

2025 - Iowa Running History

She is here, there & everywhere! Kassie Parker had one of the most prolific seasons of any Iowa runner, ever. She competed in over 10 national caliber races (think Bloomsday 12k, Gate River 15k, New Haven 20k, Manchester 4.7 mile, USATF xc, etc) and placed in the top 10 every time. The Gutenberg native and Loras grad was unbelievable including her best of the season a 1:10:22 at Indianapolis Half-Marathon. Kassie was also competitive in Iowa - 1st at Fifth Season, Capital Pursuit, Blazing 5k and a 7th at Bix. An amazing year!



What is the most popular race in Iowa? Easy answer, Turkey Trots. There were 20 Thanksgiving races spread out all over the state. 100s to 1000s of runners lined up on a cold windy November 27. Turkeys were everywhere.



Iowa racing teams shined in the windy city. The March Chicago Shamrock Shuffle 8k anoints the best teams in the Midwest. Iowa men teams were impressive - Fitness Sport Distance Project 3rd, Runablaze Iowa 8th, Running Wild Elite 9th and Crown Running 12th. The women were fast too, led by Fitness Sports Distance Project in 7th. Individually Gable Sieperda (FSDP) won in 22:56 and Cassie Parker (CR) was 6th in 26:32.



Adam Bohach is a running machine. His prowess at the marathon distance is legendary with a best of 2:19. Adam entered the master division (40+) capturing the oldest Iowa record set by Jim Streeby at the 1981 Grandma's Marathon. Adam beat the record by 3 minutes scoring a 2:28:11. Jim died two years ago after running over 82,000 miles in his lifetime.



Iowa State xc team was ranked #1 most of the season. At the national meet held in Missouri they finished 3rd. Along with their 2nd place podium finishes in 2021 & 2024 they are one the best teams in the nation.



Cody Baele had a breakout year. He crushed his marathon best by over 5 minutes running a 2:13:53 at Houston in January. 11 months later he did it again, a PR at the December Arizona Marathon Project with a 2:12:53, 4th best Iowa marathoner all-time.



10 years ago a 20 year old organized a relay in July, 100 runners each running 5k on the Johnston High School track. 28 hours later the 100 X 5k was history with runners averaging 16:49. Fast forward to today and Tyson Wieland is the best at creating races for competitive runners. This season

a spring 4 miler, summer 1 mile, fall Capital Pursuit 10 mile and the premier Blazing 5k. A modest amount of prize money, tireless promotion and recruiting the best in the Midwest is Tyson's formula that works successfully. The Blazing 5k reads like a who's who of runners that includes Olympians and the best in Iowa.

