

1970s - Iowa Running History

1978 -- Marathon mania invaded Iowa soil spurred on by running heroes - Frank Shorter 1972 & 1976 Olympic Marathoner and Bill Rodgers 4-time Boston & New York winner. The best of the day and faster ever by an Iowan at a Iowa Marathon was Frank Richardson (pictured, Frank is in the middle of the 3 runners) winning Iowa City Road Races in 2:18:09.



1978 -- At the Drake Relays 12 men broke 2:30 and a women ran 2:47:46. 193 of the 805 finishers were under 3 hours. Other marathons during the 1970s were held in Ames, Winterset, Fort Dodge, Okoboji, Storm Lake, Lamoni, Cedar Falls and Cedar Rapids.

1978 -- The fastest race of the decade was held in Cedar Rapids, the Adidas Armstrong 10k. It was won in 28:13 by Jeff Wells with Greg Newell one second back. The course was reportedly very short. Accurate measurement of courses was just beginning. Robert Ray got into the running with the Governor's Cup 10k starting and finishing at the state Capitol.

1977 -- Iowa races were in their infancy. The first Iowa City Road Races (now called Run for the Schools) started on a high note with over 300 finishers.

1975 - Bix 7 started with 83 runners on a hilly 7 mile route including 3 women. The winner won in a speedy 34:34.



1972 -- Midnight Madness (start & finish pictured) started as a marathon on Highway 30 bypass south of Ames that was under construction, which seemed perfect for a late night marathon. 12 runners finished Madness with the winner in 3 hours.

1969 -- the National Junior AAU Championships were held in Redfield, Iowa. The conditions were extremely cold (6 degrees). The winner was Jay Dirksen (pictured below) in 2:24:36. Jay later became the Nebraska cross country coach and won the first Drake Relays Marathon that same year.



1980 - Iowa Running History

It was a start of something big. Iowa races were booming and along came Dam to Dam 20k with 375 finishers. Like most races of the era women were just starting to enter races - 60 finished including winner Tina Gandy (pictured to the right). It was a young person's sport - 13 men and 1 woman over age 50 finished. The entry fee was \$5.



Without a 1980 Olympics (US boycotted) Bill Rodger (pictured below) the best runner in the nation won Bix 7 beating local great John Wellerding. The previous year 800 runners ran the Bix 7, that doubled in 1980. The race would continue to explode with thousands of new runners in the next decades. The top runners in the world would toe the start line at Bix 7.



Dick Beardsley (pictured below) won Midnight Madness 15 miler. Dick later ran 2:08:53 against Alberto Salazar in the "Duel in the Sun" losing by 2 seconds at the 1982 Boston Marathon.



Frank Richardson (pictured to the right) had the best marathon year by any Iowan ever. He ran five 2:14 marathons - January, May, June, September & October. His best during the season was 9th at the Olympic Trials Marathon and he won the Chicago Marathon.



1981 - Iowa Running History

Bix-Z was quickly becoming one of the best and biggest races in the US. Frank Shorter (pictured to the right) joined Bill Rodgers at this classic race, Bill won beating Frank by 24 seconds. The race was now at 2500 runners.

Cedar Rapids displayed racing talent at a new one-time race, Hardee's 10k in August. Iowan John Wellerding won in 29:40 with 600 runners in attendance. Another runner favorite Memorial Day Run had 600 too in the marathon, half-marathon and 10k. Cedar Rapids was a racing hotbed.

Dam to Dam (start on Saylorville Dam below) was becoming Iowa's Distance Classic as Kim Sprain won, the first of his 3 consecutive titles. 583 finished the 20k that included 83 women, less than 15 percent of the field.



Governor Ray became a big fan of running with the Iowa's Governor's Cup (start picture below) 10k in the fall, one of the biggest races of the year. Iowans battled, Frank Richardson won beating a up and comer Phil Coppess.



Phil Coppess won the Iowa City Half-Marathon in 1:05:29 beating Gregg Newell by 20 seconds. This was the second biggest running event in Iowa with over 1300 finishers in the Marathon, Half-Marathon and 10k.

1982 - Iowa Running History

Bix was starting to attract world class runners. Australian Rob deCastella (pictured below) won Bix edging out Bill Rodgers and Frank Shorter. The race had 4100 runners, growing each year by 1000 plus.



Iowa women were starting to make an impact, none more so than Karen Clark (pictured to the left) who won her first of three consecutive championships at Dam to Dam (1982-1984). She was the honorary race director of the race in 2017.

Drake Relays Marathon was slipping in prestige after peaking out a few years earlier, top runners and 805 finishers. It was time for a change with a flatter in town course, it worked attracting more runners.



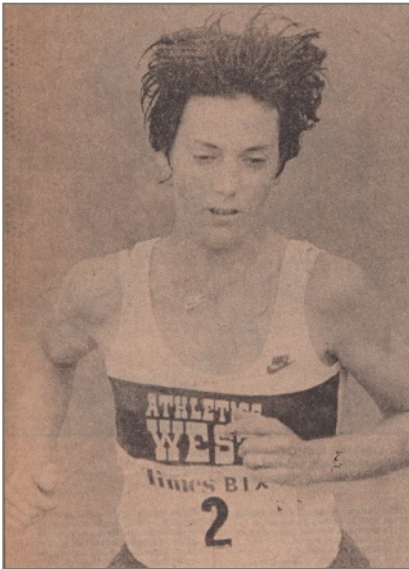
Iowa Marathons were gaining traction. Pat McGuire won Drake Relays in 2:22:31, Dallas Robertson won Cedar Rapids Memorial Day in 2:29:03 and Rick Scuphum won Iowa City Road Races in 2:19:41. The best marathoner was little known, (at the time) Phil Coppess who ran London Marathon finishing 6th in 2:13:57. Women marathoning was just beginning and the best of the year just broke 3 hours at Drake Relays.

The tale of 2 races separated by 30 miles and just weeks apart. Dam to Dam (left picture below) top 50 finishers were all Iowans and Midnight Madness (right picture below) top 50 finishers were half Iowans and a lot of speedy midwest runners. Newcomer Dam 20k had 927 finishers and Madness 25k-10k-5k had 1528 finishers.



1983 - Iowa Running History

Karl Larson, founder of Midnight Madness in 1972, ran Dam to Dam 20K at the age of 61 in 1:20:03. The time still stands as the oldest record at Iowa's Distance Classic.



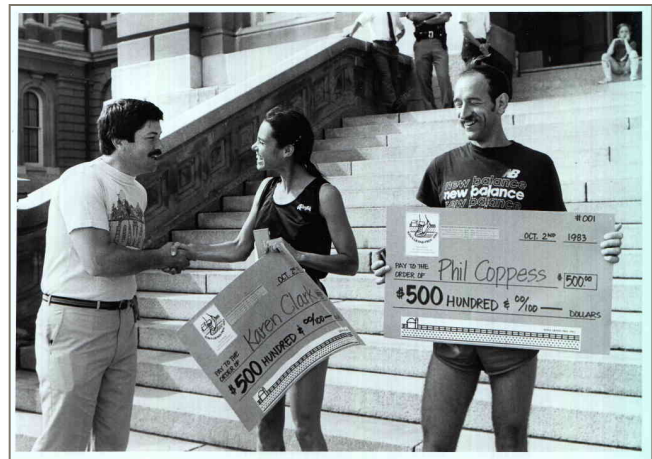
Bix 7 attracted another world class field with Bill Rodger finishing 2nd to Kenyan Joesph Nzau who didn't start running until the age of 25. Nzau later in the fall won Chicago Marathon and the following year was 7th at the Olympic Marathon & 14th in the 10,000. Joan Benoit wasn't a unknown when she arrived for her first race in Davenport, she had just won the Boston Marathon in 2:22:43. She won Bix 7, the first of 4 open championships. She of course had a Hall of Fame running career.

Bix was beginning to attract world class runners but Midnight Madness (picture below) was certainly a shining star of the races in the Midwest.

A star studded field gathered in Ames on a summer evening and burned up the roads. In the 20K there 19 men under 1:05, 52 under 1:10 and 15 women under 1:20. The other races were just as competitive as Yobes

Ondieki broke 30 minutes in the 10K.

The Iowa Grand Prix wrapped up it's first year honoring Iowa greats Phil Coppess and Karen Clark as winners. The best Iowa running era was represented by Iowa's best races in this series which expanded and continued for another 2 years. The initial 1983 races on the circuit - National Bank of Waterloo 10k, Cedar Rapids Memorial Day 10k, Waverly Lutheran Mutual 10k, Dam to Dam 20k, Midnight Madness 20, Bix 7, Iowa City Hawkeye Classic 10k & Governor's Cup 10k. Added the following years were Dubuque Half-Marathon, Capital Pursuit 10 mile, My Waterloo Shootout 5k, Ft Dodge KVFD 10k & Iowa City Hospice 5k,



1984 - Iowa Running History

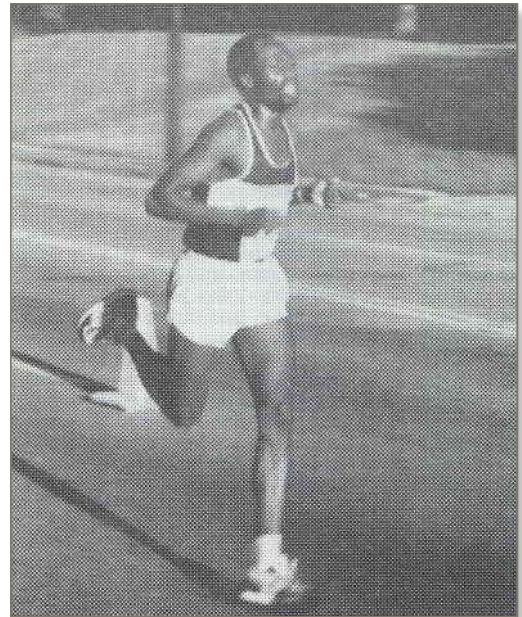
Iowa has always been blessed with fast runners leading the hoards. This year the race was 5 days prior to the Olympics in Los Angeles. The speed slowed a bit as Ashley Johnson won in 33:02 just 4 seconds ahead of 2nd. Crowd favorite Joan Benoit was missing, she won in 1983. A few weeks later she was first in the first ever Women's Olympic Marathon winner.

Richard Kaitany (pictured to the right) won the Iowa Grand Prix and almost every race he entered. The recent ISU grad couldn't be beat, scoring his best race at the 2nd year Capital Pursuit 10 mile in 48:02. A few weeks later he ran 2:14:50 at the Chicago Marathon, his debut. Sharon Greenwood (pictured below right) was the women's Iowa Grand Prix winner.

John Wellerding (pictured), a teacher at Bettendorf High School stunned the US marathon running world with a 2:12:05 at the Houston Marathon. John's time was the best by a Iowan.. While John was a sprinter during his prep days, he chose distance running in college. He was ranked #2 American by Track & Field News for distances 20K-30K.

The best masters in Iowa surfaced in the Waterloo & Cedar Falls area. The foursome of Michael Felts, Don Wood, Bruce Hopkins and just a few years older Jerry Anders won the master's division at every race in sight. While open runners flirt with a 5 minute pace, this group ran solid a 5:30 pace, earning the respect of Iowa runners (young and old).

Mark Curp (pictured below) waited out the lighting delayed Midnight Madness 20k start, then cruised to a 59:50. He pulled an amazing 32 men under 1:05:00. The women were not without speed too as 39 year old Priscilla Welch of England won 1:08:48 ahead of 10 women under 1:15. Priscilla went on to place 6th at LA Olympic Marathon.



1985 - Iowa Running History

It's hard to say too much about Phil Coppess, (picture to the right, #5) as he is a Iowa running legend. This was his year setting the Dam to Dam 20K record in 59:22 and smashing records throughout the season. His buildup concluded in the fall with a half-marathon tuneup in Philadelphia, 1:02:14 before setting the Twin Cities Marathon record 2:10:05 that stood for 33 years. His work ethic and modesty are second to none.

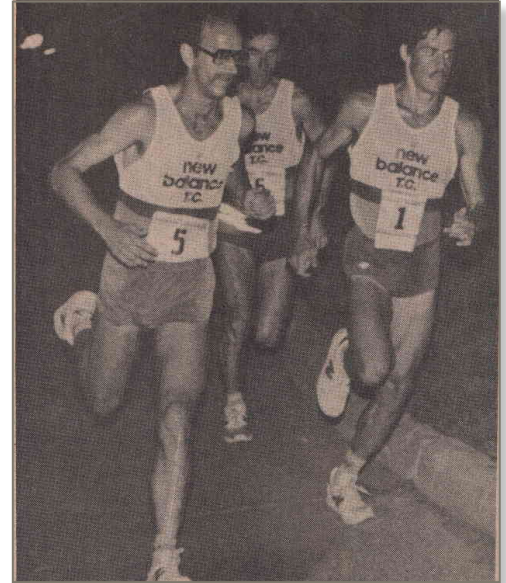
The Iowa Grand Prix was short lived for the most competitive running in Iowa history. It ended this year with UNI All-American Doug Nelson (pictured to the left) and Dubuque's Lisa Whitman taking the titles. The Grand Prix peaked the interest of post-collegiate runners, the public that was being introduced to road running and created a competitive Iowa spirit.



Bix 7 was maturing fast as a national race with the best in the nation toeing the line every July in Davenport heat. Bill Rodgers came in 2nd this year behind up & coming Missourian Mark Curp (left picture below). 1983 winner Joan Benoit took the women's crown. Just one year earlier she rocked on the world biggest stage winning the first women's Olympic Marathon in Los Angeles - she was queen of the roads.

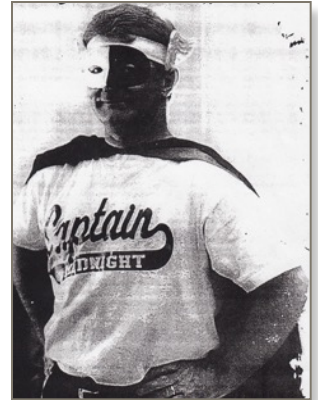
John Liepa (pictured below) ended his race directing reign at Midnight Madness (1979-1985). He brought a flair to the race with top notch fields at this steamy evening race. His best years included the previous year when 77 men broke 1:10 in the 20K. Britian Priscilla Welch returned as a master runner winning in 1:10:41, the previous year she ran 2 minutes faster leading up to her 6th at the Los Angeles Olympic Marathon.

Drake Relays has a special place in Iowa hearts. The road races associate with the Relays, ditto. So when the Marathon was on the verge of being cancelled by the relays director, runners throughout Iowa protested. The decision was soon reversed and Iowa's marathon (at the time) continued until year 25 (1993) when it call it quits at the 26.2 mile distance.



1986 - Iowa Running History

Rumors? Roman Lynch (right picture) was in-charge of Midnight Madness refreshments, he almost made it to midnight but ran out of coleslaw. He wasn't demoted, rather bumped up to race director (for life, well not quite - 33 years). Captain Midnight was born, the beloved icon of Iowa running.



Connie Prince (left picture) was having one great running year. She won Dam to Dam and later ran Twin Cities Marathon in 2:35:25 qualifying for the IAFF World Championship in Rome, Italy. Connie is the mother of Shelby Houlihan.

Bix 7 didn't look back, ever. This was the last year when Iowa's greatest race had under 10,000 entrants, until lately, a far cry from their 84 entrants the



first year of the race in 1975. Joan Benoit (picture to the left) won for the 3rd time (4th time in 1988) to solidify her place along with Bill Rodgers as the champion of Bix.

A new race that captures the spirit of July 4th. Fifth Season started with a bang it's first year as Iowa great Nan Doak won the women's race and ISU great Joseph Kipsang (pictured below) took the men's crown. The race hasn't slow down highlighting the best of the summer.



There was only one marathon in Iowa for decades, Drake Relays. It's storied history began in 1969 and continued with Raul DeAnda (left picture) winning. But the story could just as well been written by Drake grad Shane Dooley, he finished 2nd again on the blue oval and 3 other times 1980, 1981 & 1984.



1987 - Iowa Running History

Phil Kauder (right picture) won the Drake Relays Marathon, the last time the marathon finished on the track. The following year the race moved to Saturday and added a 10 kilometer. Phil continued running fast and has been tabbed the best Iowa male master all-time.

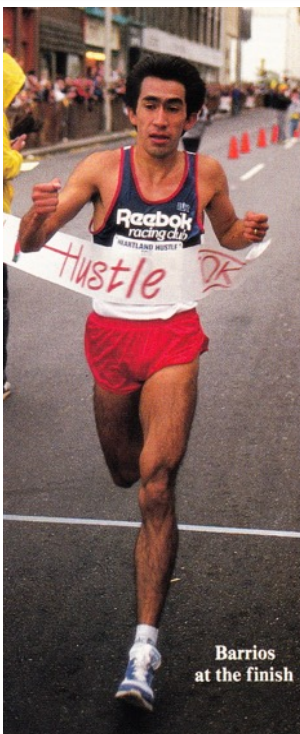
Richard Kaitany wins Dam to Dam 20k 1:02:03 in humid & hot conditions. Two injury ridden years slowed Richard, the following year he set the best Iowan marathon record running 2:09:39 at Chicago.



Keith Brantley (left picture) set the 5th Season record in 22:49, the following year he lowered the time to 22:38. His record stands today as the best in Fifth Season history. 50th best time at this 8k race is 23:12.

Francie Larriue Smith wins Bix 7 (right pictured & below start). She is one of the historiesl best USA runners all-time making the Olympics 5 times: 1972 (1500 meters), 1976 (1500), 1980 (made team but US boycott), 1988 (10,000) and 1992 (marathon).

The first Heartland Hustle 10k, a fall race organized by Bix 7 opened with over 3000 runners. The stars lined up at the start including 10k world record holders Arturo Barrios (Mexico) and Lynch McColgan (Scotland). They won in 27:59 & 31:13. 8 men broke the 29 minute barrier.



1988 - Iowa Running History

Bill Rodgers (right picture) raced in Iowa 4 times. He ran 3 times in July: Fifth Season 8k 24:03 matching the world record, days later at a special Midnight Madness master only race winning in 31:07 and at the end of the month at Bix 7 in 35:10. Bill returned to Quad Cities in the fall winning setting an America master record at the Heartland Hustle 10k 29:48.

Police service fees in Iowa were beginning to be charged, starting in Des Moines. The days of free police assistance were ending as the mounting number of races and other street use events increased. The fees started as a set nominal amount, today police charged actual costs.

Keith Brantly won the 3rd Fifth Season 8k in a race record that stands to this day, 22:38.



Olympians won the Quad Cities big races. 1984 Olympic Marathon champion Joan Benoit won Bix 7. 6th at those same Olympics Pricilla Welch (left pictured) from England won Heartland Hustle 10k. Pricilla turned 40 later in the year.

The best road racer in the world (Runner's World), Missouri runner Mark Curp (pictured below) won Bix 7 in 33:22, a 42 second victory. Curp won Bix 7 in 1985 too.



Iowa State standouts won the 19th Dam to Dam.

Richard Kaitany (pictured) scored a 1:00:20, second best in race history. In the fall he ran Chicago in 2:09:39, best ever by an Iowan. Suzanne Youngberg won the women's crown, became an English citizen and ran for her new country at the 1996 Olympics in the marathon.



1989 - Iowa Running History

Drake Relays road race 10k jumped into big time racing! Starting on the blue oval in front of thousands (pictured below) and finishing downtown, former ISU great Yobes Ondieki blazed a 27:46 pulling 18 other men under 30 minutes. On the women's side Janis Klecker won in 32:10. Yobes a few years later became the first runner in the world to break 27 minutes on the track. Janis represented the US at the Olympic Marathon in 1992.

Richard Kaitany (left picture below) won the Houston Marathon in 2:10:04, a year after his 2:09:39 at Chicago. His Houston time stood for 20 years. He won \$25,000 for his effort, major prize money at the time.

Iowa State won the NCAA cross country championship, beating Oregon. ISU's 1-2 punch lead the way; John Nuttall (middle picture below) winning and Jonah Koech a few seconds behind. The team was 2nd the next 2 years and won again in 1994. Jonah won the championship in 1990.

All-Iowa 8k spring race in Cedar Rapids made its debut - 4 men broke 24 minutes and 4 women under 30 minutes, speedy races with prize money were becoming a trend in Iowa. A few months later another 8k in Cedar Rapids celebrated its 4th year with 11 men under 24 minutes and 13 women under 30 minutes. Cedar Rapids was becoming the 8k capital of the US.

Marshalltown MMSC 10k joined the ranks of fast races on Iowa soil. Two future Olympians battled it out, Patrick Sang (right picture below) winning in 29:23 with Rodney DeHaven one second behind. The race later called Oktoberfest 10k called it quits after 31 years in 2016. During its stretch 40 men broke 31 minutes and 40 women broke 37 minutes.



1990 - Iowa Running History

Jancie Ettle, one of the best in the midwest (5-time Olympic Marathon Trials Qualifier) won Dam to Dam in record time, 1:10:08. She won again the next year and as a master in 1999.

Big time money was drawing great runners throughout Iowa to the tune of over \$100,000. Bix 7 lead the way with \$39,500 (plus 2 cars) followed by Drake \$20,200, Fifth Season \$12,500, Festival of Races \$8,850 and Midnight Madness \$4,600. Marshalltown, Iowa City and Dam to Dam each had around \$3,000.

Cedar Rapids was the 8k capital of the US. In May the All-Iowa 8k was won by Olympian Rodney DeHaven in 22:53 and the top women Sylvia Mosqueda ran 25:53, one of the best US females with 58 career wins. Fifth Season on July 4 was won in 23:35 & 26:44. All-Iowa had 17 men under 25 minutes and 14 women under 30 minutes. Fifth Season (start pictured to the left) had 11 men under 25 minutes and 12 women under 30 minutes. 2 great 8k races in one Iowa town!



Drake Relays 10k road race entered the 2nd year as big-time race and Barnaba Korir (pictured to the right) set the Iowan 10k record 28:25, the previous year he ran 30:42. He was 2nd at All-Iowa 8k in 22:56. The former Iowa State runner almost made the Kenyan Olympic team in 1988 & 1992. Later in life he assisted 300 young Kenyans in gaining scholarships to study abroad.



Midnight Madness for a couple years was a big draw for master

men. On a overly hot and humid night the best runner of the evening was 48 year old Mexican Artemio Navero running 30:29. He beat the master record best time from the previous year, 31:06 set by Bill Rodgers.

Marshalltown 10k had another close finish as Pat McCarthy beat 2-time Olympian Bob Kempainen (1992 & 1996 Marathon) by 2 seconds running 29:18. 8 men went under 30:30. The women's best year was 1996 with 4 women under 35:06.

Bix 7 continued to be a special race, attracting runners from throughout the world. Steve Kogo (pictured) broke the tape winning not only prize money but a car. After the race he said, "I didn't have a reason to learn to drive before, but I know do." The star of Bix was John Campbell, 41 year old master runner for New Zealand. He had just set the world master record at Boston in 2:11:04. He finish 4th at Bix 7 just 18 second out of first.



1991 - Iowa Running History

Phil Kauder won Stugis Falls Half-Marathon for the 4th time (1987, 1988, 1989 & 1991) and a decade later won the master's title 3 times (2001 - overall winner too, 2003 & 2004). Phil's longevity running competitively in Iowa is exceptional.

Janis Klecker (right picture) won Fifth Season 8k in 26:55. Janis won the following year and the 1992 Olympic Trials Marathon too. On the men's side Scott Jenkins won in 23:33, 10 days later won Midnight Madness in 29:26 (16 men under 31 minutes). 11 men ran under 25 minutes and 11 women under 30 minutes at Fifth Season.

All-Iowa Festival of Races took a bold move switching the race from traditional 8k road race to a criterium 5k (5 3/4 loops) complete with primes for winning laps. Libbie Johnson (picture below, #4) won by 3 seconds in 15:45, 8 days earlier she won the Drake road race 10k. Two time Olympian Brian Diemer won by 3 seconds in 13:43. 3 women broke 16 minutes (32 in the field) and 6 men under 14 minutes (55 in the field).



Big prize money became the norm at Iowa races: Cedar Rapids 8ks (All-Iowa & Fifth Season) - Drake road race - Midnight Madness - Bix - Iowa City Road Races - Ocktemberfest . . . just to name the state's biggies.



Living History Farms traditionally ends the Iowa racing season, even more so this year. A 9 inch snow fall forced a 1 mile loop course, shortening the route in half to 3 miles.



1992 - Iowa Running History

Drake Relays road race 10k was greeted with cold 37 degree and 15 mph weather. This was to be the last year of big time money and part of the US championship circuit. The field continued to be international with over 10 countries entered as New Zealand Sean Wade (picture right) 28:45 and Russian Inna Poushkariva 32:42 winning. It was a great 4 year run as a top 10k in the US.



Janis Klecker (picture left) won Fifth Season 8k, her last race prior the Barcelona Olympic Marathon, where she finished 21st.

Iowa City Road Race 10k took center stage as the 5k and half-marathon took a back seat. Tim Hacker won in 29:25 and University of Iowa runner Jennifer Brower the women's crown 34:32. 10 men broke 30 minutes and 5 women under 36 minutes.



Midnight Madness (start picture below) made a big switch. The course was changed from a 20 year tradition near the ISU center, moving to downtown Ames. Just a few years earlier in 1986 the race dropped the highly competitive 20k.

All-Iowa Festival of Races in Cedar Rapids was the greatest 5k in the state's history. The 5k was held on a 5 plus loop course around the downtown area with prizes for leading each lap of the race. The 1991 version with \$18,200 in prize money upped the ante in 1992. The Women's National Championship had \$17,100 in prize money just for women, the men took



home \$9,600. The national women's winner was

Shelley Steely (picture left, #4) in 15:30, a 3 second win. The men were lead by Jonah Koech, ISU 1990 NCAA cross country champion in 13:36.. There were 23 men under 14:30 and 16 women under 16:30. The elite races with generous prize money ended this year.



1993 - Iowa Running History

The Drake Relays Marathon (1969-1993) ended at year 25. Once the premier midwest marathon, numbers had dwindled and mid-size marathons were struggling. Hometown favorite Keith Fevold won for the 3rd time. A decade later, 2002, the Des Moines Marathon debut to a new crop of marathoners.

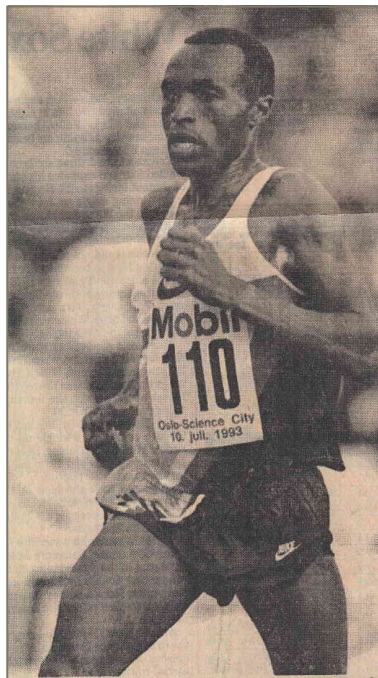
Octoberfest 10K in Marshalltown witnessed one of the best races in Iowa history as former ISU runner Jonathan Brown (below picture) ran alone in a drizzle finishing in 28:52. Jonathan was 4th at the 2000 and 2004 Olympic Marathon.



Robney DeHaven (right picture below) living in Wisconsin raced often in Iowa winning 2 Cedar Rapids 8K races (All-Iowa & Fifth Season) in 23:07 and 23:28 respectively. He was 13th at Bix then won Iowa City Hospice 10K in 29:15. Rodney was the lone US 2000 men's Olympic Marathon entrant. He is now a college coach at South Dakota State.

Midnight Madness early race day fell victim to a city wide flood, canceling the late night run. It was an unlucky 7th year for race director Roman Lynch who continued to direct the race through 2019. 1993 was the year of the great Des Moines flood too.

Yobes Ondieki (photo below) broke the world 10,000 meter track record breaking 27 minutes, a first by any runner - 26:58.38 (13:28 at 5,000). Yobes 6-time All-America at Iowa State including 2nd in 1983 & 1985 NCAA XC Championship. Yobes also won the 1989 Drake Relays 10K road race in 27:46, fastest 10k ever on Iowa soil.



1994 - Iowa Running History

Midnight Madness 10k was the fastest in history with Jonah Koech, 5-time NCAA champion edging Rodney DeHaven by 4 seconds in 29:05. 12 men went under 31 minutes and 12 women under 38 minutes. Midwest team competition continues to be heated, a Midnight Madness tradition since the early 1980s.

A first for any runner at big Iowa races. Bonnie Sons (right picture) sweep Iowa races with 4 victories. She won easily at Festival of Race 8k, Dam to Dam 20k, Fifth Season 8k and squeaked out a 2 second Midnight Madness 10k win. Bonnie went on to win five Dam to Dam, two Fifth Season and two Midnight Madness races.

Iowa State (pictured below) won the NCAA cross country championship. They ran smart as a pack placing 9th, 12th, 13th, 17th & 22nd - a 22 second spread, amazing. They were lead by Ian Robinson who won the Dam to Dam earlier in the year in 1:02:08. ISU won the championship in 1989 too.



Two of Iowa's biggest races (pictured below) topped out in size. The 20th Bix 7 had 20,097 entrants and the 18th Iowa City Road Races 5k-10k-Half had 4383 finishers. Bix and Iowa City runner participation would never again reached the heights of 1994.



1995 - Iowa Running History

The best matchup in Iowa road racing history waged a battle throughout the racing season, frequently. John Kihonge, ISU runner vs Kevin Herd, Iowa runner - both 24 and All-Americans. Meeting in 8 head on head duels over 40 miles of racing, Herd topped Kihonge by just two and a half minutes. Herd was behind throughout the early season until Midnight Madness 10K when Kihonge on his home turf with 50 meters to the finish tape looked over one shoulder and Herd sped past on the other for a 2 second win.

Races continued to get bigger and older. At Dam to Dam 20K men over 40 years of age doubled in percentage from a dozen years earlier. Now 40 percent of the men were over 40, not the 20 percent in 1983. Women had yet to make a big impact at longer distance races, often

outnumbered three to one. At the 2010 Dam to Dam 20K women surpassed men finishers, a first.



Men Keflezighi (picture left) a UCLA sophomore ventured to Iowa State's recent dedicated cross country course in October. He won the "pre-nationals" and came back the following month for the NCAA Championship to finish 9th. The course was the brainchild of Coach Bill Bergan and one of the few in the nation. Meb went on to bigger victories as the 2004 Olympic Marathon silver medalist and won the Boston Marathon in 2014.

Cross country is a team sport, place your 5 best runners against the other team's 5 best - lowest places win, pretty simple. But when Dubuque Senior individual runners (picture left) are 1st, 2nd and 3rd, it's almost impossible to not win the state meet (regardless of your 4th and 5th place runner). Senior won going away and a once in a lifetime top 3 individual runners as teammates.

Iowa's two biggest races, went two different directions, Bix 7 (started 1975) and Iowa City Road Races (1977). Both had stellar years the previous season: Bix at their 20th anniversary topped 20,000 entrants and ICRR had almost 6,000 entrants. Bix didn't lose much ground in 1995 or the following years, boosted by Quick Bix (started 1999) and Jr Bix (2002). ICRR slipped a little, then a lot as the goals and leadership of the race fell into disarray. ICRR is now Run with the Schools struggling to get 1000 adult finishers, a shadow of the 1990s race.



1996 - Iowa Running History

Anniversaries are to be honored - the health of any road race reaching a significant milestone is impressive. Midnight Madness in Ames celebrated 25 years and Iowa City Road Races (picture right) 20 years. Both exist today, although the ICRR has changed names a number of times.



Bill Bergen (picture below) 53, retires as the Iowa State coach. He took the Cyclones to heights that may never be matched. ISU during Bill's tenure won too many conference championships to count, he coached All-American & Olympians and had team victories at the NCAA 1989 and 1994



cross country national championship. A living memorial is Bill's brainchild, the ISU cross country course, one of the best in the nation.

Marathon to Marathon in the little northwest town of Marathon Iowa was a longtime dream of LeRoy Lind. His dream became reality a few months after his death. This June race is special, celebrating its 20th in 2015, LeRoy's wife Lois died after the anniversary. Lois for years was at the finish line greeting every Marathon finisher and draping them with a medal. The race ended in 2017

Jenny Spangler (picture below) University of Iowa All-American in the early 1980s, came out of nowhere to win the Olympic Trial in Columbia, South Carolina. She was seeded 61st with little hope to make the team. At mile 16

she drew away from the field and was never to be caught winning in 2:29:54. Jenny had early success after college, struggle through injuries and gave up the sport for 6 years prior to her trials win.



Fifth Season started its 2nd decade in style with the best depth of runners ever. There were 21 men under 25 minutes and 20 women under 30 minutes. A frequent racer in Iowa Libbie Johnson (pictured below) won the women's crown in 25:59.



1997 - Iowa Running History

Bix 7 served as the World Championship for the PRRO race series with the largest finishers in Bix 7 history, 14,708. A relative unknown and naturalized citizen Khalid Khannouchi won the men's race. He would go on to set the world marathon record twice and has a 26.2 mile PR of 2:05:38. 4-time Olympian Colleen De Reuck of South African won the women's race. The following year Bix 7 added youth races and in 1999 the Quick Bix.

Living History Farms not only featured a rugged cross country course but team competition. The farm race had 114 scoring teams, a first in triple digits. High School, Open, Master and Coed teams continued to grow topping out at 286 in 2010. Team camaraderie drives running at high school, college and for adults too (clubs, informal weekend group runs, team Runablaze Iowa).



Entry fee inflation got a firm start at the Iowa City Road Races (now called Run for the Schools).

Entry fees leaped over the \$20 barrier and were \$30 race day. At the time fees were closer to \$15, some lower. Regardless fees didn't deter 3200 adult finishers at ICRR, although down 1200 from the best year in 1994. No longer do fees around

\$50 seem unreasonable as races have migrated to event experiences with a lot of "bells & whistles".

Drake Relays On-the-ROADS 15 minutes prior to the start learned that the route needed to be adjusted due to a house fire on the course. Runners were patient, the race started 10 minutes late. Runners never forgot to give a big thank you to city & police officials along with talented race directors and volunteers at Iowa races.

Fifth Season through the years has been one of the most competitive Iowa races. 1997 was no exception with 16 men under 25 minutes and 17 women under 30 minutes. Despite July 4th weather, top notch runners have run fast. The record at the race is 27 men breaking 25 minutes (2006) and 20 women breaking 30 minutes (1996). Winners (right pictures) Jeff Jacob one of the few men champions with Iowa roots and 4-time winner Kris Ihle (1997, 1998, 1999 & 2001).



1998 - Iowa Running History

Bix 7 offered double prize money for an American victory, a safe bet? There was no big payday for US runners but the men's race was "oh so close" as John Korir (picture left) won by a split second in a race record 31:52.

The internet soon took over the race world - Fitness Sports in Des Moines leading the way with on-line race information and results. Today race web sites are expected, few races have paper entries and race results are not just posted but streamed soon after runners cross the finish line.

Marshalltown isn't known as a hot bed of racing - think again. The 13th Oktoberfest 10k added flair to the race with a fall afternoon loop race that was slowed by 25 mph winds and 90 degree weather. Regardless, the winner a few weeks later was 4th at the Chicago Marathon in 2:07:59.. The race offered the most prize money \$6600 in Iowa except for Bix 7. In the high school cross country world their boys and girl's team were 4th and 7th at the state championship.



What's the blueprint for a great race? Weather, the key essential for a great race day. Two lucky races had it . . . 17th B-rrry Scurvy (Clinton) early February was warmed by 41 degrees temps and 19th Dam to Dam (Des Moines) early June was greeted with 46 degrees start temperature. Great race equals great weather.



Turena Johnson Lane won Midnight Madness 10k. The Luther college grad is one of the most decorated DIII athletes ever winning the Honda Athlete of the Year award (1977). The only other women from an Iowa school to be so honored, Wartburg's Missy Buttry (2005).

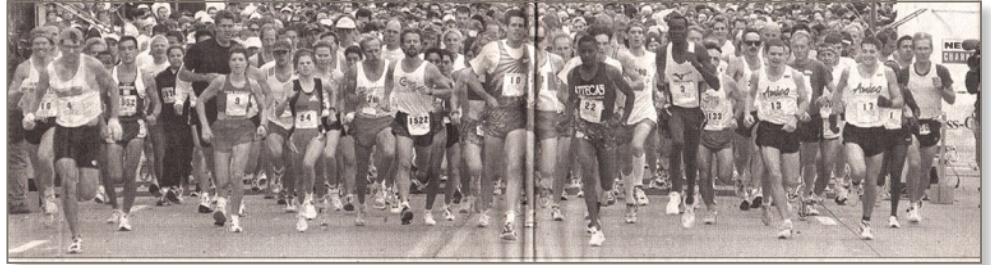


1999 - Iowa Running History

Fifth Season 8k had a 3-time winner, Kris Ihle who set the race record 3 years earlier winning in 25:55. Kris won again in 2001.

Iowa City Road Races started in 1977, topped out with 4383 finishers in 1995 (5k, 10k & Half-Marathon). But disaster struck when the race director was forced to step down. The charitable race mismanaged their funds, a \$92,000 check committed to United Way bounced - - a collision of race vs charity.

A new volunteer race director came forward and the fall race had another successful year (start picture to the right).



Course troubles struck Dam to Dam and Midnight Madness the same year. At the Midnight Madness 10k runners thought it was fast, as the lead vehicle skipped a few blocks of the first 5k loop.

At Dam to Dam the start line was inadvertently placed in the wrong location on Saylorville Dam making the course long. Neither race has ever had the wrong distance, except at the 20th Dam to Dam and 28th Midnight Madness.

Bix 7 celebrated the 25th year with a bronze statue (right picture) of Bill Rodgers and Joan Benoit, often seen at the starting line of this race. Also the race added a new feature, the Quick Bix, a 2 mile race.



Jason Lehmkuhle lead Drake to a conference cross country championship, their first in 30 years. The All-American Jason continued running after college, finishing 5th at the 2008 Olympic Trials running a 2:12:54 (left picture).

Iowa City High won both the girls and boys xc championship, just like 1991-1993. City High is a 9-time boys champ and 11-time girls champ, a winning tradition.



2000 - Iowa Running History

Bonnie Sons won Dam to Dam 20k (pictured) and Fifth Season 8k. Bonnie a Minnesota resident, was a Iowa State standout and raced often in Iowa. She won Dam to Dam 5 times, Fifth Season 2 times and Midnight Madness 2 times - a record number of Iowa wins.

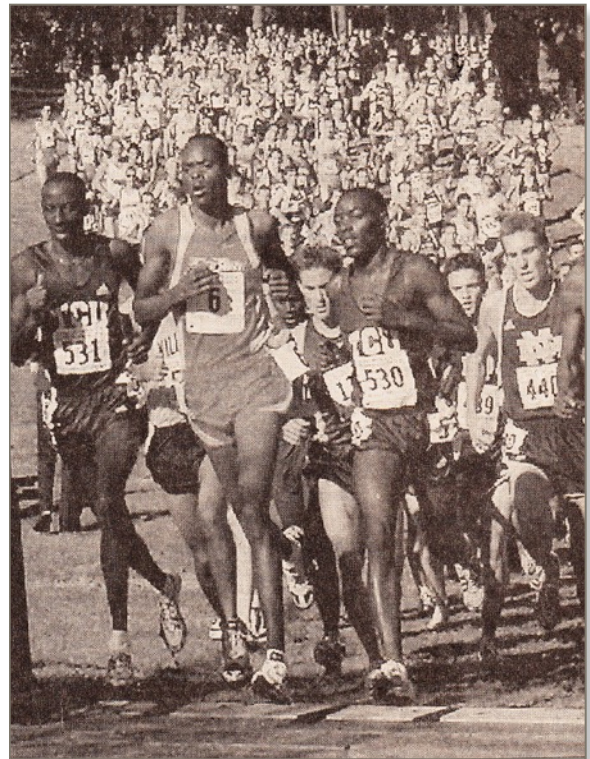
Bob Ehrhart stepped down as Drake Relays director, he served from 1970 through 2000. America's Athletic Classic (started in 1910) thrived under his leadership. He was easily the longest serving director, over twice the longevity of his predecessors.

Rodney DeHaven (pictured) won the Olympic Marathon Trials. Rodney a Wisconsin resident was a frequent runner at Iowa races winning Fifth Season 8k, Drake Relays 8k, Midnight Madness 10k and 9th at the 25th Bix 7 (1999).



The prestigious NCAA cross championship visited Iowa State again after hosting cross country championships in 1988 at Jester Park NW of Des Moines and 1995 at their newly opened cross country course on the ISU Campus. Iowa State is no stranger to cross country honors. They won the team championship 2 times for men and 5 times for women. Additionally they have 3 men & 3 women individual championships. Pictured is the huge pre-nationals with over 500 in the men's field.

A new decade greeted Iowa races and runners. Races were becoming running events filled with music, medals and mediocre times. Just a few years earlier Capital Pursuit 10 mile had a string of sub-50 minute male winners, this year the winning time was almost 10 minutes slower. The times were a changing.



2001 - Iowa Running History

Kris Ihle (pictured below) won Fifth Season 8k for the 4th time (1997, 1998, 1999 & 2001), won Midnight Madness 10k and 14th at Bix 7 in a loaded international field. Kris was one the most prolific runners ending her competitive running in 2001. She had 21 career wins, 6 were in Iowa - the ones listed plus winning Oktoberfest in 1998. Her first Fifth Season was a record for the race 25:55 on a cool 58 degree start, the record has since been broken by seconds.



Races run out of steam, none more than a Capital City favorite, WHAMM. After 20 years as a charity race the organizers stated, "It wasn't making money anymore for us." Decades ago races were organized by running enthusiast, no longer . . . money was a driving factor. WHAMM started in 1982 on a amazing high note year one with a race attracting over 3000. There was no entry fee and an amazing post race lunch, to celebrate the opening of a bank branch near the start & finish.

Bonnie Sons did it again winning Dam to Dam for the fifth time (1989, 1992, 1994, 2000 & 2001). Her best time was 1:12:56 (1992) and as a master runner won in 2006 & 2008. She commented in 2011, "Even though I'm slowing with age, I still love to run." Spoken like a champion, she has won 66 races during her running career.

Bix 7 (start pictured) continued a decade long sea of runners - 20,000 race entrants every year. As one the best races in the US with generous prize money the winner's circle has been dominated by Kenya runners. This year John Korir and Catherine Nberaba (pictured) lead the field of Kenyans. 8 of the top men and women were from Kenyan. US runners winning or making the top 10 are becoming a rarity - top male this year was 12th. Nberaba is a 4-time Boston Marathon winners and 2-time Olympic Marathon silver medalist won the women's crown.



2002 - Iowa Running History

Daniel Kinyun joined the history books with 3 other ISU men winning Dam to Dam. The time was slow as Daniel battled extreme heat and the tightest finish in race history, 2 other men a few seconds behind.

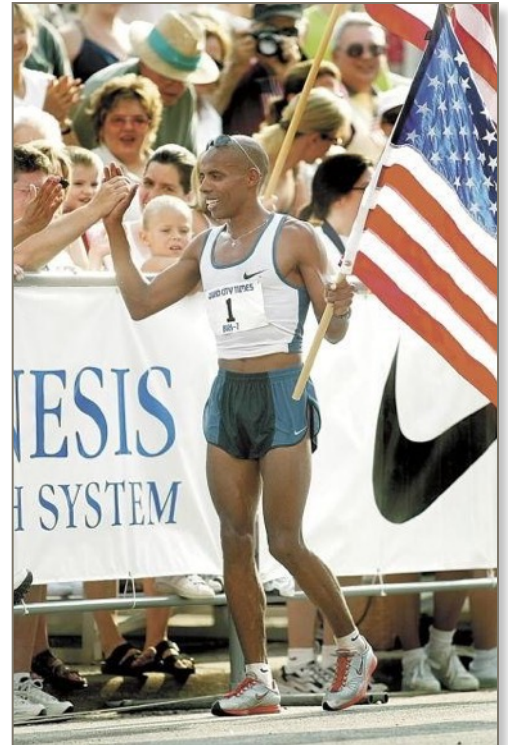
Bix 7 hosted the USATF Champion that was won by Meb Keflezighi (pictured) and Colleen De Reuck (pictured), both 4-time Olympians. Meb was born in Eritrea and Colleen in South Africa, both became US citizens. Marathon Meb won New York, Boston and a silver at the 2004 Olympics. Colleen had 125 career victories, 4 at Bix 7 (1997, 1998, 2000 & 2002) in over 25 competitive years of racing. The US only field of top runners had two of the best.



Marathons were making a coming back in Iowa, just a year earlier Quad Cities Marathon (2001) started and this year Des Moines Marathon was giving it a go. The new race model included other distances with the 26.2 mile race like half-marathon & 5k. QC & DM followed the trend. Des Moines was successful the first year with over 1000 marathon finishers. Many years later the half-marathon exploded and had over 5000 finishers.

A young Blake Bolden from Oseola won the Midnight Madness 5k and the following year too. He is now the 12th Director of the Drake Relays.

Dmitry Drozdo a native of Penza, Russia won the 1996 NCAA Steeplechase crown. His racing background adapted easily to the Living History Farms (pictured) cross country race as he won in 1996, 1997, 2001 and 2002. Dmitry commented after the race, "I love running in the woods." This end of the season race was getting big with 3499 finishers, 2nd only to Bix 7 as the biggest race in Iowa.



2003 - Iowa Running History

Wartburg College walks away with 2 national cross country champions. Small town High School runners Missy Buttry (Shenandoah) and Josh Moen (Fairbank) dominated distance running at the DIII level - XC, indoor track and outdoor track.

Bix-7 had a couple of greats take the podium. John Korir the best road racer in the early 2000s and Catherine Ndereba (2:19 marathoner) won, duplicating their feats of 2001 and 1999. On a sadder note the race honored longtime CBRC President Nancy Kapheim with a statue, she died unexpectedly at a young age late 2002.



DM Police support faced with rising race expectations and costs started charging actual costs (ie, much higher fees), a blow to many modest size races. Many races took this in stride, raising entry fees fast (as runners got slower).

The western part of Iowa have few races of note - one started with great promise in Sioux City. The Lewis and Clark Marathon started with high hopes. Course construction and flooding canceled the event in 2011.



UNI hosted the DI cross country championships (pictured) and today's champions won. Dathan Rizenheim won over Ryan Hall by a little over a second. They are now both Olympians, Ryan has the best US marathon time ever 2:04:58 and Dathan the 3rd best time, 2:07:47. In the women's race Shalane Flanagan won over New Zealand native Kim Smith. Shalane was 10th at the 2012 Olympic Marathon and Kim is NZ national marathon record holder.

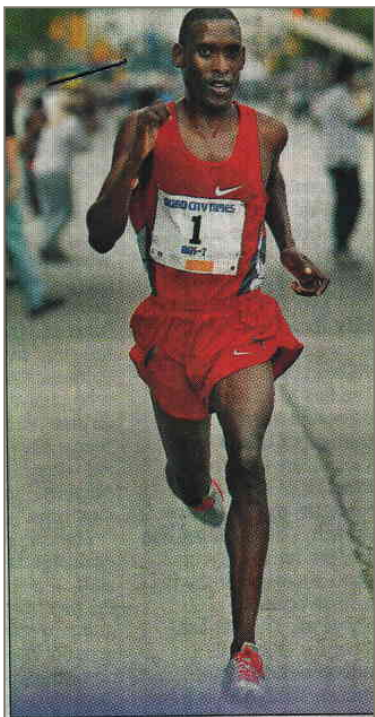
DM Roosevelt High School capped a 3-year run as 4A state champions, almost matching Iowa City High championships 1991-1994. Roosevelt's also took 1st, 2nd and 4th in the individual championship (pictured). Roosevelt almost matched the 1-2-3 placing of the 1994 Dubuque Senior trio.



2004 - Iowa Running History

The City of Des Moines started charging for police services at running events. While many of the US big cities had been charging per entrant or per hour for city services, Iowa and midwest towns were islands of free services. No longer, as the Capital City watched the explosion of running events and the escalating entry fees those race were charging. The time for good will had come to an end.

John Korir (pictured) celebrated the 30th year of Bix7 winning his 5th championship, a record. Runners enjoyed the best race day in history as the 61 degree start weather and low humidity was welcomed. John set the race record of 31:51 in 1998. The women's record, set 10 years ago was broken with a 35:24.

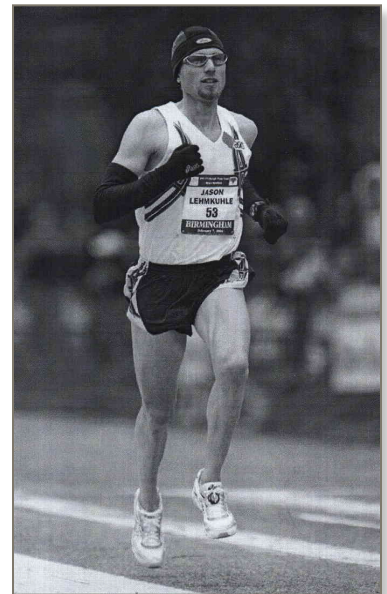


Jason Lehmkuhle (pictured), Drake graduate, ran 2:16:27 finishing 10th at the 2004 Olympic Marathon Trials. He was in contention for 22 miles but dropped off the pace in only his 2nd marathon. Jason competed at the 2008 Trials finishing 5th in 2:12:54, a little over a minute behind 3rd place for a Olympic spot. Jason had the best Olympic Marathon Trials placing by a male or female with Iowa connections.

Missy Buttry won her 3rd straight DIII National XC Championship for Wartburg College. On the men's side Wartburg Josh Moen (pictured) won his 2nd straight championship, rare individual championships from the same college. Missy and Josh were both Iowa preps.

At the high school level, coincidentally a same school duo of Kiel Uhl and Hannah Roeder won XC Championship for Des Moines Roosevelt. Cedar Falls boys broke the 3 year streak of Roosevelt winning the team championship 91 to 110 points.

Fifth Season had the closest finish in history as Eric Chirchir (pictured #9) narrowly beat Shadrack Kosgei both scoring a 22:57. Kenyan men took the top 8 spots.



2005 - Iowa Running History

There is no symbol like Drake Stadium in Iowa. Prep and college runners flock to it yearly. After the 2005 boys and girls state track meet it received a facelift like no other in its history. The blue oval jumped into the new century as one of the best track & field venues in the nation. Soon it would host NCAA and USATF meets. Iowa is blessed to have a track stadium like no other.

\$20 could buy you entry into almost any race in Iowa. The newest running boom was just starting to reach Iowa, this one with a hefty price tag. No longer was the sport of road racing simply about an accurate course and time. Races became events with all the "bells and whistles" to attract a wider audience. It worked, at a price (now double or triple the \$20 standard of 10 years ago).

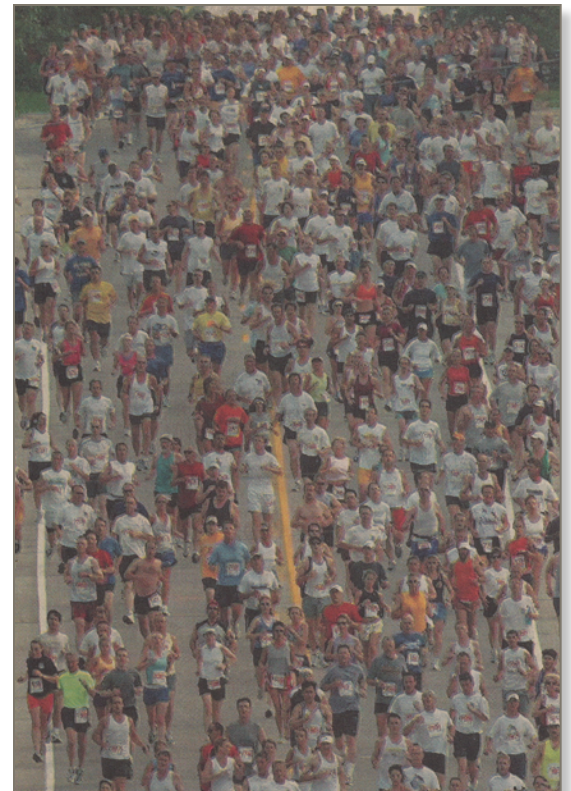


A legend ended her Wartburg college career, Missy Buttrey (pictured). Growing up in Shenandoah with 14 brothers and sisters (11 adopted) no one would have guessed that a few years later she would collect 14 NCAA championships. Missy had 3 cross country championships and ended her career in style winning the 1500 meter and 5000 meter at the DIII championships.

The saga finally ended with a new race director. The Des Moines Marathon started out with controversy and finger pointing, it struggled for 3 years. The race and direction was "bankrupted" . . . it was bought, a new concept in Iowa road racing and became a profit making race. It worked as the 26.2 mile distance with strong direction is now a pillar in the Iowa running community.

The year started out on a sad note, Mike Henderson was laid to rest. Behind the scenes there was no one that loved Iowa prep track & field and cross country like him. He was relentless in his 31 years of service, never taking a day off. His knowledge of every prep that toed the line was nothing short of incredible. Mike's brother, Joe Henderson had the same enthusiasm in the national running world as editor of Runner's World and author of over 30 running books.

Entrants keeps growing at a trio of Iowa races. Dam to Dam (picture runners coming off the dam) broke 5000 entrants. Fifth Season in its 20th year had over 2000 entrants. And Living History Farms bounded over 4000 runners. The peak of Iowa's 2nd running boom was a decade later.



2006 - Iowa Running History

Northeast Iowa was blessed when the Galls opened Runner's Flat (picture to the right). Sara one of Iowa's best preps all-time teamed up with her husband Scott (2000 Olympic Marathon Trials) to create one of the nicest speciality running stores in the midwest. Scott is one of the best Iowa master runners today.



Runablaze Iowa (picture below) is born as the top Iowa women finishing 6th at the USATF National XC Club Championship. Standouts on the team were Robyn



Friedman & Erin Moeller who have won most of Iowa's major races. Robyn took the Capital Pursuit 10 mile title in exactly 1 hour duplicating her time 3 years earlier. Another member Casey Owens won the Dam to Dam 20k.

Fifth Season is no stranger to fast times. A 22:45 won the men's crown this year with a record 27 men under 25 minutes bettering the previous mark of 21 in 1989 & 1996. This record still stands today.

Bix-7 had it's hottest year on record when start time temperatures were 79 degrees and the humidity was 85 percent. Bix runners are use warm weather but sweltering adds a bigger hurdle, bigger than the monster hills on the course.

Katie Flood (pictured on the right) as a middle school runner never lost, she did the same now as a high school freshmen. The won the state cross country title easily, by 26 seconds. This same year Iowa City High girls won their record 11th cross country crown matching their 11 times on the podium as the 2nd or 3rd place team. Amazing!

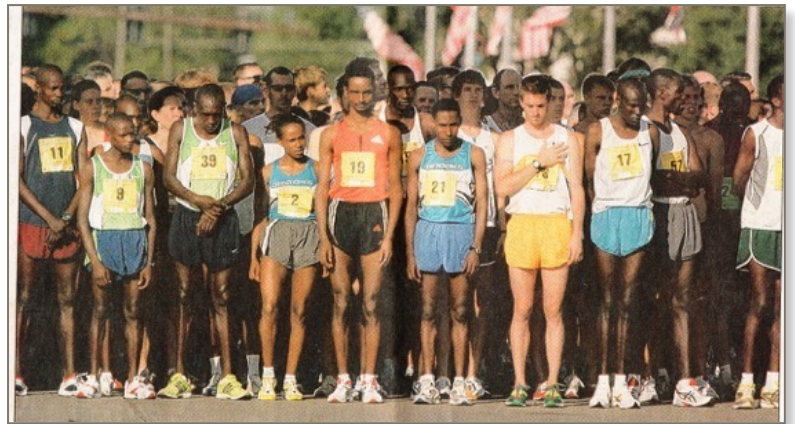


2007 - Iowa Running History

Robyn Friedman (photo below) led Iowa women's distance running resurgence. Her victories at Dam to Dam, Living History Farms and Park to Park spelled fast Fall Marathons. She ran 2:42:15 at a warm Twin Cities Marathon and 4 weeks later the New York Marathon in 2:39:19. The 2nd best women in the state Erin Moeller ran a 2:40:21 at Green Bay. A year later they went 9th & 10th at the Olympic Trials, the best 1-2 combo in Iowa history both setting PRs (2:35:04 & 2:36:51).



International runners were toeing the line in record numbers. The Fifth Season 8k (start pictured below) celebrated a 10 year streak of non-US men winners (US male runner won in 2016). At the other big money races Bix 7 and Dam to Dam, first place finishes had been dominated by international runners too. 2:09 marathoner Richard Kaitany competing for Iowa State was one of first international runners followed by Europeans and Africans gracing Iowa road racing.

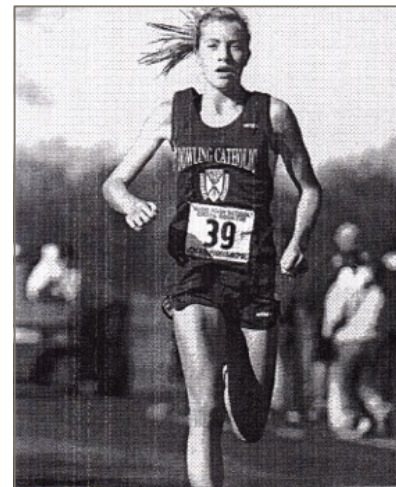


Blake Bolden won the Des Moines Half-Marathon in 1:08:07. He left the state soon after and has come full circle becoming the 12th

Drake Relays Director this year. The Clark-Osceola prep holds a sub-4 minute mile.

Katie Flood became one of the best high school sophomores in the nation. She won the state cross country title and then lead her Dowling Catholic team to a 14th best at the national Nike Team Nationals. She ran against the best high school runners in the nation at the Foot Locker xc meet scoring an 8th. 5 years later Katie won the NCAA 1500 meter championship on the blue oval at Drake.

Living History Farms earned the title as the biggest cross country race in the nation with 6281 finishers. The following 6 years the race had an average of almost 7000 finishers. The largest Iowa race, Bix 7 had over 10,000 finishers, starting a streak in 1987 that ended in 2015 with over 10 thousand crossing the finish line.



2008 - Iowa Running History

Runablast Iowa runners Robyn Friedman (back row, 7th from left) and Erin Moeller (back row, 3rd from left) finished 9th and 10th respectively at the Olympic Marathon Trials (Boston, April 8). Robyn ran a 2:35:02 and Erin a 2:36:51 (both PRs). Deena Kastor sitting in the middle was top runner in 2:29:35 (bronze medal at 2004 Olympic Marathon).

Ft Dodge prep and ISU runner Lisa Koll (now Uhl) set the American Collegiate 10,000 meter record running 32:11.13. Later that year she won the NCAA 10,000 meter championship held at Drake. Lisa was 13th at the 2012 Olympic 10,000 meter running 31:12.80.

Flooding devastated Cedar Rapids, canceling the July 4 Fifth Season 8K (start pictured). The city continues to recover from the flood to this day. The 22nd version of the race was run on the Labor Day holiday a few months later.

Drake Relays celebrated the 100th running of this classic meet. Started in 1910 with just 100 athletes and 6 teams, there is no better track meet in the heart of the US. The USATF championship was held at Drake in June.

The 34th Bix 7 race is the biggest and fastest race in Iowa. The best in the world come to Bix, Kenyans and Ethiopians. The only non Kenyan or Ethiopian in the top 10 men or women was a newcomer to Iowa, Diane Nukuri, a University of Iowa runner from Burundi. She became one of the top US runners becoming a US citizen in 2017.

Dam to Dam was won by Ethiopian Belainesh Gebre (pictured to the right). Less than a minute behind were Erin Moeller in 2nd and Robyn Friedman in 3rd. Gebre traveled 24 hours from Arizona by bus, she became a 5-time winner of the race.

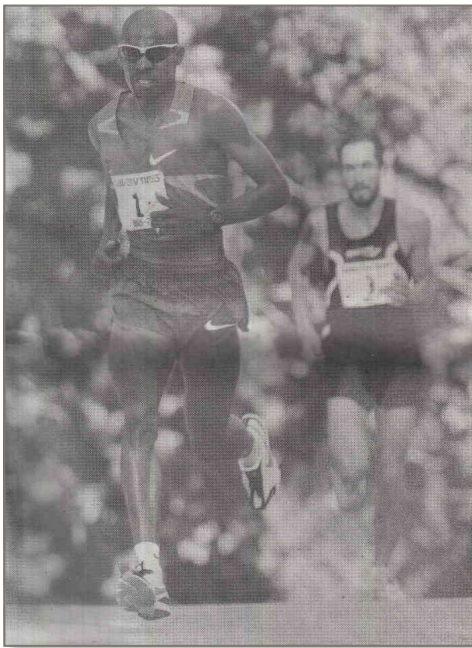
The 30th Living History Farms celebrated with a first in Iowa road race history, limiting the entries to 7,500 runners, it amazingly filled 10 days prior to race day. A record 295 teams scored in 7 divisions.



2009 - Iowa Running History

Richard Kaitany's Houston Marathon 19 year old record was crushed as Deriba Merga won in 2:07:52. Kaitany's Houston 2:10:04 in 1989 was 25 seconds off his best the previous year at the Chicago, the best 2 marathon times in Iowa history. Richard was a top ISU runner in 1980, which began a 15 year span at Iowa State of cross country national supremacy. Kaitany became a US citizen after graduating from Iowa State.

The 24th Fifth Season 8k on July 4 rarely experiences rain, fittingly it rained, a year after an epic flood throughout the city. This time water didn't slow anyone as Simon Cheprot ran 22:45 just 7 seconds off the race record.



All-American University of Iowa women took the women's crown, Racheal Marchand (pictured to the right) beating former teammate Diane Nukuri in 26:18.



The 35th Bix 7 feature a star studded field competing in the USATF championship. Meb Keflezighi (left pictured) won in 32:25 and Molly Huddle won the women's race in 37:39, 5th Season winner Marchand was 7th and Wartburg grad Josh Moen was 6th. Later in the year Meb won the NYC Marathon, the first America to do so since Alberto Salazar in 1982.

Robyn Friedman (right picture) showed her prowess at the marathon distance running 2:38:03 at Grandma's for 3rd and 2:36:44 at Twin Cities USA women's championship for 6th. Two weeks after Twin Cities she won the IMT Des Moines Marathon in 2:41:28.



Katie Flood won her 3rd State Cross Country title. Katie's Dowling Catholic team also won their 3rd title, consecutively. Flood beat her teammate Ashlie Decker at state by 3 seconds. The two prep seniors continued to score big time at the Nike Team Nationals and Foot Locker, both in the top 10 at each nationals, Katie winning NTN. Pictured below Flood in the middle, Decker to the left and Shelby Houlihan to the right at Griak cross country meet. They went 1-2-3 the meet.



2010 - Iowa Running History

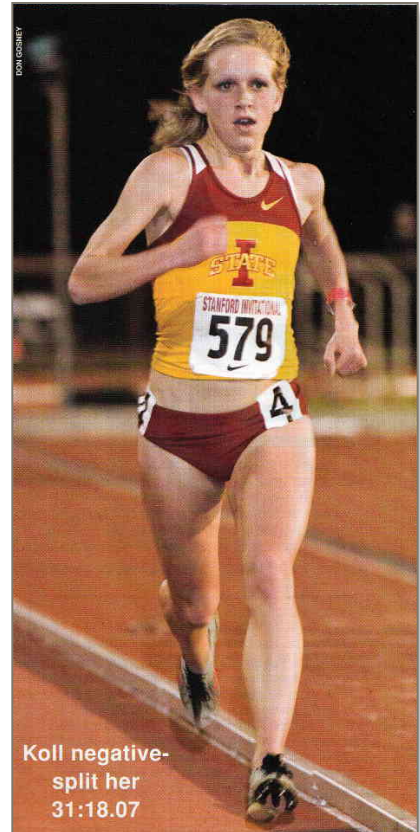
Lisa Koll (right photo) as a Ft Dodge high school runner gave no indication of what was to follow. Boom, it didn't take long as she claimed NCAA title after title. Her senior year at Iowa State she scored a college record in the 10,000 meter, 31:18:07 on the track. Following college graduation she wasted no time, winning the Quad Cities Bix-7, the first Iowan in over 30 year to do so.

The Drake Relays started the decade with a surprise. While the current trend in running is to go long distance, along comes the Blue Mile. It quickly captured the hearts of hundreds of runners in many competitive divisions ending with world class speed vying for thousands of dollars. The first Blue Mile was greeted with perfect weather, huge crowds, a festive atmosphere and a quick stroll in downtown Des Moines. 101st Relays had it all.



Katie Flood ended her Dowling prep years in fine fashion. The 11 time state champion won her 4th 3000 meter state championship and holds the best time too (2014 the record was broke). She became one of the rare preps to win 4 state titles in her senior year. Two years later she

revisited Drake Stadium winning the 1500 meter NCAA championship for Washington University.



It's time to celebrate one of the best road races in Iowa, Fifth Season held every July 4th in Cedar Rapids. Don't let this family tradition hide its strong field of the best runners in the US. The first quarter century of this race produced 320 men breaking 25 minutes in the 8k and 257 women breaking 30 minutes. Warm July weather hasn't stop the fast times making this race the crown jewel of Iowa road racing.

The annual fall high school cross championship generally produces the best runners in the state. 2010 was no exception as Kevin Lewis (right picture), Ottumwa, and Shelby Houlihan, Sioux City, won at the Ft Dodge cross country course. Both had standout college and post-collegiate running careers. Lewis owns a 28:32.06 at 10,000 meters and Houlihan is one of the best 5,000 meter runners in the world. Iowa preps continue to shine.

Living History Farms tops out as 7283 finishers a few hundred bigger than Dam to Dam. Bix 7 has been the largest race in Iowa for over 3 decades. The farm race now is a modest sized race, less than 2000. Dam to Dam topped out at 7363 in 2014.



2011 - Iowa Running History

DM Marathon (right picture) turns 10 years old. After a bumpy start the Capital City's 26.2 miles is flying along with over 1000 finishing consistently and some great times. The best Iowa Marathon time ever on Iowa soil, 2:12:54 was set in 2011, then beat a few years later at this same race in 2014.

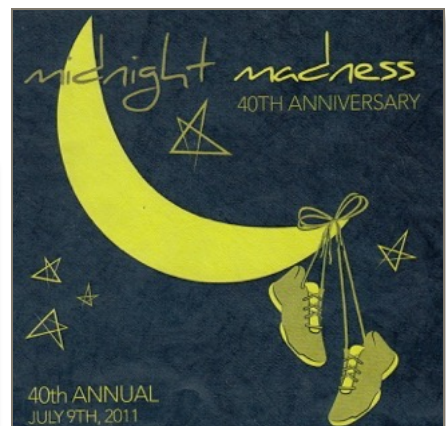


Dowling Catholic girls extended their streak at Ft Dodge, winning their 5th consecutive cross country 4A title. The boys joined the fun, winning too. The girls won again in 2013 and the boys stated their legacy winning 5 more times during the decade. Boys & girls pictured below.

Runablaze Iowa women really set the mark! At the 11th Park to Park Half-Marathon they demonstrated that they were some of the best in the midwest. Erin Moeller won followed by Ashley Tollakson, Danna Kelly, Casey Owens and Ellen Ries, all blazing women. The women's race record was held by teammate Robyn Friedman (since broke in 2012 and all-time record set in 2017). Moeller dominates the race record list with 6 times under 1:20.

Midnight Madness turned 40 (logo pictured) as one of the rare evening Iowa races. Midnight Madness has had some fast times, 50th male time is 30:14 and 50th female time is 35:29. Roman Lynch celebrated his 30th year as race director.

Diane Nukuri was starting on her path to become a world class runner. The 2008 University of Iowa grad was taking to the roads winning the Fifth Season race and 3rd at the Bix 7. She now has recorded a 2:27:50 marathon time and is a 3-time Olympian.



2012 - Iowa Running History

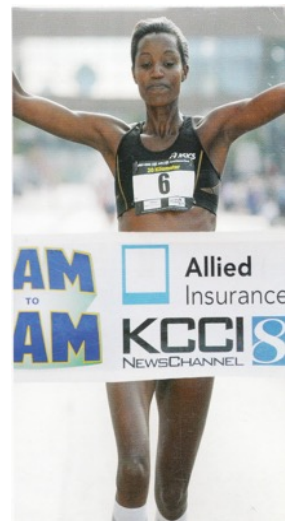
Lisa Uhl (pictured, front runner), Fort Dodge prep and Iowa State grad, made the Olympic team in the 10,000 meter. She then joined her teammates finishing 11th, 12th & 13th at the London Olympic Games. Lisa was a lucky 13th, scoring her PR with a time of 31:12.80.



Goofy runs invade Iowa soil. None more exemplified the "Fun-Theme" than the Color Run (picture below) in Des Moines with a reported 27,000 participants. No time, uncertain 5k distance and waves of runner that were showered with colored paint. Many explained the runs, "At least they are getting exercise". On the other side, "They used the running boom then left town with almost a million dollars."



Diane Nukuri (right picture), Iowa grad, set the race record at Dam to Dam 20k in 1:07:52. At Fifth Season 8k she ran another record 25:48. While the record was broke by 2 seconds in 2014 Diane did it 80 degree humid weather. It was one of the best races ever in Iowa summer heat. Later that year she competed in the Olympic Marathon. She was also competed in 2 other Olympics - 2000 5,000 meter and 2016 10,000 meter.



Betsy Saina (picture below), Iowa State runner, won the NCAA cross country title

edging out two other women by less than a second. 5 years later Dowling Catholic prep, Karissa Schweitzer won the same championship. Betsy ran in the Rio 2016 Olympic 10,000 meter placing 5th in 30:07.78.

Jason Flogel is one of the few Iowa men to have run the Olympic Marathon Trials. He did so at the Houston trials finishing 63rd in 2:21:53, off his best the previous year by 3 1/2 minutes. Jason's time is best by an Iowan at the trials since 1980.



2013 - Iowa Running History

Diane Nukuri (picture to the right) sets Iowa resident marathon record, running Boston in 2:29:54. The former University of Iowa standout from Burundi ran the 2012 Olympic marathon in London and even the 2000 Olympics, at the age of 15. She is now a US citizen living in Arizona.

HyVee makes a splash (start picture below) in the road race world. HyVee poured money into the road races at the Drake Relays, \$120,000 in yearly prize money. The first year race scattered their monies over 3 distances, watering down the overall performances . . . although the half-marathon had the top time in Iowa history, 1:02:27 (5 under 1:03). After 3 years the HyVee road races were done. Bix 7 in comparison with less prize money focused on their featured distance, 7 miles with long lasting success.



Around Iowa . . . IMT Des Moines Marathon had the most finishers of any marathon in Iowa history, 1747 (now closer to 1100). Fifth

Season 8k had a new title sponsor, no longer Alliant Energy, the sponsor of the race since the first year, 1986. Living History Farms race had 14 degree temperature, wind & snow - worst in race history as over 2000 entrants didn't start the race.

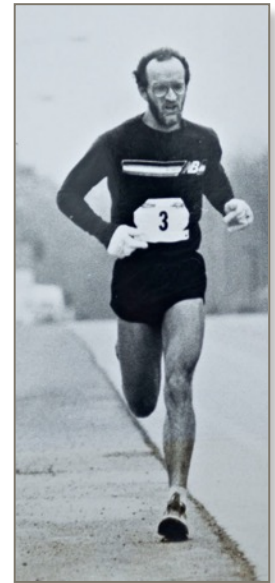
Karissa Schweitzer (left in the picture) lead her Dowling Catholic cross country team to victory at the state meet, their 6 championship in 7 years. Karissa excelled at the University of Missouri as one of the most decorated distance runners in NCAA history. She won the "triple" her junior year - cross country, 5,000 meter indoors and 5,000 meter outdoors. Schweitzer is now a top professional runner with a 14:45.18 in the 5,000 meter.



Park to Park Half-Marathon got really fast. 14 men broke 1:10 matching that number again in 2017. The following year, 2014, 9 women broke 1:25. The time were amazing as 89 men broke 1:10 and 42 women broke 1:25 in it's 18 year history. The race ended in 2018 with top times 1:03:22 for men (2018) and 1:09:43 for women (2017). Amazing speed!

2014 - Iowa Running History

Phil Coppess (right picture) was inducted into the Iowa Association of Track Coaches Hall of Fame, long overdue. Phil was introduced as the best Iowa distance runner of all-time. His humble beginnings as a Oxford Junction prep didn't give a hint to his 1985 season when he sparked in the marathon with a 2:10:05 (faster than Frank Shorter's best). He related, "I knew I was ready. I tuned up running one mile time trials with a 400 jog between - each mile to be better than the previous. My first mile was 4:24, my coach was concerned that I started out too fast. My next mile was 4:20, then a 4:16 and my last mile was a PR of 4:12." Phil was ready!



Fitness Sports (store pictured below) celebrated 30 years as Iowa's running store. It has led the way in helping runners and races. Other specialty running stores dot the Iowa landscape but no other has reached the heights of Fitness Sports with owner Steve Bobenhouse. Their web site is a go to for the next race or to check out results. Rarely do running stores last forever in today's retail climate, not so with Fitness Sports that is still "running strong".

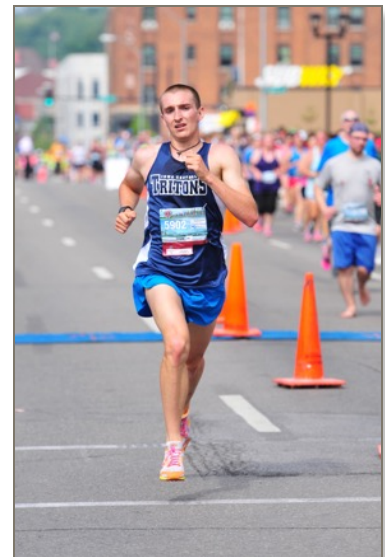


Who would have guessed a 20 year old would create and direct one of the best races in Iowa history. Tyson Weiland (pictured running Dam to Dam) had a dream, which turned into reality - a 100 runner relay with each runner leg 5,000 meters. The relay held on the Johnston high school track started on a warm July morning and finished a little over 28 hours later. It was a world record time as 21 runners ran under 16 minutes with a average 5k time of 16:49. The youth of running and organizing shined.

Mark down this year when the running boom went bust (a little). All races have their own character and ability to draw runners but few are getting more entrants . . . a sign of the times.

After leaps and bound growth for many years, established races are no longer attracting the big numbers. The slide is no more evident than that Bix 7 with their last year over 10,000 finishers. Regardless of numbers sliding, Iowa road racing remains healthy with new organizers and races.

Records are made to be broken, witness all-time bests at 4 big time Iowa races. IMT Des Moines Marathon had all-time Iowa records - male 2:12:19 (pictured) and female 2:32:28; Drake Relays half-marathon - female 1:11:18 (pictured); Fifth Season - female 25:48 and Dam to Dam half-marathon - Iowa female 1:13:17. Speed counts and this year had plenty of it.



2015 - Iowa Running History

High School girls cross country (right picture) moved up to the 5 kilometer distance, finally. After stalling out at 4k for many years, the girls now run the same distance as the boys in Iowa, one of the last states to provide equal distances. Prior to 2002 the girls ran 2 miles.



The HyVee Drake Relays (picture below) ended after 3 years. This is the second time of a big time Drake road race (1989-1992) that offered big time prize money and top notch competition, eventually sputtering. A couple decades later HyVee



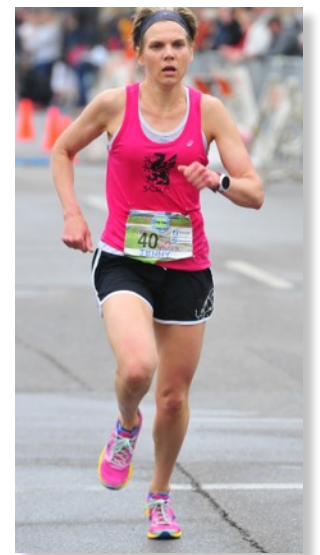
took up the banner, presenting a big time race, but it too lost inertia. The HyVee version (2013-2015) offered over \$100,000 in prize money and attracted talent especially at the half-marathon distance. Iowa all-comers records for men 1:02:27 (2013) and women 1:11:18 (2014) leave their mark.

A record 6 Iowa women qualified for the Olympic Marathon Trials in 2015, ready for the trials in Los Angeles February 13, 2016. The honor roll - Danna Herrick, Lisa Uhl, Obsie Birru, Yelena Nanaziahvili, Erin Moeller and Susie Duke.

Participation at Iowa races is starting to slide. No better example is Bix 7 in Davenport. The iconic race went under 10,000 finishers, the last time they dipped below that mark was 1986. And runners given the choice are running shorter. At Fifth Season for the first time in their 30 year history they had more finishers in the 5k than the premier 8k.

The Iowa running season ends just before Thanksgiving at Living History Farms (left picture) in Urbandale. Mother Nature can play tricks in November. It did this year with deep snow that forced a revised shorter course. The only other year of snow was 1991, 9 inches. The coldest weather recorded for the race was a chilly 14 degrees with wind in 2013.

Jenny Schutz of Clive had a masterful season. She easily set all-time Iowa records for master (40 & over) women - 2:45:17 at Twin Cities Marathon and 1:18:38 at Park to Park Half-Marathon. She also holds Iowa master records at the shorter distances, 5k and 10k.



2016 - Iowa Running History

Mary Keitany (right picture) made her first Quad-City Times Bix 7 a memorable one. The 34-year old from Kenya not only won the race by two seconds, but she rewrote the record book for the seven-mile race through the streets of Davenport with her winning effort of 35 minutes, 18 seconds. A year later she set the women's only marathon record, 2:17:01.



Runablaze Iowa, the racing team (pictured below) of Iowa scored a 10th at the USATF club cross country championship against the best teams in the nation. Early in the year they were 4th at midwest team championship at Chicago's Shamrock Shuffle 8k, in 2017 they moved up one place to 3rd. The women were just as impressive - Club 6th (2006) and Shamrock 1st (2010 & 2011), 2nd (2009) & 3rd (2016). Additionally the team sent 6 runners to the Olympic Trials.



Brogan Austin (picture below at Fifth Season) became the only Iowa male to win Fifth Season 8k in 23:56 and amazingly 6 days later won Midnight Madness 10k in 30:42.

Midnight Madness has had numerous distances - marathon, 15-12-9-6-3 miles & 20-10-5 kilometers and courses during its history (1972 - current). This year they tried a new neighborhood course that won applause from the runners.

Dam to Dam 20k had its closest finish in history as former Iowa runner Nick Holmes (pictured below) beat Sammy Rotich by one second running a 1:05:33. A month later he was 2nd at Fifth Season 8k, 11 seconds behind Brogan.



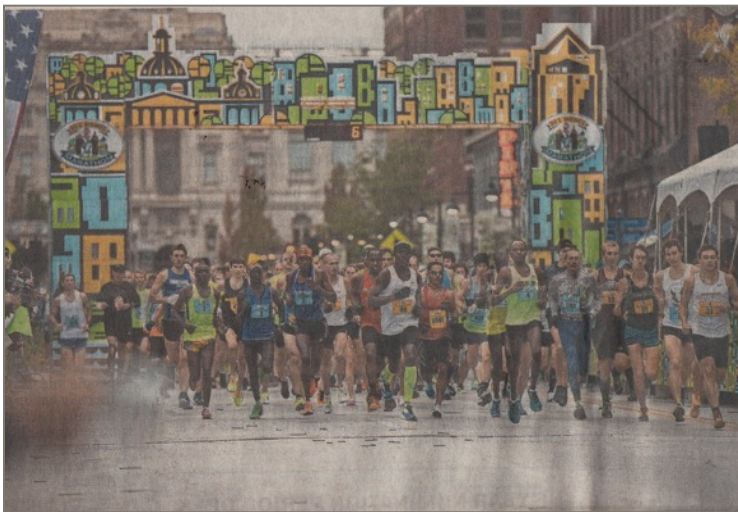
2017 - Iowa Running History

The Wartburg College duo Erin Moeller and Robyn Friedmand (pictured) called it a day from competitive running. Yes they will continue to race but not at the front anymore. Erin said, "My love for running continues. However, the mileage and intensity isn't what it used to be." Robyn sums it up best, "I hate feeling like I am closing a door on a part of my life, but I do hate even more going into competitions and not being able to race with the best anymore. I remain too competitive, but my body cannot support my mind as well as it used to . . . darn aging process!" For a decade Robyn and Erin were at the front of the road racing pack. No day shined brighter than at the 2008 Olympic Trials (the day prior to the Boston Marathon). They both set their best time with Robyn 9th in 2:35:02 and Erin 10th in 2:36:12.



Iowa City Road Races morphed into Run for the Schools started in 1977. It was one of the most competitive races in Iowa history with 45 records dotting the All-Time Iowa Records. The best times are in the half-marathon - Phil Coppess 1:05:29 (1981) & Nan Doak-Davis 1:15:06 (1989) and in the 10k - Kevin Herd 29:15 (1995) & Connie Prince 33:14 (1986). During the past decades top runners haven't gravitated to the race and finishers dipped below 1000 with 983 adult finishers, a low since the mid-1980s.

Capital Pursuit 10 miles isn't a big race (best 2012 with 655 finishers) but has had some of Iowa's best runners. 8 men have broke 50 minutes and 12 women under 60 minutes. Never have more than one male beat 50 minutes except 1984 when 3 did it. But Iowa's best this decade soared as Sammy Rotick ran 49:07 and Brogan Austin was 6 seconds back.



Des Moines Marathon (start pictured) has matured and celebrated its sweet 16th birthday with over 5000 runners finishing the Marathon and Half-Marathon. The weekend has a race for everyone with a 5 kilometer, 5 mile, marathon relay and youth runs.

Bix 7 celebrated another USATF championship race, they have been the host in 2002, 2009 and 2010 too. A near perfect day, cool and low humidity made for ideal conditions as two Kenyan-born Americans taking top honors. Sam Chelanga 32:52 beat the men's field and Aliphine Tuliamuk 36:30 was the women's winner. Aliphine is no stranger to Iowa having attended Iowa State for a year and a half. She said, "I love Iowa, it will always be like home. It was the first place I came to from Kenya." 3 years later she won the 2020 US Olympic Trials (pictured at the trials)!



2018 - Iowa Running History

Dam to Dam (pictured) Iowa's Distance Classic ended its 39 year run. 120,000 finishers trekked from Saylorville Dam to downtown Des Moines over the years at this quintessential race. Started in 1980 the race had it all with low entry fee, packet pickup second to none, race day excitement, overwhelming post race refreshments and a classy shirt-socks-medal for all. The race showcased Iowa's best runners and quickly became a go to race for Iowa runners. The all volunteer organizers, many with the race for decades put on a show.



Brogan Austin (pictured below) had a breakout year winning the 36th California International Marathon (USATF Championship) in 2:12:38, the best time by an Iowan in 3 decades. Hurting at the halfway mark he hung in there and caught the leader at mile 26. He raced often leading up the big December marathon scoring a 47:57 10 mile in October and a 1:02:39 half-marathon in November.



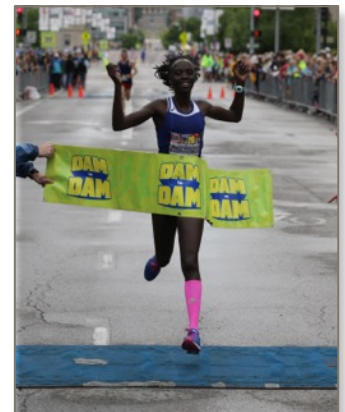
Drake Relays road races (half-marathon, 10k & 5k) celebrated their 50th year in style moving back to Sunday, this time a week prior to Relays weekend. With perfect weather it worked drawing 3000 entrants, almost twice big as the previous year. The star of the show was finishing on the blue oval (pictured), a runner favorite.



Living History Farms (pictured) is the best race to end the racing season, hands down. It also became one of the biggest races in Iowa averaging 6798 finishers during a 6 year stretch (2007-2012). But it dipped below 2000 finishers (1891) the first time in decades, the last time below 2000 was 1998. While the huge crowds have abandoned the race, it remains one of the best.



Pasca Myers (pictured winning) won Dam to Dam and Fifth Season, a rare double. She ranks as the 3rd best Iowa marathoner all-time with a 2:33:45 win at the 2014 Grandma's Marathon.



Park to Park (2001-2018) last year of the race battled floods but had a race record 1:03:22 by Sammy Rotich (pictured winning), part-time Iowan, who won the race 4 times. The race the first decade was won by Iowans, then it took a new direction recruiting runners and offering ample prize money. The last 5 years of the race the average winning time was 1:04:10 for men and 1:12:25 for women. The race started with 75 finishers, topping out in 2014 with 961 finishers.



2019 - Iowa Running History

Dowling boys won the State High School Cross Country Championship for the 6th time this decade; 2011, 2012, 2015, 2016, 2018 & 2019. The decade long dynasty matches Waukon (2a school) during the 1990s but falls short of 7 team victories by Iowa City High (3a school) during the 1990s.

Drake hosted the USATF Track & Field Championship (pictured below) and no bigger race attracted the home state crowd than the 5000 meter women's race. Toeing the line was veteran Shelby Houlihan (Souix City East prep) against just turned pro Karrisa Schweizer (Dowling Catholic prep). They battled the previous year in these same championships on the blue oval with Shelby

easily beating Karrisa, who was 3rd. This time the race came down to the line as Shelby ran 15:15:50, Karissa 2nd just a second behind. Shelby won both the 1500 & 5000, matching her victories the year prior.



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 (pictured). Other individual champions John Nuthall (1989) and Jonah Koech (1990). They have also hosted the championship 3 times and have 2 men's team championship crowns (1989 & 1994). An impressive resume.

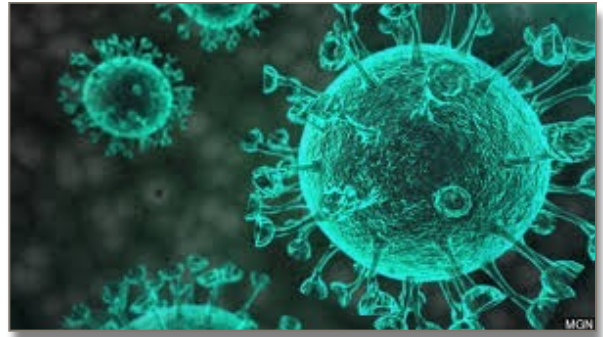
Race Directors come and go - not these two, a couple of the best! Roman Lynch

(pictured) retired his mask and cape as Captain Midnight (Madness) after 33 years at the helm. The 45th Bix 7 celebrated the 40th and last year of Ed Froelich (pictured) as race director. He transform a local run to a national and international race with superstars Bill Rodgers, Frank Shorter and Joan Benoit Samuelson fueling the race's early years. Ed has been honored as one of the best race directors in the nation.



2020 - Iowa Running History

Covid-19 tested the resolve of running throughout Iowa. Almost every big race cancelled, try to reschedule or went virtual. First year race director, Laura Torgerud succeeded in having one of the biggest virtual runs in the midwest with over 1800 runners recording a time. 72 year old Bill Rodgers finished in exactly 1 hour, he last won Bix 7 in 1981 with a time of 33:26. The pandemic slowed the running community but didn't stop it!

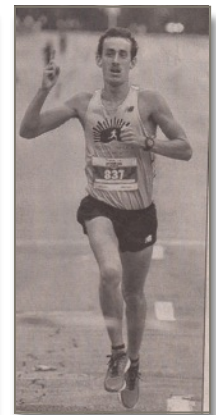
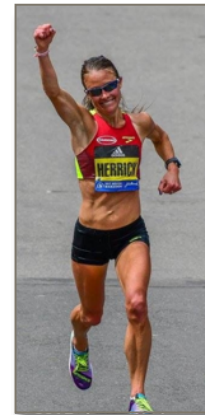


WR Elite 5k was the race of the year (pictured below). Fast runners eager to compete came from neighboring states. Compete they did as 18 men broke 15 minutes and 10 women broke 18 minutes. Perfect weather greeted this star studded field on a flat course in Des Moines Waterworks Park. All-time Iowa records were set . . . proof that competitive racing is alive & well.



Olympic Trials Marathon was the last big time race in the US prior to pandemic. The February 29th race was held on a hilly course in Atlanta, Georgia. There were 699 qualifiers with 175 men and 390 women finishers. Iowa was represented by over 20 finishers with ties to the state.

The best were Boone preps, they shined. While not close to their best



times, Danna Herrick 2:39:59 and Brogan Austin 2:18:36 made Iowa proud (pictured to the right).

Teammates Shelby Houlihan (Souix City East prep) and Karrisa Schweizer (Dowling Catholic prep) continued the yearly battle on the track. At the Nike Bowerman Track Club Meet (July 10, Portland-OR)

Shelby set the 5000 meter American record in 14:23.92. Karissa

was a couple seconds back under the America record too. The meet have no spectators and a limited number of athletes.



2021 - Iowa Running History

Blazing 10k Invitational was the “race of the pandemic”. Teams from Kansas City, Lincoln, Twin Cities, Chicago, Madison and hometown favorite Runablaze Iowa competed. The race had 10 men breaking 30 minutes in windy conditions and a surprise victory in the women’s race when the leader dropped out late in the race. Adding to the drama was a clean sweep of the team titles by the strong Second City Track Club out of Chicago. The men’s race was won by Minnesota Distance Elite runner Joel Reichow in 29:13 (14:49 at 5k). Teammate Dakotah Lindwurm won the women’s crown in 33:53, winning Grandma’s Marathon 2 months later. Iowans ran fast too with Austin O’Brien in 29:19 and Pasca Myers in 33:59, both 2nd 6 seconds back from the leaders.



Alex Wilson had breakout season (pictured in the lead). In a span of a little over a month she set 4 personal records: Drake Relays 1500 in 4:11, South Dakota meet 800 in 2:05, New York City meet steeple in 9:32 and Portland meet 1500 in 4:07. Alex competed in the Olympic Trials steeplechase as she did in 2016. She competed sparingly on the roads but notched a 16:49 at Fifth Season 5k, 9th best time in Iowa record history.

End of an Era? The latest of the big-time Iowa races appears to be done, Living History Farms (1979-2019). The farm race considered the largest xc race in the US topped out with over 8000 entrants in 2010. Other races that have fallen to the wayside include Park to Park Half-

Marathon in Cedar Falls (2001-2018) and Oktoberfest in Marshalltown (1986-2016). Both races were speedy with Park half-marathon race 18 men under 1:05 and 12 women under 1:15. The Oktoberfest, while never a big race had 4 Olympians toe the start line including a 28:52 by ISU great Jonathan Brown. A couple other races have burned out. Red Flannel Run in Des Moines has slide from 2000 entrants to a few hundred. The River Run in Iowa City has had the same fate, as it has been run only once the past 4 years.



Karissa Schweizer is the pride of Iowa. She burst onto the running scene as a collegiate during her junior year winning the NCAA cross country, indoor 5,000 meter and outdoor 5,000 meter. This year Karrison took on the 5,000 and 10,000 at the Olympic Trials,

earning a silver in both races. At the extremely hot Tokyo Olympics she didn’t disappoint running smart finishing 11th in the 5,000 and 12th in the 10,000. A crowd of hundreds turned out for a watch party on Court Avenue in Des Moines in the wee hours to watch the 10,000 meters on a big outdoor screen.

