

Herzog will run at Northern Iowa

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Alex Herzog of Cedar Rapids Washington plans to continue his track career at the University of Northern Iowa.

"Blessed and excited to announce that I have verbally committed to run track at UNI next year! Unbelievable feeling," he announced on his Twitter account Monday.

Herzog, a sprinter, qualified for the Class 4A state meet as a junior last May in the 100, 200, 4x100 relay and 4x200 relay. He helped the Warriors finished seventh in the 4x100 relay and place ninth in the 4x200.

He did not qualify for the finals in the 100 or 200.

Herzog is also a prominent member of the Washington football team.