

# Other Iowa Races - - Highlights

The group of races have one thing in common - fast times which attracted runners throughout the state. A complete history and stats of each race would be daunting, regardless highlights give a glimpse. Certainly there are other top Iowa races like Cedar Rapids Memorial Day with top times in the early 1980s, National Bank of Waterloo 10k and Waverly Century Companies of America 10k had fast runners while sponsoring the Iowa Grand Prix (1983-1985) and currently CASI St Patrick's Day 5k (Davenport) has had record times.

## Iowa City Road Races

1977 started on a high note with over 300 finishers, amazing numbers at the time. ICRR is the 8th oldest race in Iowa.

1978 marathon had the fastest time ever by an Iowan at an Iowa Marathon, Frank Richardson (pictured, Frank is in the middle of the 3 runners) winning in 2:18:09. The women's marathon record was set the following year by Tina Gandy in 2:53:20.

1981 Phil Coppess won the Half-Marathon in 1:05:29 beating Gregg Newell by 20 seconds. This was the second biggest race (Six biggest) in Iowa with over 1300 finishers in the Marathon, Half-Marathon and 10k.

1984 was the last year for the Marathon. The following year the Half-Marathon took center stage with Bill Rodgers setting the race record running 1:05:22.

1985 University of Iowa great Nan Doak-Davis (left picture) ran the 5k in 16:11. A decade later Libbie Johnson ran the second fastest time in 16:12.



1986 Iowan Connie Prince won the 10k in 33:14. A week earlier she ran 2:35:25 at Twin Cities Marathon. Earlier in the season she won Dam to Dam and Midnight Madness.

1989 University of Iowa great Nan Doak-Davis ran the Half-Marathon in 1:15:06. Nan ran 2:33:11 later in the year.

1992 the 10k was the premier race with Tim Hacker winning in 29:25 and University of Iowa runner Jennifer Brower took the women's crown in 34:32. 10 men broke 30 minutes and 5 women under 36 minutes, the following year 6 women broke 36 minutes.

1994 was the biggest year in race history with 4383 adult finishers. There were 1040 10k runners & 2799 5k runners. The following year was the biggest Half-Marathon finishers with 616.

1995 the men's record was set with University of Iowa runner Kevin Herd (right picture) scoring a 29:15, time adjusted due to timing & course problems.

1995 In the 5k Rodney DeHaven ran 14:09 a race record, broke the following year by Patrick Kiptum by 2 seconds. There were 9 men under 15 minutes and 5 women under 17:30. Kevin Herd ran the best 5k by a Iowa 14:21 in 1994 ICRR.



1999 disaster struck when the race director was forced to step down. The charitable race mismanaged their funds, a \$92,000 check committed to United Way bounced - - a collision of race vs charity. The race focus soon after became entirely charitable.

Today there's still a ICRR, now called Run for the School that still attracts local runners, lately less than 1000 adult finishers. The times and competition has slowed.

### Men Race Records

5k	1996	Patrick Kiptum	14:07
10k	1995	Kevin Herd	29:15
Half	1985	Bill Rodgers	1:05:22
Full	1978	Frank Richardson	2:18:09

### Women Race Records

5k	1996	Nan Doak-Davis	16:11
10k	1986	Connie Prince	33:14
Half	1984	Nan Doak-Davis	1:15:06
Full	1979	Tina Gandy	2:53:20



## All-Iowa Festival of Races

1989 was the race's debut as 4 men broke 24 minutes lead by Patrick Sang in 23:09. Holly Herring 28:26 lead 4 women under 30 minutes. The race imitated the other Cedar Rapids 8k, Fifth Season that started in 1986. A nationally ranked 5k was added for 2 years (1991 & 1992), a 8k citizen race was held those years.

1990 the men's winner Olympian Rod DeHaven ran 22:53 and on the women's side Sylvia Mosqueda won in 25:53. The depth of racing was fast with 17 men under 25 minutes and 14 women under 30 minutes.

1991 the 5k was held on a 5 plus loop course around the downtown area with prizes for leading each lap of the race. There was \$18,200 in total prize money (evenly split between men & women). Brian Diemer, 2-time Olympian won in 13:43 and Libbie Johnson took the women's crown in 15:45. Again the racing depth was evident with 21 men under 14:30 and 11 women under 16:30.

1992 the race upped the ante with the Women's National Championship and \$17,100 in prize money just for women, the men took home \$9,600. Shelly Steely (right picture, #4) won the national crown in 15:30 and Iowa State great Jonah Koech ran 13:36. The depth was even better than the previous year with 23 men under 14:30 and 16 women under 16:30.

1993 Olympian Rodney DeHaven (left picture) returned winning in 23:07, just 14 second off the his race record in 1990.

1995 the best battle in Iowa racing history played out with Iowa State standout John Kihonge beating Iowa standout Kevin Herd, 23:31 and 23:40 respectively. Herd won the year long battle wining 5 races to John's 3. This was the last year of prize money.

2002 was the last year for the race, leaving behind the best 5k in Iowa race history and fast 8k runners.



### Men 8 Kilometer - Top 5

1990 Rodney DeHaven, WI	22:53
1990 Barnaba Korir, IA	22:46
1990 Arnie Schrader, WI	22:57
1990 Pat McCarthy, MN	22:59
1990 Noel Havey, WI	23:00

### Women 8 Kilometer - Top 5

1990 Silva Mosqueda, CA	25:53
1990 Cindy James, IL	26:52
1990 Libbie Johnson, CO	27:00
1990 Catherine Saxson, KS	27:17
1990 Holly Hering, WI	27:19

### Men 5 Kilometer - Top 5

1992 Jonah Koech, IA	13:36
1992 Frank Omara, AK	13:37
1992 Noel Berkeley, OK	13:39
1992 Brian Abshire, CA	13:42
1992 Bouaza Abidi, NY	13:42
1992 Tom Ansberry, AZ	13:42

### Women 5 Kilometer - Top 5

1992 Shelly Steely, NM	15:30
1992 Sabrina Dornhoefer, MN	15:43
1991 Libbie Johnson, CO	15:45
1991 Sue Lee, Canada	15:48
1992 Trina Painter, TX	15:48



## Governor's Cup 10k

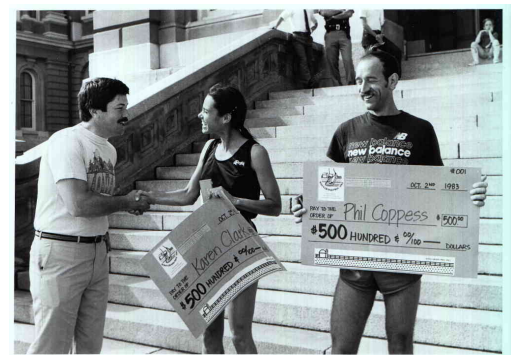
1978 Robert Ray got into the running spirit with the Governor's Cup 10k, starting and finishing at the state Capitol.

1981 Two Iowa greats battled (left picture), Frank Richardson won in 30:03 beating a up and comer Phil Coppess by 9 seconds. This was one of Iowa's biggest races with almost 700 finishers.

1983 Iowa Grand Prix wrapped up it's first year honoring Phil Coppess 30:02 and Karen Clark 36:08 as winners (picture on the right). 138 runners finished under 40 minutes.

1984 Richard Kaitany set the race record in 29:30 (start picture below).

1985 Lisa Wittman set the women's race record 34:54. Wittman was the women's Iowa



Grand Prix winner. A record 44 runners broke the 35 minute barrier.

1988 the race was starting to run out competitive steam. A 8 year run of men winners running sub 31 minutes ended with Mike Carney winning in 30:49.

2009 the Governor's Cup was a on and off again race through the 1990s and 2000s, finally ending in 2009.



### Women Winners - - sub 37 minutes

1985	Lisa Whittman, Dubuque	34:54
1986	Connie Prince, Sioux City	35:25
1980	Letha Davis, Des Moines	35:43
1983	Karen Clark, Rockwell City	36:08
1984	Sharon Greenwood, Cedar Rapids	36:19

### Men Winners - - sub 31 minutes

1984	Richard Kaitany, Ames	29:30
1983	Phil Coppess, Clinton	30:02
1981	Frank Richardson, Ames	30:03
1986	Brian Smith, Bayard	30:17
1985	Raul DeAnda, Des Moines	30:33
1982	Vern Iwansin, Des Moines	30:41
1987	Paul Black, Ames	30:47
1988	Mike Carney, Des Moines	30:49

## Dubuque Half-Marathon

1978 started on the flats of the Mississippi River valley but has always had a twist, scaling Eagle Point Park for one of the best views in Iowa of the 2nd longest river in North American.

1984 the race became part of the Iowa Grand Prix creating a highly competitive race. Richard Kaitany won in 1:06:13 setting the race record with 9 men under 1:10. Sharon Greenwood won the women's crown in 1:19:44 with 3 women breaking 1:25. Kaitany and Greenwood were the Iowa Grand Prix winners.

1985 hometown favorite Lisa Whittman set the women's race record winning in 1:17:04. She went on to win the Iowa Grand Prix.

Today the race remains a classic with river views and a challenging course.



### All-Time Race Records

1984	Richard Kaitany, Ames	1:06:13
1985	Lisa Whittman, Dubuque	1:17:04

## Blazing 5k - a newcomer on the rise!

2020 marks the year for the start of something big. Top midwest runners looking for a fast race during the pandemic found one, on a perfectly flat course in Des Moines Waterworks Park. The race didn't disappoint with 8 states represented and fast times - 14:19 men and 16:08 women scoring victories. Missy Rock the women's winner was a 14 time NCAA winner at Wartburg.

2021 was a transition year as US races opened up, The men were solid with a 14:11 winning time but the women slipped to a 17:32 victory.

2022 & 2023 the 5k became a go to in the midwest for a fast fall race complete with ample prize



money. Former Iowa State All-Americans scored victories. 2002 Edwin Kurgat, NCAA 2019 xc champions won in 13:47. The following year Callie Logue won in 15:55. Edwin's time is 2nd best all-time in Iowa and Callie's time 1st best all-time in Iowa. The 4 year history is remarkable with 21 men sub 14:30 and 12 women sub 17:00.

### **Men Race Records**

2022 Edwin Kurgat, Ames	13:46
2025 Reid Buchanan, Kansas City, MO	13:55
2021 John Vodacek, Woodburg, MN	14:11
2024 Adam Moore, Wichita, KS	14:12
2025 Gable Sieperda, Ames	14:13
2022 Noah Rasmussen, Lincoln, NE	14:15
2023 Noah Rasmussen Lincoln, NE	14:16
2020 Jay Welp, Iowa City	14:18

### **Women Race Records**

2024 Kassie Parker, Waverly	15:46
2023 Callie Logue, Ames	15:55
2025 Kassie Parker, Waverly	15:57
2020 Missy Rock, Prior Lake, MN	16:07
2020 Dakota Lindwurm, St Paul, MN	16:09
2022 Ashley Tutt, Ames	16:17
2023 Emma Huston, Des Moines	16:17

2024 the race celebrated 5 years, a milestone. No longer a newcomer now a staple as one Iowa's top races! 20 men broke the 5 minute pace and Kassie Parker set the women's record 15:46. This race is fast every year.

2025 the early October weather turned very warm. But the action heated up quickly as Reid Buchanan broke the 14 minute mark scoring a 13:55 with Gable Sieperda 2nd in 14:13. Kassie Parker defended her title running 15:17.