

Team Runablaze Iowa - IMT Des Moines Marathon

Written by Cal Murdock

Thursday, 24 October 2013 09:21

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Frank close to 5K record? Des Moines - October 24, 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.

Runablaze Iowa is sponsored by:

Iowa's best running specialty stores:
Fitness Sports - Des Moines

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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, Friendly Sons of St Patrick, Market to Market, 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" . . . **Mason Frank** won the DM Marathon 5k (Oct. 20) in 16:17 and **Chris Robertson**

was a close 2nd in 16:25. The course turned out to be long, potentially a quarter of a mile.

Chris states, "We split through 5k in 15:06 (Mason) and 15:14 (Chris)". The race record was set by Runablaze Iowa teammate Brett Carter in 2011, 15:06.

Ellen Ries

was 7th in the Half-Marathon 1:23:10, followed by

Susie Duke

in 9th at 1:23:45 and

Jen Van Otterloo

in 11th at 1:25:42. Susie reacted to her time, "Since much of my training was done pushing a jog stroller, it was an unexpected PR for me." Susie is training to do the Memphis Marathon in early December.

Daniel Sevcik

was 17th in the Marathon running a 2:41:53, running the first half in 1:17:18.

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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.

Contact:

Cal Murdock - Team Manager

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

calmurdock@earthlink.net

Robyn Friedman - Team President

robynpt@iowatelecom.net