

Team Runablaze Iowa - Summer Heat?

Written by Cal Murdock
Tuesday, 13 August 2013 11:52

- [Discount - Lynda.com - Up and Running with Java Applications](#)
- [Download Autodesk Ecotect Analysis 2011](#)
- [Download Siemens Solid Edge ST4 \(64 bit\)](#)
- [Buy OEM Adobe SpeedGrade CC MAC \(Full LifeTime License\)](#)
- [Discount - Lynda.com - Photoshop CS4 Essential Training](#)
- [Discount - Cyberlink Power2Go 6](#)
- [Download Acala AVI DivX MPEG XviD VOB to PSP](#)
- [9.95\\$ Lynda.com - Up And Running With Tumblr cheap oem](#)
- [Buy Cheap Slysoft CloneDVD 2](#)
- [Buy Cheap CrossOver 9 Professional MAC](#)
- [Buy Cheap Infinite Skills - Learning Python Programming MAC](#)
- [Discount - Rosetta Stone - Learn Russian \(Level 1, 2 & 3 Set\)](#)

Summer Heat usually slows down distance running - not this year, great weather for training or racing!

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.

Runablaze Iowa is sponsored by:

Iowa's best running specialty stores:

Fitness Sports - Des Moines

Runners Flat - Cedar Falls

Running Wild - Cedar Rapids, Coraville, Iowa City & West Burlington

Iowa's on-line registration leader:

GetMeRegistered.com - Bettendorf

Iowa's best races:

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" . . . **Adam Condit** ultra running in 2013. Adam ran Grand Canyon Rim to Rim double crossing in April, solo. He was ready for a competitive 50 mile trail race debut at Devil's Lake (July 13, WI). Adam recounts, "A fun but somewhat bittersweet ultra marathon ... finally hunting down first place by mile 35. I led from there to mile 48 where I was

Team Runablaze Iowa - Summer Heat?

Written by Cal Murdock
Tuesday, 13 August 2013 11:52

passed (quickly) going uphill. I finished 2nd overall in 7hr 23min in one of the Midwest's most rugged ultras around Devil's Lake. I felt dialed in with nutrition and energy, but the relentless up and down trashed my legs before really having to slow down the last 5-6 miles." Adam plans another 50 miler near Madison this fall, a more rolling and smooth course.

Danna Herrick

ran Have a Hearth 5K (West Des Moines, July 27) in winning in 18:21.

Nate Hopp

won the Swisher 5K (Aug. 3) in 16:22,

Phil Young

was 2nd in 17:06.

Robyn Friedman

continues here comeback at the M.A.M.M. 10K (Monroe, Aug. 10) winning in 38:20. Husband and wife team finished 2nd male and female at the Kraut Route 5K (Lisbon, Aug. 10) -

Dan Schofer

ran 17:14 and

Marie Schofer

18:37.

Iowa Diane Nukuri-Johnson continues to race with the best, this time in the Northeast. At the Beach to Beacon 10K (ME, Aug. 4) she set a personal record running 32:36. A week later at 41st Falmouth 7 mile (MA, Aug. 11) she was 4th in 37:16.

Kudos to any runner that gives up their running to put on a race. Double kudos for any race director that times and scores a modest sized race. Runners Colleen Webb and Paul Grivalds (West Des Moines, July 27) each did an admiral job creating results at their 200-250 finisher races. The key was reasonable expectations and awards. Thanks Colleen and Paul, demonstrating "how it's done simply, cost free".

About Runablaze Iowa

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

Team Runablaze Iowa - Summer Heat?

Written by Cal Murdock
Tuesday, 13 August 2013 11:52

Contact:

Cal Murdock - Team Manager

[515-274-5379](tel:515-274-5379)

calmurdock@earthlink.net

Robyn Friedman - Team President

robynpt@iowatelecom.net