

Cascade Canter 4K Run

CASCADE, IA

Aug. 18, 2007

Results by Kauder Racing

1Mile results [here](#)

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men Under 16				
7	1	Joe Noonan, 14, Cascade, IA	15:51.3	6:22
16	2	Jacob Schwaegler, 14, Anamosa, IA	17:15.8	6:56
20	3	Ben Kilburg, 9, Lamotte, IA	17:47.1	7:09
Men 16 - 18				
5	1	Jacob Heim, 17, Cascade, IA	15:15.3	6:08
23	2	Kaleb Foxen, 17, Edgewood, IA	18:28.8	7:25
27	3	Robby Brown, 17, Volga, IA	18:46.8	7:32
Men 19 - 29				
3	1	Ricky Kremer, 19, Cascade, IA	14:18.9	5:45
8	2	Jared Ernst, 28, Dubuque, IA	16:07.5	6:29
9	3	Mike Leytem, 20, Iowa City, IA	16:27.5	6:37
Men 30 - 39				
2	1	Andrew Kauder, 35, Cedar Rapids, IA	13:48.2	5:33
10	2	Matt Deutmeyer, 32, Dyersville, IA	16:30.6	6:38
18	3	Doug Noonan, 35, Cascade, IA	17:42.9	7:07
Men 40 - 49				
4	1	Rick Till, 44, Dubuque, IA	14:20.8	5:46
6	2	Ron Smith, 43, Peosta, IA	15:22.6	6:11
11	3	Al Reiter, 46, Cascade, IA	16:36.9	6:40
Men 50 - 59				
24	1	Bill Cooper, 50, Marion, IA	18:34.8	7:28
33	2	Bruce Rehmke, 53, Peosta, IA	19:12.2	7:43
55	3	David Brody, 54, Wellington, KS	21:23.9	8:36
Men 60 & Up				
98	1	Harold Schulze, 71, Cedar Rapids, IA	26:39.4	10:42

PLACE	CLASS PLACE	FINISHER	TIME	PACE
Women Under 16				
15	1	Maggie Reiter, 15, Cascade, IA	17:06.6	6:52
17	2	Katerina Althoff, 14, Farley, IA	17:18.2	6:57
32	3	Megan Kelchen, 15, Cascade, IA	19:09.1	7:41

Women 16 - 18

14	1	Amy Bowden, 18, Dubuque, IA	17:06.1	6:52
28	2	Natalie Conlon, 18, Dubuque, IA	18:51.3	7:34
38	3	Kristin Jogerst, 18, Dubuque, IA	19:32.3	7:51

Women 19 - 29

31	1	Kristin Kluesner, 22, New Vienna, IA	19:07.3	7:41
43	2	Michelle Geistkemper, 27, Dyersville, IA	19:43.8	7:55
44	3	Karla Trumm, 28, Cascade, IA	19:45.6	7:56

Women 30 - 39

12	1	Raelynn Lamparek, 36, Swisher, IA	16:39.0	6:41
50	2	June Murphy, 36, Cedar Rapids, IA	20:35.0	8:16
51	3	Wendy Lyons, 39, Dubuque, IA	20:38.3	8:17

Women 40 - 49

29	1	Beth Duccini, 41, Dubuque, IA	18:56.6	7:36
35	2	Nancy Leytem, 49, Cascade, IA	19:23.6	7:47
48	3	Anne Kauder, 40, Cascade, IA	19:57.6	8:01

Women 50 - 59

54	1	Donna Miller, 53, Cascade, IA	21:22.0	8:35
63	2	Carleen Rehmke, 55, Peosta, IA	21:55.2	8:48
75	3	Linda Gleason, 54, Dubuque, IA	22:38.6	9:06

Women 60 & Up

121	1	Mary Neiers, 73, Cascade, IA	40:59.6	16:28
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PLACE	CLASS	FINISHER	TIME	PACE
Individuals				
1	OpM	Phil Kauder, 46, Cascade, IA	13:30.1	5:25
2	1 M30	Andrew Kauder, 35, Cedar Rapids, IA	13:48.2	5:33
3	1 M19	Ricky Kremer, 19, Cascade, IA	14:18.9	5:45
4	1 M40	Rick Till, 44, Dubuque, IA	14:20.8	5:46
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
5	1 M16	Jacob Heim, 17, Cascade, IA	15:15.3	6:08
6	2 M40	Ron Smith, 43, Peosta, IA	15:22.6	6:11
7	1 JrM	Joe Noonan, 14, Cascade, IA	15:51.3	6:22
8	2 M19	Jared Ernst, 28, Dubuque, IA	16:07.5	6:29
9	3 M19	Mike Leytem, 20, Iowa City, IA	16:27.5	6:37
10	2 M30	Matt Deutmeyer, 32, Dyersville, IA	16:30.6	6:38
11	3 M40	Al Reiter, 46, Cascade, IA	16:36.9	6:40
12	1 W30	Raelynn Lamparek, 36*, Swisher, IA	16:39.0	6:41
13	4 M19	Shane Manternach, 27, Marion, IA	17:04.0	6:51
14	1 W16	Amy Bowden, 18*, Dubuque, IA	17:06.1	6:52
15	1 JrW	Maggie Reiter, 15*, Cascade, IA	17:06.6	6:52
16	2 JrM	Jacob Schwaegler, 14, Anamosa, IA	17:15.8	6:56
17	2 JrW	Katerina Althoff, 14*, Farley, IA	17:18.2	6:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
18	3 M30	Doug Noonan, 35, Cascade, IA	17:42.9	7:07
19	5 M19	Terry Willenborg, 23, Dyersville, IA	17:46.7	7:08
20	3 JrM	Ben Kilburg, 9, Lamotte, IA	17:47.1	7:09
21	6 M19	Jesse Meloy, 23, Dubuque, IA	18:01.8	7:14
22	4 JrM	Dakota Lueken, 15, Colesburg, IA	18:07.0	7:17
23	2 M16	Kaleb Foxen, 17, Edgewood, IA	18:28.8	7:25
24	1 M50	Bill Cooper, 50, Marion, IA	18:34.8	7:28
25	4 M30	Bret Jones, 33, Cascade, IA	18:45.1	7:32
26	7 M19	Matt McCarthy, 24, Epworth, IA	18:46.1	7:32
27	3 M16	Robby Brown, 17, Volga, IA	18:46.8	7:32
28	2 W16	Natalie Conlon, 18*, Dubuque, IA	18:51.3	7:34

29	1 W40	Beth Duccini, 41*, Dubuque, IA	18:56.6	7:36
30	5 M30	Chad Deutmeyer, 37, Dyersville, IA	19:05.0	7:40
31	1 W19	Kristin Kluesner, 22*, New Vienna, IA	19:07.3	7:41
32	3 JrW	Megan Kelchen, 15*, Cascade, IA	19:09.1	7:41
33	2 M50	Bruce Rehmke, 53, Peosta, IA	19:12.2	7:43
34	4 JrW	Melissa Gehl, 15*, Cascade, IA	19:23.3	7:47
35	2 W40	Nancy Leytem, 49*, Cascade, IA	19:23.6	7:47
36	4 M16	Sam Falconer, 16, Greely, IA	19:25.7	7:48
37	4 M40	Chuck Soliday, 49, Zwingle, IA	19:30.7	7:50
38	3 W16	Kristin Jogerst, 18*, Dubuque, IA	19:32.3	7:51
39	4 W16	Sarah El Khatib, 18*, Dubuque, IA	19:32.8	7:51
40	5 W16	Airyl True, 18*, Dubuque, IA	19:39.7	7:54
41	5 JrM	Tristan Sheckles, 13, Dubuque, IA	19:42.3	7:55
42	5 JrM	Andrew Seymour, 13, Peosta, IA	19:43.0	7:55
43	2 W19	Michelle Geistkemper, 27*, Dyersville, IA	19:43.8	7:55
44	3 W19	Karla Trumm, 28*, Cascade, IA	19:45.6	7:56
45	6 M30	Jeremy Kreutner, 30, Peosta, IA	19:46.3	7:56
46	6 W16	Erin Seymour, 18*, Peosta, IA	19:47.5	7:57
47	6 JrW	Stacy Barton, 15*, Dubuque, IA	19:47.7	7:57

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

48	3 W40	Anne Kauder, 40*, Cascade, IA	19:57.6	8:01
49	4 W40	Brigit Barnes, 47*, Dubuque, IA	20:29.7	8:14
50	2 W30	June Murphy, 36*, Cedar Rapids, IA	20:35.0	8:16
51	3 W30	Wendy Lyons, 39*, Dubuque, IA	20:38.3	8:17
52	5 W40	Sharon Klein, 44*, Dubuque, IA	20:51.3	8:23
53	4 W19	Stacie Schockemoehl, 24*, Cascade, IA	21:08.5	8:29
54	1 W50	Donna Miller, 53*, Cascade, IA	21:22.0	8:35
55	3 M50	David Brody, 54, Wellington, KS	21:23.9	8:36
56	5 M40	Denny Brackemeyer, 45, Cascade, IA	21:29.5	8:38
57	5 M16	Hunter L. Woodley, 16, Edgewood, IA	21:29.8	8:38
58	4 M50	John Lux, 57, Cascade, IA	21:30.7	8:38
59	6 M16	Matthew Harbaugh, 18, Edgewood, IA	21:31.0	8:38
60	6 M40	Chuck Seymour, 42, Peosta, IA	21:33.2	8:39
61	7 W16	Hannah Brehm, 17*, Peosta, IA	21:37.0	8:41
62	7 JrW	Emma Smith, 15*, Cascade, IA	21:50.7	8:46
63	2 W50	Carleen Rehmke, 55*, Peosta, IA	21:55.2	8:48
64	8 JrW	Andie Donovan, 15*, Dubuque, IA	22:08.4	8:53
65	9 JrW	Destiny Kessler, 15*, Asbury, IA	22:08.7	8:54
66	8 W16	Kristin Bucholtz, 18*, Dubuque, IA	22:09.8	8:54
67	9 W16	Rachel Pins, 18*, Dubuque, IA	22:10.2	8:54
68	10 W16	Kristina Dolter, 18*, Dubuque, IA	22:11.0	8:55
69	10 JrW	Alyssa Lattner, 15*, Asbury, IA	22:12.4	8:55
70	5 W19	Karla Davis, 29*, Dyersville, IA	22:19.4	8:58

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

71	8 M19	Dan Gleason, 22, Cascade, IA	22:24.8	9:00
72	11 JrW	Megan Ciesieiski, 15*, Dubuque, IA	22:28.8	9:02
73	4 W30	Tammi Noonan, 32*, Cascade, IA	22:33.5	9:04
74	6 W19	Emily Noonan, 29*, Cascade, IA	22:33.9	9:04
75	3 W50	Linda Gleason, 54*, Dubuque, IA	22:38.6	9:06
76	12 JrW	Megan Donahue, 15*, Dubuque, IA	22:41.7	9:07
77	7 W19	Rachel Hutchins, 25*, Bernard, IA	22:51.4	9:11
78	8 W19	Alyssa Neiers, 19*, Cascade, IA	22:57.3	9:13
79	6 W40	Jill Vorwald, 47*, Bernard, IA	23:00.7	9:14
80	7 W40	Jean Brackemeyer, 45*, Cascade, IA	23:04.9	9:16
81	7 M40	Monty Sheckles, 40, Dubuque, IA	23:06.8	9:17
82	11 W16	Sam Runde, 18*, Dubuque, IA	23:08.9	9:18
83	8 W40	Jane Christiansen, 42*, Edgewood, IA	23:21.6	9:23
84	13 JrW	Rory Smith, 15*, Durango, IA	23:22.1	9:23
85	12 W16	Lindsey Baker, 16*, Dubuque, IA	23:22.4	9:23
86	13 W16	Jacque Manternach, 17*, Cascade, IA	23:22.9	9:23
87	14 W16	Kaitlyn Hemesath, 18*, Dubuque, IA	23:24.8	9:24
88	15 W16	Christina Harbaugh, 18*, Edgewood, IA	23:26.1	9:25
89	16 W16	Kayleigh McDaniel, 18*, Asbury, IA	23:35.4	9:28

90	4	W50	Becky Steele, 52*, Cedar Rapids, IA	23:38.2	9:30
91	5	W30	Peggy Lane, 38*, Elkader, IA	24:02.0	9:39
92	9	W19	Amanda Steffen, 19*, Cascade, IA	24:22.2	9:47
93	14	JrW	Erica Gulino, 15*, Dubuque, IA	24:49.5	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
94	17	W16	Amber Oppelt, 18*, Dubuque, IA	25:01.8	10:03
95	15	JrW	Jillian Worth, 15*, Dubuque, IA	25:13.3	10:08
96	6	W30	Shirley Soliday, 39*, Zwingle, IA	26:09.9	10:30
97	6	JrM	Anthony Harbaugh, 14, Edgewood, IA	26:36.0	10:41
98	1	M60	Harold Schulze, 71, Cedar Rapids, IA	26:39.4	10:42
99	10	W19	Tara Metz, 27*, Dubuque, IA	26:54.9	10:49
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
100	9	W40	Susan Sindt, 49*, Dubuque, IA	27:36.0	11:05
101	18	W16	Mandy Donnelly, 18*, Dubuque, IA	27:39.2	11:06
102	19	W16	Lisa Kunde, 18*, Peosta, IA	27:39.6	11:06
103	20	W16	Brianna Williams, 18*, Dubuque, IA	27:56.7	11:13
104	21	W16	Rachel Roling, 18*, Dubuque, IA	28:44.1	11:32
105	22	W16	Sierra Schrobilgen, 18*, Dubuque, IA	29:20.3	11:47
106	16	JrW	Felicia Fisher, 15*, Sherrill, IA	29:20.9	11:47
107	5	W50	Nan Smith, 57*, Durango, IA	29:41.3	11:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
108	7	M16	Carl Christiansen, 16, Edgewood, IA	29:58.5	12:02
109	23	W16	Benita Mentz, 18*, Dubuque, IA	30:37.9	12:18
110	17	JrW	Taylor Dalsing, 15*, Dubuque, IA	30:38.8	12:18
111	18	JrW	Anna Smith, 15*, Dubuque, IA	30:39.2	12:19
112	24	W16	Megan Herber, 18*, Dubuque, IA	31:18.9	12:35
113	25	W16	Melissa Paige, 18*, Dubuque, IA	31:23.0	12:36
114	26	W16	Kaylena Murphy, 18*, Dubuque, IA	31:23.4	12:36
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
115	19	JrW	Kori Kremer, 15*, Dubuque, IA	33:25.2	13:25
116	10	W40	Barb Neiers, 45*, Cascade, IA	34:15.0	13:45
117	11	W40	Susan Rogers, 43*, Monticello, IA	34:15.7	13:46
118	7	W30	Ginger Jones, 31*, Cascade, IA	34:29.7	13:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
119	11	W19	Angie Staner, 25*, Worthington, IA	39:39.1	15:55
120	12	W40	Joan Kramer, 42*, Bernard, IA	39:40.1	15:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
121	1	W60	Mary Neiers, 73*, Cascade, IA	40:59.6	16:28

* indicates females

1 finishers among Males (no age given)

6 finishers among Men Under 16

7 finishers among Men 16 - 18

8 finishers among Men 19 - 29

6 finishers among Men 30 - 39

7 finishers among Men 40 - 49

4 finishers among Men 50 - 59

1 finishers among Men 60 & Up

19 finishers among Women Under 16

26 finishers among Women 16 - 18

11 finishers among Women 19 - 29

7 finishers among Women 30 - 39

12 finishers among Women 40 - 49

5 finishers among Women 50 - 59

1 finishers among Women 60 & Up

40 male finishers

81 female finishers

121 total finishers

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