

Iowa Kidstrong News



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Ultra-Marathon Man, Dean Karnazes gives Iowa Kidstrong, Inc. "Ink" in His Latest Book

September 22, 2006:

A morning camp was held at Drake University in conjunction with ultra-marathoner Dean Karnazes running the Des Moines Marathon route September 22, 2006. Des Moines was the sixth stop on the Endurance 50 challenge in which Karnazes completed 50 marathons in 50 states in 50 days.

Drake's Track Coach and two-time Olympian, Natasha Kaiser Brown and about a dozen of Drake's track team lead students through warm-up, stretching, agility and pacing exercises. Spike the Bulldog also joined the fun! The kids signed a shirt which was presented to Karnazes at the finish.

Karnazes documented the experience in his book **50/50: Secrets I Learned Running 50 Marathons in 50 Days – and How You Too Can Achieve Super Endurance:** "At

mile ten of the Des Moines Marathon, the course makes a loop around the famous blue Drake University track. When I arrived there with the large, spirited group of nearly three dozen runners who had signed up to run with me today, we were greeted by the Drake University mascot (a bulldog names Spike) and more than fifty young kids wearing matching yellow T-shirts. Here comes the future! I thought as the kids wildly broke ranks and stampeded around the track with us, cheering and throwing high fives the whole way... We had just completed our lap when a woman standing at the exit from the track handed me one of those bright yell T-shirts, in my size, that had been signed by all of the children who'd run a quarter mile with me. The words Kidstrong, Iowa, Inc. (sic) were silk-screened on the front. I learned later that the woman who handed me the



Photos from the September 22,



shirt was Cindy Elsbernd, Founder and president of Kidstrong Iowa (sic). Cindy is the veteran of multiple marathons who started this organization in response to her concerns about the childhood obesity epidemic. With two young kids of her own, these concerns began right at home. The program's concept

is simple but brilliant..."

To read more, check out Karnazes' book:

