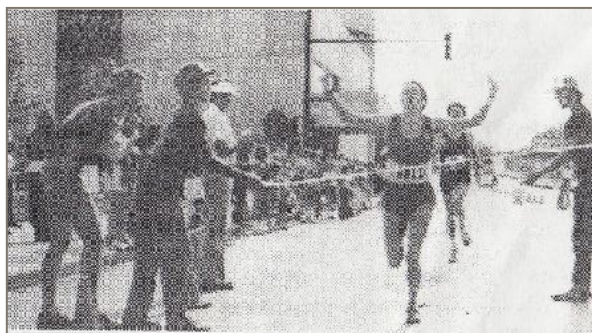


1980 - Iowa Running History

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 7 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 7 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 a 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.



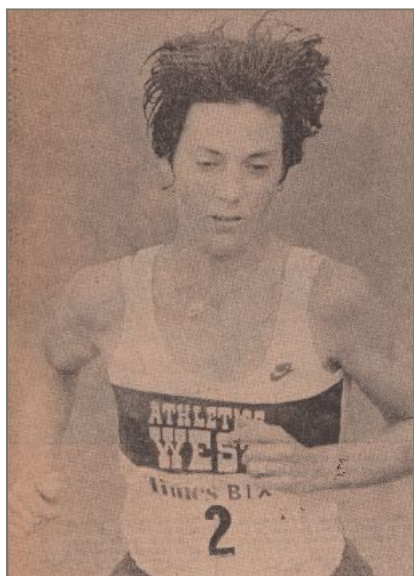
Iowa Marathons were gaining traction. Pat McGuire won Drake Relays in 2:22:31, Dallas Robertson won Cedar Rapids Memorial Day in 2:29:03 and Rick Scuphum won Iowa City Road Races in 2:19:41. The best marathoner was little know, (at the time) Phil Coppess who ran London Marathon finishing 6th in 2:13:57.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

The tale of 2 races seperated by 30 miles and just weeks apart. Dam to Dam (left picture below) top 50 finishers were all lowans and Midnight Madness (right picture below) top 50 finishers were half lowans 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.



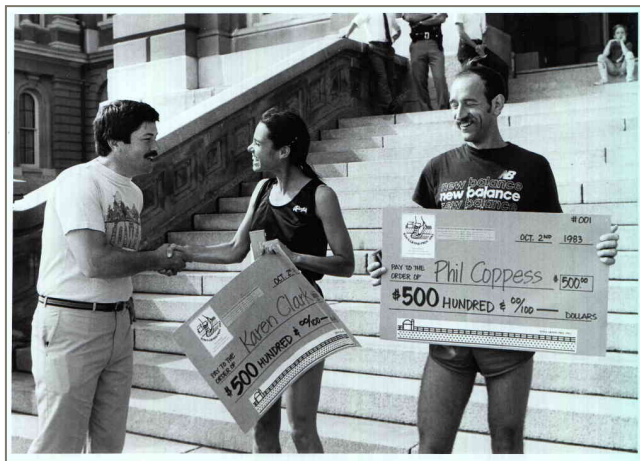
Bix 7 attracted another world class field with Bill Rodger finishing 2nd to Kenyan Joesph Nzau who didn't start running until the age of 25. Nzau later in the fall won Chicago Marathon and the following year was 7th at the Olympic Marathon & 14th in the 10,000. Joan Benoit wasn't a unknown when she arrived 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

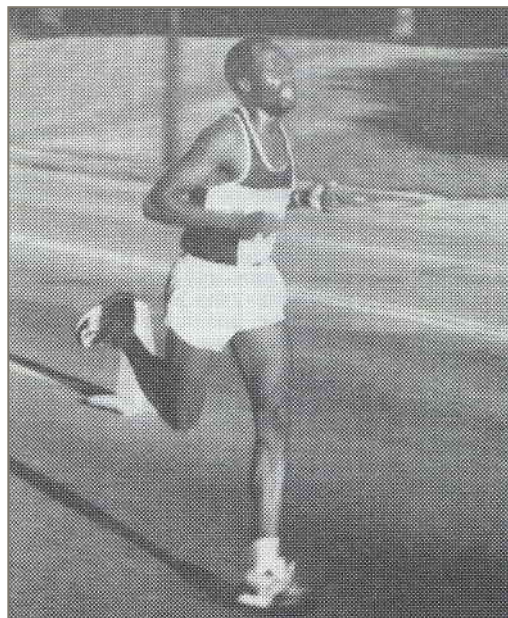
Bix 7 has always been blessed with fast runners leading the hoards. This year the race was 5 days prior to the Olympics in Los Angeles. The speed slowed a bit as Ashley Johnson won in 33:02 just 4 seconds ahead of 2nd. Crowd favorite Joan Benoit was missing, she won in 1983. A few weeks later she was 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 lowan.. While John was a sprinter during his prep days, he choose 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.

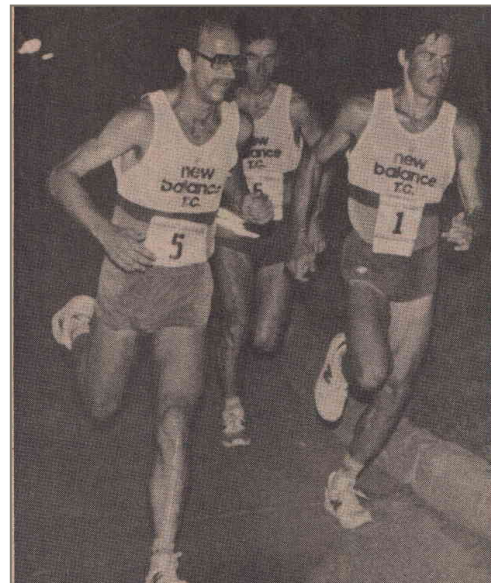
The Iowa Grand Prix was short lived for the most competitive running in Iowa history. It ended this year with UNI All-American Doug Nelson (pictured to the left) and Dubuque's Lisa Whitman taking the titles. The Grand Prix peaked the interest of post-collegiate runners, the public that was being introduced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

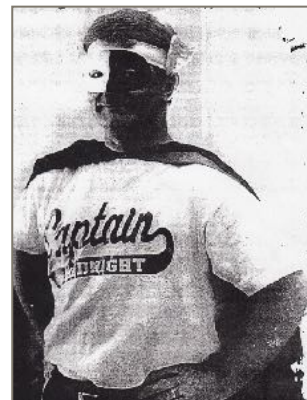
John Liepa (pictured below) ended his race directing reign at Midnight Madness (1979-1985). He brought a flair to the race with top notch fields at this steamy evening race. His best years included the previous year when 77 men broke 1:10 in the 20K. Britian Priscilla Welch returned as a master runner 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.

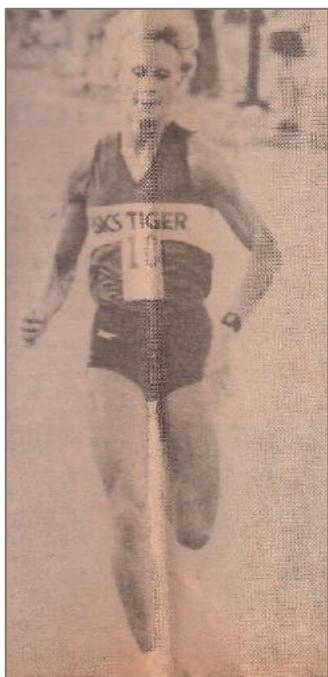


1986 - Iowa Running History

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.

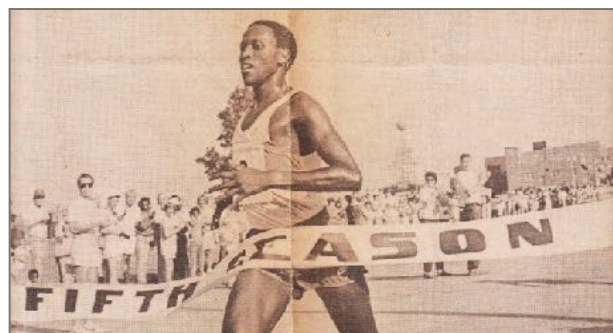


Bix 7 didn't look back, ever. This was the last year when Iowa's greatest race had under 10,000 entrants, until lately, a far cry from their 84 entrants the



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.

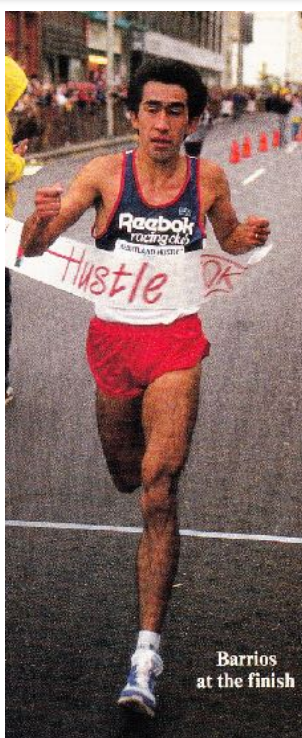
Richard Kaitany wins Dam to Dam 20k 1:02:03 in humid & hot conditions. Two injury ridden years slowed Richard, the following year he set the best Iowan marathon record running 2:09:39 at Chicago.



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 Larrieu 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.

