

Beaverdale Beaver Dash 5 km**Des Moines, IA****Sept. 23, 2006**

54 degrees, 84% humidity, partly sunny

Results by Michael Franke

[1 Mile 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	M20 Thom Waters, 20, Iowa City, IA	16:18	5:15
2	2	M20 Seth Comfort, 25, Des Moines, IA	16:49	5:25
3	3	M20 Timothy Ives, 26, Des Moines, IA	17:02	5:29
4	4	M20 Greg Bell, 28, Ankeny, IA	17:12	5:32
5	1	M40 Kevin Muilenburg, 46, Waukee, IA	17:39	5:41
6	2	M40 Keith Fevold, 48, Johnston, IA	18:02	5:48
7	1	M30 Scott Heidesch, 35, Urbandale, IA	18:03	5:48
8	5	M20 Caleb Brown, 26, Des Moines, IA	18:05	5:49
9	1	M50 3Sticks McBride, 51, Des Moines, IA	18:08	5:50
10	6	M20 Ryan Thompson, 26, Des Moines, IA	18:14	5:52
11	7	M20 dan ross, 26, Des Moines, IA	18:17	5:53
12	8	M20 Phillip Keys, 26, Ankeny, IA	18:25	5:55
13	1	M11 Tony Wattier, 13	18:35	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
14	9	M20 Kent Carlson, 27, Des Moines, IA	18:49	6:03
1	1	W20 Kristy Feidman, 26*, West Des Moines, IA	18:57	6:06
15	2	M30 Matthew Zepeda, 33, Waukee, IA	19:02	6:07
16	2	M11 Chris Calhoun, 14, Windsor Heights, IA	19:05	6:08
17	3	M11 Conor Wells, 13, Des Moines, IA	19:05	6:08
18	4	M11 Mitch Wink, 13, West Des Moines, IA	19:05	6:09
19	10	M20 Bill Holscher, 24, Urbandale, IA	19:09	6:10
20	11	M20 Brad Behrens, 29	19:13	6:11
21	3	M30 Dave Olsen, 34, West Des Moines, IA	19:17	6:12
22	3	M40 Mark Clark, 49, Des Moines, IA	19:21	6:13
23	4	M30 Richard Bundy, 35, Ankeny, IA	19:22	6:14
24	12	M20 Bryan Becker, 24, West Des Moines, IA	19:42	6:20
25	5	M30 Brian Palmer, 38, Des Moines, IA	19:47	6:22
26	6	M30 Marty Mitchell, 32, Des Moines, IA	19:49	6:22
27	4	M40 Brian Willem, 44, Urbandale, IA	19:52	6:23
2	2	W20 Amy Garrett, 22*, Pleasant Hill, IA	19:58	6:25
28	5	M11 Chad Gutschenritter, 12, West Des Moines, IA	19:59	6:26
29	7	M30 Brian Krueger, 35, Urbandale, IA	20:01	6:26
30	13	M20 Michael Leith, 29, Des Moines, IA	20:05	6:28
31	8	M30 Ulf Jentler, 30, West Des Moines, IA	20:13	6:30
3	1	W30 Lisa Klein, 37*, Des Moines, IA	20:18	6:32
32	5	M40 Keith Gutschenritter, 47, West Des Moines, IA	20:21	6:33
33	9	M30 Michael Gasperi, 39, Johnston, IA	20:22	6:33
34	10	M30 Lee Simmons, 30, West Des Moines, IA	20:23	6:33
4	3	W20 Jayme Anderson, 27*, Des Moines, IA	20:25	6:34
35	11	M30 Brian McKinney, 35, Davis, CA	20:25	6:34
36	12	M30 Rick Urso, 30, Des Moines, IA	20:28	6:35

37	14	M20	Tim Rypma, 26, Des Moines, IA	20:30	6:36
38	15	M20	Brett Myers, 26, Baltimore, MD	20:37	6:38
39	13	M30	Chad Bartholomew, 34, Des Moines, IA	20:39	6:39
40	14	M30	Jim Turner, 30, Urbandale, IA	20:50	6:42
41	6	M11	Christopher Welch, 11, Albia, IA	20:54	6:43
5	1	W40	Julie Zierke-Clark, 41*, Clive, IA	20:58	6:45
42	6	M40	Bruce Drummond, 48, Johnston, IA	21:05	6:47
43	15	M30	Cory Witty, 36, Clive, IA	21:11	6:49
6	4	W20	Melissa Coleman, 26*	21:11	6:49
44	16	M20	Christian Quijano, 28, Des Moines, IA	21:16	6:51
45	17	M20	Brian Schwartz, 26, Des Moines, IA	21:21	6:52
7	2	W30	Emily Kell, 30*, Urbandale, IA	21:24	6:53
46	2	M50	Randy Davis, 50, Altoona, IA	21:29	6:55
8	2	W40	Melanie Lange, 44*, Clive, IA	21:40	6:58
47	3	M50	Roy Ney, 58, Des Moines, IA	21:42	6:59
48	16	M30	Jonathan Ramsey, 32, Des Moines, IA	21:43	6:59

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

9	5	W20	Kara Longfield, 29*, Des Moines, IA	21:44	7:00
49	17	M30	Matt Anderson, 36, Des Moines, IA	21:50	7:01
50	18	M20	Jeremiah Holtan, 21, Bloomington, MN	21:52	7:02
51	4	M50	Dennis Woline, 55, Des Moines, IA	21:53	7:03
10	3	W40	Ellen Middleswart, 41*, Urbandale, IA	21:58	7:04
11	6	W20	Amanda Ives, 25*, Des Moines, IA	22:01	7:05
12	7	W20	Audrey Bell, 26*, Ankeny, IA	22:01	7:05
52	5	M50	Alan Gross, 52, Des Moines, IA	22:07	7:07
13	4	W40	Carla Stoner, 44*, West Des Moines, IA	22:08	7:07
14	5	W40	Becky McIntosh, 42*, Des Moines, IA	22:10	7:08
53	18	M30	Philip Behrends, 34, Des Moines, IA	22:10	7:08
54	19	M20	Scott Kruthoff, 25, Urbandale, IA	22:14	7:09
55	7	M11	Tom Lensing, 13	22:18	7:11
56	7	M40	Dave Hammer, 45, Urbandale, IA	22:18	7:11
57	20	M20	Able Mahaffey, 28, Altoona, IA	22:19	7:11
58	6	M50	Terry Grapentine, 55, Ankeny, IA	22:23	7:12
59	21	M20	John Wieland, 20, Iowa City, IA	22:24	7:13
60	8	M11	Matthew Schiltz, 14, Des Moines, IA	22:26	7:13
61	8	M40	Jon Leinen, 47, Des Moines, IA	22:39	7:17
15	6	W40	Lisa Wink, 40*, West Des Moines, IA	22:44	7:19
62	19	M30	Dwight Rastetter, 35, Johnston, IA	22:44	7:19
16	1	JrW	Bailey Eppard, 10*	22:49	7:20
63	22	M20	Chad DeVolder, 27, Clive, IA	22:51	7:21
64	9	M40	Craig Calhoun, 48, Windsor Heights, IA	22:55	7:22
65	9	M11	Nicholas Soyer, 13, Marion, IA	23:01	7:24
66	10	M40	Glen Dippold, 44, Clive, IA	23:02	7:25
67	23	M20	Brian Schulz, 21, Des Moines, IA	23:03	7:25
68	20	M30	Matt Clausen, 33, Urbandale, IA	23:03	7:25
69	24	M20	Robert Nentl, 25, Johnston, IA	23:04	7:25
70	21	M30	Steven Robinson, 33, Des Moines, IA	23:05	7:26
71	10	M11	Fred Shen, 13, Johnston, IA	23:05	7:26
72	25	M20	Ryan Myers, 28, Des Moines, IA	23:06	7:26
17	7	W40	Betsy Freders, 48*, Clive, IA	23:06	7:26
73	11	M40	Rob Harlan, 44, Des Moines, IA	23:07	7:26
18	8	W20	Tasha Armstrong, 27*, Johnston, IA	23:07	7:26
19	3	W30	Sarah Ramsey, 32*, Des Moines, IA	23:10	7:27
74	22	M30	Jason Simpson, 30, Des Moines, IA	23:12	7:28
75	1	M15	Matthew Knodel, 15, Urbandale, Ia	23:13	7:28
76	12	M40	Charlie Neibergall, 41, Urbandale, IA	23:17	7:29
20	1	W11	Angela Davis, 11*, Altoona, IA	23:24	7:32
21	4	W30	Katie Pilcher, 39*, Des Moines, IA	23:26	7:32
77	13	M40	Dennis Vaske, 46, West Des Moines, IA	23:29	7:33
78	23	M30	Robert Van Corler, 35, Ankeny, IA	23:34	7:35
79	24	M30	Nate Rowland, 33, Des Moines, IA	23:38	7:36
80	26	M20	Jonathan Lukes, 21, Fridley, Minnesota	23:43	7:38
81	14	M40	Kevin Techau, 47, Des Moines, IA	23:45	7:38
82	27	M20	Gabriel Allard, 29, Urbandale, IA	23:46	7:39

22	2	W11	anna strait, 12*	23:47	7:39
83	15	M40	Randy Catron, 47, Urbandale, IA	23:47	7:39
23	1	W15	Dawn Gavle, 18*, Des Moines, IA	23:49	7:40
84	28	M20	Nick Konz, 26, Des Moines, IA	23:50	7:40
24	9	W20	Katie Foster, 27*, Des Moines, IA	23:59	7:43
85	29	M20	Charles Graham, 28, Des Moines, IA	24:05	7:45
86	25	M30	Kip Fennelly, 39, Indianola, IA	24:11	7:47
25	10	W20	Stacy Dietch, 29*, Des Moines, IA	24:12	7:47
87	26	M30	Victor Young, 30, Des Moines, IA	24:12	7:47
88	30	M20	Matt Henss, 23, Urbandale, IA	24:12	7:47
89	16	M40	Joseph Cacciatore, 41	24:22	7:50
90	27	M30	Jason Wolf, 34, West Des Moines, IA	24:25	7:51
26	5	W30	Meghan Foley, 30*, Des Moines, IA	24:26	7:52
91	7	M50	James Rohret, 58, Des Moines, IA	24:29	7:53
92	31	M20	Chris Moorhead, 23, West Des Moines, IA	24:37	7:55
93	8	M50	John Just, 51, Des Moines, IA	24:38	7:56
27	1	W60	Shirley Kuebrich, 70*, Urbandale, Ia	24:40	7:56
28	11	W20	Andrea Rothrock, 24*, Ankeny, IA	24:41	7:57
29	12	W20	Abby Richards, 20*, Urbandale, IA	24:43	7:57
94	28	M30	Tim Haggett, 30, Des Moines, IA	24:43	7:57
95	29	M30	Rick Dunlavey, 30, Granger, IA	24:44	7:57
30	13	W20	Beth Neal, 23*, West Des Moines, IA	24:44	7:57
31	14	W20	Jannae Holubar, 23*, West Des Moines, IA	24:44	7:58
32	6	W30	Jennifer Cole-Veak, 33*, Des Moines, IA	24:47	7:58
96	32	M20	Brad Leu, 29, Des Moines, IA	24:48	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
97	30	M30	Jeff Loney, 34, Des Moines, IA	24:50	8:00
33	7	W30	Tricia Hingst, 36*, West Des Moines, IA	24:51	8:00
98	31	M30	david lorbiecki, 35	24:53	8:00
99	32	M30	Jason Pool, 36, Des Moines, IA	24:57	8:02
100	17	M40	Bill Krier, 48, Urbandale, Ia	24:59	8:02
101	11	M11	Harrison Farrell, 12, Des Moines, IA	24:59	8:02
102	33	M20	Kevin Wilson, 28, Polk City, IA	25:00	8:03
103	18	M40	Donald Little, 47, Des Moines, IA	25:07	8:05
34	15	W20	Christy Lorenzen, 24*, DenIson, IA	25:11	8:06
104	12	M11	Kyle Soyer, 14	25:11	8:06
105	2	M15	Ben Urick, 19, Des Moines, IA	25:14	8:07
35	2	W15	Jessie Smith, 17*, Des Moines, IA	25:20	8:09
106	33	M30	Kenneth Morgan, 39, Jacksonville, FL	25:21	8:09
107	19	M40	Gregg Erwood, 46, Clive, IA	25:29	8:12
108	9	M50	Don Motz, 53, Des Moines, IA	25:31	8:13
109	34	M20	Rajat Saboo, 28, Urbandale, IA	25:34	8:14
36	8	W30	Krista Bartholomew, 32*, Waukee, IA	25:38	8:15
110	34	M30	Koen Luinstra, 33, West Des Moines, IA	25:38	8:15
111	10	M50	Glen Oglia, 54, Des Moines, IA	25:41	8:16
112	35	M30	Kurt Niggemeyer, 30, Urbandale, Ia	25:42	8:16
37	16	W20	Jamie Krueger, 22*, Fall Creek, WI	25:47	8:18
113	36	M30	Bryan Siever, 32, Des Moines, IA	25:49	8:19
38	8	W40	Gwyndolyn McMillin, 40*, Des Moines, IA	25:50	8:19
39	9	W40	Catherine Engblom, 43*, Grimes, IA	25:50	8:19
114	20	M40	Craig Logemann, 41, Ankeny, IA	25:50	8:19
40	3	W15	Kayleigh Wren, 15*, Des Moines, IA	25:53	8:20
41	9	W30	Danika Vilmont, 33*, Des Moines, IA	25:57	8:21
115	37	M30	Pat Vilmont, 32, Des Moines, IA	25:57	8:21
42	10	W30	Jodi Buchan, 35*, Johnston, IA	25:58	8:21
116	38	M30	Justin Cody, 32, Des Moines, IA	25:58	8:21
43	11	W30	Becky Needles, 32*, Indianola, IA	25:59	8:22
44	17	W20	Lisa Immerfall, 21*, Urbandale, IA	26:02	8:23
117	35	M20	Aaron Rothrock, 27, Ankeny, IA	26:03	8:23
45	12	W30	Michelle Pohlmeier, 39*, Urbandale, IA	26:14	8:26
46	18	W20	Jenise Colby, 24*, West Des Moines, IA	26:16	8:27
118	39	M30	Blair Smith, 36, Des Moines, IA	26:16	8:27
47	13	W30	Stacie Couvillon, 32*, Des Moines, IA	26:17	8:27
119	40	M30	Blake Anderson, 34, Lincoln, NE	26:22	8:29

120	21	M40	Sam Rizzuti, 42, Urbandale, IA	26:25	8:30
48	14	W30	Amber Mordini, 32*, Polk City, IA	26:28	8:31
49	15	W30	Kerry Riordan, 39*, Des Moines, IA	26:29	8:31
121	36	M20	Jeff Shaffer, 28, Des Moines, IA	26:32	8:32
122	11	M50	Bill Pattinson, 57, Ames, IA	26:33	8:33
50	19	W20	Ashley Weisensel, 20*, Des Moines, IA	26:34	8:33
123	12	M50	Mike Walag, 55, Des Moines, IA	26:36	8:33
51	20	W20	Joni Shepherd, 23*	26:37	8:34
124	22	M40	John Schley, 40, Des Moines, IA	26:37	8:34
125	23	M40	David Selinger, 40, Johnston, IA	26:38	8:34
52	16	W30	Shelley Birmingham, 39*, Johnston, IA	26:40	8:35
126	41	M30	Jesse Gerlits, 37, Des Moines, IA	26:41	8:35
127	24	M40	Kent Atha, 45, West Des Moines, IA	26:42	8:35
128	13	M50	Mike Cornelison, 52, Ankeny, IA	26:42	8:36
53	17	W30	Diane Porter, 39*, Clive, IA	26:42	8:36
129	42	M30	Kevin Snyder, 36, West Des Moines, IA	26:43	8:36
54	21	W20	Jennier Schwartz, 24*, Des Moines, IA	26:43	8:36
55	22	W20	Erica Simbro, 26*, Des Moines, IA	26:44	8:36
130	14	M50	Phil Leder, 51, Bothell, WA	26:44	8:36
131	43	M30	Brent McClure, 35, Des Moines, IA	26:46	8:37
56	10	W40	Pamela Gallagher, 43*, Ankeny, IA	26:47	8:37
132	44	M30	Chris Piper, 34, Urbandale, IA	26:47	8:37
57	18	W30	Elizabeth Binns, 32*, Waukee, IA	26:48	8:37
133	25	M40	Duncan Gallagher, 46, Ankeny, IA	26:48	8:37
134	45	M30	Scott Barr, 35, Waukee, IA	26:49	8:38
58	19	W30	Elizabeth Sedrel, 38*	26:50	8:38
135	37	M20	Jesus Estrada, 26, Waterloo, IA	26:51	8:38
136	26	M40	John Stenberg, 42, Des Moines, IA	26:53	8:39
137	46	M30	Niranjana Gowdra, 34, West Des Moines, IA	26:55	8:40
138	38	M20	Ryan Barker, 28, Nevada, IA	26:55	8:40
59	20	W30	Heather Jacobus, 38*, Des Moines, IA	26:56	8:40
139	39	M20	Subhash Thakrar, 22	26:56	8:40
60	4	W15	Alyssa Burcham, 15*, Johnston, IA	26:57	8:40
140	40	M20	Ryan Chapman, 22, Urbandale, IA	26:58	8:41
61	21	W30	Patricia Westin, 32*, Des Moines, IA	27:01	8:42
141	15	M50	Lane Palmer, 59, Des Moines, IA	27:02	8:42
62	5	W15	Taylor Grieve, 17*, Urbandale, Ia	27:03	8:42
63	6	W15	Felicia Hoover, 18*, Urbandale, IA	27:04	8:43
142	3	M15	Spencer Sheaff, 15, Des Moines, IA	27:06	8:43
64	22	W30	Kathy Agocs, 35*, Urbandale, IA	27:07	8:44
143	47	M30	Steven Binns, 34, Waukee, IA	27:08	8:44
65	23	W20	Karen Grote, 27*, Boone, IA	27:09	8:44
66	24	W20	Hillary Owen, 25*, Maxwell, IA	27:09	8:44
144	1	M60	John Schneller, 62, West Des Moines, IA	27:09	8:44
67	25	W20	Kristin Sullivan, 26*, Des Moines, IA	27:10	8:44
145	16	M50	Roger Wilson, 50, West Des Moines, IA	27:12	8:45
146	48	M30	Selva Vasudevan, 31, West Des Moines, IA	27:13	8:45
68	23	W30	Toye Cody, 34*	27:13	8:46
69	24	W30	Stephanie Rodriguez, 32*, Des Moines, IA	27:14	8:46
147	27	M40	Doug Herold, 46, West Des Moines, IA	27:15	8:46
70	26	W20	Lori Myers, 28*, West Des Moines, IA	27:15	8:46
148	28	M40	Devin Wren, 46, Des Moines, IA	27:15	8:46
149	13	M11	Dylan Eilertson, 13, Clive, IA	27:19	8:47
150	29	M40	Doug Dostal, 43, West Des Moines, IA	27:22	8:48
151	41	M20	Tim Phiifer, 28, Des Moines, IA	27:22	8:48
152	49	M30	Raggs Hollwager, 39, Des Moines, IA	27:24	8:49
153	17	M50	Larry Zahm, 50, Des Moines, IA	27:24	8:49
154	50	M30	Andrew Lashier, 30, Johnston, IA	27:25	8:49
155	30	M40	Steve Snuffin, 40, Des Moines, IA	27:27	8:50
156	31	M40	David Tellner, 42, Des Moines, IA	27:30	8:51
71	3	W11	Madeline Sarcone, 13*, West Des Moines, IA	27:32	8:52
157	51	M30	David Gross, 32, Urbandale, IA	27:33	8:52
158	42	M20	Bo Berntsen, 27, Des Moines, IA	27:34	8:52
72	27	W20	Eileen Leslie, 24*, Windsor Heights, IA	27:35	8:52
73	25	W30	Noelle Zmolek, 39*, Des Moines, IA	27:35	8:53

74	28	W20 Carly DeDecker, 24*, Iowa City, IA	27:36	8:53
75	26	W30 Sheila Grebert, 34*, Des Moines, IA	27:38	8:53
76	11	W40 Ruth Proctor, 43*, West Des Moines, IA	27:44	8:55
159	52	M30 Mark Nevenhoven, 39, West Des Moines, IA	27:44	8:55
77	27	W30 Stacy Speck, 37*, Des Moines, IA	27:44	8:55
78	4	W11 Emily Kane, 14*, Johnston, IA	27:44	8:56
79	5	W11 Carly O'Keefe, 14*, Des Moines, IA	27:45	8:56
80	29	W20 Joanna Steffen, 29*, Urbandale, Ia	27:45	8:56
81	30	W20 Lexi Isaacson, 27*, Des Moines, IA	27:45	8:56
82	28	W30 becky Weathers, 37*	27:46	8:56
83	29	W30 Laura Lanigan, 36*, Urbandale, IA	27:48	8:57
160	14	M11 Colby Tuirnquist, 11, Des Moines, IA	27:50	8:57
161	53	M30 Jeff Beath, 36, Ankeny, IA	27:52	8:58
84	31	W20 Kristy Haggett, 24*, Des Moines, IA	27:53	8:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

85	32	W20 Kristi Cook, 26*, Des Moines, IA	27:58	9:00
86	12	W40 Jamey Cox, 48*, Des Moines, IA	27:59	9:00
162	32	M40 Bernie Burke, 41, Des Moines, IA	28:01	9:01
87	33	W20 Carlie Fitzgerald, 24*, Ankeny, IA	28:01	9:01
88	7	W15 Megan Junge, 16*, Johnston, IA	28:02	9:01
89	30	W30 Denise Tapscott, 37*, Des Moines, IA	28:02	9:01
163	33	M40 Brian Turnquist, 42, Des Moines, IA	28:03	9:02
90	13	W40 Lisa Lemon, 43*, Des Moines, IA	28:04	9:02
164	18	M50 Arnold DeWitt, 59, Des Moines, IA	28:05	9:02
165	34	M40 Marty Marren, 42, Johnston, IA	28:09	9:04
166	35	M40 Ed Acoymo, 42, Ankeny, IA	28:11	9:04
91	31	W30 Melinda Hill, 31*, Des Moines, IA	28:12	9:04
92	6	W11 Victoria Horstman, 13*, Urbandale, Ia	28:15	9:06
93	34	W20 Kerri Johannsen, 26*, Des Moines, IA	28:16	9:06
94	32	W30 Mari Wolf, 36*, West Des Moines, IA	28:17	9:06
167	36	M40 Joseph Baker, 44, West Des Moines, IA	28:17	9:06
95	7	W11 Emily Baker, 14*, West Des Moines, IA	28:18	9:06
96	8	W15 Megan Ostrem, 19*, Des Moines, IA	28:19	9:07
168	54	M30 Mike Dillon, 37, Des Moines, IA	28:22	9:08
97	35	W20 Nicole Sprunger, 25*, Denver, CO	28:25	9:09
169	43	M20 William Howe, 27, Des Moines, IA	28:25	9:09
98	8	W11 Madi Buckley, 12*, Johnston, IA	28:28	9:09
99	36	W20 Lauren Smith, 22*, Des Moines, IA	28:29	9:10
100	37	W20 Sara Blythe, 24*, Des Moines, IA	28:30	9:10
170	37	M40 Timothy Farquhar, 42, Des Moines, IA	28:31	9:10
101	33	W30 Keri Ellingboe, 34*, Ankeny, IA	28:31	9:11
102	34	W30 Angela Farquhar, 36*, Des Moines, IA	28:31	9:11
103	14	W40 Ida Dominguez, 40*, Johnston, IA	28:34	9:12
171	38	M40 James Sanders, 46, Johnston, IA	28:36	9:12
104	35	W30 Karen Morkin, 34*, Des Moines, IA	28:36	9:12
172	55	M30 Bill Pirkle, 35, Norwalk, IA	28:39	9:13
173	56	M30 Patrick Asmussen, 38, Bondurant, IA	28:41	9:14
105	38	W20 Nicole Stevenson, 28*, Des Moines, IA	28:45	9:15
106	39	W20 Meghan Teigen, 24*, West Des Moines, IA	28:47	9:16
174	39	M40 Tom Hunter, 41, West Des Moines, IA	28:47	9:16
107	40	W20 Elizabeth Burt, 24*, Des Moines, IA	28:56	9:19
108	36	W30 Andrea Vander Linden, 39*, Des Moines, IA	28:57	9:19
175	15	M11 Sam Burt, 14, Des Moines, IA	28:58	9:19
176	57	M30 Jay Mattas, 35, Des Moines, IA	28:58	9:19
109	37	W30 Daunelle Hughes, 37*, Des Moines, IA	28:59	9:19
110	41	W20 Alyssa Krussow, 23*, Golden Valley, MN	29:01	9:20
177	58	M30 Brady Wachter, 30, Des Moines, IA	29:01	9:20
178	59	M30 Pat Stoffel, 39	29:03	9:21
111	38	W30 Pat Glawe, 39*, Johnston, IA	29:03	9:21
112	39	W30 Tracy Kennedy, 35*, Des Moines, IA	29:11	9:24
113	1	W50 Myra Thompson, 56*, Ankeny, IA	29:12	9:24
114	42	W20 Erica Knipe, 25*, Urbandale, Ia	29:13	9:24
179	44	M20 Adam Holcomb, 24, West Des Moines, IA	29:13	9:24
115	40	W30 Mary Smith, 36*, Des Moines, IA	29:13	9:24

116	43	W20	Kristine Stodner, 29*, Des Moines, IA	29:14	9:24
180	45	M20	Andrew Walters, 25, West Des Moines, IA	29:14	9:25
117	41	W30	Larua Peters, 31*, Des Moines, IA	29:15	9:25
181	60	M30	Scott Springer, 33, Des Moines, IA	29:18	9:26
118	42	W30	Heather Imoehl, 34*, Des Moines, IA	29:22	9:27
182	46	M20	Stephanie Mahaffey, 27, Altoona, IA	29:27	9:28
183	47	M20	Jason Kohles, 24, Urbandale, IA	29:27	9:29
184	61	M30	Leroy Imoehl, 37, Des Moines, IA	29:29	9:29
185	19	M50	Steve Wickard, 55, Urbandale, IA	29:33	9:30
119	43	W30	Jeneane Moody, 33*, Des Moines, IA	29:33	9:31
120	44	W30	Cara Snuffin, 37*, Des Moines, IA	29:34	9:31
121	45	W30	Kathy Schnack, 39*, Des Moines, IA	29:36	9:31
186	62	M30	Chad Christensen, 37, Des Moines, IA	29:36	9:31
122	9	W15	Hannah Rohret, 17*, Des Moines, IA	29:36	9:32
187	48	M20	Andrew Balough, 21, Ames, IA	29:45	9:34
123	15	W40	Mary Snetselaar, 40*, Polk City, IA	29:48	9:35
188	49	M20	cory chapman, 29	29:48	9:35
124	46	W30	Nicole Jansen, 33*, Ankeny, IA	29:49	9:36
125	47	W30	Shar Nevenhoven, 35*, West Des Moines, IA	29:51	9:36
189	63	M30	Shawn Chapman, 31	29:51	9:36
126	44	W20	Moira Leu, 29*, Des Moines, IA	29:53	9:37
127	48	W30	Shannon Lucas, 37*, Ankeny, IA	29:53	9:37
128	2	W50	Ann Greubel, 56*, Indianola, IA	29:56	9:38
129	49	W30	Kendall Dillon, 35*, Des Moines, IA	29:56	9:38
130	45	W20	Crista Shawler, 26*, Bondurant, IA	30:03	9:40
190	50	M20	Joe Rodriguez, 29, Des Moines, IA	30:07	9:41
191	64	M30	Dave Eppel, 36, West Des Moines, IA	30:12	9:43
131	50	W30	Marnie Walker, 35*, Ankeny, IA	30:12	9:43
192	65	M30	Patrick Gebel, 37, Charles City, IA	30:13	9:43
132	46	W20	Kelly Hemmer, 29*, West Des Moines, IA	30:16	9:44
193	51	M20	Jason Hemmer, 28, West Des Moines, IA	30:16	9:44
133	47	W20	Hilary Nation, 24*, Rippey, IA	30:16	9:44
134	3	W50	Beverly Hickman, 50*, Indianola, IA	30:17	9:45
135	9	W11	Isabella Engblom, 11*, Grimes, IA	30:21	9:46
136	48	W20	Kristi Viehl, 28*, Des Moines, IA	30:26	9:48
137	51	W30	karen gard, 37*, Dws Moines, IA	30:27	9:48
138	49	W20	Beth Ziegmann, 29*, Des Moines, IA	30:28	9:48
139	16	W40	Julie Nelson, 41*, Panora, IA	30:29	9:49
140	50	W20	Ginny Halling, 29*, West Des Moines, IA	30:34	9:50
194	2	M60	Ken Yeutsy, 66, Urbandale, Ia	30:38	9:51
141	51	W20	Emily Burt, 23*, Des Moines, IA	30:40	9:52
195	40	M40	Mark McAllster, 47, Johnston, IA	30:42	9:53
142	52	W30	Rochelle Burnett, 31*	30:46	9:54
143	52	W20	Bridget Reed, 22*, West Des Moines, IA	30:55	9:57
196	66	M30	Anthony Rosch, 30	30:55	9:57
144	53	W30	Angie Van Corler, 33*, Ankeny, IA	30:56	9:57
145	10	W15	Lauren Link, 18*, Pleasant Hill, IA	30:59	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
197	67	M30	Doug Renze, 36, Des Moines, IA	31:08	10:01
146	54	W30	Deb Anderson, 36*, Des Moines, IA	31:10	10:02
147	4	W50	Patsy Mattas, 59*, Des Moines, IA	31:10	10:02
148	55	W30	Nicole Kline, 35*, Grimes, IA	31:11	10:02
149	17	W40	Cindy Blay, 40*, Ankeny, IA	31:12	10:02
150	56	W30	Victoria McQuerry, 38*, West Des Moines, IA	31:12	10:03
151	57	W30	Meg Morris, 36*, Des Moines, IA	31:19	10:05
152	58	W30	Jennifer Eubanks, 34*, Des Moines, IA	31:20	10:05
153	59	W30	Ginger Thune, 30*, Des Moines, IA	31:24	10:06
154	60	W30	Maria Ruhtenberg, 36*, Des Moines, IA	31:25	10:06
155	61	W30	Susanna Kavadas, 33*, Ankeny, IA	31:28	10:07
156	62	W30	Karla Nyren, 36*, Des Moines, IA	31:30	10:08
157	63	W30	Becky Rastetter, 30*, Johnston, IA	31:31	10:09
158	53	W20	Heidi Brown, 29*, Urbandale, Ia	31:33	10:09
198	52	M20	Jonathan Trullinger, 23, Afton, IA	31:35	10:10
159	11	W15	Hannah Allen, 16*	31:37	10:11

199	68	M30	James Glawe, 32, Corwith, IA	31:42	10:12
160	64	W30	Catherine Bechtel, 32*, Des Moines, IA	31:42	10:12
161	65	W30	Deborah Clark, 39*, Des Moines, IA	31:45	10:13
162	66	W30	Melanie Schepers, 38*, Waukee, IA	31:51	10:15
200	69	M30	Jason Madden, 34, Des Moines, IA	31:51	10:15
201	70	M30	David Hansen, 35, Urbandale, IA	31:51	10:15
202	16	M11	Ethan De Groot, 11, Johnston, IA	31:52	10:15
203	41	M40	Steve Cox, 46, Des Moines, IA	31:52	10:15
163	67	W30	Kathy Stapes, 39*, Urbandale, Ia	31:56	10:17
164	68	W30	Annette Defrancisco, 35*, Johnston, IA	31:57	10:17
165	69	W30	Sheila Fehn, 36*, Johnston, IA	32:02	10:19
166	18	W40	Jodi Barron, 41*, Des Moines, IA	32:06	10:20
167	54	W20	Katie Sandre, 28*, Des Moines, IA	32:08	10:20
204	20	M50	Kent Myers, 56, West Des Moines, IA	32:09	10:21
168	19	W40	Lori Meeker, 41*, Windsor Heights, IA	32:13	10:22
169	55	W20	Lindsey Hessel, 23*	32:14	10:22
205	4	M15	Ben kohles, 18, Johnston, IA	32:22	10:25
170	70	W30	Brenda Capaldo, 33*, Alleman, IA	32:35	10:29
171	56	W20	Amy Zsenai, 20*, Clayton, CA	32:36	10:29
206	53	M20	Harsha Yadalam, 28, Urbandale, Ia	32:36	10:30
172	20	W40	Cherrie Willems, 41*, Adel, IA	32:39	10:30
207	1	JrM	Samuel Wheeler, 10, Des Moines, IA	32:43	10:32
208	2	JrM	David Wheeler, 8, Des Moines, IA	32:44	10:32
209	42	M40	Chuck Wheeler, 49, Des Moines, IA	32:48	10:33
210	71	M30	Dinesh Rao, 35, Johnston, IA	32:48	10:33
173	5	W50	Grace DeWitt, 59*, Des Moines, IA	32:49	10:33
174	71	W30	Rhonda Berry, 38*, Johnston, IA	32:49	10:34
211	72	M30	Woody Little, 37, Grimes, IA	32:51	10:34
175	57	W20	Hilary Warner, 26*, West Des Moines, IA	32:55	10:36
176	58	W20	Anne Wright, 27*, Des Moines, IA	32:56	10:36
177	59	W20	Megan Hemmer, 25*, West Des Moines, IA	32:58	10:37
212	54	M20	Bradley Wilson, 23, Ames, IA	33:01	10:37
178	72	W30	bridgette Marchand, 31*, Des Moines, IA	33:01	10:38
213	73	M30	Paul Longfield, 36	33:02	10:38
179	60	W20	Rebecca Like, 29*, Ankeny, IA	33:07	10:39
180	73	W30	Tracy Whisler, 34*, Grimes, IA	33:08	10:40
181	21	W40	Julie Shepard, 40*, Des Moines, IA	33:12	10:41
182	2	JrW	Celia Mathieu-Gates, 10*, Urbandale, IA	33:17	10:43
183	74	W30	Stacy Kluesner, 37*, Urbandale, IA	33:18	10:43
184	75	W30	Amy Gates, 37*, Urbandale, IA	33:18	10:43
185	6	W50	Luann Link, 50*, Pleasant Hill, IA	33:19	10:43
186	61	W20	Barbara Samuelson, 29*	33:33	10:48
187	12	W15	Amanda Cox, 19*, Des Moines, IA	33:35	10:48
188	7	W50	Linda Hagen, 51*	33:37	10:49
214	3	M60	Maurice Smith, 70, Des Moines, IA	33:45	10:52
189	13	W15	Hillary Pierson, 16*, Des Moines, IA	33:48	10:53
215	21	M50	Scott Schoneberg, 50, Des Moines, IA	33:49	10:53
216	74	M30	Tom Durbala, 34, West Des Moines, IA	33:54	10:54
190	76	W30	Teri Durbala, 36*, West Des Moines, IA	33:54	10:54
217	55	M20	Bryan Sandholm, 27, Des Moines, IA	34:04	10:58
191	62	W20	Ellen Sandholm, 28*, Des Moines, IA	34:04	10:58
192	77	W30	Jennifer McIlhon, 39*, Clive, IA	34:07	10:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
193	22	W40	Janelle Erwood, 44*	34:20	11:03
194	78	W30	Bonnie Christensen, 35*, Des Moines, IA	34:26	11:05
218	3	JrM	Kristopher Weeden, 9, Des Moines, IA	34:30	11:06
195	23	W40	Colleen Weeden, 44*, Des Moines, IA	34:30	11:06
196	79	W30	Amanda Hahn, 33*, Ankeny, IA	34:30	11:06
219	22	M50	Thomas Selander, 56, Des Moines, IA	34:34	11:08
220	43	M40	Steven Fuqua, 42, Des Moines, IA	34:49	11:12
197	8	W50	Kathy Walker, 58*	35:03	11:17
198	24	W40	Lori Bauer, 46*	35:03	11:17
199	25	W40	rhonda ferguson, 44*, Indianola, IA	35:07	11:18
200	80	W30	Tammy Sparks, 34*, Urbandale, Ia	35:21	11:23

201	26	W40 Christine McConathy, 49*, West Des Moines, IA		
			35:43	11:30
202	81	W30 Nicole Leroux, 39*, Ames, IA	35:43	11:30
203	27	W40 Tami Nelson, 43*, Des Moines, IA	36:05	11:37
221	4	JrM Charlie Cacciatore, 8	36:12	11:39
204	28	W40 Jackie Cacciatore, 44*, Des Moines, IA	36:12	11:39
205	82	W30 Bonnie McClure, 31*, Ankeny, IA	36:16	11:40
206	83	W30 Andrea Bailey, 30*, Mitchellville, IA	36:36	11:47
207	29	W40 Becky Selander, 46*, Des Moines, IA	36:46	11:50
208	14	W15 Christina Wilson, 17*, West Des Moines, IA	36:48	11:51
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
209	9	W50 peggy delzell, 52*	37:37	12:06
210	84	W30 Linda Asmussen, 36*, Bondurant, IA	37:43	12:08
211	85	W30 Sheila Whalen, 36*, Urbandale, IA	37:43	12:08
222	75	M30 Brian Whaler, 38, Urbandale, Ia	37:44	12:09
223	56	M20 Nathan Williams, 26, West Des Moines, IA	37:48	12:10
212	63	W20 Emily Westergaard, 26*, Des Moines, IA	37:48	12:10
213	64	W20 Sarah Parks, 26*	37:54	12:12
224	57	M20 Jared Jablonski, 24, Urbandale, IA	37:57	12:13
214	86	W30 Tammy Bogenrief, 36*, Ankeny, IA	38:08	12:16
215	30	W40 Susan Droessler, 45*, West Des Moines, IA	38:14	12:18
216	87	W30 Kate Rogriguez, 33*, Des Moines, IA	38:28	12:23
217	65	W20 Katie McGrath, 28*, Des Moines, IA	38:29	12:23
225	58	M20 Nick Ryan, 28, Des Moines, IA	38:32	12:24
218	88	W30 Jodi Osthus, 36*, Des Moines, IA	38:43	12:27
226	76	M30 Buavesh Shah, 37, West Des Moines, IA	38:43	12:27
219	89	W30 Devon Snow, 39*, Des Moines, IA	38:43	12:27
220	10	W11 Bailey Whitsitt, 11*, Urbandale, IA	39:05	12:35
221	90	W30 Kenna Dixson, 35*, Grimes, IA	39:52	12:50
227	4	M60 Glenn Soyer, 61, Norwalk, IA	40:12	12:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
222	66	W20 Carla Underwood, 29*	40:48	13:08
223	67	W20 Buffy Hurley, 28*	40:48	13:08
224	10	W50 Patty Hemphill, 52*, Des Moines, IA	40:54	13:10
225	68	W20 Casey Christensen, 23*, Altoona, IA	41:00	13:11
226	91	W30 Beth Stokes, 36*, Johnston, IA	41:00	13:12
228	17	M11 Dylan Johnson, 11, Johnston, IA	41:01	13:12
229	44	M40 Monty Johnson, 43, Johnston, IA	41:05	13:13
227	31	W40 Cheryl Johnson, 41*, Johnston, IA	41:06	13:13
228	92	W30 Ann Duley, 35*	42:43	13:45
229	2	W60 Patsy Morrow, 63*	42:51	13:47
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
230	69	W20 Jeanna Hennick, 21*	43:30	14:00
230	59	M20 Brian Nation, 27, Rippey, IA	43:30	14:00
231	11	W50 Gina Lind, 58*, Urbandale, Ia	43:46	14:05
231	23	M50 Kevin Lind, 52, Urbandale, IA	43:46	14:05
232	32	W40 Teresa Little, 44*, Des Moines, IA	45:29	14:38
232	5	M60 Michael Hamilton, 61, Altoona, IA	45:57	14:47
233	70	W20 Emily Sager, 24*, West Des Moines, IA	45:58	14:48
234	71	W20 Rachel Pokos, 24*, West Des Moines, IA	45:59	14:48
235	33	W40 Ann Shepherd, 49*, Indianola, IA	46:28	14:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
236	72	W20 Elizabeth Hamilton, 26*, Johnston, IA	47:04	15:09
237	12	W50 Jean Burt, 54*, Des Moines, IA	47:24	15:15
238	34	W40 Lynn Evans, 49*, Des Moines, IA	47:40	15:20
239	35	W40 Laurie Evans, 49*, Des Moines, IA	47:40	15:21
240	93	W30 Emilee Lindley, 31*, Richfield, MN	47:48	15:23
241	3	W60 Ellen Parker, 60*, Tempe, AZ	47:48	15:23
242	13	W50 Marcia Schoeppner, 54*, Des Moines, IA	47:48	15:23
243	94	W30 Stacey Locke, 36*	47:51	15:24
244	36	W40 carol kohles, 49*, Johnston, IA	47:53	15:25

245	11	W11 Hannah Soyer, 11*, Johnston, IA	48:06	15:29
233	60	M20 Luke De Mouth, 24, Urbandale, IA	48:08	15:30
246	37	W40 Michelle Soyer, 43*, Johnston, IA	48:44	15:41
234	24	M50 Jack Sandmeier, 55, Knoxville, IA	48:45	15:41
247	95	W30 Kelli Stoaks, 36*, Clive, IA	49:24	15:54
248	73	W20 Andrea Bauer, 23*	49:36	15:58
249	38	W40 Tina Weierke, 40*	49:36	15:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

250	14	W50 Elizabeth Walag, 54*, Des Moines, IA	49:44	16:00
251	74	W20 Nancy Huisman, 29*	49:45	16:01
252	3	JrW Anna Selinger, 7*, Johnston, IA	49:57	16:04
253	39	W40 Vicki Selinger, 40*, Johnston, IA	50:01	16:06
254	75	W20 Katy Liljedahl, 27*	50:20	16:12
255	76	W20 Suzie Buss, 26*	50:20	16:12
256	40	W40 Mary Craver, 40*	50:21	16:12
257	77	W20 Elizabeth Lind, 27*	50:22	16:12
258	78	W20 Ericka Klingner, 26*	50:22	16:13
259	41	W40 Julie Miller, 42*, Indianola, IA	50:35	16:17
260	96	W30 Erin Weber, 37*	50:36	16:17
235	25	M50 Steven Webber, 54, Urbandale, Ia	51:06	16:27
261	15	W50 Peggy Martin, 55*, Johnston, IA	51:07	16:27
262	16	W50 Ruth Hamilton, 55*, Altoona, IA	51:09	16:27
263	97	W30 Susan King, 31*, Des Moines, IA	51:23	16:32
236	77	M30 John King, 32	51:23	16:32
264	17	W50 Sally Emery, 58*, Marion, IA	51:57	16:43
265	98	W30 Stephanie Maret, 33*, Des Moines, IA	51:57	16:43
266	79	W20 Annie Colby, 22*, West Des Moines, IA	52:09	16:47
267	18	W50 Linda Colby, 51*, West Des Moines, IA	52:09	16:47
237	18	M11 Scott Syroka, 12, Johnston, IA	52:13	16:48
268	42	W40 Lynne Paulsen, 42*, Johnston, IA	52:14	16:48
269	99	W30 Donna Pierce, 38*, Johnston, IA	52:14	16:49
270	19	W50 Colleen Motz, 56*, Des Moines, IA	52:36	16:56
271	80	W20 Paula Motz, 21*, Des Moines, IA	52:37	16:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

272	43	W40 Marla Rohret, 48*, Des Moines, IA	53:42	17:17
273	44	W40 Molly McDowell, 45*, Des Moines, IA	53:43	17:17
274	81	W20 Rachel Martin, 27*, Des Moines, IA	54:31	17:33
275	82	W20 Jennifer Bauer, 22*	54:51	17:39
276	83	W20 Angela Walker, 26*, Paton, IA	54:51	17:39
238	61	M20 Kyle Ahrenholtz, 25	55:00	17:42
239	26	M50 Doug Walker, 59	55:01	17:42
277	100	W30 Courtney Hawkins, 32*	55:34	17:53
278	20	W50 Barb Hawkins, 53*	55:35	17:53
240	62	M20 Adam Bauer, 22	55:40	17:55
241	63	M20 Scott Walker, 27	55:45	17:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

279	12	W11 Erin Selinger, 11*, Johnston, IA	57:11	18:24
280	45	W40 Lori McAllster, 45*, Johnston, IA	57:33	18:31
281	13	W11 Leanna McAllster, 11*, Johnston, IA	57:34	18:32

"*" indicates females

4 finishers among Men 10 & Under
 18 finishers among Men 11 - 14
 4 finishers among Men 15 - 19
 63 finishers among Men 20 - 29
 77 finishers among Men 30 - 39
 44 finishers among Men 40 - 49
 26 finishers among Men 50 - 59
 5 finishers among Men 60 & Up
 3 finishers among Women 10 & Under
 13 finishers among Women 11 - 14
 14 finishers among Women 15 - 19
 83 finishers among Women 20 - 29

100 finishers among Women 30 - 39
45 finishers among Women 40 - 49
20 finishers among Women 50 - 59
3 finishers among Women 60 & Up
241 male finishers
281 female finishers
522 total finishers

[Top](#)

Return to [home page](#).