

Cascade Canter 4K

2nd Annual - Road Race
Saturday August 23, 2003 8:00 AM

Overall Place	Name	City	Age	Time	Age Group	Place	
1 st	Phil Kauder	Cascade	42	13:17.6	M 40-49	1 st	
2 nd	Mike Lambert	Monticello	32	14:33.6	M 30-39	1 st	
3 rd	Jared Rogers	Cascade	17	14:36.2	M 16-18	1 st	
4 th	Jason McDonnell	DeWitt		16	14:39.9	M 16-18	2 nd
5 th	Jacob Heim	Cascade	16	14:52.7	M 16-18	3 rd	
6 th	Richie Mieke	Dubuque	19	15:06.5	M 19-29	1 st	
7 th	Shane Manternach	Cascade	23	15:32.5	M 19-29	2 nd	
8 th	Joe Hollenback	Farley	42	15:41.5	M 40-49	2 nd	
9 th	Joshua Sundstrom	Dubuque	22	15:45.0	M 19-29	3 rd	
10 th	Mike King	Lowden	33	15:50.4	M 30-39	2 nd	
11 th	Sean Prescott	Dubuque	22	15:55.0	M 19-29	4 th	
12 th	Kurt Kramer	Dyersville	31	15:57.4	M 30-39	3 rd	
13 th	Aaron Martensen	Monticello	15	16:39.2	M 15&<	1 st	
14 th	Tim Sandberg	Dubuque	22	16:39.6	M 19-29	5 th	
15 th	Brad Miller	Cascade	22	16:49.7	M 19-29	6 th	
16 th	Colin McDonnell	Cascade	15	16:51.4	M 15&<	2 nd	
17 th	New Record Tammy Kallback	Dubuque	23	16:53.6	W 19-2	1 st	
18 th	Jeff Zumbach	Manchester	40	17:01.2	M 40-49	3 rd	
19 th	Stephanie Erbe	Dubuque	20	17:08.3	W 19-29	2 nd	
20 th	Mark Robertson	Anamosa	51	17:17.9	M 50-59	1 st	
21 st	Charlie Becker	Monticello	48	17:19.5	M 40-49	4 th	
22 nd	Tom Long	Cedar Rapids	52	17:24.9	M 50-59	2 nd	
23 rd	Emily Kearney	Cascade	23	17:27.1	W 19-29	3 rd	
24 th	John Lux	Fillmore	53	17:27.6	M 50-59	3 rd	
25 th	Ernie Driscoll	Cascade	57	17:33.6	M 50-59	4 th	
26 th	Jeff Klein	Worthington	43	17:39.1	M 40-49	5 th	
27 th	Elizabeth Johnson	Dubuque	16	17:40.9	W 16-18	1 st	
28 th	Meredith Otting	Cascade	15	17:42.5	W 15&<	1 st	
29 th	Kathy Kauder	Cascade	39	17:48.8	W 30-39	1 st	
30 th	Melinda Hammack	Dubuque	21	18:01.4	W 19-29	4 th	
31 st	Mara Felton	Cascade	17	18:05.1	W 16-18	2 nd	
32 nd	Jeanette Fischer	Cascade	15	18:32.9	W 15&<	2 nd	
33 rd	Tom Keleher	Monticello	41	18:33.2	M 40-49	6 th	
34 th	RaeLynn Lamparek	Swisher	32	18:34.2	W 30-39	2 nd	
35 th	Anna Letterhagem	Dubuque	21	18:34.7	W 19-29	5 th	
36 th	Amanda Paige	Dubuque	15	18:41.3	W 15&<	3 rd	
37 th	Sara Mensen	Delhi	28	18:48.4	W 19-29	6 th	
38 th	Ashley Bowden	Dubuque	15	18:55.6	W 15&<	4 th	
39 th	Howard Siver	Mechanicsville	51	18:58.5	M 50-59	5 th	
40 th	Michael Odell	Marion		54	19:02.9	M 50-59	6 th
41 st	Nancy Leytem	Cascade		45	19:03.8	W 40-49	1 st
42 nd	Marsha Simmons	Anamosa	32	19:08.9	W 30-39	3 rd	
43 rd	Lana Otting	Cascade	13	19:10.7	W 15&<	5 th	
44 th	Amanda Bowden	Dubuque	16	19:22.5	W 16-18	3 rd	
45 th	Jennifer Gehl	Cascade	29	19:36.5	W 19-29	7 th	
46 th	Alan Reiter	Cascade	42	19:45.0	M 40-49	7 th	
47 th	Megan Loveless	Dubuque	17	19:45.6	W 16-18	4 th	
48 th	Sarah Kress	Dubuque	16	19:46.6	W 16-18	5 th	
49 th	Paige McQueeney	Dubuque	14	19:46.9	W 15&<	6 th	
50 th	Larkin Accinelli	Dubuque	15	19:48.9	W 15&<	6 th	

51 st	Beth Duccini	Dubuque	37	19:49.6	W 30-39	4 th	
52 nd	Amanda Kloser	Dubuque	16	19:55.7	W 16-18	6 th	
53 rd	Lisa Merritt	Cascade	35	20:11.0	W 30-39	5 th	
54 th	Sharon Klein	Dubuque	36	20:12.8	W 30-39	6 th	
55 th	Karen Jogerst	Dubuque	15	20:13.8	W 15&<	7 th	
56 th	Molly Malone	Dubuque	14	20:20.6	W 15&<	8 th	
57 th	Jennifer Hemesath	Dubuque	14	20:20.9	W 15&<	9 th	
58 th	Alicia Foley	Dubuque	17	20:22.9	W 16-18	7 th	
59 th	Lindsey Mescher	Cascade	23	20:26.0	W 19-29	8 th	
60 th	Charity Rausch	Cascade	29	20:27.6	W 19-29	9 th	
61 st	Donna Miller	Cascade	49	20:34.7	W 40-49	2 nd	
62 nd	Tess Leytem	Dubuque	9	20:38.2	W 15&<	10 th	
63 rd	Callie Mescher	Cascade	18	21:13.5	W 16-18	8 th	
64 th	Erica Alcordo	Dubuque	15	21:14.1	W 15&<	11 th	
65 th	Allison Kuhle	Dubuque	14	21:14.6	W 15&<	12 th	
66 th	Ashley Black	Dubuque	19	21:27.6	W 19-29	10 th	
67 th	Beth Harriss	Dubuque	16	21:38.2	W 16-18	9 th	
68 th	Mary Geisler	Dubuque	52	21:48.6	W 50-59	1 st	
69 th	Mandi Flynn	Dubuque	14	21:51.2	W 15&<	13 th	
70 th	Jenni Supple-Nadeau	Cascade	28	21:52.1	W 19-29	11 th	
71 st	Steve Supple	Cascade	56	21:52.4	M 50-59	7 th	
72 nd	Rachel Weinhold	Dubuque	14	21:52.6	W 15&<	14 th	
73 rd	Chasity Schmitt	Dubuque	14	22:02.3	W 15&<	15 th	
74 th	Lauren Gibbons	Dubuque	13	22:08.0	W 15&<	16 th	
75 th	Sydney Smith	Dubuque	14	22:11.4	W 15&<	17 th	
76 th	Jeff Flicher	Anamosa	44	22:12.9	M 40-49	8 th	
77 th	Tom McDonnell	Cascade	48	22:13.0	M 40-49	9 th	
78 th	Madeline Keleher	Mount Vernon	12	22:24.2	W 15&<	18 th	
79 th	Jerry Keleher	Mount Vernon	38	22:24.5	M 30-39	4 th	
80 th	Annie Brimeyer	Dubuque	14	22:34.4	W 15&<	19 th	
81 st	Julie Bahl	Dubuque	19	22:47.1	W 19-29	12 th	
82 nd	Jackie Robertson	Anamosa	43	23:26.2	W 40-49	3 rd	
83 rd	Connor Keleher	Monticello	13	23:40.5	M 15&<	3 rd	
84 th	Jack Keleher	Mount Vernon	9	23:57.2	M 15&<	4 th	
85 th	Cheri Tholen	Monticello	36	23:59.5	W 30-39	7 th	
86 th	Jenna Van Cleve	Dubuque	14	25:24.9	W 15&<	20 th	
87 th	Lauri Juran	Dyersville	45	25:25.6	W 40-49	4 th	
88 th	Melissa Lux	Dubuque	16	26:20.7	W 16-18	10 th	
89 th	Rachel Fischer	Cascade	12	26:50.2	W 15&<	21 st	
90 th	Caitlyn Beecher	Cascade	12	28:07.2	W 15&<	22 nd	
91 st	Sharon McLees	Cascade	46	28:09.4	W 40-49	5 th	
92 nd	Karla Koopmann	Epworth	24	33:22.7	W 19-29	13 th	
93 rd	Janice Trumm	Onslow	26	33:22.9	W 19-29	14 th	
94 th	Kay Dettbarn	Cascade	60	35:29.4	W 60&>	1 st	
95 th	Amy McElmeel	Cascade	34	36:01.9	W 30-39	8 th	
96 th	Jeanne Driscoll	Cascade	58	37:59.4	W 50-59	2 nd	
97 th	Jan Supple	Cascade	56	37:59.9	W 50-59	3 rd	
98 th	Judy Donovan	Cascade	44	38:20.4	W 40-49	6 th	
99 th	Jacquie Manternach	Cascade	46	38:20.6	W 40-49	7 th	
100 th	Shawna Beitz	Monticello	23	38:39.1	W 19-29	15 th	
101 st	Lindsey Knapp	Cascade	17	38:39.4	W 16-18	11 th	
102 nd	Sheryl Leonard	Monticello	45	38:39.6	W 40-49	8 th	
103 rd	Shirley McDermott	Cascade	59	40:17.1	W 50-59	4 th	
104 th	Alma Green	Cascade	65	40:17.4	W 60&>	2 nd	
105 th	Lori Loes	Cascade	43	40:17.7	W 40-49	9 th	
106 th	Mary Neiers	Cascade	69	41:21.3	W 60&>	3 rd	
107 th	Jan Beecher	Cascade	43	41:43.7	W 40-49	10 th	

108 th	Jane Donovan	Cascade	43	41:46.7	W 40-49	11 th
109 th	Jean Nauman	Cascade	69	41:47.3	W 60&>	4 th
110 th	Paul Ehlinger	Cascade	71	42:13.6	M 60&>	1 st
111 th	Steve Weber	Cascade	41	42:14.0	M 40-49	10 th
112 th	Barb Neiers	Cascade	41	47:29.0	W 40-49	12 th
113 th	Ann Larkin-Kurt	Cascade	45	47:29.7	W 40-49	13 th

Roller Blade Division						
1 st	Jeremie Miller	Cascade	28	12:13.0		1 st
2 nd	John Howard	Cascade	47	13:43.0		2 nd
3 rd	Jeff (JD) Dolphin	Cascade	36	14:02		3 rd

Cascade Canter 1 Mile Run 2nd Annual - August 23, 2003

1.	Mike King 33 Lowden	5:48.7*
2.	Eric Redmond 17 Cascade	5:48.9
3.	Kurt Kremer 31Dyersville	6:09.5
4.	Mike Leytem 16 Cascade	6:21.6
5.	Jeff Zumbach 40 Manchester	6:24.0
6.	Tom Long 51Cedar Rapids	6:42.3
7.	John Lux 53 Fillmore	6:50.5
8.	Nicole Fischer 8 Cascade	7:05.8**
9.	Rae Lynn Lamparek 32 Swisher	7:06.5
10.	Marsha Simmons 32 West Amana	7:27.5
11.	Howard Siver 51Mechanicsville	7:38.1
12.	Michael Odell 54 Marion	7:40.2
13.	Maggie Reiter 11 Cascade	8:13.9
14.	Erik Kauder-Metcalf 10 Cascade	8:32.9
15.	Kathy Kauder 39 Cascade	8:33.1
16.	Mary Geisler 52 Dubuque	9:05.4
17.	Callie Leytem 9 Cascade	9:59.2
18.	Reagan Rausch 10 Cascade	10:39.6
19.	Rachel VanderLugt 12 Cascade	15:43.6

*New Men's Course Record
**New Women's Course Record

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