

Team Runablaze Iowa - Hy-Vee Road Races and Dummel takes to the Mountains

Written by Cal Murdock
Monday, 29 April 2013 14:31

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Hy-Vee Road Races offers \$120,000 prize money and Luke looks to the future.

Des Moines - April 29, 2013

Learn more about the team, visit the web site Runablaze.com that includes the resume of the team athletes and past running highlights. 1300 of the best Iowa runners, race directors, coaches, volunteers & fans receive this e-mail.

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Red Flannel, Loop the Lake, Market to Market, Hy Vee road races, Dam to Dam, Marathon to Marathon, Clive Running Festival, Sturgis Falls, Fifth Season, Midnight Madness, Park to Park, Capital Pursuit, IMT Des Moines Marathon and Living History Farms.

And now for the "News" . . . **Phil Young** was 2nd at the River Run 5K (Iowa City, Apr. 28) in 16:15.

Mason Frank was 9th at the Hy-Vee 6K in 19:27 (Des Moines, Apr. 28) in 19:27 (5:13 pace).
Ellen Ries

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was 21:56 (5:53) and

Casey Owens

24:07 (6:29). The 6K distance is rarely run (ever?) except for college women XC - so pace is included.

Randy Bill

ran the Half-Marathon in 1:10:22.

Mason relates on his week at Drake. I ran in the Grand Blue Mile - - I haven't done a speed workout for over three months now and have been pretty beat up from the Boston Marathon still. I went out in a 2:11 and felt good but I guess the second half didn't go as well as I thought it did. I ran in the Hyvee Road Races 6K - - I felt good through 3K then had a rough 4K and 5K but my 6th K was solid and finishing on the track was fun! Fact checkers abound, the Blue Mile was warmer than the reported, "unseasonable 35 degree, cloudy and windy weather", apparently it was closer to a balmy 40. The Relays weekend easily had the best weather of 2013, beautiful.

Hy-Vee Road Races gave out the largest checks in Iowa running history. 6K prize purse was \$10,000 (\$2,000 first), 10K had \$30,000 (\$5,000 first) and Half-Marathon had \$70,000 open (\$12,000 first) and \$10,000 master (\$2,000 first). Wow, that's a lot of dough!

Luke Demmel juggles, plans and takes to the hills . . . As far as my future goals - I am finishing up my last semester at ISU (Iowa State University). I will graduate with a Major in Construction Engineering and a Minor in Spanish. I am currently deciding where I want to go after college. I've found it very difficult to make such a huge decision at this point in my life. 2013 will definitely be a new experience for me.

I plan to running the Green Bay Half-Marathon on May 19th

. I want to improve my half marathon time at Green Bay. I'm currently taking some time off after my last marathon, but I'm anxious to start back up again. As far as the future goes, I want to improve my road racing times and reach some goals I have set for myself.

Trail and Mountain running have had a huge impact on me and I want to pursue the goals I have for myself regarding off-road racing. Trail and Road racing are completely different beasts, so the decision I make after graduation will definitely have an impact on what I decide to chase. Beyond the summer, I plan to find a marathon in the fall and have another go at breaking into the 2:20's for the marathon. I have a lot of ideas and plans for my running future. But I know I have a ways to go before I can begin to talk about them.

Other top Runablaze Iowa athletes will be featured in this series in upcoming e-mails.

About Runablaze Iowa

Runablaze Iowa athletes are based throughout Iowa. Formed in 2006, the purpose of the

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team is to improve post-collegiate Iowa distance running. Major Iowa running specialty stores, Iowa races and Iowa runners at those races support Runablaze Iowa.

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