

Cascade Canter 4K
3rd Annual – Road Race
Saturday August 21, 2004 8:00 AM

4K Run	1 mile run	Kids run				
Overall Place	Name	City	Age	Time	Age Group	Place
1 st	Phil Kauder	Cascade	43	13:01.9	M 40-49	1 st
2 nd	Mike Lambert	Monticello	33	14:18.4	M 30-39	1 st
3 rd	Jake Heim	Cascade	17	14:23.0	M 16-18	1 st
4 th	Joe Hollenback	Farley	43	14:25.6	M 40-49	2 nd
5 th	Rick Kremer	Cascade	16	14:53.0	M 16-18	2 nd
6 th	Doug Hansel	Colesburg	44	15:11.1	M 40-49	3 rd
7 th	Dain Leytem	Dubuque	15	15:46.6	M 15&<	1 st
8 th	Jerry Weitz	Dubuque	43	15:50.0	M 40-49	4 th
*9 th <small>New Record</small>	Tammy Kallback	Dubuque	24	16:37.7	W 19-29	1 st
10 th	Brent Peters	Milledgeville, Ill	40	17:00.0	M 40-49	5 th
11 th	Alan Gross	Des Moines	50	17:06.0	M 50-59	1 st
12 th	Rae Lynn Lamparek	Swisher	33	17:06.8	W 30-39	1 st
13 th	Amanda Paige	Dubuque	16	17:10.1	W 16-18	1 st
14 th	Cassie Luensman	Monticello	13	17:17.9	W 15&<	1 st
15 th	Tim Strandberg	Cedar Rapids	23	17:19.4	M 19-29	1 st
16 th	John Lux	Cascade	54	17:37.1	M 50-59	2 nd
17 th	Tonya Wittman	Asbury		15	17:42.2 W 15&<	2 nd
18 th	Elizabeth Johnson	Peosta	16	17:44.9	W 16-18	2 nd
19 th	Jeanette Fischer	Cascade	16	17:55.0	W 16-18	3 rd
20 th	Joe Kauder	Cascade	23	18:01.0	M 19-29	2 nd
21 st	Ken Miller	West Union	51	18:01.5	M 50-59	3 rd
22 nd	Ernie Driscoll	Cascade	58	18:21.1	M 50-59	4 th
23 rd	Ashley Bowden	Dubuque	16	18:22.3	W 16-18	4 th
24 th	Amy Bowden	Asbury		13	18:24.7 W 15&<	3 rd
25 th	Tom Kirkwood	Dyersville	60	18:31.8	M 60&>	1 st
26 th	Paige McQueeney	Dubuque	15	18:37.4	W 15&<	4 th
27 th	Beth Duccini	Dubuque	39	18:42.2	W 30-39	2 nd
28 th	Sydney Smith	Durango	15	18:49.6	W 15&<	5 th
29 th	Ashley Black	Dubuque	20	18:56.4	W 19-29	2 nd
30 th	Tiffany Bergfeld	Dubuque	19	19:04.9	W 19-29	3 rd
31 st	Brian Kallback	Dubuque	24	19:10.2	M 19-29	3 rd
32 nd	Theresa Weber	Dubuque	19	19:15.9	W 19-29	4 th
33 rd	Sarah Kress	Dubuque	16	19:23.6	W 16-18	5 th
34 th	Amanda Bowden	Asbury		16	19:32.3 W 16-18	6 th
35 th	Brad Kuhn	Cascade	15	19:32.9	M 15&<	2 nd
36 th	Nicole DeSousa	Rickardsville	16	19:43.5	W 16-18	7 th
37 th	Emily Welter	Dubuque	19	19:54.1	W 19-29	5 th
38 th	Debbie Lenth	Marion		36	19:59.6 W 30-39	3 rd
39 th	Ashley Wyatt	Dubuque	18	20:06.2	W 16-18	8 th
40 th	Amanda Trumm	Cascade	25	20:14.7	W 19-29	6 th
41 st	Karla Trumm	Cascade	25	20:16.3	W 19-29	7 th
42 nd	Amanda Kloser	Durango	16	20:18.9	W 16-18	9 th
43 rd	Sharon Klein	Durango	38	20:24.9	W 30-39	4 th
44 th	Mary Gross	Des Moines	52	20:30.2	W 50-59	1 st
45 th	Karen Jogerst	Dubuque	16	20:38.0	W 16-18	10 th
46 th	Rachel Fischer	Cascade	13	20:43.6	W 15&<	6 th
47 th	Sheila Knapp	Cascade	44	20:51.8	W 40-49	1 st
48 th	Molly Malone	Dubuque	15	21:32.5	W 15&<	7 th

49 th	Amy Smith	Cascade	37	21:33.8	W 30-39	5 th	
50 th	Kayleigh Green	Cascade	13	21:39.1	W 15&<	8 th	
51 st	Tammi Noonan	Cascade	29	21:49.1	W 19-29	8 th	
52 nd	Chaz Schmitt	Dubuque	15	21:50.6	W 15&<	9 th	
53 rd	Heather Haufe	Dubuque	16	21:51.9	W 16-18	11 th	
54 th	Trudi Weiler	Dubuque	16	21:52.3	W 16-18	12 th	
55 th	Emily Nagel	Dubuque	16	21:57.0	W 16-18	13 th	
56 th	Erica Alcordo	Dubuque	16	22:02.8	W 16-18	14 th	
57 th	Kayla Brimmeyer	Sherrill	15	22:08.6	W 15&<	10 th	
58 th	Nikki Hefel	Dubuque	16	22:09.8	W 16-18	15 th	
59 th	Annie Brimmeyer	Sherrill	15	22:10.4	W 15&<	11 th	
60 th	Matt McGuire	Cascade	13	22:20.7	M 15&<		3 rd
61 st	Allison Kuhle	Dubuque	15	22:26.1	W 15&<	12 th	
62 nd	Anne Noonan	Cascade	47	22:31.0	W 40-49	2 nd	
63 rd	Mary Pat Noonan	Bernard	47	22:31.6	W 40-49	3 rd	
64 th	Mary Geisler	Dubuque	53	22:32.8	W 50-59	2 nd	
65 th	Peggy Lane	Dunkerton	36	22:41.4	W 30-39	6 th	
66 th	Bridget Hilby	Dubuque	34	22:42.3	W 30-39	7 th	
67 th	Rachel Weinhold	Dubuque	15	22:47.1	W 15&<	13 th	
68 th	Kaylena Murphy	Dubuque	15	22:49.1	W 15&<	14 th	
69 th	Kristin Jogerst	Dubuque	15	22:50.1	W 15&<	15 th	
70 th	Brittani Hefel	Dubuque	15	23:14.4	W 15&<	16 th	
71 st	Erica Floyd	Dubuque	15	23:20.1	W 15&<	17 th	
72 nd	Jillian Becker	Dubuque	15	23:21.1	W 15&<	18 th	
73 rd	Julie Bahl	Dubuque	20	23:37.1	W 19-29	9 th	
74 th	Amy Heim	Dubuque	15	24:32.8	W 15&<	19 th	
75 th	Lauren Gibbons	Dubuque	15	24:33.6	W 15&<	20 th	
76 th	Amy Manternach	Cascade	35	25:32.8	W 30-39	8 th	
77 th	Kristel Richard	Peosta	15	25:56.3	W 15&<	21 st	
78 th	Diane Peters	Milledgeville, Ill	39	26:00.3	W 30-39	9 th	
79 th	Laurie Juran	Dyersville	46	26:15.5	W 40-49	4 th	
80 th	Cheri Tholen	Monticello	37	27:11.0	W 30-39	10 th	
81 st	Katie Trujillo	Asbury		15	29:31.3	W 15&<	22 nd
82 nd	Abby Smith	Dubuque	15	29:31.6	W 15&<	23 rd	
83 rd	Jenna VanCleve	Dubuque	15	29:31.9	W 15&<	24 th	
84 th	Judith Biechler	Dubuque	58	34:55.9	W 50-59	3 rd	
85 th	Lauren Strang	Cascade	20	35:34.4	W 19-29	10 th	
86 th	Norine Strang	Cascade	49	35:34.9	W 40-49	5 th	
87 th	Mike Kuhn	Cascade	45	38:11.2	M 40-49	6 th	
88 th	Julie Kuhn	Cascade	45	38:12.1	W 40-49	6 th	
89 th	Donna Callahan	Cascade	44	38:13.3	W 40-49	7 th	
90 th	Lori Loes	Cascade	44	38:33.6	W 40-49	8 th	
91 st	Alma Green	Cascade	66	38:34.2	W 60&>	1 st	
92 nd	Sue Trumm	Cascade	32	38:48.5	W 30-39	11 th	
93 rd	Janice Trumm	Cascade	27	38:48.9	W 19-29	11 th	
94 th	Caitlyn Beecher	Cascade	13	41:23.9	W 15&<	25 th	
95 th	Jan Beecher	Cascade	44	41:25.2	W 40-49	9 th	
96 th	Paul Ehlinger	Cascade	72	41:25.8	M 60&>	2 nd	

Race Director – Ginny Horsfield
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