

Winterset Rotary Club Hosts 6th Annual Pump & Run

Winterset, Iowa

August 6th

The Winterset Rotary Club hosted it's 6th Annual Pump & Run Contest Saturday, August 6th at the Memorial Park in Winterset. Fifty-five contestants competed in an event where for every bench press they complete they receive a 15 second credit on their 5K or 1 Mile time. The fastest adjusted time is the strongest and the fastest. The event is held annually and provides two scholarships for Winterset seniors.

This year event resulted in records set at both ends of the age spans. Matt Cahalan, Winterset, 14 & under, pressed 90 lbs. 15 times then ran a 18:35 5K for an adjusted time of 13:05, the best recorded for the day, and a new record for the 14 & under age group. Baron Davis, Hamilton, High School, ran the fastest 5K of the day in 17:50.

Laurie Baker, Waukee, 30-34, broke her own age group record by recording 28 presses at 85 lbs, which is 3 more than the 80 lbs she pressed in 2004. Baker then ran her 5K in 21:13, 10 seconds faster than 2004, giving her the best adjusted time of the day and an new age group and overall record of 14:13. The fastest women's 5K was recorded by Christina Cunningham, 35-39, in 20:08.

In the One-Mile Pump & Run 65-year-old Jack Wortman, North Liberty, set a new record for negative times. Wortman lifted 135 lbs. 35 times then ran a 7:24 mile giving him his age group and overall One Mile record of -1:21.

Five other records were set or broken in the Mile event. In the 14 & under, Afton's, Eric Downey set the new standard by lifting 85 lbs. 34 times and ran a 8:33 mile for an adjusted time of -0:07. Joe Cordaro, Urbandale, 19-24 broke the old record by 5:31, lifting 170 lbs. 23 times and running a 5:32 mile for a finish time of -0:13.

Joe Cunningham, Knoxville, 30-34, set the mark by pressing 170 lbs. 10 times and finishing the mile in 6:56 for a final time of 4:36. Rod Paplow, Otley, 35-39, set his age group record at -0:40 by lifting 170 lbs. 25 times and ran a 5:35 mile.

The fastest mile was recorded by Tanner Warrington, St. Charles, in 5:25. Kyle Selsor, Winterset, recorded the fastest 5K Only time in 19:28. Chuck Clark, Carroll, set the new record in the 50-54 age group by covering the distance in 19:41.

Besides all the volunteers that it takes to run a contest like this the Winterset Rotary Club wishes to thank all the sponsors that make it possible. They include, Exchange State Bank, Iowa Realty, Farmers and Merchants State Bank, Union State Bank, Fareway Food Store, Doc's Soft Water, The Madisonian, the Winterset Fire and Police Depts.

* Age Group record

** Official mistake-lifted 70%

Cannonball Pump and Run (5K)

Name	Age Group	Town	No. of Reps @ No. lbs	5K	Adj. Time	
Matt Cahalan	14 & under	Winterset	14 @ 90#	18:35	13:05	*
Michael Krieg	25-29	W.DesM.	18 @ 160#	18:05	13:35	
Eric Wortman	40-44	Iowa City	15 @ 155#	18:28	14:23	*
Mark Keeney	25-29	Ankeny	24 @ 185#	20:54	14:54	
Kerry Anderson	40-44	Clive	26 @ 170#	21:44	15:14	
John Menken	14 & under	Clive	14 @ 90#	19:23	15:53	
Eric Jones	40-44	Waukee	20 @ 200#	22:28	17:28	
David Wilcox	35-39	Elkhart	19 @ 180#	22:34	17:39	
Baron Davis	High School	Hamilton	33 @ 90#	17:50	17:50	**
Jeff Feder	40-44	Norwalk	4 @ 145#	20:04	19:04	
Brad Archer	35-39	Clive	6 @ 225#	23:34	22:04	
Lance Summers	30-34	Winterset	17 @ 240#	26:41	22:26	
Don Jessen	50-54	Colfax	3 @ 205#	23:17	22:32	
Steve Raike	40-44	Clive	5 @ 190#	25:12	23:57	
Females						
Laurie Baker	30-34	Waukee	28 @ 85#	21:13	14:13	*
Christina Cunningham	35-39	Knoxville	15 @ 70#	20:08	16:23	
Caitlyn Miller	High School	Knoxville	12 @ 70#	20:36	17:36	
Kristin Archer	35-39	Clive	3 @ 85#	27:13	26:28	
Rhonda Anderson	45-49	Clive	10 @ 85#	29:31	27:01	

One Mile Pump and Run

Name	Age	Town	No. of Reps @ No. lbs	1M	Adj. Time	
Males						
Jack Wortman	60 +	North Liberty	35 @ 120#	7:24	-1.21	*
Rod Paplow	35-39	Otley	25 @ 170#	5:35	-0.40	*
Joe Cordaro	out of H.S-24	Urbandale	23 @ 170#	5:32	-0.13	*
Eric Downey	14 & under	Afton	34 @ 85#	8:23	-0.07	*
Tanner Warrington	out of HS-24	St. Charles	16 @ 155#	5:25	1:25	
Wick Cunningham	14 & under	Knoxville	17 @ 45#	6:16	2:01	
Skylar Cunningham	14 & under	Knoxville	20 @ 35#	7:18	2:18	
Timothy Harder	out of HS-24	Pleasantville	15 @ 165#	6:04	2:19	
Mike Gillette	45-49	Clive	28 @ 185#	9:46	2:46	
Rob Aeschliman	25-29	Dubuque	11 @ 155#	5:59	3:14	*
Joe Cunningham	30-34	Knoxville	10 @ 170#	6:56	4:26	*
Kim Harris	45-49	Earlham	10 @ 165#	7:06	4:36	
Cole Lemon	14 & under	Clive	8 @ 100#	6:46	4:48	
David Downey	High School	Afton	10 @ 150#	7:47	5:19	

Cannonball 5K Run

Name	Age	Town	5K
Males			
Kyle Selsor	High School	Winterset	19:28
Chuck Clark	50-54	Carroll	19:41
Steve Bunch	out of HS-24	Lavilis	21:23
Evan Selsor	14 and under	Winterset	23:00
Randy Sease	25-29	DesMoines	25:00
Jim Mease	50-54	Winterset	25:50
Landon Summers	14 & under	Winterset	26:41
Gene Harding	60+	DesMoines	26:56
Justin Wirtz	Out of HS-24	Ames	28:03
Kevin McCormick	Ou-of HS-24	Ames	28:14
Females			
Jenny Loos	High School	St. Charles	24:05
Riley Blyther	High School	Winterset	24:25
Joyce Jessen	40-44	Colfax	24:35
Robin Rethmel	30-34	Nora Springs	27:21
Amanda Farlow	High School	St. Charles	30:12
Aimee Neas	25-29	Winterset	32:32
Laura Fromdahl	out of HS-24	Winterset	34:46
Sheryl Greenstein	out of HS-24	W. DesMoines	35:23

Cannonball One Mile Run

Name	Age	Town	1 Mile
Colin Anderson	14 & under	Clive	7:23
Cameron Konrad	14 & under	Clive	10:38
Evan Konrad	14 & under	Clive	10:50
Grady Laughlin	14 & under	DesMoines	11:37
Andy Waters	14 & under	W. DesMoines	11:47

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