

Capital Pursuit 10 Miles History

The Capital Pursuit was born in 1983 during the peak of the lowa running boom. It has survived and prospers for one reason-- it's 10 miles, the perfect distance to test endurance without destroying it.

1983 The race started on a fast note with over 900 runners beginning this inaugural year in front of the Des Moines Register building. Karl Junginger sped to victory in 50:44 edging out Doug Nelson by a second followed by the who's who of Iowa running. On the women's side Bev Boddicker won in 1:01:13 beating Karen Clark by 19 seconds with Sharon Greenwood in third. The 3 mile race was a run away with Olympian Randy Wilson breaking 15 minutes comfortably.

1984 Looking for perfect fall weather? This was the year as the start temperature was 43 degrees with clear sunny skies. Richard Kaitany led a trio of men under 50 minutes as he scored a 48:03 with Phil Coppess and Karl Junginger following. Another 7 men broke 51 minutes. Sharon Greenwood was no less impressive for the women as she ran a 58:25 pulling Bev Dochery (formerly Boddicker) under 60 minutes. The Men's masters were oh so fast as John Mulholland ran a 54:02, Mike Felts a 54:33 and Don Wood a 54:49. In the 3 mile Vern Iwancin ran a 14:25.

1985 This was the year of Phil Coppess as he used the Pursuit to get ready for his 2:10 Twin Cities Marathon a few weeks later. Phil ran a 48 flat followed by Paul Mausling and Raul DeAnda. Karen Clark won the women's race in 59:11 beating Sharon Greenwood by less than a minute. The 3 mile was won by Mike Carney in 14:38 just edging Randy Wilson at the tape. The Pursuit was at its peak with almost 1100 runners.

1986 A super fit Doug Nelson made the trek from Colorado to visit his homeland and easily won the Pursuit in 48:44 with Phil Kauder in second. Jane Asimus won the women's race in 1:01:28 beating Sharon Greenwood by over a minute. Vern Iwansin again captured the 3 miler in 14:31 beating Glen Magrum. Team competition, always a part of the Pursuit, was fierce in '86 as Reebok Men edged ACCO I Men by 45 seconds for the closest team battle in Pursuit history.

1987 ISU stars have always been a factor in Central Iowa races-- at this Pursuit they captured the top 3 men spots and top women's crown. Raf Wyns won in 49:20 with Richard Kaitany in second and Paul Black in third. On the women's side Suzanne Youngberg won in 1:00:18. Vern Iwansin became a triple crown winner as he won the 3 miler in 14:32.

1988 The Pursuit had changed over the years as the old guard of male runners were quickly giving way to a new breed of young lions. Glenn Magrum won in 51:01 followed by Jeff Wubbena and Mike Carney. Elaine Van Dyck won the women's race in 1:03:43. The 3 miler was dropped in favor of a 5K and times no longer had that sub 15 minute ring as Todd Peverill won in 15:28.



Karl Junginger wins first Capital Pursuit followed by Doug Nelson.

1989 Mike Carney moved up two spots from his previous year as he captured first in 51:03 followed by Jeff Wubbena and Jim Robidoux. Kris Wallace broke the 60 minute barrier as she easily won over the women's field in 59:20 with Elaine Van Dyck and Jane Asimus in second and third. Suzanne Hook set the women's course record in the 5K with a 18:00 as Don Trotter won the men's title in 15:45.

1990 After the runner-up position the previous two years Jeff Wubbena captured the men's race in 51:38 as Keith Fevold and Jim Robidoux placed behind him. Muriel Nauman won the women's crown with a 1:02:40 with Stacy Roberts in second. Matt Moberg established the men's 5K record by running a 15:21

1991 Dave Haferty scored a solid victory in the men's race with a 50:34 as the second and third place finishers, Fevold and Robidoux, duplicated their '90 placing. Muriel Nauman's 61:17 won the women's title, her second straight Pursuit victory. Matt Moberg won the 5K with Suzanne Hook setting the 5K record with a 17:53.

1992 Keith Fevold having moved up a spot from the previous year claimed victory in 52:17 as '90 winner Jeff Wubbena was 10 seconds back. Barbara Pigg scored the women's victory in 62:38. Matt Moberg continued his winning way capturing his third straight 5K title.

1993 Jeff Wubbena captured his second men's title, a first, winning in 52:53. David Heppner was second with Keith

Fevold placing third. Dana Kramer won the women's side in 64:28. A master and the race director, Judith Muller, won



Bev Boddicker first women's winner and ran in 6 consecutive Olympic Marathon Trials (1984 - 2004).

the 5k women's title.

1994

David Heppner changed places from the previous year with Jeff Wubben, taking first in 51:50 as Jeff captured his fourth second at the Pursuit.

Dana Kramer scored a 62:46 becoming

the only consecutive champion duplicating her '93 win. In the 5k, Andrew Rinn ran 15:40 and Teresa Newcomb a 19:09.

1995 Kris Stapes battled it out with Jeff Jones, eventually taking first with a 52:43, nine seconds faster than Jeff. Dane Kramer made it three in a row easily taking the women's crown, scoring a 60:43, ranking as one the best Pursuit 10 milers. The last year of the 5k saw Andrew Rinn scoring a with a 16:11 and Gina Dewitt a 18:19.

1996 David Heppner became a double winner topping the men's side with a 52:02 beating Andrew Rinn who moved up to the 10 mile. The women saw Laura Bell beating the defending champion scoring a 60:26. The shorter distance race (5k and prior to that 3 mile) was dropped in favor of a 10 mile relay with 24 teams topped by Fitness Sports in 53:00.

1997 Andrew Rinn moved up a spot capturing his first 10 miler in 52:12. The women had a close race as defending champion Laura Bell beat Nikole Johns by 9 seconds winning in 61:12. The 10 mile relay continued with 18 teams, again Fitness Sports winning in 53:28.

1998 Lucas DeWitt won with a 56:54 as only 4 men broke 60 minutes. On the women's side Tricia Allen ran 1:03:23. The 10 mile relay had 18 teams with Fitness Sports winning in 55:06.

1999 The Pursuit moved to a new date, Labor Day and brought back the 5k. Keith Matiskella ran uncontested to win in 52:39 and Christy Nielsen sped to a 1:01:23. The 5k

was won by Mike Carney in 15:57 and Kathleen Schweizer in 19:06.

2000 The warmest Pursuit in history slowed the times as Phil Kauder ran 57:14 and Jana Peterson a 1:07:29. Dan Hostager ran a 15:41 and Emily Martini scored a 18:40 to win the 5k.

2001 Phil Kauder celebrated a great year as a master winning the Pursuit in 53:40 as 434 finished the 10 miler, the most since the mid-80s. The women's winner was Kristen Nauman scoring a 1:06:34. The 5k winners were Phillip Keny in 16:45 and Julie stary in 20:25.

2002 The upswing of 10 mile finishers celebrated the 20th year of this DM favorite. Julius Rotich's 51:42 and Robyn Friedman's 1:01:26 won easily. The 5 k winners were Kevin Muilenburg 16:55 and Suzanne Lowe 20:39.

2003 It took 20 years but it was worth the wait, a record number of finishers enjoyed good Labor Day weather. The 2002 winners finished first again, both a little faster, Julius Rotich ran 51:24 and Robyn Friedman an even 1 hour. The 5 km winners were master Mike Carney in 16:11 and Sarah Gall (Gray) in 17:58.

2004 The Pursuit enjoyed another good year as Jacob Kaemmer won in 54:14 and Bethany Helms defeated two-time winner Robyn Friedman in 1:01:13. High School runner Brett Carter won the 5 km in 16:19 and HS XC coach Dawn Stallman took the women's crown in 19:33.

2005 The Pursuit moved off Labor Day, warm weather followed as Rob Semelroth won in 55:04 and 1999 winner Christy Nielsen ran a 1:03:44. Master runner Roger Scott won the 5km in 16:41 and Elizabeth Raygor was the best women in 19:25.

2006 The Pursuit had its second best number of finishers in the 10 mile. Rob Semelroth was a repeat winner in 54:45 and Robyn Friedman became a 3-time winner matching her exactly 1 hour finish in 2003. Tom Von Tersch in 18:35 and Kelly Malarkey in 20:48 took the 5km.

2007 The Pursuit celebrate 25 years with the same number finishers as 2006 in the 10 mile. Marty Dalton won easily in 52:39 and Lisa Marshall took the women's crown in 1:01:53. Master runners won in the 5km, Mike Carney in 17:11 and Carla Stoner in 21:13.

10 Mile Finishers

1983	453
1984	553
1985	502
1986	430
1987	410
1988	315
1989	337
1990	269
1991	229
1992	229
1993	223
1994	281
1995	219
1996	322
1997	336
1998	278
1999	320
2000	328
2001	434
2002	516
2003	567
2004	447
2005	406
2006	542
2007	542
2008	583
2009	542
2010	466
2011	517
2012	655
2013	438
2014	421
2015	353
2016	334
2017	347
2018	315
2019	320
2020	covid
2021	209
2022	157
2023	140
2024	110
2025	119

2008 Rop Kipkoech edged out Skyler Nesheim at the finish with the same time 52:30. Ashley Tousley won the women's crown in 1:00:28. 583 finished the 10 miler, most in race history. In the 5 km, Eric Hoff won in 17:27 and 12 year old Abigail Vaughan beat the women in 21:33.

2009 Jason Fogel won easily in 52:40 and Nicole Braunsdorf too taking the women's crown in 1:02:40. The 5km route was short as Nate White and Rhonda Bergstrom were the winners.

2010 again had easy victories, Skyler Nesheim won in 52:05 and Traci Kresser in 1:02:09. The 5k was won by Julius Rotich in 15:42 and Lindsay Tiggs in 20:31.



Start of 1983 race at 8th & Locust Street - adjacent to Des Moines Register

2011 Marcus Murphy won by over a minute in 53:06 and 2 women broke 1 hour with Semehar Tesfaye winning in 58:52. The 5k was won by Eric Cogdill in 16:06 and Casey Owens in 17:47.

2012 celebrated the 30th year with over 600 finishers, a first. Good winning times by Jason Fogel in 51:10 and Danna Kelly broke 1 hour in 59:22. The 5k was won by Mason Frank in 15:04 and Yelena Nanaziashvili in 18:33.

2013 a changed course resulted in a long one. Nollen Plaza home to the pursuit the previous 30 years was receiving a face lift so the start and finish were moved. Luke Demmel won in an adjusted time of 53:22 and Stephanie Mortenson was the female winner in 1:04:07. The 5k was won by Patrick Riley in 17:00 and Bridget Conlon in 19:47.

2014 introduced prize money for top 10 milers, forgotten for many years. Ben Jaskowiak won in 52:53 and Pasca

Myers set the women's record in 57:33. The 5k was won by Scott Johnson in 16:04 and Ellen Ries in 17:44.

2015 was fast. Brogan Austin won with the best men's time since 1987 in 50:23. Danna Herrick's 57:45 was 2nd best all-time as 3 women broke 1 hour. The 5k was won by Winston Keny in 17:20 and Sara Hendrickson in 20:17.

2016 got even faster at the front. Brogan Austin won again with an even 50 minutes, 7th best all-time. Obsie Birru won with the 3rd best all-time in 57:57. The 5k was won by Daniel Jensen in 16:24 and Chris Price in 20:46.

2017 Sammy Rotich won in 49:07 over Brogan Austin 49:13, a couple of fastest times in race history. Women were just as good with 18 year old Joan Massah winning in 57:48. The 5k was won by Tyson Wieland in 16:12 and Susie Duke in 19:44.

2018 Brogan Austin became a 3-time winner with a 50:32 winning time. Pasca Myers now owns 3 of the 10 fastest times with a 58:20 victory. In the 5k Ben Jaskowiak won in 15:48 and Katie Chuapoco was the women's winner in 21:37. Hot times on one of the Pursuit's hottest days.

2019 Another hot pursuit as Stan Linton won in 50:41 beating out Ryan Root by 12 seconds. Pasca Myers was champ again in 1:00:32. Sean Severe won the 5k in 17:36 and Madison Waymire women's winner in 18:38.

2020 The race was moved to November from its traditional September date, hoping for Covid-19 relief. Ultimately the race was cancelled.

2021 The race was held on a cold November date, normally a late September race. That didn't stop 3 runners breaking 50 minutes with Austin O'Brien winning in 49:05 with Stan Linton 49:26 and Cody Baele 49:40 in tow. The women's crown went to Laurel Johnson in 1:07:45, the slowest winning time in race history. The 5k was considerably long as Blake Whalen won.

2022 The race dropped to the lowest number of finishers, 157. Regardless it had some fast times with Cody Baele winning in just under 50 minutes (by one second). The women's winner set the race record, Emma Huston in 57:19. The 5k winners were Caleb Appleton in 15:34 and Andrea Ertz in 18:08

2023 After 40 years of basically the same route the race changed course that went through Waterworks Park. That didn't deter Cody Baele from winning again in 50:16. Pasca

Myers won her 4th women's title in 1:00:11. The 5k course was a hilly challenging route won by Austin O'Brien in 15:59 and Rebecca Diemer in 19:57.

2024 Another BIG change, the route didn't use the downtown rather gravitated to Easter Lake. The scenic route lacked city vibe but was a perfect backdrop to fast times. Cody Baele became a 3-time winner posting a 48:36 and Pasca Cheruiyot became a 5-time winner running 59:03. The 5k was dropped in favor of a one loop around the lake, exactly 4 miles. Sam Pinkowski won in 20:43.

Sunday morning around Easter Lake was a winner, a beautiful background to a great race.

2025 The race continued to use the Easter Lake but unseasonable warm weather slowed times. Gable Sieperda beat Cody Beale winning the men's title in 50:24. Kassie Parker won the women's race in 59:01. Kassie has had one of the best seasons for an Iowa women locally and nationally. Don Agisha took the 4 mile crown in 20:59.

Men YEARLY Winners

1983	Karl Junginger	50:44
1984	Richard Kaitany	48:03
1985	Phil Coppess	48:00
1986	Doug Nelson	48:44
1987	Raf Wyns	49:21
1988	Glenn Magrum	51:01
1989	Mike Carney	51:03
1990	Jeff Wubbena	51:38
1991	Dave Haferty	50:34
1992	Keith Fevold	52:17
1993	Jeff Wubbena	52:53
1994	David Heppner	51:50
1995	Kris Stapes	52:43
1996	David Heppner	52:02
1997	Andrew Rinn	52:12
1998	Lucas DeWitt	56:54
1999	Keith Mastiskella	52:39
2000	Phil Kauder	57:14
2001	Phil Kauder	53:40
2002	Julius Rotich	51:42
2003	Julius Rotich	51:24
2004	Jacob Kaemmer	54:14
2005	Rob Semelroth	55:04
2006	Rob Semelroth	54:45
2007	Marty Dalton	52:39
2008	Rop Kipkoech	52:30
2009	Jason Flogel	52:40
2010	Skler Nesheim	52:05
2011	Marcus Murphy	53:06
2012	Jason Flogel	51:10
2013	Luke Demmel	53:22
2014	Ben Jaskowiak	52:53
2015	Brogan Austin	50:23
2016	Brogan Austin	50:00
2017	Sammy Rotich	49:07
2018	Brogan Austin	50:32
2019	Stan LInton	50:41
2021	Austin O'Brien	49:05
2022	Cody Baele	49:59
2023	Cody Baele	50:16
2024	Cody Baele	48:36
2025	Gable Sieperda	50:25

Women YEARLY Winners

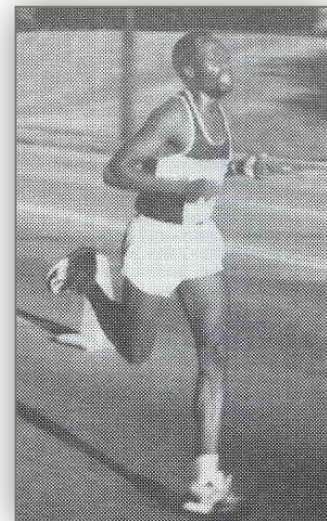
1983	Bev Boddicker	1:00:47
1984	Sharon Greenwood	58:43

1985	Karen Clark	59:12
1986	Jane Asimus	1:01:28
1987	Suzanne Youngberg	1:00:08
1988	Elain Van Dyck	1:03:43
1989	Kris Wallace	59:20
1990	Muriel Naumann	1:02:40
1991	Muriel Naumann	1:01:17
1992	Barbara Pigg	1:02:38
1993	Dana Kramer	1:04:28
1994	Dana Kramer	1:03:46
1995	Dana Kramer	1:00:43
1996	Laura Bell	1:00:26
1997	Laura Bell	1:01:12
1998	Tricia Allen	1:03:23
1999	Christy Nielson	1:01:23
2000	Jana Peterson	1:07:29
2001	Kristen Nauman	1:06:34
2002	Robyn Friedman	1:01:26
2003	Robyn Friedman	1:00:00
2004	Bethany Helms	1:01:13
2005	Christy Nielson	1:03:44
2006	Robyn Friedman	1:00:00
2007	Lisa Marshall	1:01:53
2008	Ashley Tousley	1:00:28
2009	Nicole Braunsdorf	1:00:40
2010	Traci Kresser	1:02:09
2011	Semehar Tesfaye	58:52
2012	Danna Kelly	59:22
2013	Stephanie Mortenson	1:04:07
2014	Pasca Myers	57:33
2015	Danna Herrick	57:45
2016	Obsie Birru	57:57
2017	Joan Massah	57:48
2018	Pasca Myers	58:20
2019	Pasca Myers	1:00:32
2021	Laurel Johnson	1:07:45
2022	Emma Huston	57:19
2023	Pasca Myers	1:00:11
2024	Pasca Myers	59:03
2025	Kassie Parker	59:01

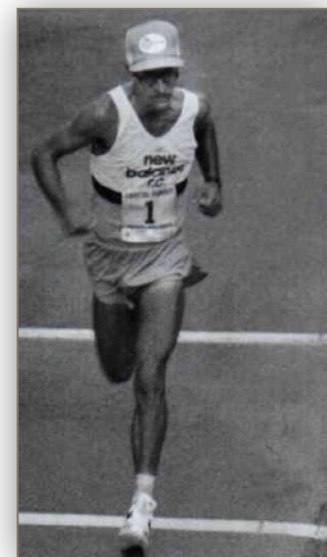
Top MEN Times All-Time

1	Phil Coppess, 85	48:00
2	Richard Kaitany, 84	48:03
3	Cody Baele, 24	48:36
4	Doug Nelson, 86	48:44
5	Phil Coppess, 84	48:56

6	Austin O'Brien, 21	49:05
7	Sammy Rotich, 17	49:07
8	Brogan Austin, 17	49:13
9	Raf Wyns, 87	49:21
10	Stan Linton, 21	49:26
11	Cody Baele, 21	49:40
12	Karl Junginger, 84	49:42
13	Cody Baele, 22	49:59
14	Brogan Austin, 16	50:00



48:03 - Kaitany 1984



48:00 - Coppess 1985

Top WOMEN Times All-Time

1-Emma Huston, 22	57:19
2-Pasca Myers, 14	57:33
3-Danna Herrick, 15	57:45
4-Joan Massah 17	57:48
5-Obsie Birru, 16	57:57
6-Pasca Myers, 18	58:20
7-Sharon Greenwood, 84	58:43
8-Pasca Myers, 15	58:51
T9-Semehar Tesfaye, 11	58:52
T9-Obsie Birru, 15	58:52
11-Katie Watson, 22	58:59
12-Kassie Parker, 25	59:01
13-Pasca Cheruiyot, 24	59:03
14-Karen Clark, 85	59:12

Age Groups Iowa MEN

< 20	Van Langen, 84	53:37
20-24	Raf Wyns, 87	49:21
25-29	Richard Kaitany , 84	48:03
30-34	Phil Coppess, 85	48:00
35-39	Raul DeAnda, 87	51:30
40-44	Ean Caskey, 22	52:46
45-49	Curt Hoegh, 96	56:16
50-54	Raul DeAnda, 01	56:51
55-59	Jim Smedema, 89	1:03:00
60-64	Karl Larson, 84	1:02:12
65-69	Jim Smedema, 97	1:09:16
70 plus	Jim Scheisman, 04	1:13:26

Age Groups Iowa WOMEN

< 20	Joan Massah, 17	57:48
20-24	Semehar Tesfave, 11	58:52
25-29	Emma Huston, 22	57:19
30-34	S. Greenwood, 84	58:43
35-39	Muriel Naumann, 91	1:01:17
40-44	Jenny Schultz, 15	1:00:10
45-49	Susie Duke, 25	1:05:38
50-54	Jenny Schultz, 22	1:07:36
55-59	A. Wickstrom, 14	1:12:34
60 plus	A. Wickstrom, 15	1:11:51