

## 秀秀秀 A lucky 7 in Striderland for 2008 秀秀秀

秀秀秀 2:35:02 and 2:36:51 says it all! 秀秀秀

Iowa loves Robyn Friedman and Erin Moeller. Wartburg College graduates, Iowa Runablaze runners, "down home" friendly and in their 30s, they both have set the standard for greatness. At the Women's Olympic Trials the day before the Boston Marathon on a spectator friendly course Robyn finished 9th and Erin 10th. Both are well known at Iowa races, Robyn has won all the major races in Striderland and Erin is the course record holder of the Drake Relays On-the-ROADS half-marathon. Barely recovered from the Olympic Trials, they toed the line at Dam to Dam, this time Erin edged out Robyn by 17 seconds. Striderland continues to cheer on this dynamic duo.

秀秀秀 The Big 3, get, well bigger 秀秀秀

The applause just keeps getting louder, deservedly. Dam to Dam, race director Kurt Schaeffer, ushered in a huge increase in finishers with 4815 in the 20 kilometer and 2020 in the 5 kilometer, a jump of over 1000 finishers over the previous year. Living History Farms, race director Steve Bobenhouse, did what no other race in Striderland has done, limited the number of entries which filled up 10 days before race day. The Farm had its usual excitement, days before Thanksgiving as 6938 finished the race. Des Moines Marathon, race director Chris Burch, had a lucky 7th year race with 1352 Marathoners and 3185 Half-Marathoners finishers. Striderlands big three, bigger yes, better for sure.

秀秀秀 Marty "D" takes on the "D" races 秀秀秀

Marty Dalton had a record breaking season at the "D" races. He tied the record for most victories, three, winning the Drake Relays On-the-ROADS half-marathon. A month later he scored his best time since 2003 at Dam to Dam, running a 1:05:41. And in the fall he was second at the Des Moines Marathon, running a 2:24:20, just 27 seconds off his best. Late fall Marty took on his biggest "D" of the year as he was diagnosed with Type 1 Diabetes. Striderland applauds Dalton's running dedication and latest run with health.

秀秀秀 Dowling Catholic Girls have a new star 秀秀秀

Dowling Catholic repeated as the state cross country champion. A new individual champion emerged as Ashlie Decker won the state crown and Katie Flood was second, wherein 2007 their roles were reversed. Ashlie went on to the Nike Team Nationals placing 8th and Foot Locker placing 18th. Katie the previous year placed 14th and 8th respectively. Striderland looks forward to the senior year for these two Dowling Catholic XC stars.

秀秀秀 Drake Relays celebrates a Century 秀秀秀

Started in 1910 with just 100 athletes and 6 teams, the Drake Relays is now America's Athletic Classic and annual rite of Spring in Striderland. World class athletes Jesse Owen and Wilma Rudolph along with modern day athletes Carl Lewis and Susie Favor Hamilton have circled the track. The On-the-ROADS race started in 1969. Once a Marathon and national class 10 kilometer it fits neatly into the Drake tradition as a solid Iowa road race. Striderland history would not be the same without this April extravaganza.

秀秀秀 Lisa Koll sets a record 秀秀秀

Lisa's 32:11.13 set the American Collegiate 10,000 meter record during the Spring and a month later she won NCAA 10,000 meter championship on the track at Drake. Lisa's high school career at Ft Dodge gave no indication of what was to come, as she finished 8th her senior year at the state cross country meet. Her determination and training has shined at Iowa State. Lisa conjures up images of the last great ISU long distance record holder, Peg Nepple who set long distance records in the '70s. Striderland appreciates record setting talent.

秀秀秀 It was a lucky 13 years at Clive Running Festival 秀秀秀

Kurt and Nancy Hoegh provided runners with the perfect summer race, Clive Running Festival - fun, family orientated and competitive. After 13 years in-charge, they are taking a break. The race's frog theme adorned the t-shirts and watermelon was always a special treat at the finish. The Hoeghs will continue their popular training series on Monday evening. Striderland will miss their race leadership.

By Cal Murdock, observing Iowa Running for over three decades