

2024 - Iowa Running History

Happy 50th! Bix 7 started unassumingly in 1975 with 84 finishers. Bill Rodgers won in 1980 and the race has never been the same since. A unique course with 50 meters of elevation change, massive crowds, unbelievable spectators . . . the race has everything along the banks of the Mississippi. This year almost 10,000 finished the 7 mile trek, the best numbers in a decade. Iowa State great Wesley Kiptoo won the men's race. Bix was part of the prestigious PRRO circuit with \$50,000 in prize money.

Iowa State men were so close, 2nd place at the NCCA championship just 13 points from victory - amazing. They have now been on the podium (1st, 2nd, 3rd) twice the past 4 years. ISU golden years 1989-1994 they had 5 podium finishes including two championships 1989 and 1994.



7 is a lucky number for Iowa preps! Paityn Noe, Ballard high school prep continued her phenomenal running placing 7th at the NCAA cross country championship. Paityn was a

generational runner until Marissa Ferebee (pictured) broke her state xc record by 18 seconds (16:30.9) this year. Marissa also finished 7th at the Nike Cross Nationals, the premier gathering of the top high school runners. Noe is an Arkansas sophomore and Ferebee is a Pella junior.



It doesn't get a better, then it does. Karissa Schweizer at the 2020 Tokyo Olympics was 11th in the 5,000 and 12th in the 10,000. The Dowling Catholic prep struggle with injuries between Olympics but recovered just in time for the 2024 Paris Olympics. She didn't disappoint finishing 9th in the 5,000 (14:46) and 10th in the 10,000 (30:52). Karissa is in rarified air as one of the best Olympic careers for a US runner.



Cody Baele easily out distances the Iowa men on the roads with his best season to date. He started the year at Chicago Shamrock Shuffle 8k in 23:27 followed a month later at Washington DC Cherry Blossom 10 mile in 47:58. Running even splits he scored a 2:18:40 at Grandma's Marathon, #12 all-time Iowan. Sticking closer to home he ran 48:36 at the Capital Pursuit 10 mile and 1:05:30 at Des Moines half-marathon, winning both races.



The Blazing 5k in Des Moines Waterworks Park, the brainchild of Tyson Wieland, celebrated 5 years in style. Kassie Parker set the state record winning in 15:46. The race is truly blazing, shattering the all-time Iowa 5k record book with 19 men and 13 women ranked.