Eric & Janine Wasson & Family

John & Alice Wasson

Sarah & Tim Williams & Family

Linley Woelk

Susan & Thomas Wolle

Mike Yeries





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CVRA prides itself on giving back to our community.

Here's are some letters of appreciations we have received this month

Thank You for your door prize contributions for our Last Race of the Year! We had 124 entrants even with the light precipitation!

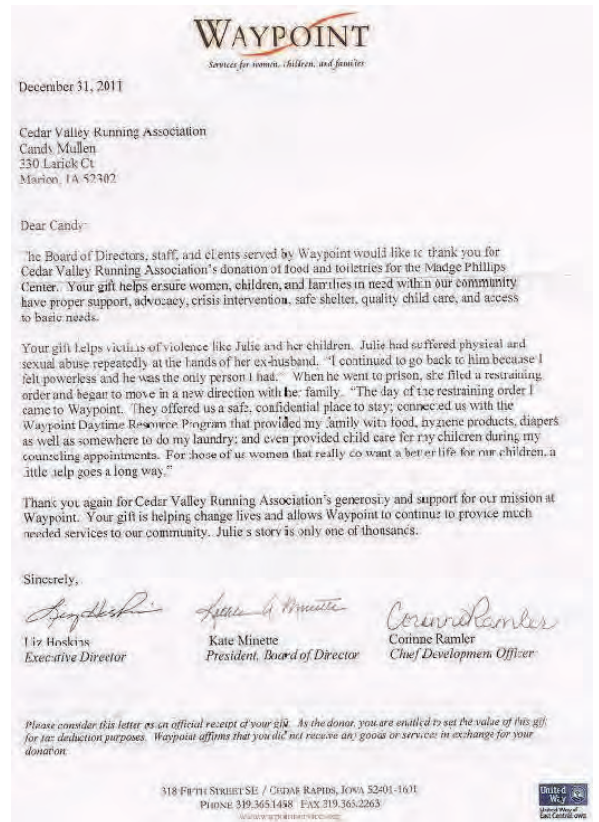
We appreciate you helping make the event a huge success!

People loved the CVRA donations!

Warm thanks,
Brenda Cloud

Brenda

Giving Back





SUPPORTERS



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FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 5:45PM Group Run @ YMCA	3	4 7AM Group Run @ Running Wild
			5 8AM Group Run @ Springhouse	6	7 5:45PM Group Run @ YMCA	8
12 8AM Group Run @ Springhouse	13	14 5:45PM Group Run @ YMCA	15	16 5:45PM Group Run @ YMCA	17	18 7AM Group Run @ Running Wild 11AM Freeze Fest @ Squaw Creek Park
19 8AM Group Run @ Springhouse	20	21 5:45PM Group Run @ YMCA	22 Deadline for March Newsletter	23 5:45PM Group Run @ YMCA	24	25 7AM Group Run @ Running Wild
26 8AM Group Run @ Springhouse	27	28 5:45PM Group Run @ YMCA	29			

Race Applications



CVRA 12TH FREEZEFEST



5K Run/Walk February 18, 2012 - 11:00 AM

First Name _____ Last Name _____

Address _____

Zip _____ City _____ State _____

Age on February 18th _____ Birth Date _____ M/F _____

Phone _____ Email _____ (please print)

Moisture Management Long Sleeve Shirt (Circle one)

[XS] [Small] [Med] [Large] [X-large] [XX-large] Shirts not guaranteed on race day.

RACE ENTERED (circle one) 5K Run or 5K Walk

REGISTRATION FEES (no refunds)

Entry postmarked by Feb. 15th \$20.00,** (CVRA Members) \$18.00

Entry postmarked after Feb. 15th \$22.00, Feb. 18th (Race Day) \$25.00 **Make Checks Payable to: CVRA**

Registration from 9 am to 10:45 race day.

A portion of the funds will go to a local charity, last year was the Red Cross.

Mail to: Candy Mullen, 330 Larick CT, Marion IA. 52302 or sign up online at www.cvra.net.

CVRA FREEZEFEST THANKS IT'S SPONSORS: PEPSI, RUNNING WILD, FLECK SALES, COOKIE MONSTERS, GROWNE TROPHY, AND RIVER VALLEY CHIROPRACTIC. CLUB SOCIAL TO FOLLOW THE RACE IN THE LODGE until 7 PM with Midwest XtremeTri, and CVRA Members and Friends

RUNNER'S AGE GROUPS: (awards to the top 3 finishers in each group)

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

Awards will also be presented to the top male and female overall finishers in the run. Awards will be presented to the top three male and female walkers.

RACE COURSE AND LOCATION:

Race starts at Squaw Creek Park, in Marion, IA. We will be in the Prairie Oaks lodge. It's the first one you come to. Map is on website. Any questions call Candy Mullen at 319-210-0772. Race could be canceled or the park may close due to bad weather not normal February weather. Watch www.cvra.net if weather is bad and for other information regarding the race.

WAIVER:

I hereby release CVRA, the Freezefest, all volunteers, and sponsors from responsibility for any illness or injury which may be sustained while I am participating in the 5K event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I give my permission for the use of my name and picture in any broadcast, telecast, or print media account of this event. This event will be chip timed a \$10 fee will be assessed to all timing chips not returned.

I hereby affirm that I am 18 years of age or older. I have read this document, and understand its contents. (Parent or guardian must sign if participant is under age 18)

Signature: _____ Date: _____



www.cvra.net



CVRA Sponsors

Present your membership card to these businesses to receive a discount

- **Fitness Sports** (Des Moines) — Discount on all running items
- **River Valley Chiropractic** www.chirorivervalley.com — Free foot scan (for customer orthotics) and if ordered get 10% discount. 10% of full body massages
- **Running Wild** (Davenport, Coralville, & Cedar Rapids) — 10% off every purchase
- **The Runner's Flat** (Cedar Falls) www.therunnersflat.com — 10% of running and tri gear
- **Northtowne LTD Cycling and Fitness** — 5% discount on all bikes, clothing, fitness equipment. No sale items apply
- **Nutri-Sport & Nutri-Smoothie** — 15% discount on all products

Remember When???

Mall to Mall 2005

