

# 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.

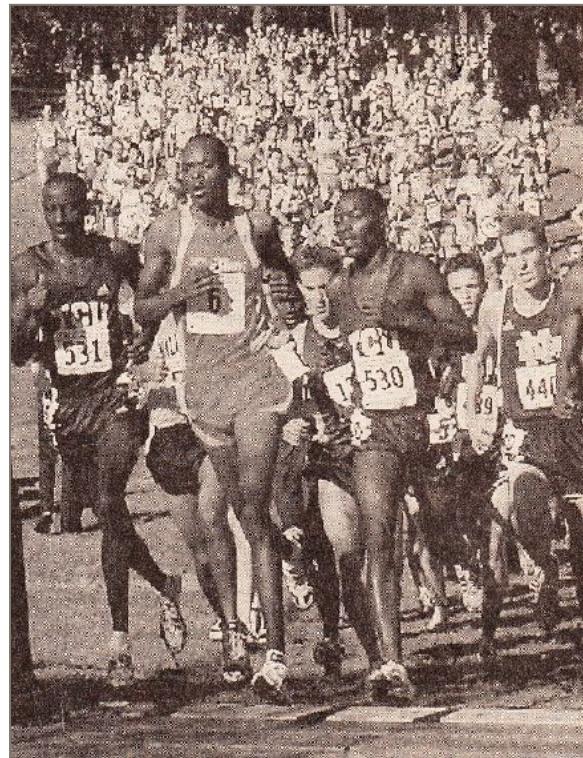
Bob Ehrhart stepped down as Drake Relays director, he served from 1970 through 2000. America's Athletic Classic (started in 1910) thrived under his leadership. He was easily the longest serving director, over twice the longevity of his predecessors.

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).



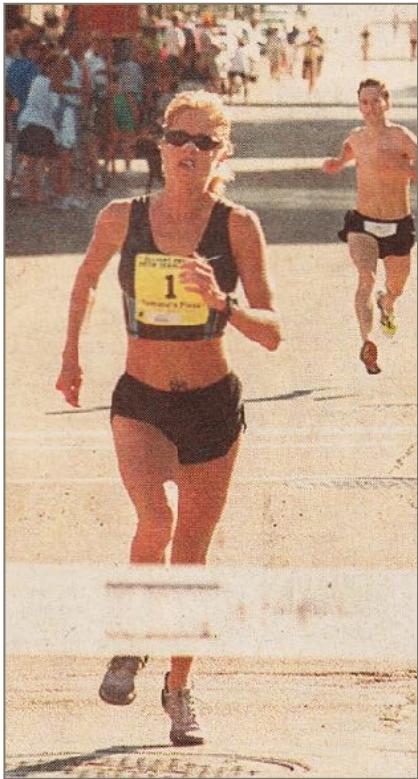
The prestigious NCAA cross championship visited Iowa State again after hosting cross country championships in 1988 at Jester Park NW of Des Moines and 1995 at their newly opened cross country course on the ISU Campus. Iowa State is no stranger to cross country honors. They won the team championship 2 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

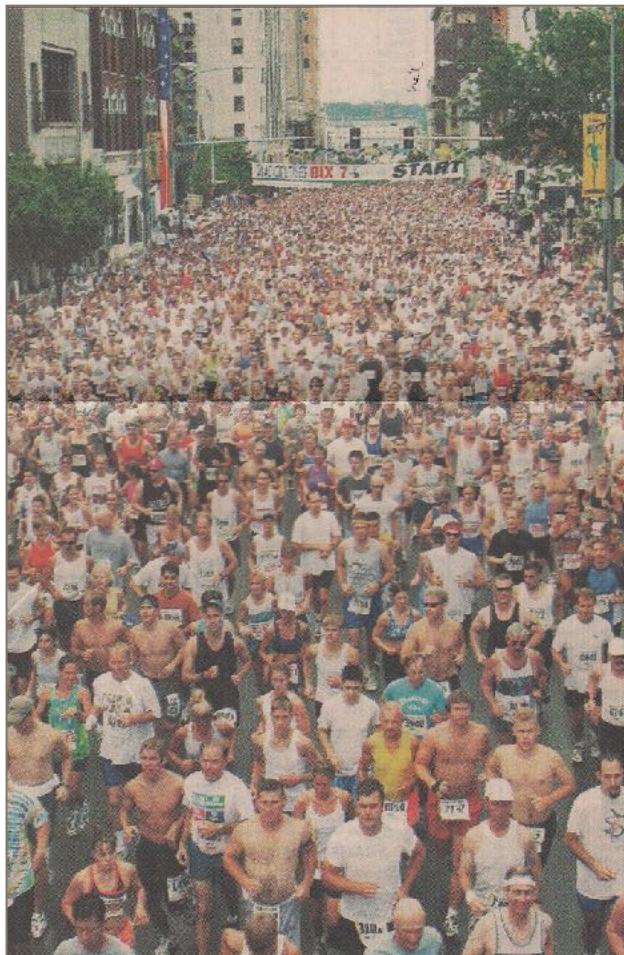
Kris Ihle (pictured below) won Fifth Season 8k for the 4th time (1997, 1998, 1999 & 2001), won Midnight Madness 10k and 14th at Bix 7 in a loaded international field. Kris was one the most prolific runners ending her competitive running in 2001. She had 21 career wins, 6 were in Iowa - the ones listed plus winning Oktemberfest 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 Nbereba (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. Nbereba 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.

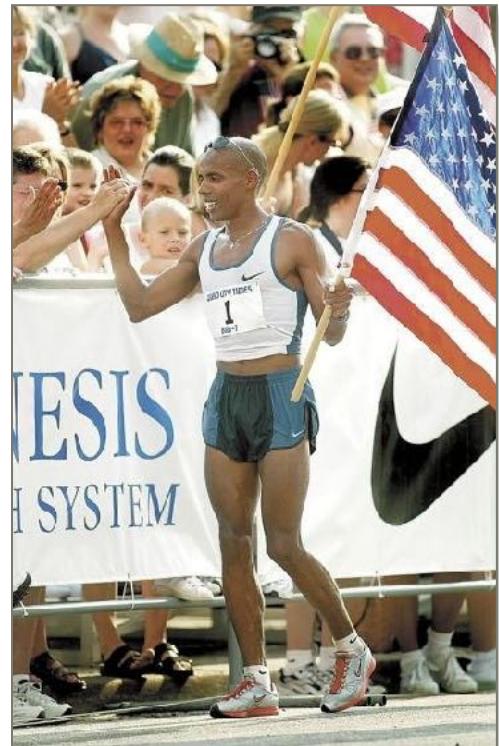
Bix 7 hosted the USATF Champion that was won by Meb Keflezighi (pictured) and Colleen De Reuck (pictured), both 4-time Olympians. Meb was born in Eritrea and Colleen in South Africa, both became US citizens. Marathon Meb won New York, Boston and a silver at the 2004 Olympics. Colleen had 125 career victories, 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.

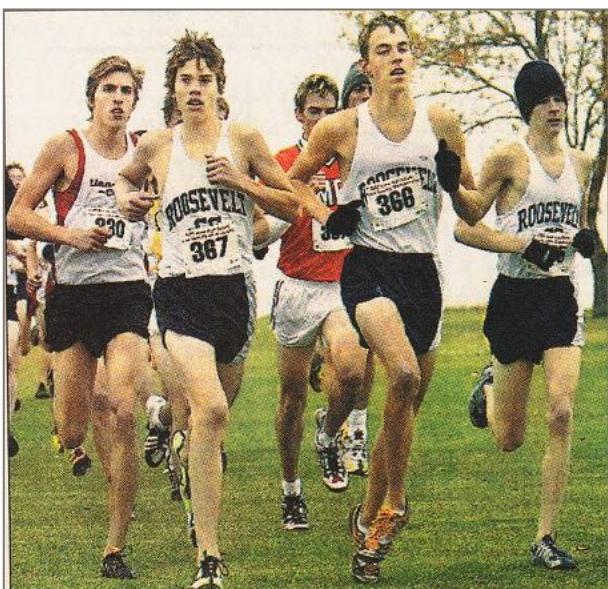


DM Police support faced with rising race expectations and costs started charging actual costs (ie, much higher fees), a blow to many modest size races. Many races took this in stride, raising entry fees fast (as runners got slower).

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 a 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.

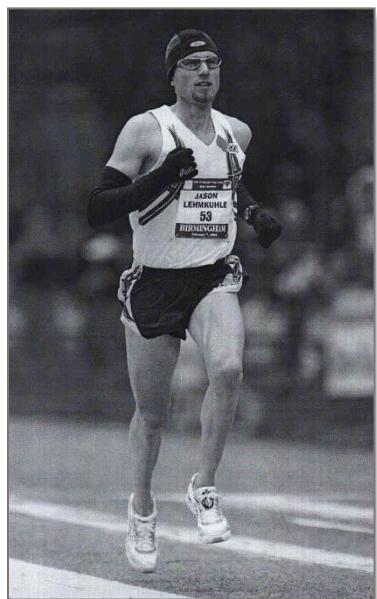


Jason Lehmkuhle (pictured), Drake graduate, ran 2:16:27 finishing 10th at the 2004 Olympic Marathon Trials. He was in contention for 22 miles but dropped off the pace in only his 2nd marathon. Jason competed at the 2008 Trials finishing 5th in 2:12:54, a little over a minute behind 3rd place for a Olympic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

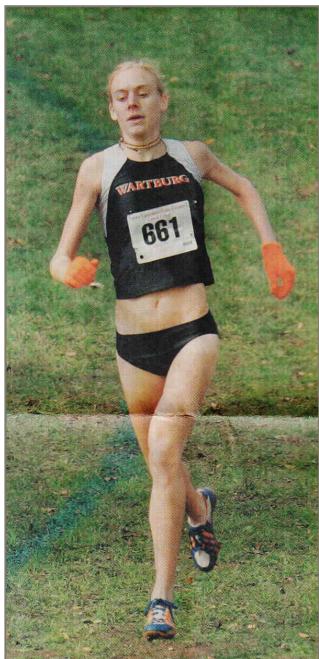
Fifth Season had the closest finish in history as Eric Chirchir (pictured #9) narrowly beat Shadrack Kosgei both scoring a 22:57. Kenyan men took the top 8 spots.



# 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 a 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).

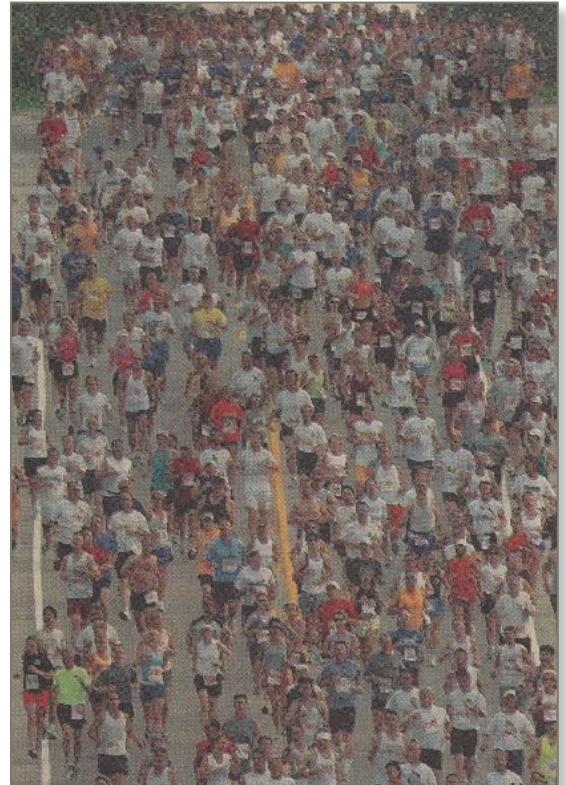


A legend ended her Wartburg college career, [Missy Buttrey](#) (pictured). Growing up in Shenandoah with 14 brothers and sisters (11 adopted) no one would have guessed that a few years later she would collect 14 NCAA championships. Missy had 3 cross country championships and ended her career in style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



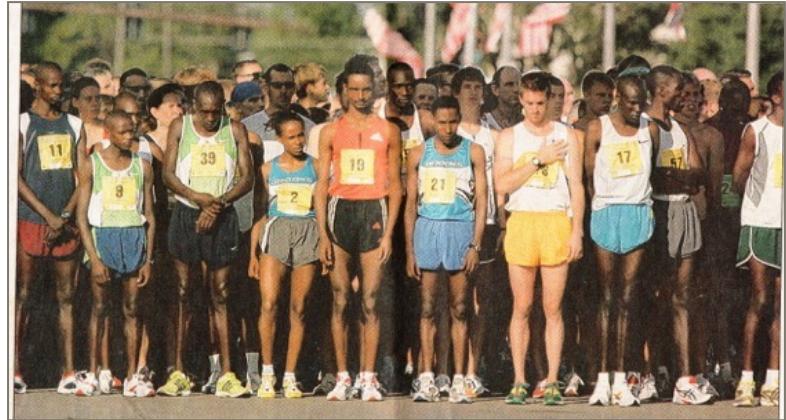
# 2007 - Iowa Running History

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.

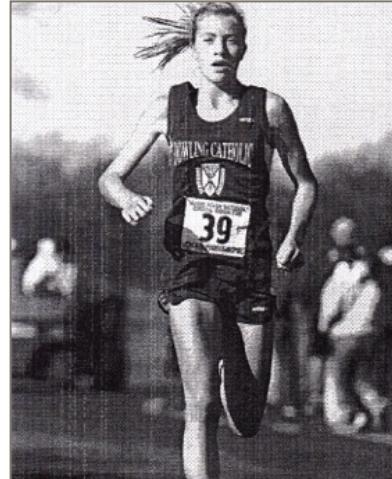
Blake Bolden won the Des Moines Half-Marathon in 1:08:07. He left the state soon after and has come full circle becoming the 12th



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

Runablate Iowa runners Robyn Friedman (back row, 7th from left) and Erin Moeller (back row, 3rd from left) finished 9th and 10th respectfully 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.

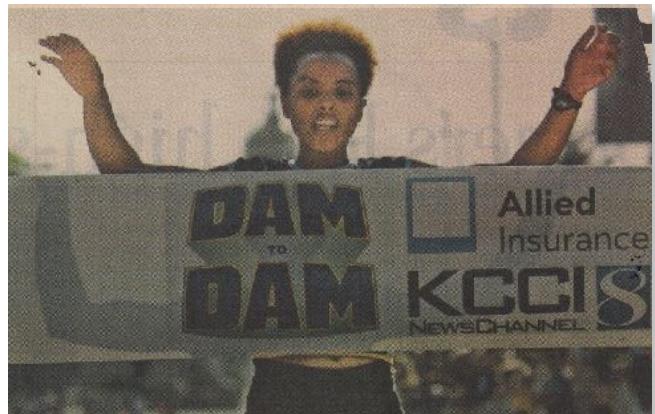
Flooding devastated Cedar Rapids, canceling the July 4 Fifth Season 8K (start pictured). The city continues to recover from the flood to this day. The 22nd version of the race was run on the Labor Day holiday a few months later.

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 Ethopian 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.

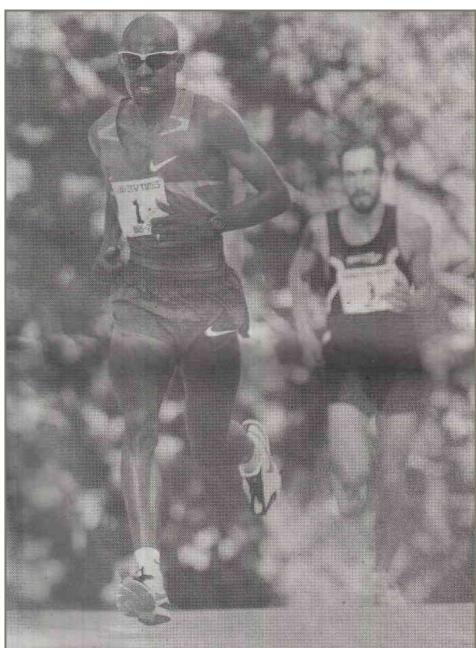
The 30th Living History Farms celebrated with a first in Iowa road race history, limiting the entries to 7,500 runners, it amazingly filled 10 days prior to race day. A record 295 teams scored in 7 divisions.



# 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.

