



Iowa Speed Youth Track & Field Club

Hello Iowa Speed Families...

Please see below! This is going to be awesome!

Track Guy is having a Track Guy Speaker Series event in the large auditorium at IC West on January 8. We have a wonderful lineup of guests:

Our guest speakers will be:

Bethany Praska and Erik Sowinski. Both are U of Iowa grads and have great stories on how they were able to go from "average" high school athletes to outstanding collegiate and post collegiate performers.

Brittany Brown-B10 champ and U of Iowa All American who most recently won a silver medal in the 200M at the World Championships in Doha.

Drake Relays Director Blake Boldon, will talk about Drake Relays past, present and future with a focus on the important role Iowa high school athletes play in America's Athletic Classic each year.

Heartland Soles will speak for a few minutes and will also have a **"booth" set up at 5:30** to show both athletes and parents different types and price ranges of shoes and also answer any footwear questions they may have before and after the event.

Three Registered Dietitians from the U of Iowa Athletics Department will speak as well and they too will have a **"booth" set up at 5:30** so they can visit with athletes and parents before and after the event. This event is targeting high school coaches and middle school and high school student athletes and parents but is obviously **OPEN TO ANYONE!** There is no admission fee, and we will be Track Guy shirts at a reduced price.

We will be getting posters made and I will sure try to get some to each you so can share with interested folks, hang them in your schools etc.

We would love to pack the house with coaches, athletes, parents and fans!

Spread the word!

It is going to be a great night!

The doors will open at 5:30 so parents and student athletes can visit the "booths" that the Nutritionists and Heartland Soles will have set up and the program will start at 6:15.

The Track Guy foundation is donating a pair of shoes to the school with the most students in attendance. The "winner" will be the school that has the highest percentage of students attending based on their high school enrollment. The "winning team" will then gift those shoes to a needy student in their school.

- Mike Jay

To receive more events and information like this consider becoming a member of the **Iowa Speed Youth Track & Field Club** club!