

## Evans wins title, no strings attached

Written by Jim Ecker

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MARSHALLTOWN - Linn-Mar sophomore Josh Evans is an extraordinary runner, but he needs practice tying his shoes.

Evans won the Class 4A district cross country title Thursday afternoon at Marshalltown Community College even though both of his shoelaces came undone during the race.

Evans won the race by 20 seconds and could have stopped to tie them, but kept running with the loose strings.

"I even double-tied them," he said, not sure how they got loose on the rolling grounds in Marshalltown.

"This one was untied for the last mile-and-a-half," he said, pointing to one shoe. "The other one came untied during that last straightaway."

It didn't matter.

As usual, Evans bided his time during the early part of the race before blowing by the competition for a comfortable victory in 15 minutes, 54 seconds.

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"Josh is an amazing runner," said Prairie senior Jacob Aune, who finished second in 16:14.

Aune was amazing, too. He broke the big toe on his left foot Sunday while playing basketball, yet was determined to run Thursday and qualify for the state meet in Fort Dodge on Oct. 29.

On top of that, Aune felt a "pop" in his rib-cage area during the latter stages of the race, had trouble breathing and was in significant discomfort after the event.

He layed on the cold ground for 15 minutes, trying to recover and ease the pain while his father and others tried to comfort him. He finally sat up, pulled on warmer clothes and got to his feet.

"I'm all right," he said later. "It was my lungs. My ribs just kind of popped because of the cold.

"We'll probably go to the doctor when we get back to Cedar Rapids. I still can't get my full breath."

The temperature was in the mid-50s, but a chill wind from the northwest made it feel much colder. Aune said he had to breathe through his nose during the final stretch because he was unable to get oxygen through his mouth.

"It was painful," he said of the experience.

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Evans, who is a member of the A.M. club, has been the lead runner in the series for the last two years, and is now the