

2021 Hall of Fame Inductee – Rita Ashmead

Rita Ashmead has always loved to run. While growing up in Victor, Iowa, she attended St. John's High School which at the time did not have girl sports. This did not keep her from her passion of running. She would run around her family farm and constantly play with her friends.



After high school, Rita decided to settle down. For the years following, she got married and took care of her children. At the age of 56, Rita decided she wanted to go back to school. While attending Indian Hills Community College, she received her Nursing degree and became a Registered Nurse. Shortly after receiving her degree, Rita began to work in Public Health.

After marrying Stuart Ashmead in 1998, Rita began running again. With Stuart being involved in the Illinois and Iowa Swimming Masters and Senior Games, Rita wanted to compete with him. Since then, she has participated every year. Winning 31 total medals with all being gold, Rita has made the most of her time competing. She currently holds 18 records, most of which came when competing in the 75-79 age group. Her favorite events are the 400m and 1,500m Dash.

Rita's most memorable moment in the Iowa Senior Games came when she broke the 70-74 1,500m Dash record. She had trained hard for the event and was ecstatic when she learned she broke the record. Rita also liked to compete in the Dam to Dam, Six Tunnels to Hoover Dam, and the Illinois Senior Games.

Since Stuart's passing in 2016, Rita has not made it to a Senior Games event. She has focused on spending time with her 11 children and 14 grandchildren. She currently resides in Chicago, Illinois.