

Amana Freezer Run 2011

Amana, IA

Jan. 22, 2011

Cold 11 Degrees

Results by Jeff & Candy Mullen

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.

CLASS		Age Grp results below		
PLACE	PLACE	FINISHER	TIME	PACE
	1 OpM	Marty Dalton, 30, Earlham, IA	16:13.9	5:14
	2 1 M20	Nate Hopp, 20, West Amana, IA	16:37.4	5:22
	3 2 M20	Michael Zimmerman, 20, Clive, IA	18:25.1	5:56
	4 1 M40	Mike Newhouse, 40, Marion, IA	18:31.0	5:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
	5 3 M20	Tim Eilers, 20, Cedar Rapids, IA	18:42.8	6:02
	6 1 M30	T J. Craig, 30, Iowa City, IA	18:44.5	6:03
	7 4 M20	Joseph Richey, 20, Marion, IA	18:56.9	6:07
	8 2 M30	Garrett Rettig, 30, Coralville, IA	18:58.3	6:07
	1 OpW	Carolyn Newhouse, 15*, Marion, IA	19:05.9	6:10
	2 1 W20	Elaina Mertens, 20*, Cedar Rapids, IA	20:01.3	6:27
	3 2 W20	Alice Anderson, 20*, Marion, IA	20:38.4	6:39
	9 3 M30	Clint Van Winkle, 30, Iowa City, IA	20:44.1	6:41
	4 3 W20	Kelsey Davis, 20*, Ames, IA	20:46.4	6:42
	5 4 W20	Tara Loan, 20*, Iowa City, IA	20:46.8	6:42
	6 1 W30	Tamara Loan, 30*, Des Moines, IA	20:49.1	6:43
	7 5 W20	Amanda Fenner, 20*, Iowa City, IA	21:04.4	6:48
	10 4 M30	Jeremy Bartlett, 30, Alburnett, IA	21:05.6	6:48
	11 1 M50	Criag Brophy, 50, Cedar Rapids, IA	21:09.6	6:50
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
	12 1 JrM	Steve Fritz, 14, Coralville Ia	21:43.0	7:00

13	2	M50	Guy Olson, 50, Cedar Rapids, IA	21:48.7	7:02
14	2	M40	Timothy Bergan, 40, Newton, IA	21:57.3	7:05
15	1	M60	Bob Strickland, 60, Marion, IA	22:02.7	7:07
16	3	M40	Mark Rocarek, 40, Vinton, IA	22:06.2	7:08
17	5	M30	Dean Schwickerath, 30, Readlyn, IA	22:15.9	7:11
18	3	M50	Kevin Vogel, 50, Coralville Ia	22:19.4	7:12
8	2	W30	Rae Lynn Lamparek, 30*, Swisher, IA	22:22.4	7:13
19	4	M40	Dave Steines, 40, Mt Vernon, IA	22:26.1	7:14
20	6	M30	Robert Lancaster, 30, Cedar Rapids, IA	22:30.5	7:16
9	6	W20	Sarah Lucas-Carr, 20*, Iowa City, IA	22:47.4	7:21
21	2	M60	Tom Kirkweed, 60, Dyersville, IA	22:48.3	7:21
10	1	W40	Deb Gaddis, 40*, Solon, IA	23:08.4	7:28
22	5	M40	Michael Riddle, 40, Kalona, IA	23:10.0	7:28
23	1	M15	Thomas Julius, 15, North Liberty, IA	23:24.5	7:33
24	5	M20	Grant Grabinoski, 20, Iowa City, IA	23:26.6	7:34
25	7	M30	Chad Gammon, 30, Cedar Rapids, IA	23:29.4	7:35
11	3	W30	Gretchen Lawyer, 30*, Marion, IA	23:30.4	7:35
26	8	M30	Mathieu Cagnard, 30, Cedar Rapids, IA	23:40.6	7:38
12	4	W30	Lily Phonphiboun, 30*, Iowa City, IA	23:48.5	7:41
27	3	M60	Bruce Bachmann, 60, Cedar Rapids, IA	23:49.9	7:41
28	9	M30	Matthew Smith, 30, Des Moines, IA	24:03.3	7:46
29	6	M40	Dale Christians, 40, Urbandale, IA	24:12.0	7:48
30	7	M40	Doug Jones, 40, Redfield, IA	24:17.8	7:50
31	8	M40	Dave Carey, 40, Iowa City, IA	24:22.1	7:52
32	9	M40	Horacio Olivo, 40, Iowa City, IA	24:27.3	7:53
33	4	M50	Art MilliKin, 50, Hedrick, IA	24:30.4	7:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
34	5	M50	Joe McGrath, 50, Cedar Rapids, IA	24:54.7	8:02
35	4	M60	Warren Feerer, 60, Cedar Rapids, IA	25:05.2	8:06
36	10	M30	Todd Kopelman, 30, Iowa City, IA	25:06.1	8:06
37	6	M20	Jeremy James, 20, North Liberty, IA	25:11.7	8:08
38	6	M50	Doug Lord, 50, Lisbon, IA	25:19.1	8:10
39	7	M50	Jerry Brown, 50, Evansdale, IA	25:21.6	8:11

40	8	M50	Brian Smith, 50, Omaha, NE	25:22.2	8:11
41	11	M30	Keith Asker, 30, Des Moines, IA	25:23.1	8:11
13	7	W20	Krista Young, 20*, Cedar Rapids, IA	25:38.8	8:16
14	8	W20	Alecia Lander, 20*, Cedar Rapids, IA	25:39.2	8:16
15	1	W50	Claudia Scott, 50*, Marion, IA	25:40.1	8:17
16	5	W30	Robin Kopelman, 30*, Iowa City, IA	25:46.1	8:19
42	10	M40	Erica Jones, 40, Pella, IA	25:47.6	8:19
43	5	M60	Ron Wilharm, 60, Tracy, IA	25:49.2	8:20
17	2	W40	Linda Wilson, 40*, Lisbon, IA	25:53.9	8:21
44	6	M60	Jim Tiedemann, 60, Iowa City, IA	26:11.9	8:27
45	12	M30	Clark Kopelman, 30, Coralville, IA	26:14.3	8:28
46	7	M20	Joseph Whitney, 20, North Liberty, IA	26:25.6	8:31
47	13	M30	Tom Kay, 30, Iowa City, IA	26:32.2	8:34
18	9	W20	Dana Poellet, 20*, Cedar Rapids, IA	26:50.5	8:40
48	14	M30	Matthew Van Maanen, 30, Cedar Rapids, IA	26:52.8	8:40
49	9	M50	Rick Hanna, 50, New Sharon, IA	27:01.6	8:43
50	15	M30	Mark Archibald, 30, Chicago, IL	27:02.6	8:43
19	3	W40	Cathy Steines, 40*, Mt Vernon, IA	27:13.0	8:47
20	4	W40	Kimberly Hatting, 40*, Grinnell, IA	27:19.5	8:49
21	6	W30	Jennifer Mooney, 30*, Middle Amana, IA	27:22.3	8:50
22	5	W40	Alea Niemeier, 40*, Cedar Rapids, IA	27:23.8	8:50
23	7	W30	Cybil McIntosh, 30*, Coralville Ia	27:44.4	8:57
24	10	W20	Laura Shoemaker, 20*, Coralville Ia	27:46.6	8:58
25	11	W20	Kelly Ipsen, 20*, Hemestead, IA	27:48.6	8:58

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

51	16	M30	Joe Graf, 30, Iowa City, IA	28:00.5	9:02
26	12	W20	Stephanie Grabinski, 20*, Iowa City, IA	28:01.0	9:02
52	10	M50	Stacey Nelson, 50, Cedar Falls, IA	28:03.3	9:03
27	2	W50	Joyce Burch, 50*, Pella, IA	28:06.1	9:04
28	13	W20	Jennifer Haines, 20*, Cedar Falls, IA	28:08.6	9:05
29	6	W40	Kristin Funk, 40*, Brooklyn, IA	28:14.6	9:07
53	8	M20	Ben Diehl, 20, Cedar Rapids, IA	28:34.8	9:13

30	14	W20	Erica Diehl, 20*, Cedar Rapids, IA	28:35.1	9:13
31	7	W40	Lisa Gardner, 40*, Toddville, IA	28:37.9	9:14
32	3	W50	Elaine Lindaman, 50*, West DesMoines, IA	28:41.7	9:15
33	8	W30	Kristy Robertson, 30*, Anamosa, IA	28:48.5	9:18
34	8	W40	Cathy Taylor, 40*, Cedar Rapids, IA	28:50.3	9:18
35	9	W40	Kris Angellotti, 40*, Cedar Rapids, IA	29:07.2	9:24
54	7	M60	Roy Gaddis, 60, Solon, IA	29:08.7	9:24
36	15	W20	Silje Lynne, 20*, Marion, IA	29:15.0	9:26
37	10	W40	Laurie Reilly-Gruhn, 40*, Solon, IA	29:17.9	9:27
55	11	M40	Chris Jensen, 40, Coralville Ia	29:23.2	9:29
56	12	M40	Dave Hughes, 40, Cedar Rapids, IA	29:27.0	9:30
38	9	W30	Michelle Clark, 30*, Iowa City, IA	29:30.6	9:31
57	13	M40	Drew Beck, 40, Oxford, IA	29:32.5	9:32
39	10	W30	Michelle Kimm, 30*, Coralville Ia	29:33.4	9:32
58	11	M50	Todd Lewison, 50, Cedar Rapids, IA	29:36.7	9:33
40	16	W20	Mirinda Gormley, 20*, Coralville Ia	29:38.3	9:34
59	14	M40	Scott Jacobs, 40, Marion, IA	29:44.0	9:35
41	4	W50	Linnea Martin, 50*, Marion, IA	29:45.0	9:36
42	17	W20	Kathy Bauman, 20*, Cedar Rapids, IA	29:55.0	9:39
60	8	M60	John Johnson, 60, Cedar Rapids, IA	29:56.3	9:39
43	1	W60	Peggy Mounce, 60*, Corydon, IA	29:56.7	9:40
44	5	W50	Becky Steele, 50*, Cedar Rapids, IA	29:57.0	9:40
45	11	W30	Rebecca Ausman, 30*, Tiffin, IA	30:20.2	9:47
61	12	M50	Dale Johnson, 50, New Lenox, IL	30:28.1	9:50
46	11	W40	Lisa Flaherty, 40*, Fairfax, IA	30:39.2	9:53

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

47	12	W30	Christine Kay, 30*, Iowa City, IA	30:59.2	10:00
48	18	W20	Courtney Drury, 20*, Coralville, IA	31:11.7	10:04
49	19	W20	Brynn Kolarz, 20*, Iowa City, IA	31:12.1	10:04
50	13	W30	Autumn Craig, 30*, Iowa City, IA	31:21.5	10:07
51	20	W20	Angelica Smith, 20*, Des Moines, IA	31:22.1	10:07
52	14	W30	Gwen Archibald, 30*, Chicago, IL	31:27.6	10:09
53	15	W30	Mary Brumm, 30*, Iowa City, IA	31:30.1	10:10

54	6	W50	Connie Lander, 50*, Cedar Rapids, IA	31:34.1	10:11
55	21	W20	Laura Young, 20*, Cedar Rapids, IA	31:34.4	10:11
62	9	M20	Austin Ramme, 20, Iowa City, IA	31:36.7	10:12
56	12	W40	Melanie Hall, 40*, Urbandale, IA	31:37.2	10:12
57	16	W30	Jackie Safley, 30*, Ankeny, IA	31:38.8	10:12
58	22	W20	Chauncy Egglund, 20*, Iowa City, IA	31:51.6	10:17
63	10	M20	Carson Egglund, 20, Iowa City, IA	31:52.4	10:17
59	23	W20	Stephany Coleman, 20*, North Liberty, IA	31:53.2	10:17
64	2	JrM	Chase Jensen, 14, Grinnell, IA	32:00.1	10:19
65	11	M20	Joseph Ekdahl, 20, Iowa City, IA	32:07.0	10:22
66	13	M50	Ken Root, 50, Annandale, MN	32:12.0	10:23
60	17	W30	Amy Ashbacher, 30*, Solon, IA	32:21.1	10:26
61	13	W40	Michele Jensen, 40*, Grinnell, IA	32:23.9	10:27
67	9	M60	Jim Meister, 60, Cedar Rapids, IA	32:43.8	10:33
62	18	W30	Kelley Ryan, 30*, Coralville, IA	33:22.3	10:46
68	17	M30	Christopher Youngman, 30, Fort Madison, IA	33:37.5	10:51
63	19	W30	Carissa Jones, 30*, Ankeny, IA	33:45.9	10:53

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

64	20	W30	Michelle Petersen, 30*, N. Liberty, IA	34:14.0	11:03
65	24	W20	Ashley Grabe, 20*, Cedar Rapids, IA	34:15.7	11:03
66	7	W50	Diann Zimmerman, 50*, Clive, IA	36:32.2	11:47
67	21	W30	Marci Thompson, 30*, Runnells, IA	36:47.0	11:52
68	22	W30	Micki Ashby, 30*, Winterset, IA	36:49.8	11:53
69	14	W40	Shari Lewison, 40*, Cedar Rapids, IA	36:53.7	11:54

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70	1	W15	Brook Nelson, 15*, Cedar Falls, IA	37:20.9	12:03
71	15	W40	Shawna Wiebel, 40*, Cedar Rapids, IA	37:58.2	12:15
72	23	W30	Stacy Rowson, 30*, Knoxville, IA	38:53.9	12:33
73	24	W30	Jennifer Wilson, 30*, Oakland, IA	38:54.2	12:33
74	16	W40	Leanna Gardner, 40*, Waterloo, IA	38:56.3	12:34
75	25	W20	Ashley LaRue, 20*, Montezuma, IA	38:58.9	12:34
69	18	M30	Drew Jones, 30, Ankeny, IA	39:49.1	12:51

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

76 25 W30 Kimberly Hillyard, 30*, Cedar Rapids, IA 41:06.2 13:16

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70 10 M60 Charles Hoehnle, 60, Homestead, IA 45:00.0 14:31

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77 8 W50 Patricia Johnson, 50*, New Lenox, IL 46:47.3 15:06

78 26 W20 Gina Thomas, 20*, South Amana, IA 49:32.3 15:59

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

79 9 W50 Sue Martin, 50*, Chelsea, IA 49:35.3 16:00

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80 2 W15 Kelly Jensen, 15*, Coralville Ia 52:46.9 17:02

81 17 W40 Colleen Jensen, 40*, Coralville Ia 52:47.5 17:02

* indicates females

2 finishers among Males (no age given)

2 finishers among Men Under 15

1 finishers among Men 15 - 19

11 finishers among Men 20 - 29

18 finishers among Men 30 - 39

14 finishers among Men 40 - 49

13 finishers among Men 50 - 59

10 finishers among Men 60 & Up

2 finishers among Women 15 - 19

26 finishers among Women 20 - 29

25 finishers among Women 30 - 39

17 finishers among Women 40 - 49

9 finishers among Women 50 - 59

1 finishers among Women 60 & Up

71 male finishers

80 female finishers

151 total finishers

CLASS

PLACE	PLACE		FINISHER	TIME	PACE
Open Men					
1	1 M30		Marty Dalton, 30, Earlham, IA	16:13.9	5:14

Open Women

1	1 W15		Carolyn Newhouse, 15, Marion, IA	19:05.9	6:10
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CLASS

PLACE	PLACE		FINISHER	TIME	PACE
Men Under 15					
12	1		Steve Fritz, 14, Coralville Ia	21:43.0	7:00
64	2		Chase Jensen, 14, Grinell, IA	32:00.1	10:19

Men 15 - 19

23	1	Thomas Julius, 15, North Liberty, IA	23:24.5	7:33
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Men 20 - 29

2	1	Nate Hopp, 20, West Amana, IA	16:37.4	5:22
3	2	Michael Zimmerman, 20, Clive, IA	18:25.1	5:56
5	3	Tim Eilers, 20, Cedar Rapids, IA	18:42.8	6:02

Men 30 - 39

6	1	T J. Craig, 30, Iowa City, IA	18:44.5	6:03
8	2	Garrett Rettig, 30, Coralville, IA	18:58.3	6:07
9	3	Clint Van Winkle, 30, Iowa City, IA	20:44.1	6:41

Men 40 - 49

4	1	Mike Newhouse, 40, Marion, IA	18:31.0	5:58
14	2	Timothy Bergan, 40, Newton, IA	21:57.3	7:05
16	3	Mark Rocarek, 40, Vinton, IA	22:06.2	7:08

Men 50 - 59

11	1	Criag Brophy, 50, Cedar Rapids, IA	21:09.6	6:50
13	2	Guy Olson, 50, Cedar Rapids, IA	21:48.7	7:02
18	3	Kevin Vogel, 50, Coralville Ia	22:19.4	7:12

Men 60 & Up

15	1	Bob Strickland, 60, Marion, IA	22:02.7	7:07
21	2	Tom Kirkweed, 60, Dyersville, IA	22:48.3	7:21
27	3	Bruce Bachmann, 60, Cedar Rapids, IA	23:49.9	7:41

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women 15 - 19

70	1	Brook Nelson, 15, Cedar Falls, IA	37:20.9	12:03
80	2	Kelly Jensen, 15, Coralville Ia	52:46.9	17:02

Women 20 - 29

2	1	Elaina Mertens, 20, Cedar Rapids, IA	20:01.3	6:27
3	2	Alice Anderson, 20, Marion, IA	20:38.4	6:39
4	3	Kelsey Davis, 20, Ames, IA	20:46.4	6:42

Women 30 - 39

6	1	Tamara Loan, 30, Des Moines, IA	20:49.1	6:43
8	2	Rae Lynn Lamparek, 30, Swisher, IA	22:22.4	7:13
11	3	Gretchen Lawyer, 30, Marion, IA	23:30.4	7:35

Women 40 - 49

10	1	Deb Gaddis, 40, Solon, IA	23:08.4	7:28
17	2	Linda Wilson, 40, Lisbon, IA	25:53.9	8:21
19	3	Cathy Steines, 40, Mt Vernon, IA	27:13.0	8:47

Women 50 - 59

15	1	Claudia Scott, 50, Marion, IA	25:40.1	8:17
27	2	Joyce Burch, 50, Pella, IA	28:06.1	9:04
32	3	Elaine Lindaman, 50, West DesMoines, IA	28:41.7	9:15

Women 60 & Up

43	1	Peggy Mounce, 60, Corydon, IA	29:56.7	9:40
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