

## Winterset Rotary Pump & Run 2006 Final Results (August 5, 2006)

Winterset Rotary Hosts 7th Pump and Run

In a pouring rainstorm the Winterset Rotary Club hosted its seventh Pump and Run Contest on August 5th, 2006 at the Memorial Park in Winterset. The event called the Cannonball Pump and Run had 42 contestants who bench press their weight or a percentage of their weight then ran a mile or a 5K (3.1 miles). For every bench press completed 15 seconds was taken off their run times. The fastest adjusted time is the strongest and the fastest. All proceeds go annually to two \$500 scholarships to Winterset seniors.

The top three entries in the male division in the 5K division were 1. Brent Achenback, Woodward, (30-34) who pressed 165 pds. 23 times then ran a 17:46 5K for an adjusted time of 12:01. 2. Kevin Barnes (30-34) pressed 145 lbs. 15 times, ran a 15:48 5K for an adjusted time of 13.03. 3. Eric Wortman (40-44) Iowa City with 19 reps @ 145 lbs. and a 18:37 5K-adjusted to 13:52.

Coreen Sweeney, Clive, 40-44 was first in the female 5K division posting 30 reps. at 65#, ran a 26:36 5K, for an adjusted time of 17:36. Next in was Deb Gallagher, Grimes, (30-34) with 15 reps. at 70#, a 25:58 5K, adjusted to 22:13, and third was Heather Worthington, West DesM., (35-39) with 10 reps. at 85#, a 25:09 5K, and an adjusted time of 22:39.

The fastest 5Ks in the Pump and Run were Luke Spencer, (35-39) DesMoines, 16:38 and Heather Worthington, (35-39) W. Des Moines, 25:09. In the open 5K Run Andrew Drysdale (19-24) Winterset ran an 18:03 and Pam Giles (45-49) Des Moines set the mark in her age division at 37:30

The fastest Pump and Run mile times were Jami Feder (14 & under) Norwalk who ran a 9:45 and pumped 45# 18 times for and adjusted time of 5:18 breaking the record set in 2003 of 9:33. Rob Aeschliman, Dubuque, (25-29) ran the fastest mile and broke his own record set in 2005, by pumping 150# 15 times and running a 6:01 mile for a record age group adjusted time of 2:16.

Besides the ones mentioned above nine records were set.

Eric Wortman (40-44) Iowa City, broke the 2000 record of adjusted time of 15:24 by pumping 145 lbs. 19 times, and running a 18:37 5K adjusted to 13:52

Chad Emanuel ((45-49) Winterset, broke the adjusted time of 17:10 set in 2000, by running an 24:32 5K, pumping 180 lbs. 32 times for a finish of 16:32.

Carl Schadt, (50-54) Waterloo, set his age group record at 15:00. Carl ran a 22:30 5K and pumped 135 lbs. 30 times.

Coreen Sweeney, see above, broke the record set in 2000 of 21:35 with her 17:36.

Eric Downey (14 and under) Afton, smashed his record of 2005 of -: 07 by pumping 95lbs. 47 times, then running a 6:45 mile for an adjusted time of -5:00!!

Jami Feder, (14 and Under) Norwalk, broke the 2003 mark of 9:33 in the Mile Pump and Run by running a 9:45 mile, pumping 45# 18 times, for the record of 5:18!

RACE #	EVENT	M/F	AGE	AGE GROUP	NAME	WT	ADJ WT	REPS	RACE TIME	ADJUSTED TIME	RANK
25	1 Mile Only	F	50	50-54	Ryan, Jill						
34	1M P&R	F	12	14 & under	Feder, Jami	105	45	18	9:58	5:18	1
53	1M P&R	M	14	HS	Downey, Eric	136	95	47	6:45	(5:00)	1
52	1M P&R	M	15	HS	Downey, David	150	150	13	6:32	3:17	1
15	1M P&R	M	27	25-29	Aeschliman, Rob	150	150	15	6:01	2:16	1
22	1M P&R	M	37	35-39	Klein, Tony	215	215	24	7:14	1:14	1
41	1M P&R	M	39	35-39	Graham, Thad	189	190	16	7:25	3:25	2
16	1M P&R	M	49	45-49	Harris, Kim	170	155	9	7:35	5:20	1
33	1M P&R	M	66	60+	Wortman, Jack	170	120	34	7:43	(0:47)	1
40	5K Run Only	M	11	14 & Under	Van Horn, Paden (Elias)				36:30		1

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