

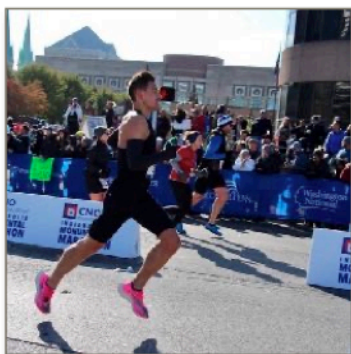
A lucky 7 in Striderland for 2019



#1 IMT Des Moines Marathon is now the largest race in Striderland and the most impressive. It's a weekend of racing with Marathon, Half-Marathon, 5 mile, 5k distances. . . and the list goes on. Turning 18, it's matured and ready for years of great racing.



#3 Dam - the start of another great race. Dam to Dam ends at 39 but the new DAM to DSM starts with young organizers, ideas and energy. Over 5000 entered the beginning of the new dam race.



#6 Austin O'Brien had a whirlwind of a year. Debut marathon in January 2:31:25 and in June lowered his best to 2:22:39. Early fall disaster struck as his running had stalled, he changed pace and scored a late fall Olympic Trials qualifier running 2:18:38.

Honorable Mention - 37th Capital Pursuit had solid competition and continues to be a distinctive race at 10 miles; Roman Lynch retired his cape after 33 years - the new Midnight Madness will have a different venue and has impressive changes in the planning; as always there's no better way to cap the running season than at the Living History Farm race, now 41 years old.



#2 Dominate cross country teams with great coaches - a recipe for winning. Tim Ives at Dowling Catholic boys and Pat Hennes at Johnston girls, 6 & 4 state titles respectively this decade, says it all!



#4 The men and women of orange are blazing near the front of every Striderland race. Iowa's racing team not only is on the podium at area races but competes with the best throughout the nation, with 6 making the Olympic Trials. Over 50 runners are on the team, keeping the competitive dream alive.



#5 On-the-Road at the Drake Relays has doubled the number of finishers in just 2 years. Perfect weather, finishing on the blue oval and adding a 10k kicks off the relay week - a great combination. Spring has arrived at this 51 year old race.

#7 Iowa State men's cross country team has competed in the NCAA national championship 28 times. This year they had their 3rd individual national champion, Edwin Kurget. They have also hosted the championship 3 times and have 2 team championship crowns. An impressive resume.

By Cal Murdock, observing Iowa Running for over four decades.