

# 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.



men. On a overly hot and humid night the best runner of the evening was 48 year old Mexican Artemio Naverro 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.



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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.

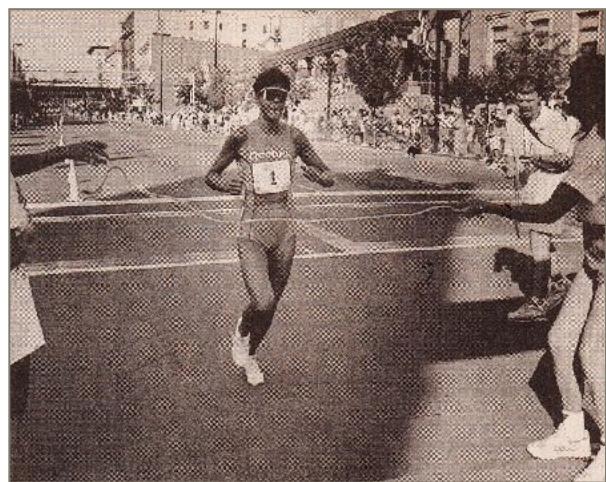


Living History Farms traditionally ends the Iowa racing season, even more so this year. A 9 inch snow fall forced a 1 mile loop course, shortening the route in half to 3 miles.



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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.



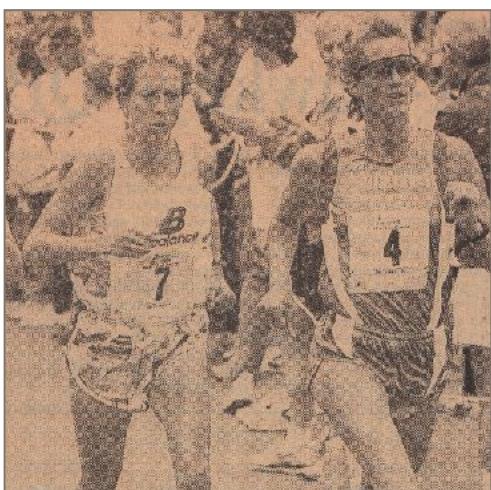
Midnight Madness (start picture below) made a big switch. The course was changed from a 20 year tradition near the ISU center, moving to downtown Ames. Just a few years earlier in 1986 the race dropped the highly competitive 20k.

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 primes 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.

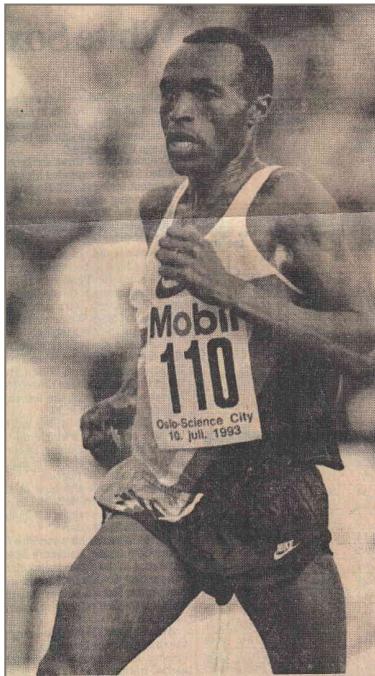
Octoberfest 10K in Marshalltown witnessed one of the best races in Iowa history as former ISU runner Jonathan Brown (below picture) ran alone in a drizzle finishing in 28:52. Jonathan was 4th at the 2000 and 2004 Olympic Marathon.



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.



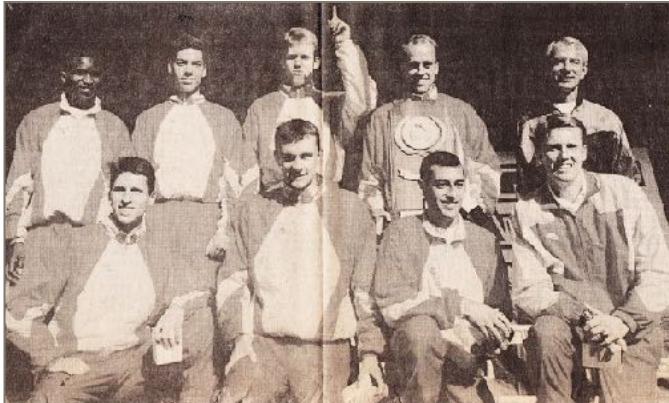
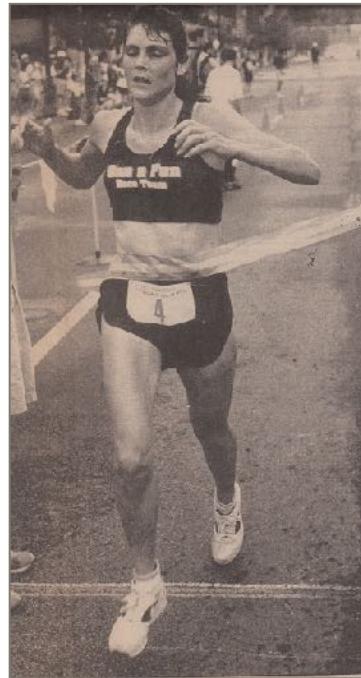
# 1994 - Iowa Running History

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.

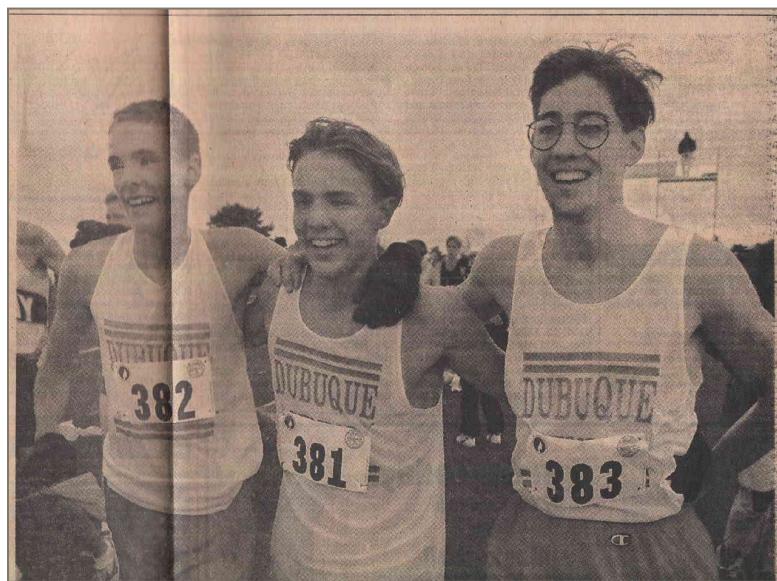
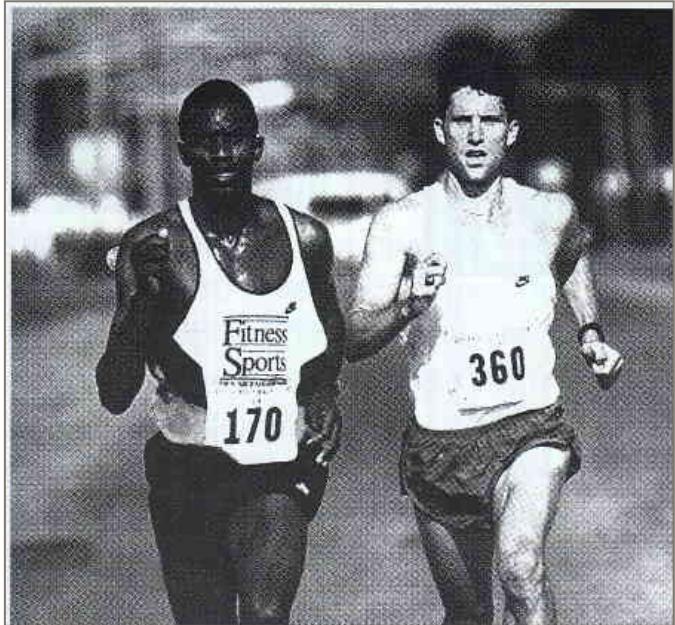
Men Keflezighi (picture left) a UCLA sophomore ventured to Iowa State's recent dedicated cross country course in October. He won the "pre-nationals" and came back the

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.

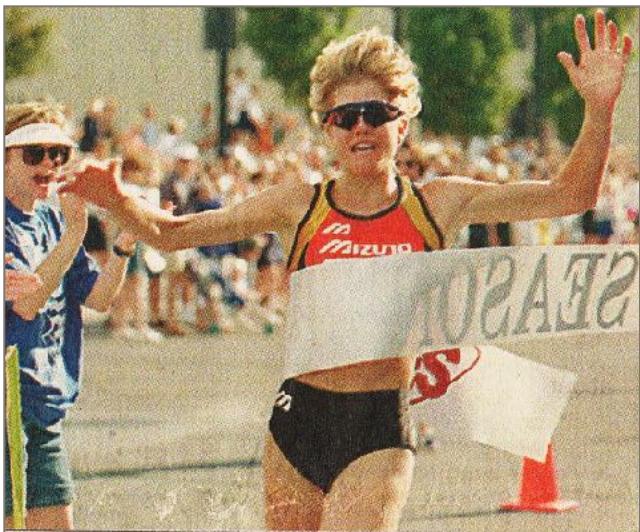


Marathon to Marathon in the little northwest town of Marathon Iowa was a longtime dream of LeRoy Lind. His dream became reality a few months after his death. This June race is special, celebrating its 20th in 2015, LeRoy's wife Lois died after the anniversary. Lois for years was at the finish line greeting 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 Africa 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).



\$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 Oktemberfest 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 Brrry 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).

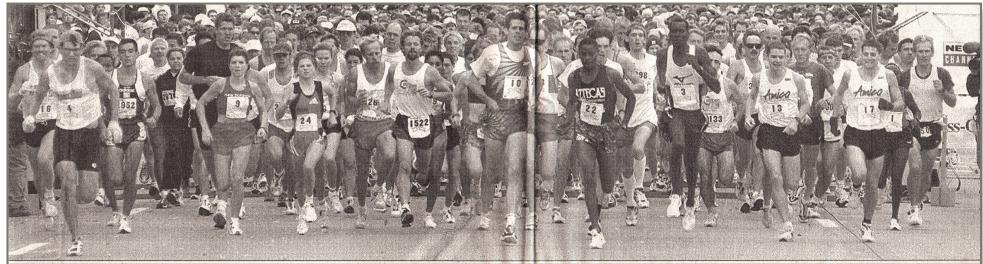


# 1999 - Iowa Running History

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.

