

# A lucky 7 in Striderland for 2020



**#1** Covid-19 halted running activities everywhere, starting with the Drake Relays in the Spring continuing through the summer as race after race fell victim. Dam to DSM & Midnight Madness, then in the fall Des Moines Marathon & Living History Farms cancelled. The pandemic slowed the running community.



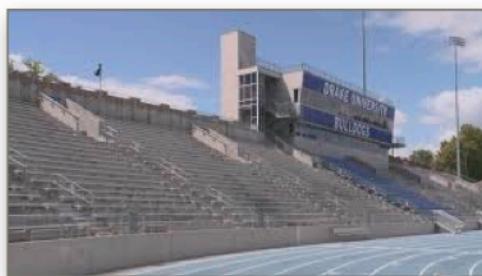
**#2** Striderland girls shined at the State Cross Country 4A Championship. Johnston dominated winning their 5th crown in the last 7 years. They were followed on the podium by Valley & Ankeny Centennial. Amazingly in the 3A, local teams excelled. Ballard & Dallas Center-Grimes were 1st & 2nd. The Girls were tops!



**#3** The top race in Iowa was small and fast - WR Elite 5K. 18 men broke 15 minutes and 10 women broke 18 minutes. Perfect weather greeted this star studded field on a flat course in Waterworks Park. All-time Iowa records were set . . . proof that competitive racing is alive & well.



**#4** Austin O'Brien is the best runner in Striderland. After a DNF at the Olympic Trials Marathon he trained relentlessly, setting PRs in the 5k (14:23) and 10k (29:53). In tough howling winds he posted a 2:21:23 marathon to end the season.



**#5** With no Drake Relays in the spring, Drake rose to the challenge with the Blue Oval Showcase at the end of the summer. No fans but plenty of great athletes - a tribute to the Relay tradition.

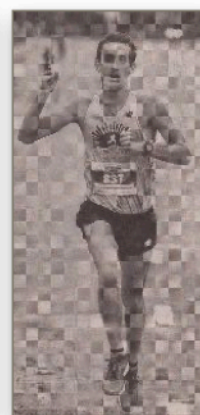
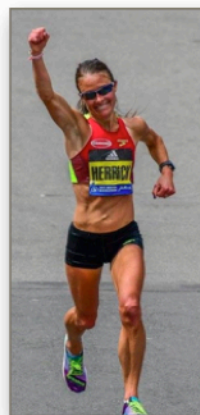
**Honorable Mention - People who made it happen:**

- Blake Bolden keeping the Drake tradition alive with the Blue Oval Showcase.
- Tyson Wieland championing speed directed the WR Elite 5k.
- Pat Hennes coaching the Johnston girls to their 5th victory at the State Cross Country Championship.
- Cal Murdock's persistent drive to create the most comprehensive history of Iowa-Striderland running.

**Open 20 Kilometer Records**

Year	Top 20 men - 10 Miles	Top 20 women - 10 Miles
2019	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2018	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2017	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2016	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2015	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2014	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2013	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2012	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2011	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2010	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2009	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2008	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2007	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2006	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2005	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2004	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2003	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2002	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2001	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
2000	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
1999	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
1998	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
1997	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
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1993	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
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1989	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
1988	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
1987	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
1986	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
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1902	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
1901	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)
1900	1. Blake Bolden (1:00:00)	1. Danni Herrick (1:00:00)

**#6** Impressive, yes, with 140 pages, 350 pictures and 3000 records on-line at runablaze.com. The best running history & stats in the US is available to everyone.



**#7** What's in the Boone water? The best Boone preps shined at the Olympic Marathon Trials. Danna Herrick 2:39:59 and Brogan Austin 2:18:36 made Striderland proud on a tough hilly course in Atlanta.

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