

A lucky 7 in Striderland for 2022

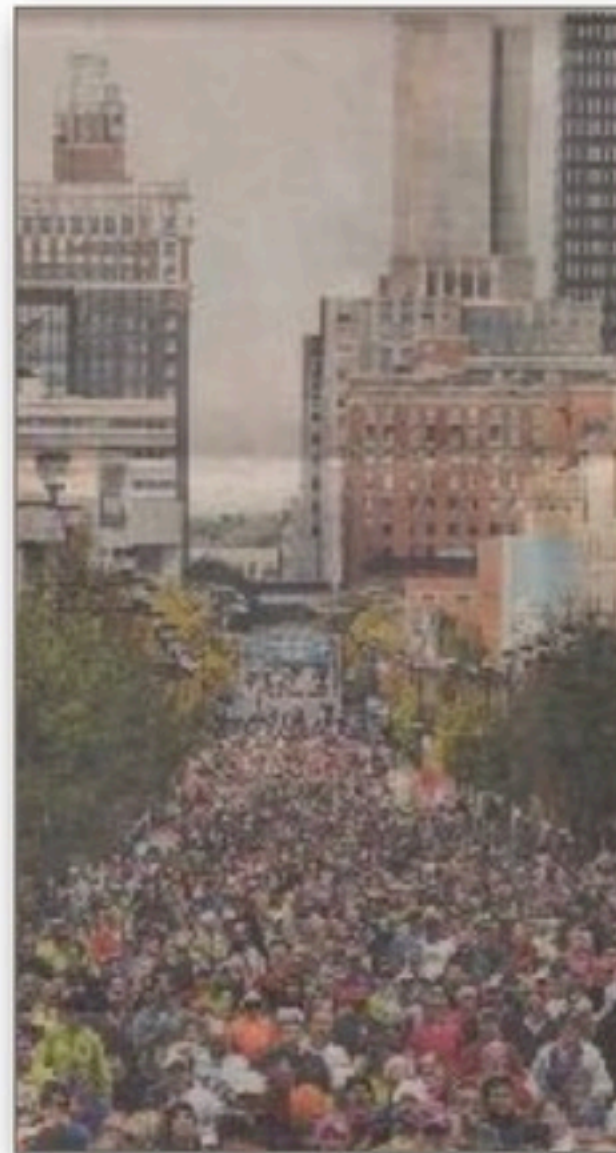
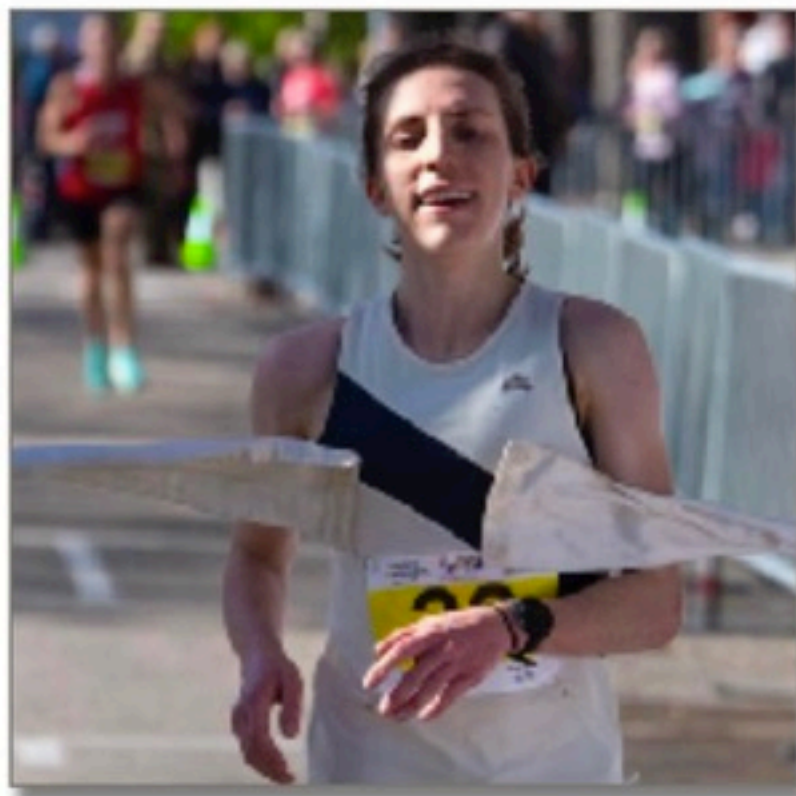


#1 Dowling star Jackson Heidesch broke the 15 minute mark at state, leading his team to their 8th state title in 12 years. Equally as impressive was Ballard star Paityn Noe shattering the girl's record running 16:49 at state. Amazing performances by two of the best ever in Iowa!



#2 Blazing 5k was the fastest race around. The fall race held in Waterworks Park with modest prize money and an elite field had exceptional performances. The 2019 NCAA cross country champion Edwin Kurgat won in 13:47 with 3 of the top 6 times in Iowa history. The women were lead by Ashley Tutt in 16:17 with 2 of the top 4 times in Iowa history. Both winners were former Iowa State runners.

#3 Emma Huston, Roosevelt and Drake grad attacked the record books with one of the best seasons for an Iowa woman the past decade. She won Lincoln Marathon early in the year setting the Lincoln record, 2:38:19 and then later in the year scored the 5th best all-time by an Iowan, running a 2:34:31 at California International Marathon. In the fall she set records at DM Half-Marathon 1:13:48 and Capital Pursuit 10 mile 57:19.



#4 Races are (almost) back. For 2 years the pandemic hurt races. But they are back 10-20 percent larger than 2021. But just a fraction of their peak 10 years ago. Des Moines Marathon & Half 3650 finishers (best 6917 in 2013), Drake Road Races 2100 finishers (4601 in 2014), Dam to DSM 2432 finishers (7363 in 2014) and Midnight Madness 501 finishers (2347 in 2010)



#5 Chicago Shamrock Shuffle 8k in March has always been a good measure of the best teams in the Midwest. Runablaze Iowa took 4th place with the best cumulative time in their history. They averaged sub 24 minutes with Austin O'Brien 23:51; Blake Whalen 23:56; Cody Baele 23:59 and Alec Baldwin 24:00.



#6 Iowa's distance Classic Dam to Dam ended in 2018 but its memory lives on. The race donates \$10,000 each year to 15 area running groups, a fitting tribute to a great race that hasn't reached the finish line.



#7 Coach Bill Bergan died just before Thanksgiving. He was a legend! During the stretch from 1989 to 1994 ISU cross country was dominated with 5 podium finishers at the NCAA championship, winning in 1989 & 1994.

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