

Evans snaps own mark in Drake 1600

Written by Jim Ecker

Saturday, 26 April 2014 19:49 - Last Updated Saturday, 26 April 2014 20:01



DES MOINES - Josh Evans ran four grueling races at the Drake Relays in three days, broke three records and won two titles.

The Linn-Mar senior will reward himself by taking a day off.

That's it. One day.

"I've got tomorrow completely off, so it will be nice just to rest and sleep and just kind of recover from all of this," he said Saturday. "I'll probably use an ice pack."

He's earned the rest. And the ice.

Evans ran a smart race Saturday and captured the 1600 meter run against an elite field in 4 minutes, 10.76 seconds, snapping his own meet record by one-tenth of a second.

Evans sat back during the first three laps as Thomas Pollard of Gilbert, Albert Meier of Boone and Chandler Austin of Boone set a blistering pace.

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"That was insane," he said of the fast getaway, knowing they couldn't keep going that fast. "I didn't get too worried."

Evans bided his time and was in fifth place when the final 400 leg began, but he put on a patented kick and beat Pollard and Meier by more than two seconds. Meier is the guy who snapped 9 minutes and beat Evans in the historic 3200 on Thursday, but Evans evened the score Saturday.

Evans caught up to Meier and was a stride behind when he made his move on the final lap.

"He's a great guy and I love racing against him, but I thought after what happened Thursday, 'I cannot let him pull away again. I'm sticking right here at the back of his shoulder blade,'" he said.

Jamie Pollard, Iowa State's athletic director and Thomas Pollard's father, congratulated Evans for winning the 1600. Evans will be joining Pollard as an ISU Cyclone this summer when he joins the Iowa State cross country and track teams.



Evans had a memorable week at Drake. He broke the state record when he finished second behind Meier in the 3200 on Thursday, he helped the Lions break the meet record when they won the sprint medley Friday, he ran a strong anchor when the Lions took second in the 4x800 relay Saturday morning and he spent more energy Saturday afternoon in the 1600.

There was not a moment's rest in any of those races, but he loved performing before the big crowds at Drake Stadium.

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"It was a tremendous atmosphere," he said. "And having that many good people to run against, it doesn't happen that often."

Evans finished his prep career at the Drake Relays with four championship flags - two in the 1600 and two in the sprint medley. Iowa State is a regular fixture at the Drake Relays and he plans to run here again.

"I'll be excited to get back here at Drake, just in a different uniform," he remarked.

Tanner Rathje, Greyson Dolezal, Daniel Murphy and Evans placed second in the 4x800 Saturday in 7:52.62. Monticello won the race in 7:51.46.

The Kennedy boys finished third in the 4x100 relay with Marcus Perkins, Famiek Cook, Jacob Shannon and Derek Jacobus timed in 42.98 seconds. The Cougars have one of the best shuttle hurdle relay teams in the state, but they were disqualified in the prelims Saturday morning because one of their runners left too soon.