

Josh Evans will run at Iowa State

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Linn-Mar senior Josh Evans took official visits to Stanford and Oklahoma State, but the premier prep distance runner in Iowa has decided to stay home and run for the Iowa State Cyclones in college.

Evans informed the Metro Sports Report of his decision Sunday night.

"I decided last night," he said. "I kind of had it in the back of my mind and I went with my gut feeling. I'm super excited."

Evans won the Class 4A state cross country title earlier this month, giving him the Triple Crown in distance races in Iowa. He won the 1600 meter run at the 2013 Drake Relays, setting a meet record in 4:10.86, and captured the 3200 meter run at the 2013 Class 4A state track meet in 9:13.34.

Evans helped Linn-Mar win the Class 4A team title at the state track meet. In addition to winning the 3200, he anchored the distance medley to victory at the state meet.

Evans said he liked the coaches at Stanford and Oklahoma State, but likes the idea of running fairly close to home in Ames. "It's kind of a feeling that Iowa State is the right place for me," he said.

Evans has several friends on the Iowa State cross country and track teams, including Cedar Rapids Prairie graduate Jacob Aune. "He's an awesome guy," Evans said. "It will be fun being teammates with him."