

## Norwegian family cashes in again

By Fiona Green



The Haukoy family (pictured left) from Norway achieved a pretty impressive feat on Saturday (July 16), once again claiming the overall and masters titles in their second July 4 event of the year. Saturday's race, the Cox Running Club 4th 5K, had been rescheduled due to inclement weather. They had also pulled off the feat at the Firecracker 5000.

14-year-old Hans Magnus took the overall male title in a time of 17:01. The teen is currently the fastest in his age group in Norway. His father, Inge, was runner-up and the male masters winner in 18:17. Mom, Marianne, was second overall female and the female masters winner with a time of 21:57. Hans Magnus' younger brother, Jon-Anders, once again outran the competition to finish first in the kids' mile.



Local runner Rachel Harp (bottom right) claimed yet another overall female award with a speedy time of 20:00.

Cooler temperatures made running a little easier for many with some runners, such as 53-year-old Liz Wedemeyer, even claiming PRs. Wedemeyer was thrilled to run a PR of



26:51, which placed her fourth in her age group. What makes her time even more impressive is the fact that she raced after cycling 23 miles from Grapevine that morning with three friends (pictured above right). The four -- Jay Jones, Kat Sparks and husband Russ -- are members of Lake Grapevine Runners and Walkers. They set off at 5:30 a.m. for the ride, which they explained is part of their training for Ragbrai, an annual cycling event in Iowa that takes place starting July 24.



Ragbrai, which is an acronym for the Register's annual great bicycle ride across Iowa, is the oldest, largest and longest weeklong cycling event in the world. It annually attracts around 15,000 riders who ride almost 500 miles across the state, camping in tents overnight and enjoying the hospitality of various towns along the way. Despite that this sounds like an athletic pursuit, the group admitted that it is possible to gain weight during the adventure as each town provides a variety of refreshments -- everything from home-made pies and ice cream to cool, refreshing beer.

This is the 10th time that Russ will be participating in the event. He and Liz are formerly from Iowa, where they cycled and trained with the group Lizard Kings. They explained that the event route is always different. This year it will go from west to east, and riders will start by dipping their rear tire in the Missouri River and finish by dipping their front tire in the Mississippi River.

Saturday's run, which offered refreshing post-race beer to participants, was important 'training' for Ragbrai. Kim Blake (dressed in flag) is wearing bib No. 716 -- the date of the race.