

2010 - Iowa Running History

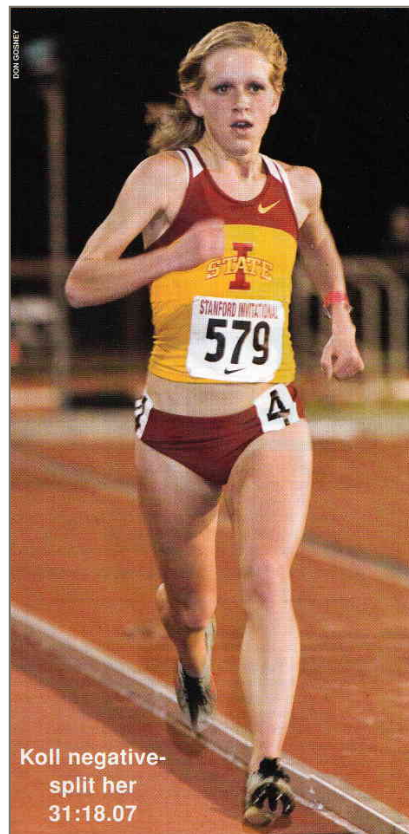
Lisa Koll (right photo) as a Ft Dodge high school runner gave no indication of what was to follow. Boom, it didn't take long as she claimed NCAA title after title. Her senior year at Iowa State she scored a college record in the 10,000 meter, 31:18:07 on the track. Following college graduation she wasted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

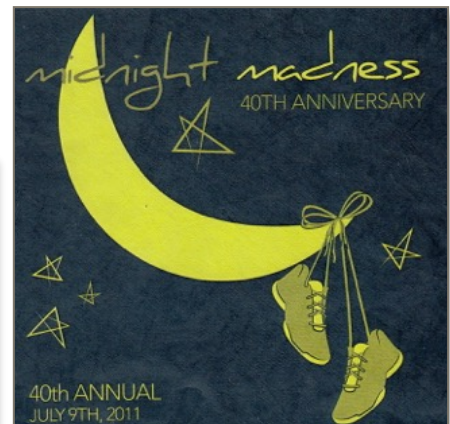
DM Marathon (right picture) turns 10 years old. After a bumpy start the Capital City's 26.2 miles is flying along with over 1000 finishing consistently and some great times. The best Iowa Marathon time ever on Iowa soil, 2:12:54 was set in 2011, then beat a few years later at this same race in 2014.

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.



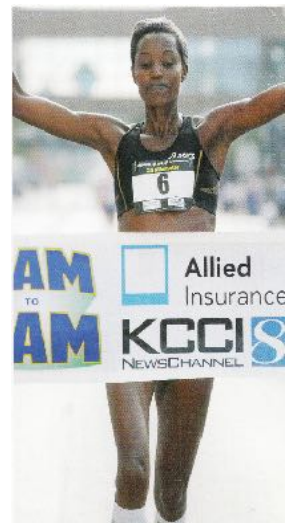
2012 - Iowa Running History

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.



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 sparkled 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 lead the way in helping runners and races. Other speciality 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".

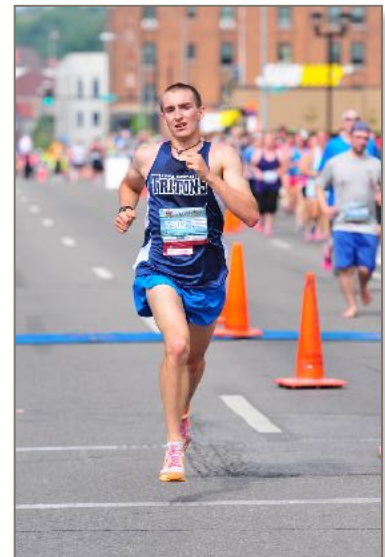
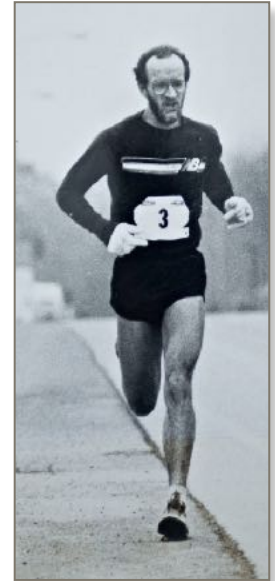


Who would have guessed a 20 year old would create and direct one of the best races in Iowa history. Tyson Weiland (pictured running Dam to Dam) had a dream, which turned into reality - a 100 runner relay with each runner leg 5,000 meters. The relay held on the Johnston high school track started on a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

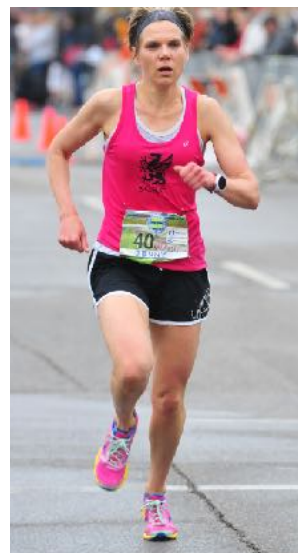
A record 6 Iowa women qualified for the Olympic Marathon Trials in 2015, ready for the trials in Los Angeles February 13, 2016. The honor roll - Danna Herrick, Lisa Uhl, Obsie Birru, Yelena Nanaziahvili, Erin Moeller and Susie Duke.

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 shortened 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.

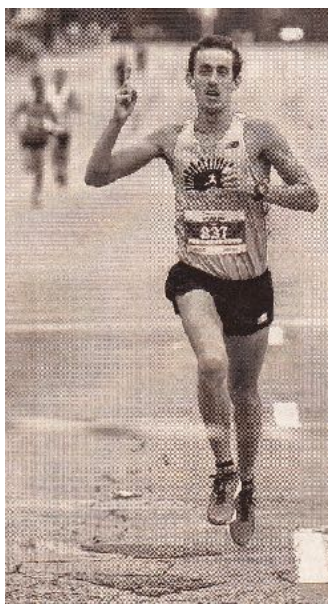
Runablaze Iowa, the racing team (pictured below) of Iowa scored a 10th at the USATF club cross country championship against the best teams in the nation. Early in the year they were 4th at midwest team championship at Chicago's Shamrock Shuffle 8k, in 2017 they moved up one place to 3rd. The women were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

