

Run For Your Life 5 km**Waterworks Park, Des Moines, IA****Aug. 29, 2009**

57 degrees, light wind, sunny

Results by [Michael Franke](#)

If you won a medal and need to pick it up please call 515-633-3555.

[10K 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
1	1	JrM Mathew Marcus, 16, Wdm, IA	20:02	6:27
2	1	M19 Brian Bjurstron, 24, Wdm, IA	20:16	6:31
3	1	M30 Mike Fraizer, 37, Wdm, IA	20:21	6:33
4	1	M40 Loyed Hedges, 49, Dm, IA	20:34	6:37
5	1	M50 Richard Marcus, 56, Wdm, IA	21:13	6:50
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				
6	2	JrM Jeff Jessen, 18, Wdm, IA	22:02	7:05
7	3	JrM Daniel Marcus, 13, Wdm, IA	22:03	7:06
8	2	M19 Jacob Ehrmann, 21, Amana, IA	22:26	7:13
1	1	JrW Meredith Layman, 14*, Pleasant Hill, IA	22:34	7:16
2	1	W19 Darcy Ehrmann, 27*, Cedar Rapids, IA	22:38	7:17
9	4	JrM Ben Merrick, 16, Thuro, IA	22:49	7:20
3	1	W50 Bridget Marcus, 51*, Wdm, IA	22:52	7:21
4	2	W50 Lisa Simonetta, 50*, Des Moines, IA	22:56	7:23
5	2	JrW Katie Snyder, 14*, Des Moines, IA	22:58	7:23
6	1	W40 Melinda Ellwanger, 43*, Des Moines, IA	23:06	7:26
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				
10	2	M30 Kevin Palmer, 32, Ankeny, IA	25:05	8:04
7	1	W30 Kelli Gear, 32*, Norwalk, IA	25:14	8:07
11	3	M30 Eric Jaskolka, 38, Wdm, IA	25:20	8:09
12	5	JrM John Casady, 14, Indianola, IA	25:30	8:12
8	2	W30 Kim Luther, 37*, Urbandale, IA	25:38	8:15
9	3	W30 Angela Fisher, 33*, Wdm, IA	25:52	8:19
10	2	W40 Liz Miller, 41*, Waukee, IA	26:07	8:24
11	3	W40 Kris Sandon, 45*, Clive, IA	26:21	8:29
12	4	W30 Jessica Keehn, 30*, Dsm, IA	26:36	8:34
13	3	W50 Susan Duoblys, 54*, Dm, IA	26:40	8:35
13	6	JrM Groff Miller, 5, Waukee, IA	26:59	8:41
14	2	M40 Charles Avery, 48, Ankeny, IA	27:17	8:47
15	1	M60 Simon Casady, 60, Indianola, IA	27:24	8:49
14	2	W19 Lisa Zemlicka, 28*, Wdm, IA	27:31	8:51
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				
15	3	W19 Paige Pillischafcske, 22*, Washington, IL	28:55	9:18
16	4	W40 Monica Jessen, 47*, Wdm, IA	29:04	9:21
17	5	W40 Joan Henscheid, 47*, Clive, IA	29:12	9:24
16	4	M30 Bill Morehead, 31, Polk City, IA	29:21	9:27
18	6	W40 Anne Blobaum, 43*, Dm, IA	29:22	9:27
19	4	W50 Audrey Porter, 51*, Urbandale, IA	29:36	9:31
20	7	W40 Mary Cawley, 46*, Urbandale, IA	29:36	9:32

21	5	W30 Jennie Wilson, 32*, Perry, IA	30:05	9:41
17	5	M30 John Lozcer, 35	30:42	9:53
22	6	W30 Nicole Lozcer, 35*	30:43	9:53
18	3	M19 Jacob Moore, 22, Perry, IA	30:50	9:55
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

23	4	W19 Karen Mathes, 26*, Polk City, IA	31:05	10:00
19	4	M19 Jason Mathes, 28, Polk City, IA	31:06	10:00
20	6	M30 Ed Croushore, 33, Adel, IA	31:10	10:02
21	5	M19 Steve Procyk, 26, Grimes, IA	31:13	10:03
24	5	W19 Kate Gregory, 27*, Grimes, IA	31:13	10:03
25	3	JrW Kate Marcus, 15*, Wdm, IA	31:22	10:06
26	6	W19 Jennifer Thayer, 26*, West Des Moines, IA	31:32	10:09
27	7	W19 Maria Doelle, 23*, Norwalk, IA	31:46	10:13
22	6	M19 Aaron Wych, 28, Des Moines, IA	31:47	10:14
28	8	W40 Brenda Tomlin, 43*, Ia, IA	31:56	10:17
29	8	W19 Kristy Kahler, 27*, Adel, IA	32:00	10:18
30	7	W30 Tacia Stockberger, 32*, Dm, IA	32:39	10:30
31	8	W30 Rachel Onsrud, 39*, Wdm, IA	32:57	10:36
32	9	W30 Jill Pecinovsky, 35*, Wdm, IA	33:00	10:37
33	10	W30 Emily Burns, 30*, Des Moines, IA	33:00	10:37
34	9	W40 Kim Hill, 49*, Des Moines, IA	33:11	10:41
35	5	W50 Barbara Hale, 55*, Ankeny, IA	33:25	10:45
36	10	W40 Keka Ganga, 43*, Wdm, IA	33:25	10:45
37	11	W30 Meg Peterson, 32*, Ankeny, IA	33:31	10:47
23	3	M40 Dave Peterson, 43, Ankeny, IA	33:31	10:47
38	1	W60 Danielle McVeigh, 62*, Ankeny, IA	33:37	10:49
39	4	JrW Jennifer Jessen, 14*, Wdm, IA	33:45	10:52
40	11	W40 Julie Hoffman, 44*, Ankeny, IA	33:45	10:52
41	6	W50 Karen Schroeder, 50*, Humboldt, IA	33:46	10:52
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

42	9	W19 Brigitte Arnold, 28*, Ankeny, IA	34:34	11:07
24	4	M40 Jose Borromeo, 42, Wdm, IA	35:14	11:20
43	12	W30 Jeannette Barnes, 39*, Urbandale, IA	36:18	11:41
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

44	2	W60 Barbara Huston, 61*, St Charles, IA	43:35	14:01
25	7	JrM Tony Merrill, 9, Searsboro, IA	45:27	14:38
26	8	JrM Bix Merrill, 15, Searsboro, IA	45:28	14:38
27	2	M60 Thomas Brown, 66, West Des Moines, IA	46:10	14:52
45	12	W40 Kandis Ciesielski, 40*, Jesup, IA	46:11	14:52
28	7	M19 David Dubois, 23, Des Moines, IA	46:30	14:58
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

29	3	M60 William Jackson, 68, Dm, IA	48:07	15:29
46	7	W50 Mykle Fallis, 56*, Des Moines, IA	49:18	15:52
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 Top				

47	13	W40 Diane Turner, 48*, Wdm, IA	50:03	16:06
48	14	W40 Barbara Kean, 46*, Dm, IA	50:04	16:07
49	10	W19 April Thielen, 27*, Brayton, IA	50:20	16:12
50	11	W19 Sarah Rassmussen, 25*, Exira, IA	50:22	16:13
51	8	W50 Evelyn Buenting, 57*, Altoona, IA	50:22	16:13
52	9	W50 Rebecca Solinger, 53*, Altoona, IA	50:38	16:18
53	13	W30 Karolina Sajnova, 35*, Des Moines, IA	51:16	16:30
54	14	W30 Sara Junck, 30*	51:17	16:30
55	15	W40 Jody Leventhal, 49*, Waukee, IA	51:31	16:35
30	2	M50 Randy Leventhal, 50, Waukee, IA	51:31	16:35
31	5	M40 Norm Merrill, 40, Searsboro, IA	51:41	16:38
56	15	W30 Kary Nemmers, 34*, Pleasant Hill, IA	51:42	16:38
57	10	W50 Deb Merrill, 53*, Searsboro, IA	51:43	16:39
58	5	JrW Amber Merrill, 10*, Searsboro, IA	51:52	16:42
59	6	JrW Haley Nemmer, 9*, Phill, IA	51:53	16:42
60	7	JrW Mary Merrill, 17*, Searsboro, IA	51:55	16:42
61	11	W50 Christina Walters, 55*, Cumming, IA	52:05	16:46

32 3 M50 Gary Walters, 58, Cumming, IA 52:06 16:46
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62 Chris Buettner*, Pleasant Hill, IA 53:20 17:10
 63 16 W40 Debbie Furnish, 47*, Johnston, IA 53:20 17:10
 64 16 W30 Carol Noyes, 39*, Urbandale, IA 54:03 17:24
 65 12 W19 Kylee Bradley, 25*, Ankeny, IA 54:03 17:24
 66 1 W70 Lila Wickham, 79*, Creston, IA 55:14 17:46
 67 12 W50 Julia Thompson, 50*, Creston, IA 55:14 17:47
 68 13 W19 Shelley Heckert, 29*, Indianola, IA 55:17 17:47
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33 4 M50 Kim Ballew, 55, Indianola, IA 57:37 18:32
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69 14 W19 Katherine Ball, 24*, Wdm, IA 59:43 19:13
 "*" indicates females

8 finishers among Men 18 & Under
 7 finishers among Men 19 - 29
 6 finishers among Men 30 - 39
 5 finishers among Men 40 - 49
 4 finishers among Men 50 - 59
 3 finishers among Men 60 - 69
 7 finishers among Women 18 & Under
 14 finishers among Women 19 - 29
 16 finishers among Women 30 - 39
 16 finishers among Women 40 - 49
 12 finishers among Women 50 - 59
 2 finishers among Women 60 - 69
 1 finishers among Women 70 & Up
 33 male finishers
 69 female finishers
 102 total finishers

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