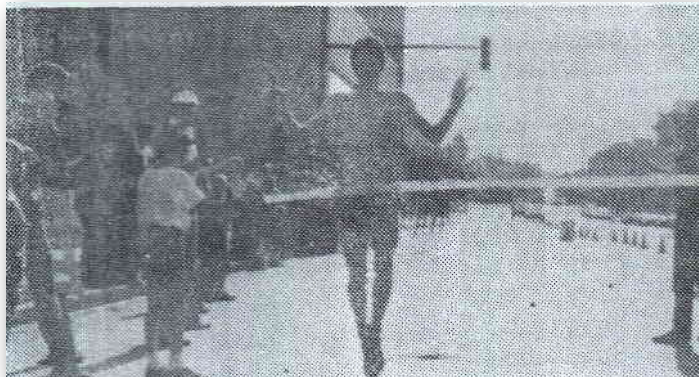


DAM to DAM - Iowa's Classic Road Race

Is there another race that represents Iowa running more than Dam to Dam? Frankly the answer is easy--NO! Dam to Dam is for runners; not a charity, a sponsor or a non-running organization. It is "run" by volunteers and non-profit.

The race was started by road racers of the '70s and it continues this tradition. The course has changed little and the rewards have been to complete the distance.

With marathons being out of reach, Dam to Dam seems to revive an early summer goal to go far enough to tire but not so far to fall apart. There has been little doubt that each year this race displays Iowa talent as well as any race. Additionally each runner is treated like the next.



Bob Becker wins the first Dam to Dam, 1980

The race evolved out of a 10 miler--Saylorville Riverfront Run--presented by the YMCA in the late '70s. The first year set the stage to run from the newly created Saylorville Dam to the Botanical Center in Des Moines. While the race hasn't finished by the Center Street Dam, the image remains of a race from Dam to Dam.

1980 saw 375 finishers with two of Des Moines all-time best runners finishing first in the male and female divisions. Bob Becker won in 1:05:50 edging out an always close rival Raul DeAnda by 50 seconds. Tina Gandy won easily in 1:17:09.

1981 had 583 finishers. Kim Sprain started his 3 year reign winning, barely, in 1:05:53. Shane Dooley was 9 seconds back and Bob Becker was third. Tina Gandy won easily, again, in 1:14:14.



Tina Gandy winner

1982 continued the upswing in finishers and popularity of the race with 927 finishers. Kim Sprain won in 1:02:43 with Doug Nelson 24 seconds back and Shane Dooley 38 seconds from victory. Sandy DeNoon won the women's division with little competition in 1:15:43.

1983 represented the "first running boom" at its peak with 1269 finishers. Kim Sprain continued his dominance with a 1:03:09 win, with Gregg Newell 27 seconds back. While the Sprain era was ending the Karen Clark era was starting as she won in 1:14:27. Sandy DeNoon was second and Marsha Yokas finished third.



1981 Nollen Plaza looking west, the skyline over 30 years ago

1984 had 1174 finishers. Richard Kaitany won his first of 3 Dam to Dams in 1:03:02. Karl Junginger was second 41 seconds back. In one of the toughest finishes ever Jan Cain beat Raul DeAnda for third by one second. Karen Clark continued her talent for victory in 1:14:14 with Dawn Lentsch second and Sharon Greenwood in third.

1985 greeted 1121 finishers with great weather. Phil Coppess sparked in a course record 59:23. Following Phil was Vern Iwansin in 1:01:40 and Rex Karamitros was third. Karen Clark won her third straight Dam to Dam by breaking the course record she had tied the year before, running a 1:13:09. Lisa Whittman was second in 1:14:31 with Tami Colby third.



Kim Sprain, 3-time winner

Gregg Newell finished third. Connie Prince won the women's division in 1:13:51 as Suzanne Youngberg was second and Tami Colby repeated in third.



Phil Coppess, all-time best and 3-time winner Karen Clark

1987 had 1217 finishers. Richard Kaitany won his second Dam to Dam in 1:02:04 barely edging out Tim Dooling by 6 seconds. Vern Iwansin was third. Muriel Nauman won the women's field in 1:20:33 with Sharon Greenwood a scant 7 seconds behind. Jane Thompkins-Lindgren was third.

1988 saw 1166 finishers. Richard Kaitany won again in less than ideal conditions in 1:00:21. Brian Smith was second and Jeff Wubbena finished third. Suzanne Youngberg sizzled in a course record 1:12:26. Jane Asimus and Bonnie Sons finished second and third respectively.

1989 celebrated the 10th anniversary with 1251 finishers. On a fog-shrouded Saylorville Dam runners were greeted with perfect summer running conditions, 52 degree temperatures. On the men's side the battle included four men within 45 seconds of the winner Mike Carney in 1:03:25. Phil Kauder was second. Bonnie Sons won the women's title with a 1:14:25, Kris Wallace finished second and Elaine VanDyck was third.

1990 began a new decade in sparkling fashion with 1290 finishers. On the women's side Janice Ettle's scored a record breaking time by over two minutes winning in 1:10:08 with Catherine Saxon and Kris Wallace following. Matthew Waight showed his strength easily defeating Mike Carney winning in 1:02:33. Tim Blackstone followed in third.

1991 saw 1230 finish this classic without starting on the Saylorville Dam. Because of high water the race moved its' starting line, a first. Brent Friesth became the men's champ in 1:02:31, ISU runner Roland Pauwels placed second 1:29 behind. In the women's race Janice Ettle defended her title with a 1:10:53 followed by Louise Mohanna over four minutes back.

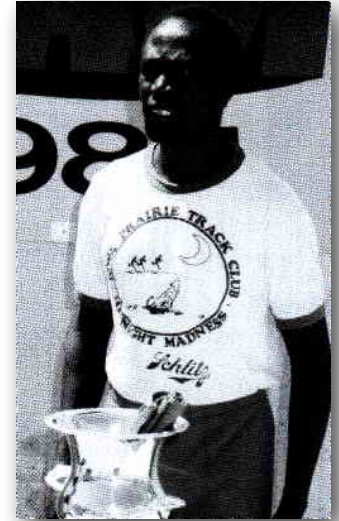
1992, while being the 13th year, was certainly not bad luck as a record 1385 runners finished. The course change this year was welcomed, as it hugged the river's edge following the bike trail at mile 11 instead of climbing the Penn Street hill. Dave Halferty and Terry Ramlo duelled their way to the finish, Dave narrowly winning by 7 seconds in 1:04 even. Bonnie Sons added her second victory in 1:12:56.

1993 found race officials jockeying around for a suitable date. For 1237 finishers the weekend was dry and cool and one of the few that the Saylorville Dam was usable and Birdland Drive not flooded. Dave Halferty looking for his second victory was passed at mile 11 by Carl Fritz who won in 1:02:38 with Dave 12 seconds back. For the first time in Dam to Dam history no Iowa based male was in the top 3. Christy Mettler had an easy time winning the women's side of the race in 1:15:38 with Cynthia Schroeder almost three minutes back.

1994 greeted a record crowd of 1407 finishers. The 15th year saw an equal number finish each Dam to Dam. ISU great Ian Robinson captured the men's crown in 1:02:08 towing the best men's field since 1985. Orlando Velasquez was runner-up 35 seconds back. On the women's side Bonnie Sons captured her third victory, tying three others who have captured a trio of Dam to Dams. Renee Kruse finished 41 seconds back as runner-up. A new master runner, Charlie Gray, ran a startling 1:05:10.

1995 had 1370 finishers, the third best in history matching David Kogo's third best time in history winning with a time of 1:01:40. Former ISU runners Steve Brooks and Sean Mulheron followed. Angela Anderson had no problem taking the women's crown in 1:14:27, Karlene Herrell and Lisa Marshall were over two minutes back. The near perfect running day fortunately didn't match an extremely hot summer.

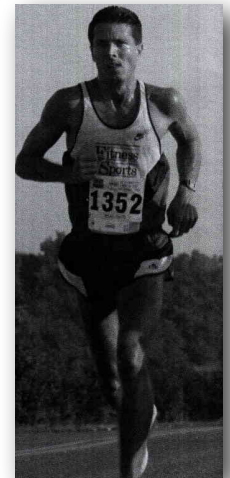
1996 saw the best women's field in history finish among 1386 runners. Cindy James held off three former champions running a 1:12:44. The previous years' first and second place women moved down a place as Angela Anderson and Karlene Herrell were almost two and three minutes behind Cindy. A newcomer to Iowa running Robb Finegan lead from start to finish scoring a 1:02:42 victory with Carl Fritz and Thomas Raunig over two minutes behind. For the first time in Dam history the awards ceremony moved indoors as rain came over two hours into the race.



Richard Kaitany, 3-time winner



Janice Ettle, 2-time winner



Des Moines favorite Keith Fevold, 1992

1997 continued the strong showing of runners as 1404 finished. Renee Kruse blasted a 1:12:26, tying for third best ever. Karlene Herrell in second, maintained her top finishes of late, trailing by almost 3 minutes. Sean Mulheron took the Men's honor with a 1:02:34 time, Dan Hostager and Jeff Joiner followed. The number of veterans of every Dam to Dam dropped below 10 this year.

1998 was a crowd pleaser with 1584 finishers enjoying unbelievable weather, 46 degrees at the start, cloudy for the run and sunny for the awards ceremony. Both winners hailed from other countries (a first) as Kenyan Elisja Tanui won the men's title in 1:02:03, 33 seconds ahead of '96 winner, Robb Finegan with last year's winner Sean Mulheron third. On the women's side Lithuanian Stefanija Statkuviene matched the winning time of 1999 running a 1:12:26, followed by Roxi Erickson and Naoko Ishibe.



Dave Stockdale, DM Register reporter with 1998 winner

1999 was really special. Honorary Race Director Chuck Jipp saw 2001 finishers in the 20k along with record numbers in the 5k. While the weather was brutally hot, the race celebrated 20 years with flair. Newcomers, Cleophas Boor edged out John Mirth, scoring a 1:04:35 adjusted time (the course was inadvertently short 177 meters). On the women's side Janice Ertle, the Dam to Dam record holder, scored a 1:17:08 victory as a master. The races were the biggest and best ever, a sign for the next century.

2000 was greeted by cool weather, a welcomed change from the previous year. After a great 20th year, surprisingly the 20k continued to grow with 2044 finishers. Bonnie Sons blew by the competition with a 1:14:34 to set a record four victories. Kurt Keiser edged out a victory, running 1:02:56 winning by two seconds over Matt Wegneka.

2001 duplicated the previous year's weather and a record 2305 finishers enjoyed a great day. Bonnie Sons continued her winning ways easily out distancing the women's field scoring a record fifth victory in 1:14:02. Matt Wegneka placed second again, battling Jacob Kirwa to the finish. Jacob won in 1:02:44 and Matt was five seconds back.



Bob Overstreet in 1999, he has run them all.

2002 was dam hot! After a cool spring, race day reached over 90 degrees in the afternoon, that didn't deter a record 2575 finishers. The men had their greatest (also slowest) finish on record as a trio were in contention with a 100 meters to go. Daniel Kinyua outsprinted Julius Rotich and Jacques Van Rensburg to win in 1:06:04. On the women's side Renee Kruse won easily running a good 1:14:43 in the heat.



Central Iowa icons squeeze a want-a-be in 1999

2003 was wonderful weather, another record setting day with 2733 finishers. Julius Rotich moved up one place into the winner's circle as 4 men chased him to the finish line. Julius won in 1:03:34 with Marty Dalton 8 seconds back. On the women's side 12 women broke the 1:19 barrier, the best field ever. Charne Rademeyer of South Africa won in 1:11:38, third best time ever followed by Michelle Ihmels and 5 time winner Bonnie Sons.

2004 celebrated in record fashion. The 25th year of Dam to Dam had 3073 finishers, almost doubling in 6 years. A tight finish for a trio of men as Shadrack Kimeli won in 1:05:14 with Marcus Murphy 5 seconds back and the 2003 winner Julius Rotich another 4 seconds back. Robyn Friedman won easily in 1:15:58 as the first Iowa women winner in 10 years.

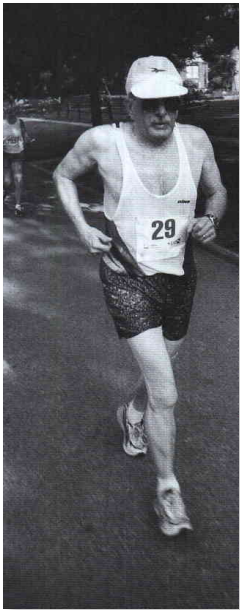
2005 topped 5,000 entrants in all the Dam to Dam races. Another record number of 20 kilometer runners, 3181, encounter rain prior to the race but dry conditions throughout the race. Moses Waweru pulled away from Mike Morgan winning by 8 seconds in 1:03:47. Sara Wells easily won the women's title in 1:16:49.

2006 enjoyed warm but low humidity as a record number of finishers, 3530, made the trek. Mike Morgan pulled away from a talented group of men runners on the east side of the dam, scoring the third best time ever in 1:01:24. The women battled as Casey Owens edged Nikole Johns running a 1:15:06.



Bonnie Sons 5-time winner breaks the tape in 2001

2007 had good weather with Matthew Chesang winning easily in 1:04:15 and Robyn Friedman scoring a good time of 1:13:15. The race continued to grow with 3974 finishing the 20km. The 5km with 1515 finishers was larger in size than the first 18 Dam to Dam 20km races.



Gene Harding, winner of 6 age divisions!

2008 was another good year as two men dipped under 1:03 with Matthew Chesang duplicating his victory from the previous year, running a 1:01:53. On the women's side, competition was just as heated as Belanishes Gebre ran a 1:12:33 beating the stars of Iowa women's running Erin Moeller and Robyn Friedmen. The 20km with 4818 and the 5km with 2020 finishers was the largest increases in race history.

2009 the race celebrated 30 years in fashion with over 10,500 entrants - amazing. The men's field was the best ever as Sammy Malakwen won in 1:01:52 leading 10 men under 1:05. Belanishes Gebre set the race record running a 1:09:00. Robyn Friedman and Frashiah Waitaha ran the 4th and 5th best times ever. Records were set everywhere on a special Dam to Dam day with 6482 finishers in the 20km and 2607 finishers in the 5km.

2010 the competition heated up and another record number of finishers, 6856, ran in only the second time in history it rained during the race. The day shine bright later in the morning. Ezkyas Sisay won in 1:01:16, 3rd best in race history, pulling 6 men under 1:03, a record. The women were just as impressive as Mary Akor won in 1:13:23.

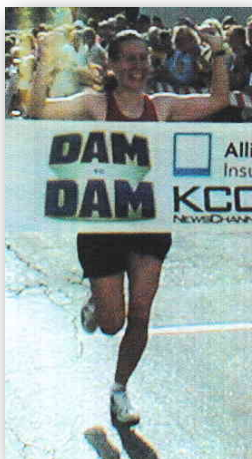
2011 a warm day greeted another record number of finishers, 7032. Samuel Kosgei won in 1:01:35 twenty seconds faster than last year's winner as 4 men ran under 1:03. On the women's side Mary Akor again won in 1:11:45 edging out 2-time winner Robyn Friedman by 9 seconds.

2012 had the perfect day and a new course. The finish moved from its' Nollen Plaze to the Western Gateway area, along with a number of other changes allowing runners to a great day. Geoffrey Terer won in 1:00:48 and Iowa City runner, Diane Nukuri, beat the women's record winning in 1:07:52. The fastest race in Dam history lead the way for 6895 finishers. The 5K was won by Julius Rotich in 15:20 and Kristy Feldman in 17:57, both former 5K winners.

2013 a record of 7107 finishers enjoyed another perfect day for running. Daniel Kipkoech won in 1:00:56 and 4 women broke 1:12 lead by 3-time winner Belainesh Gebre in 1:08:41. The 5K was won by Mason Frank in 15:44 and 7-time winner Kristy Feldman in 19:03.

2014 broke tradition! The city has grown, Dam to Dam wasn't going to be left behind, it grew too (in distance). No longer a 20 kilometer, now a Half-Marathon that was greeted with a start 70 degree temperature. Iowans Sammy Rotich won in 1:06:37 and Diane Nukuri became a 2-time winner in 1:13:17. The new course length and 35th year drew a record number of finishers, 7363. Kirsty Feldman won again in 18:35, her 8th time and Mason Frank topped his winning time from the previous year with a 15:24.

2015 was blessed with near perfect running weather for 6963 finishers. The Half-Marathon winner moved up in placing from previous year, Fernando Cabada won in 1:04:41. On the women's side hometown star Lisa Uhl took the crown in 1:16:59. Both champs headed up the best depth of talent in race history. The 5k was a repeat, Mason Frank took his 3rd title in 15:18 and Kristy Harken her 9th in 18:42.



Robyn Friedman, 2-time winner.

2016 saw the closest finish in race history as Nick Holmes edged our 2014 winner Sammy Rotich by one second running a 1:05:33. On the women's side Belainesh Gebre became a 4-time winner running 1:15:37. The 5k men's time was slowest in 5k history as Logan Bredesey ran 17:30 followed and the women's winner Bethanie Brown was just 7 second back.

Dam to Dam is a classic race. Starting in the country with a peaceful setting. The first part of the race represents Iowa's best--cornfields beginning their journey toward harvest. The last part of the race is all city with traffic and concrete.

Dam to Dam--a race for all runners to savor. The tradition of this race has endured since 1980, capturing the hearts of runners in the 21st century. By Cal Murdock



Stan "the man" Smith, the best volunteer ever.



Joe Kobes, Jim Cornick & John Leonhart - Dam to Dam founders.