



*Iowa Senior Games Program*

# 2023 Hall of Fame Inductees



Tom Kirkwood made a major life change that led him to his success in running. While growing up in Dubuque, he attended Wahlert High School. Tom did not participate in any sports during his time in high school, although he found a passion for athletics later

in life. After graduating high school, Tom attended Loras College. At the age of 60, he attended a health fair and was surprised by the results of his lab tests. After meeting with a doctor, Tom was inspired to change his lifestyle and start running.

Within six months of beginning this journey, he ran his first race: the Bix – completing all seven miles. Tom, however, did not stop there. Thanks to Tom's wife Dianna's constant commitment and support, he has run over 750 events in the span of just 20 years.

Tom began participating in the Iowa Senior Games in 2005 and has won 38 gold medals, 16 silver medals, and 3 bronze medals during his time competing. He has also competed in the Senior games in other states including Illinois, Wisconsin, Kentucky, and the National Games event in Albuquerque and Minneapolis. Tom holds multiple all-time sports records in the Iowa Senior Games including his race times in the 10K Men's Road Race, the Men's 1500 Meter Power Walk, and the Men's 5000 Meter Race Walk in both the 65-69 and 75-79 age divisions.

Tom says that every year he is impressed by the quality of athletes participating in the Iowa Senior Games and their tremendous determination to keep their competitive dreams alive.



Sam Kranovich grew up in Des Moines and attended Valley High School where he graduated in 1973. Following his graduation from Valley, he remained deeply devoted and connected to the school district. Sam held a variety of different positions at Valley over the years including the titles of

Student Supervisor, Study Hall and Parking Lot Monitor, as well as Football Ticket Coordinator. Sam was described as being an incredibly passionate individual and loved giving back to the school that he cherished so much. While Sam enjoyed watching NASCAR and golf, his favorite sports to watch were all Valley High School games.

Sam's commitment volunteering did not stop there. Sam was also a volunteer firefighter for the city of West Des Moines and during his time there he completed several certifications and was named the President of the West Des Moines Firefighters Association. While being a volunteer, he dedicated long hours to help hire and train incoming crew members and was also the lead organizer of the year pancake breakfast. Along with his love and commitment to Valley High School and the West Des Moines Fire Department, the Iowa Seniors Games was just one of many organizations that was lucky enough to receive Sam's dedication to volunteering. Sam unfortunately passed away in February of this year, and although he is unable to be here with us today, his enthusiasm towards volunteering will be felt throughout the organization for years to come. A family member of Sam's stated that if Sam could give one piece of advice it would be to find the time to volunteer for something you love.



Ellen Johnson grew up in Carroll, Iowa where she attended Carroll Kuemper High School. While in junior high, Ellen ran track where she remembers facing some major learning moments when she was disqualified from a race for running outside her lane. Ellen did not let this moment stop her competitive spirit and instead went on to compete in several sporting events such

as track, cross country, and basketball during her time in the United States Air Force. Ellen will be competing in the National Veterans Golden Age games in Des Moines this summer. During her time in the United States Air Force Ellen enjoyed meeting lots of new people and getting the opportunity to travel around the world. Ellen began running in the Iowa Games in 2009 as she wanted to continue to find new events to challenge her so she could continue to compete. Although Ellen cannot remember the exact number of medals that she has won over the years competing, she estimates that the number is around 60-70 throughout the three categories. Ellen also holds all-time records in the Women's 5K Road Race and the Women's Standing Long Jump.

Ellen's favorite memory from her years of competing is having her husband cheer her on from the sidelines during all of her events. Ellen truly appreciated all of his love and support throughout the Iowa Games and other events she had the opportunity to compete in. A word of advice that she would give to others competing in the games is to do frequent training to keep your body in shape all year long, and also to remember that sometimes just getting the opportunity to compete is more important than coming in first.

# 2023 Iowa Senior Games Schedule of Events

DAY	TIME	EVENT	LOCATION
<b>Friday, JUNE 2, 2023</b>			
Friday	5:00 PM	Softball Tournament	Raccoon River Park, West Des Moines
<b>WEDNESDAY, JUNE 7, 2023</b>			
Wednesday	8:00 AM	Pickleball (50-64): Mxd Dbls, Dbls/Sgls to follow	Valley High School
Wednesday	8:00 AM	Shuffleboard: Singles/Doubles	Indian Hills Junior High, Clive
Wednesday	1:00 PM	Disc Golf Tournament	Centennial Park, Waukee
<b>THURSDAY, JUNE 8, 2023</b>			
Thursday	8:00 AM	Golf Tournament	Willow Creek Golf Course
Thursday	8:00 AM	Pickleball (65+): Mxd Dbls, Dbls/Sgls to follow	Valley High School
Thursday	2:00 PM	Horseshoes	Holiday Park
<b>FRIDAY, JUNE 9, 2023</b>			
Friday	8:30 AM	Tennis: Singles	Valley Southwoods Tennis Courts
Friday	8:30-10:00 AM	Basketball Shooting: Free Throws	Valley High School
Friday	9:00 AM	Table Tennis: Singles	Four Mile Community Center, DSM
Friday	10:00-11:30 AM	Basketball Shooting: Around the World	Valley High School
Friday	11:00 AM-12:30 PM	Football Throws: Distance and Accuracy	Valley High School Track
Friday	11:00 AM-12:30 PM	Softball Throws: Distance and Accuracy	Valley High School Track
Friday	12:00 PM	Table Tennis: Doubles/Mixed	Four Mile Community Center, DSM
Friday	1:00 PM	Racquetball: Singles	Wellmark YMCA, Des Moines
Friday	1:00 PM	Bowling: Mixed Doubles	Val Lanes
Friday	1:00 PM	3-on-3 Basketball	Valley High School
Friday	1:00-2:00 PM	Frisbee Throw: Distance and Accuracy	Valley High School Track
Friday	2:30-4:00 PM	Field Goal Kick	Valley High School Track
Friday	2:30-4:00 PM	Soccer Kick	Valley High School Track
<b>SATURDAY, JUNE 10, 2023</b>			
Saturday	8:30 AM	Granny Basketball	Valley High School
Saturday	8:30 AM	Tennis: Doubles/Mixed	Valley Southwoods Tennis Courts
Saturday	12:00 PM	Bowling: Singles	Val Lanes
Saturday	12:00 PM	Hall of Fame Induction Ceremony	Valley High School Track
Saturday	12:00 PM	Racquetball: Doubles/Mixed	Wellmark YMCA, Des Moines
<b>STEVE LYNN MEMORIAL TRACK &amp; FIELD</b>			
<b>FIELD EVENTS</b>			
Saturday	8:00-9:30 AM	Triple Jump	Valley High School Track
Saturday	8:00-8:45 AM	Javelin Throw (75+)	Valley High School Track
Saturday	8:45-9:30 AM	Javelin Throw (65-74)	Valley High School Track
Saturday	9:30-10:15 AM	Javelin Throw (50-64)	Valley High School Track
Saturday	10:00-11:30 AM	Standing Long Jump	Valley High School Track
Saturday	10:00-11:30 AM	High Jump (65+)	Valley High School Track
Saturday	12:30-2:00 PM	Running Long Jump	Valley High School Track
Saturday	12:30-2:00 PM	High Jump (50-64)	Valley High School Track
Saturday	1:00-1:30 PM	Shot Put (80+)	Valley High School Track
Saturday	1:00-1:30 PM	Discus (70-79)	Valley High School Track
Saturday	1:30-2:00 PM	Shot Put (70-79)	Valley High School Track
Saturday	1:30-2:00 PM	Discus (80+)	Valley High School Track
Saturday	2:00-2:30 PM	Shot Put (65-69)	Valley High School Track
Saturday	2:00-2:30 PM	Discus (60-64)	Valley High School Track
Saturday	2:30-3:00 PM	Shot Put (60-64)	Valley High School Track
Saturday	2:30-3:00 PM	Discus (50-59)	Valley High School Track
Saturday	3:00-3:30 PM	Shot Put (50-59)	Valley High School Track
Saturday	3:00-3:30 PM	Discus (65-69)	Valley High School Track



<b>RUNNING EVENTS</b>			
Saturday	8:15 AM	5,000 M Race Walk	Valley High School Track
Saturday	9:15 AM	100 M Dash	Valley High School Track
Saturday	10:15 AM	1,500 M Run	Valley High School Track
Saturday	10:45 AM	400 M Run	Valley High School Track
Saturday	11:15 AM	1,500 M Power Walk	Valley High School Track
Saturday	12:30 PM	50 M Dash	Valley High School Track
Saturday	1:00 PM	800 M Run	Valley High School Track
Saturday	1:30 PM	200 M Dash	Valley High School Track
<b>Sunday, June 11, 2023</b>			
Sunday	8:30 AM	Granny Basketball	Valley High School
Sunday	10:00 AM	Swim Meet (Warm-up begins at 9:00 AM)	Valley High School Pool
Sunday	11:30 AM	Badminton: Singles, Dbls/Mxd to Follow	Valley Southwoods Gym
Sunday	12:00 PM	Bowling: Doubles	Val Lanes
<b>SUNDAY, JULY 9, 2023</b>			
Sunday	8:00 AM	Triathlon	Big Creek State Park, Polk City
<b>SATURDAY, JULY 15, 2023</b>			
Saturday	9:00 AM	Archery	Lot G3, Iowa State University, Ames
Saturday	9:00 AM	Cycling Time Trial	Ballard East Elementary, Cambridge
<b>SUNDAY, JULY 16, 2023</b>			
Sunday	9:00 AM	Archery	Lot G3, Iowa State University, Ames
Sunday	8:30 AM	Cycling Road Race	Boone (Boone Scenic Valley Railroad)
<b>SATURDAY, JULY 22, 2023</b>			
Saturday	8:00 AM	Road Race: 5K	Clive Aquatic Center, Clive
Saturday	4:00 PM	Corrhole	Clive Aquatic Center, Clive



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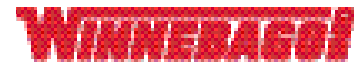
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