

## Catching Up With ... Hiedi Reed Johnson

---

As a youngster, Hiedi Reed Johnson and her siblings would organize family track meets on the sidewalk in front of her house - complete with homemade ribbons. As she grew older, the competition would continue, but the ribbons became authentic.

A native of Canton, Johnson would become a highly decorated high school and college runner whose name is still in many record books.

Her love of running came early in life. "Probably my biggest memory of getting started with running was going with my mom to a dirt track and running around it while my mom walked," said Johnson.

She graduated from Canton High School in 1992 with a multitude of records and state titles. She still holds 13 Canton school records in addition to winning 14 state meet medals – ten in track and four in cross country. She came oh, so close to winning four consecutive state cross country titles, a



2019 Boston Marathon

feat that has only been accomplished twice in the history of girls' cross country. "I do know that in my senior year, I was lucky to even be running the state cross



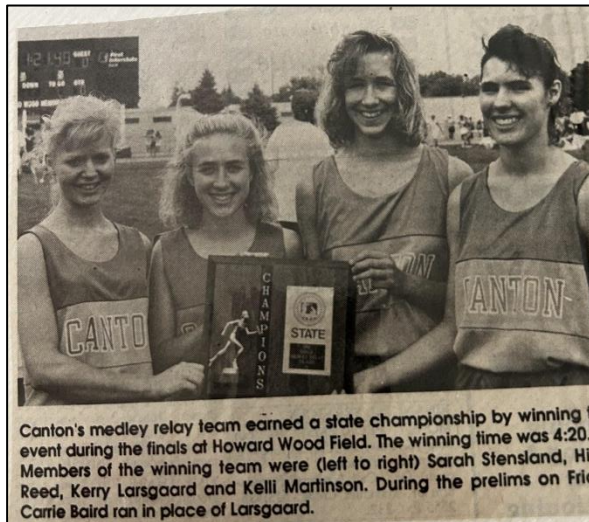
Hiedi Reed Johnson

country meet. I had missed most of the season with a stress fracture. I ran the last three weeks of the season and qualified for state. That year the state meet was postponed one week due to cold temperatures. The day we actually ran we were led on the 3,000-meter course instead of the 4,000-meter course. I finished in second place but not too far behind. As we all know, it could have been a completely different outcome had we run the full course," said Johnson. Her high school cross country coach was Terry Bong.

On the track she did win four straight 3,200-meter titles as well as three straight 1,600-meter titles and was a part of two consecutive medley relay titles. One of her high school track highlights was clocking a 10:42 3,200-meter time at the 1992 Golden West Invite in California. Her time still holds a spot in the South Dakota Top Ten list for that event, and is the only mark on that list from the 1990's. "I remember being extremely amazed that I could run that fast with good competition. Going into that race I had the slowest seed time but finished third out of 12 runners." Her fastest 1,600 time

was 5:03, which also ranked in the Top Ten at the time.

Her final state meet in 1992 was one for the record books. She won the all-class gold medal in the 1600 and 3200 and along with her C-Hawk teammates, won the all-class gold in the medley. She set and still holds Class A state meet records in the 1600 and



Canton's medley relay team earned a state championship by winning the event during the finals at Howard Wood Field. The winning time was 4:20. Members of the winning team were (left to right) Sarah Stensland, Hil Reed, Kerry Larsgaard and Kelli Martinson. During the prelims on Friday Carrie Baird ran in place of Larsgaard.

3200. She was named the Outstanding Female Athlete of the state meet. She was coached in high school by Brad Jones and Terry Bong.

As could be expected, she was on the radar of many colleges when it came time to move onto the next level. She looked mainly at Augustana and SDSU. She chose Augie partially because former C-Hawk Jeff Gross went there. Gross was one the top high school 400 runners ever in South Dakota and at Augustana.

She made an immediate impact at Augie and ultimately was inducted into their Hall of Fame in 2008. Her HOF bio reads, "Augustana has had a strong tradition of outstanding cross-country runners. Hiedi Reed Johnson was one of the best. During

her career she held five school records, was a three-time All-American in cross country and earned similar distinction for her track exploits in 1993. She won North Central Conference championships in 1993 and 1996. She was chosen North Central Region cross country runner of the year in 1996. She was the first Augustana woman to win NCC and North Region titles. In 1993 and again in 1996 she finished sixth at the NCAA Division II national cross-country championships. She was the first NCC entrant to cross the finish line both years. Hiedi was a double winner at the NCC outdoor track championships in 1997, capturing the 5,000 and 10,000 races." A 2010 Howard Wood Dakota Relays Hall of Fame inductee, she was coached in college by Rob Kinnunen and Vance Butler.



Augustana cross-country squad at the 1994 NCAA DII National meet. Johnson (back left) was sixth individually.

Johnson graduated from Augie in 1998 with a double major in Elementary Education and Physical Education. She currently teaches at Sioux Falls Lutheran School.

Johnson continued to run actively after college, competing in 11 marathons, including the 2019 Boston Marathon. Her marathon PR is 3:04.05, run at the

Medtronic Twin Cities marathon in 2017. She has also competed in numerous road races and triathlons. She serves on the Steering Committee for the Nike Heartland Regional cross-country meet.

Hiedi has been married to her husband Scott for 22 years. They have three children, Aliyah, Annabelle and Brooks.

