

# Cascade 175th Celebration 5K Run

Cascade, IA

June 27, 2009

70's and Sunny

Results by Kauder Racing

[Age Group results](#)

[Overall results](#)

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

| PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-------|----------|------|------|
|-------|-------|----------|------|------|

### Open Men

|   |       |                                |       |      |
|---|-------|--------------------------------|-------|------|
| 1 | 1 M25 | Nick Bowerman, 26, Dubuque, IA | 15:45 | 5:05 |
|---|-------|--------------------------------|-------|------|

### Open Women

|    |       |                                   |       |      |
|----|-------|-----------------------------------|-------|------|
| 16 | 1 W30 | Kristen Mitchell, 30, Ottumwa, IA | 19:35 | 6:19 |
|----|-------|-----------------------------------|-------|------|

## AGE GROUP RESULTS

### CLASS

| PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-------|----------|------|------|
|-------|-------|----------|------|------|

### Men Under 13

|     |   |                                      |       |       |
|-----|---|--------------------------------------|-------|-------|
| 52  | 1 | Preston Kauder, 12, Cascade, IA      | 23:08 | 7:28  |
| 55  | 2 | Maverick Guyer, 12, Cedar Rapids, IA | 23:12 | 7:29  |
| 86  | 3 | Noah Decker, 12, Cedar Rapids, IA    | 24:39 | 7:57  |
| 103 | 4 | Jordan Loes, 11, Monticello, IA      | 25:38 | 8:16  |
| 149 | 5 | Eric Deutmeyer, 9, Earlville, IA     | 28:55 | 9:20  |
| 182 | 6 | Cole Haan, 12, Cascade, IA           | 31:49 | 10:15 |
| 193 | 7 | Justin McDermott, 11, Cascade, IA    | 32:29 | 10:29 |

### Men 13 - 15

|    |   |                                      |       |      |
|----|---|--------------------------------------|-------|------|
| 17 | 1 | Brandon Decker, 15, Cedar Rapids, IA | 19:51 | 6:24 |
| 32 | 2 | Scott Stingley, 14, Monticello, IA   | 21:31 | 6:56 |
| 33 | 3 | Anthony Kinley, 13, Monticello, IA   | 21:35 | 6:58 |
| 37 | 4 | Zach Frey, 15, Cascade, IA           | 21:56 | 7:04 |
| 39 | 5 | Levi Dolphin, 13, Cascade, IA        | 22:05 | 7:07 |
| 59 | 6 | Kyle Collins, 15, Dickeyville, WI    | 23:20 | 7:31 |
| 92 | 7 | Sam McDermott, 13, Cascade, IA       | 25:08 | 8:06 |

**Men 16 - 18**

|    |   |                                      |       |      |
|----|---|--------------------------------------|-------|------|
| 2  | 1 | Aaron Umhoefer, 17, N Mankato, MN    | 17:35 | 5:40 |
| 4  | 2 | Kyle Blake, 16, Monticello, IA       | 17:57 | 5:47 |
| 7  | 3 | Alex Umhoefer, 16, N Mankato, MN     | 18:15 | 5:53 |
| 8  | 4 | Michael Ropp, 16, Cedar Rapids, IA   | 18:25 | 5:56 |
| 9  | 5 | Jacob Heim, 18, Cascade, IA          | 18:31 | 5:58 |
| 13 | 6 | Jared Decker, 17, Cedar Rapids, IA   | 19:12 | 6:12 |
| 19 | 7 | Colton McQuillen, 16, Monticello, IA | 19:59 | 6:27 |

**Men 19 - 24**

|     |   |                                   |       |      |
|-----|---|-----------------------------------|-------|------|
| 25  | 1 | Jason Voshell, 19, Cascade, IA    | 20:51 | 6:43 |
| 65  | 2 | Terry Willenborg, 24, Dubuque, IA | 23:50 | 7:41 |
| 108 | 3 | Mark Even, 24, Dubuque, IA        | 25:54 | 8:21 |
| 142 | 4 | Kyle Webber, 23, Dubuque, IA      | 28:19 | 9:08 |

**Men 25 - 29**

|    |   |                                    |       |      |
|----|---|------------------------------------|-------|------|
| 22 | 1 | Shane Manternach, 29, Marion, IA   | 20:06 | 6:29 |
| 23 | 2 | Joel Althoff, 29, Monticello, IA   | 20:25 | 6:35 |
| 26 | 3 | Joey Wolfe, 26, Cascade, IA        | 20:52 | 6:44 |
| 40 | 4 | Brad Soat, 26, Dubuque, IA         | 22:08 | 7:08 |
| 44 | 5 | Nick Leytem, 26, Cascade, IA       | 22:36 | 7:17 |
| 57 | 6 | Adam Kedley, 26, Burlington, IA    | 23:18 | 7:31 |
| 69 | 7 | Phil Bachman, 26, Cedar Rapids, IA | 23:55 | 7:43 |

**Men 30 - 34**

|    |   |  |       |      |
|----|---|--|-------|------|
| 6  | 1 | Ryan Mitchell, 31, Ottumwa, IA           | 18:14 | 5:53 |
| 11 | 2 | Chadwick Biermeier, 31, East Dubuque, IL | 18:41 | 6:01 |
| 49 | 3 | Scott Brighton, 34, Monticello, IA       | 22:59 | 7:25 |
| 56 | 4 | Mark Kurt, 31, Carrboro, NC              | 23:15 | 7:30 |
| 81 | 5 | Pete Manternach, 34, Brighton, VA        | 24:26 | 7:53 |
| 83 | 6 | Andy Manternach, 30, Cedar Rapids, IA    | 24:28 | 7:53 |
| 98 | 7 | Andy Moehring, 33, Houston, TX           | 25:23 | 8:11 |

**Men 35 - 39**

|     |   |                                      |       |      |
|-----|---|--------------------------------------|-------|------|
| 5   | 1 | Andrew Kauder, 37, Cedar Rapids, IA  | 18:10 | 5:51 |
| 29  | 2 | Fred Kauder, 36, Cedar Rapids, IA    | 21:20 | 6:53 |
| 61  | 3 | Chad Deutmeyer, 39, Earlville, IA    | 23:37 | 7:37 |
| 95  | 4 | Brendan Benter, 39, Cedar Rapids, IA | 25:13 | 8:08 |
| 97  | 5 | Wes Dolphin, 39, Dubuque, IA         | 25:18 | 8:09 |
| 121 | 6 | Rodney Crooks, 39, Bernard, IA       | 26:48 | 8:39 |
| 135 | 7 | Pat Murphy, 36, Cascade, IA          | 27:55 | 9:00 |

**Men 40 - 44**

|    |   |                                |       |      |
|----|---|--------------------------------|-------|------|
| 10 | 1 | Russell Nieman, 40, Peosta, IA | 18:39 | 6:01 |
| 14 | 2 | Murry Mente, 42, Tipton, IA    | 19:14 | 6:12 |
| 18 | 3 | Matt Nauman, 40, Cascade, IA   | 19:52 | 6:24 |
| 20 | 4 | Joe Fecker, 40, Andrew, IA     | 20:00 | 6:27 |
| 30 | 5 | Steve Schmit, 43, Clinton, IA  | 21:21 | 6:53 |
| 31 | 6 | Kyle Kauder, 42, Cascade, IA   | 21:22 | 6:53 |
| 73 | 7 | Doug Hunt, 40, Cascade, IA     | 24:03 | 7:45 |

**Men 45 - 49**

|    |   |                                      |       |      |
|----|---|--------------------------------------|-------|------|
| 3  | 1 | Phil Kauder, 48, Cascade, IA         | 17:54 | 5:46 |
| 15 | 2 | Jerry Weitz, 48, Dubuque, IA         | 19:21 | 6:14 |
| 24 | 3 | Rod Warnke, 46, Dubuque, IA          | 20:32 | 6:37 |
| 42 | 4 | Ted Neiers, 46, Cascade, IA          | 22:27 | 7:14 |
| 43 | 5 | Bennett Eastburn, 47, Monticello, IA | 22:35 | 7:17 |

|    |   |                            |       |      |
|----|---|----------------------------|-------|------|
| 51 | 6 | Kirk Wills, 46, Galena, IL | 23:07 | 7:27 |
| 58 | 7 | Al Reiter, 48, Cascade, IA | 23:18 | 7:31 |

**Men 50 - 54**

|     |   |                                       |       |      |
|-----|---|---------------------------------------|-------|------|
| 12  | 1 | David Nauman, 53, Mason City, IA      | 18:49 | 6:04 |
| 34  | 2 | Mike Kuhn, 50, Cascade, IA            | 21:39 | 6:59 |
| 45  | 3 | Chuck Soat, 50, Dubuque, IA           | 22:47 | 7:21 |
| 47  | 4 | Bill Copper, 52, Marion, IA           | 22:53 | 7:23 |
| 66  | 5 | Brent Manternach, 51, Worthington, IA | 23:51 | 7:42 |
| 84  | 6 | Jim Becker, 51, Watkins, IA           | 24:32 | 7:55 |
| 104 | 7 | Peter Temple, 51, Monticello, IA      | 25:43 | 8:18 |

**Men 55 - 59**

|     |   |                                   |       |       |
|-----|---|-----------------------------------|-------|-------|
| 46  | 1 | Gary Klostermann, 57, Cascade, IA | 22:49 | 7:21  |
| 70  | 2 | Bud Johnson, 55, Monticello, IA   | 23:56 | 7:43  |
| 113 | 3 | Rick Rogers, 55, Dubuque, IA      | 26:19 | 8:29  |
| 140 | 4 | John Lux, 59, Cascade, IA         | 28:18 | 9:08  |
| 245 | 5 | Bruce Kedley, 56, Cascade, IA     | 47:24 | 15:17 |
| 247 | 6 | Thomas Green, 56, Cascade, IA     | 47:56 | 15:27 |
| 252 | 7 | Steve Manternach, 57, Nevada, IA  | 49:44 | 16:02 |

**Men 60 & Up**

|     |   |                                |       |       |
|-----|---|--------------------------------|-------|-------|
| 242 | 1 | Carl Dolphin, 61, Cascade, IA  | 46:50 | 15:06 |
| 264 | 2 | Terry Frasher, 62, Cascade, IA | 52:22 | 16:53 |

## CLASS

| PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-------|----------|------|------|
|-------|-------|----------|------|------|

**Women Under 13**

|     |   |                                  |       |       |
|-----|---|----------------------------------|-------|-------|
| 162 | 1 | Macie Weber, 11, Cascade, IA     | 30:01 | 9:41  |
| 176 | 2 | Kylie Kelchen, 11, Cascade, IA   | 31:22 | 10:07 |
| 187 | 3 | Natalie Frasher, 11, Cascade, IA | 31:58 | 10:18 |

|     |   |                                |       |       |
|-----|---|--------------------------------|-------|-------|
| 205 | 4 | Carolyn Trumm, 12, Cascade, IA | 34:25 | 11:06 |
|-----|---|--------------------------------|-------|-------|

**Women 13 - 15**

|     |   |                                  |       |       |
|-----|---|----------------------------------|-------|-------|
| 38  | 1 | Mariah Kauder, 14, Cascade, IA   | 21:58 | 7:05  |
| 67  | 2 | Rachel Sigmon, 15, Marion, IA    | 23:52 | 7:42  |
| 139 | 3 | Kristin Peiffer, 15, Dubuque, IA | 28:15 | 9:07  |
| 174 | 4 | Kelsey Sadler, 13, Cascade, IA   | 31:15 | 10:05 |
| 233 | 5 | Alicia Loes, 15, Bernard, IA     | 44:09 | 14:14 |

**Women 16 - 18**

|     |   |                                       |       |      |
|-----|---|---------------------------------------|-------|------|
| 53  | 1 | Taylor Helms, 18, Walker, IA          | 23:09 | 7:28 |
| 68  | 2 | Maggie Reiter, 17, Cascade, IA        | 23:53 | 7:42 |
| 78  | 3 | Megan Kelchen, 16, Cascade, IA        | 24:18 | 7:50 |
| 80  | 4 | Chelsey Thill, 18, Dubuque, IA        | 24:23 | 7:52 |
| 119 | 5 | Rachel Fischer, 18, Cascade, IA       | 26:46 | 8:38 |
| 131 | 6 | Kristin Luckstead, 17, Monticello, IA | 27:35 | 8:54 |
| 147 | 7 | Jennie Aitchison, 18, Monticello, IA  | 28:40 | 9:15 |

**Women 19 - 24**

|     |   |                                    |       |      |
|-----|---|------------------------------------|-------|------|
| 64  | 1 | Megan McMullen, 19, Cascade, IA    | 23:47 | 7:40 |
| 91  | 2 | Jennifer Millen, 24, Dubuque, IA   | 24:50 | 8:00 |
| 100 | 3 | Ashley Trumm, 23, Farley, IA       | 25:29 | 8:13 |
| 117 | 4 | Katie Noonan, 21, Cascade, IA      | 26:41 | 8:36 |
| 120 | 5 | Paula Fischer, 23, Houston, TX     | 26:47 | 8:38 |
| 144 | 6 | Megan Manternach, 23, Cascade, IA  | 28:29 | 9:11 |
| 148 | 7 | Jody Aitchison, 23, Monticello, IA | 28:40 | 9:15 |

**Women 25 - 29**

|    |   |  |       |      |
|----|---|--|-------|------|
| 36 | 1 | Leslie Althoff, 28, Monticello, IA       | 21:55 | 7:04 |
| 54 | 2 | Michelle Geitskemper, 29, Dyersville, IA | 23:11 | 7:29 |
| 88 | 3 | Jody Moehring, 26, Houston, TX           | 24:41 | 7:57 |
| 96 | 4 | Beth Cunico, 29, Cascade, IA             | 25:14 | 8:08 |

|     |   |                                      |       |      |
|-----|---|--------------------------------------|-------|------|
| 101 | 5 | Jody Knepper, 25, Asbury, IA         | 25:34 | 8:15 |
| 106 | 6 | Stacie Schockemoehl, 26, Cascade, IA | 25:50 | 8:20 |
| 145 | 7 | Jill Curry, 29, Marion, IA           | 28:31 | 9:12 |

**Women 30 - 34**

|     |   |                                       |       |      |
|-----|---|---------------------------------------|-------|------|
| 35  | 1 | Mindy Capron, 33, Monticello, IA      | 21:50 | 7:03 |
| 50  | 2 | Emily Recker, 32, Hopkinton, IA       | 23:05 | 7:27 |
| 62  | 3 | Shelly Johannes, 32, Cedar Rapids, IA | 23:43 | 7:39 |
| 82  | 4 | Jamison Manternach, 33, Briston, VA   | 24:28 | 7:53 |
| 93  | 5 | Kelly Postel, 32, Monticello, IA      | 25:09 | 8:07 |
| 99  | 6 | Tracy Ostwinkle, 33, Cascade, IA      | 25:23 | 8:11 |
| 115 | 7 | Erin Adams, 30, Monticello, IA        | 26:27 | 8:32 |

**Women 35 - 39**

|     |   |  |       |       |
|-----|---|--|-------|-------|
| 41  | 1 | Jennifer Neumann, 38, Libertyville, IL | 22:15 | 7:10  |
| 79  | 2 | Lisa Droeszler, 38, Bernard, IA        | 24:21 | 7:51  |
| 112 | 3 | Jenny Recker, 38, Cascade, IA          | 26:12 | 8:27  |
| 125 | 4 | Tammy Nauman, 35, Cascade, IA          | 26:59 | 8:42  |
| 143 | 5 | Becky Cooper, 36, Monticello, IA       | 28:28 | 9:11  |
| 164 | 6 | Lisa Frasher, 39, Cascade, IA          | 30:42 | 9:54  |
| 171 | 7 | Renee Holub, 37, Coggon, IA            | 31:08 | 10:03 |

**Women 40 - 44**

|     |   |                                    |       |      |
|-----|---|------------------------------------|-------|------|
| 60  | 1 | Sharon Klein, 42, Durango, IA      | 23:23 | 7:32 |
| 71  | 2 | Laura Decker, 43, Cedar Rapids, IA | 23:58 | 7:44 |
| 74  | 3 | Beth Duccini, 43, Dubuque, IA      | 24:05 | 7:46 |
| 75  | 4 | Anne Kauder, 42, Cascade, IA       | 24:08 | 7:47 |
| 94  | 5 | Diane Ropp, 42, Cedar Rapids, IA   | 25:12 | 8:08 |
| 111 | 6 | Amanda Crooks, 40, Bernard, IA     | 26:01 | 8:23 |
| 126 | 7 | Leann Herman, 42, Monticello, IA   | 27:03 | 8:43 |

**Women 45 - 49**

|    |   |                                   |       |      |
|----|---|-----------------------------------|-------|------|
| 77 | 1 | Susan Umhoefer, 46, N Mankato, MN | 24:13 | 7:48 |
|----|---|-----------------------------------|-------|------|

|     |   |                                     |       |       |
|-----|---|-------------------------------------|-------|-------|
| 85  | 2 | Tina Becker, 48, Watkins, IA        | 24:34 | 7:55  |
| 110 | 3 | Sheila McGreal, 45, Monticello, IA  | 25:58 | 8:22  |
| 161 | 4 | Lori Wills, 46, Galena, IL          | 29:47 | 9:36  |
| 177 | 5 | Lois Swantz, 48, Mt Vernon, IA      | 31:25 | 10:08 |
| 180 | 6 | Sherry Eastburn, 46, Monticello, IA | 31:36 | 10:11 |
| 185 | 7 | Lori Manternach, 47, Cascade, IA    | 31:53 | 10:17 |

**Women 50 - 54**

|     |   |                                  |       |       |
|-----|---|----------------------------------|-------|-------|
| 89  | 1 | Lorrie Copper, 52, Marion, IA    | 24:43 | 7:58  |
| 90  | 2 | Nancy Leytem, 51, Cascade, IA    | 24:45 | 7:59  |
| 152 | 3 | Anne Noonan, 52, Cascade, IA     | 29:05 | 9:23  |
| 155 | 4 | Julie Kuhn, 50, Cascade, IA      | 29:12 | 9:25  |
| 216 | 5 | Barb Otting, 52, Cascade, IA     | 36:33 | 11:47 |
| 237 | 6 | Kathy Beck, 51, Cascade, IA      | 45:04 | 14:32 |
| 239 | 7 | Salli Rinella, 52, Littleton, CO | 46:27 | 14:59 |

**Women 55 - 59**

|     |   |  |       |       |
|-----|---|--|-------|-------|
| 128 | 1 | Donna Miller, 55, Cascade, IA          | 27:08 | 8:45  |
| 133 | 2 | Mary Geisler, 58, Dubuque, IA          | 27:40 | 8:55  |
| 225 | 3 | Ginny Knepper, 59, Cascade, IA         | 40:32 | 13:04 |
| 226 | 4 | Jessi Koob, 55, Cascade, IA            | 40:53 | 13:11 |
| 248 | 5 | Ruth Green, 56, Cascade, IA            | 48:05 | 15:30 |
| 249 | 6 | Connie Page, 55, Nevada, IA            | 48:06 | 15:31 |
| 250 | 7 | Kathy Solko-Manternach, 57, Nevada, IA | 49:43 | 16:02 |

**Women 60 & Up**

|     |   |                                    |       |       |
|-----|---|------------------------------------|-------|-------|
| 224 | 1 | Nancy Strang, 61, Cascade, IA      | 40:10 | 12:57 |
| 232 | 2 | Kay Lehman, 61, Cascade, IA        | 43:33 | 14:03 |
| 257 | 3 | Joan Kauder, 70, Cascade, IA       | 51:28 | 16:36 |
| 261 | 4 | Joyce McMullen, 67, Cascade, IA    | 52:07 | 16:49 |
| 262 | 5 | Linda Takes-Davis, 67, Cascade, IA | 52:08 | 16:49 |
| 263 | 6 | Jan Frasher, 62, Cascade, IA       | 52:21 | 16:53 |

265 7 Shirley McDermott, 65, Cascade, IA 52:31 16:56

## OVERALL RESULTS

## CLASS

| PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-------|----------|------|------|
|-------|-------|----------|------|------|

## Individuals

|   |       |                                     |       |      |
|---|-------|-------------------------------------|-------|------|
| 1 | OpM   | Nick Bowerman, 26, Dubuque, IA      | 15:45 | 5:05 |
| 2 | 1 M16 | Aaron Umhoefer, 17, N Mankato, MN   | 17:35 | 5:40 |
| 3 | 1 M45 | Phil Kauder, 48, Cascade, IA        | 17:54 | 5:46 |
| 4 | 2 M16 | Kyle Blake, 16, Monticello, IA      | 17:57 | 5:47 |
| 5 | 1 M35 | Andrew Kauder, 37, Cedar Rapids, IA | 18:10 | 5:51 |
| 6 | 1 M30 | Ryan Mitchell, 31, Ottumwa, IA      | 18:14 | 5:53 |
| 7 | 3 M16 | Alex Umhoefer, 16, N Mankato, MN    | 18:15 | 5:53 |
| 8 | 4 M16 | Michael Ropp, 16, Cedar Rapids, IA  | 18:25 | 5:56 |
| 9 | 5 M16 | Jacob Heim, 18, Cascade, IA         | 18:31 | 5:58 |

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

|    |       |  |       |      |
|----|-------|--|-------|------|
| 10 | 1 M40 | Russell Nieman, 40, Peosta, IA           | 18:39 | 6:01 |
| 11 | 2 M30 | Chadwick Biermeier, 31, East Dubuque, IL | 18:41 | 6:01 |
| 12 | 1 M50 | David Nauman, 53, Mason City, IA         | 18:49 | 6:04 |
| 13 | 6 M16 | Jared Decker, 17, Cedar Rapids, IA       | 19:12 | 6:12 |
| 14 | 2 M40 | Murry Mente, 42, Tipton, IA              | 19:14 | 6:12 |
| 15 | 2 M45 | Jerry Weitz, 48, Dubuque, IA             | 19:21 | 6:14 |
| 16 | OpW   | Kristen Mitchell, 30*, Ottumwa, IA       | 19:35 | 6:19 |
| 17 | 1 M13 | Brandon Decker, 15, Cedar Rapids, IA     | 19:51 | 6:24 |
| 18 | 3 M40 | Matt Nauman, 40, Cascade, IA             | 19:52 | 6:24 |
| 19 | 7 M16 | Colton McQuillen, 16, Monticello, IA     | 19:59 | 6:27 |
| 20 | 4 M40 | Joe Fecker, 40, Andrew, IA               | 20:00 | 6:27 |
| 21 | 8 M16 | Jacob Morrow, 16, Cedar Rapids, IA       | 20:02 | 6:28 |
| 22 | 1 M25 | Shane Manternach, 29, Marion, IA         | 20:06 | 6:29 |
| 23 | 2 M25 | Joel Althoff, 29, Monticello, IA         | 20:25 | 6:35 |
| 24 | 3 M45 | Rod Warnke, 46, Dubuque, IA              | 20:32 | 6:37 |
| 25 | 1 M19 | Jason Voshell, 19, Cascade, IA           | 20:51 | 6:43 |



|   |    |     |   |       |      |
|---|----|-----|---|-------|------|
| 26  | 3  | M25 | Joey Wolfe, 26, Cascade, IA               | 20:52 | 6:44 |
| 27  | 9  | M16 | Bryce Althoff, 18, Farley, IA             | 21:08 | 6:49 |
| 28  | 10 | M16 | Joe Noonan, 16, Cascade, IA               | 21:18 | 6:52 |
| 29  | 2  | M35 | Fred Kauder, 36, Cedar Rapids, IA         | 21:20 | 6:53 |
| 30  | 5  | M40 | Steve Schmit, 43, Clinton, IA             | 21:21 | 6:53 |
| 31  | 6  | M40 | Kyle Kauder, 42, Cascade, IA              | 21:22 | 6:53 |
| 32  | 2  | M13 | Scott Stingley, 14, Monticello, IA        | 21:31 | 6:56 |
| 33  | 3  | M13 | Anthony Kinley, 13, Monticello, IA        | 21:35 | 6:58 |
| 34  | 2  | M50 | Mike Kuhn, 50, Cascade, IA                | 21:39 | 6:59 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |    |     |   |       |      |
| 35  | 1  | W30 | Mindy Capron, 33*, Monticello, IA         | 21:50 | 7:03 |
| 36  | 1  | W25 | Leslie Althoff, 28*, Monticello, IA       | 21:55 | 7:04 |
| 37  | 4  | M13 | Zach Frey, 15, Cascade, IA                | 21:56 | 7:04 |
| 38  | 1  | W13 | Mariah Kauder, 14*, Cascade, IA           | 21:58 | 7:05 |
| 39  | 5  | M13 | Levi Dolphin, 13, Cascade, IA             | 22:05 | 7:07 |
| 40  | 4  | M25 | Brad Soat, 26, Dubuque, IA                | 22:08 | 7:08 |
| 41  | 1  | W35 | Jennifer Neumann, 38*, Libertyville, IL   | 22:15 | 7:10 |
| 42  | 4  | M45 | Ted Neiers, 46, Cascade, IA               | 22:27 | 7:14 |
| 43  | 5  | M45 | Bennett Eastburn, 47, Monticello, IA      | 22:35 | 7:17 |
| 44  | 5  | M25 | Nick Leytem, 26, Cascade, IA              | 22:36 | 7:17 |
| 45  | 3  | M50 | Chuck Soat, 50, Dubuque, IA               | 22:47 | 7:21 |
| 46  | 1  | M55 | Gary Klostermann, 57, Cascade, IA         | 22:49 | 7:21 |
| 47  | 4  | M50 | Bill Copper, 52, Marion, IA               | 22:53 | 7:23 |
| 48  | 11 | M16 | Joshua Hinrichsen, 17, Monticello, IA     | 22:58 | 7:24 |
| 49  | 3  | M30 | Scott Brighton, 34, Monticello, IA        | 22:59 | 7:25 |
| 50  | 2  | W30 | Emily Recker, 32*, Hopkinton, IA          | 23:05 | 7:27 |
| 51  | 6  | M45 | Kirk Wills, 46, Galena, IL                | 23:07 | 7:27 |
| 52  | 1  | JrM | Preston Kauder, 12, Cascade, IA           | 23:08 | 7:28 |
| 53  | 1  | W16 | Taylor Helms, 18*, Walker, IA             | 23:09 | 7:28 |
| 54  | 2  | W25 | Michelle Geitskemper, 29*, Dyersville, IA | 23:11 | 7:29 |
| 55  | 2  | JrM | Maverick Guyer, 12, Cedar Rapids, IA      | 23:12 | 7:29 |
| 56  | 4  | M30 | Mark Kurt, 31, Carrboro, NC               | 23:15 | 7:30 |

|    |        |  |       |      |
|----|--------|--|-------|------|
| 57 | 6 M25  | Adam Kedley, 26, Burlington, IA        | 23:18 | 7:31 |
| 58 | 7 M45  | Al Reiter, 48, Cascade, IA             | 23:18 | 7:31 |
| 59 | 6 M13  | Kyle Collins, 15, Dickeyville, WI      | 23:20 | 7:31 |
| 60 | 1 W40  | Sharon Klein, 42*, Durango, IA         | 23:23 | 7:32 |
| 61 | 3 M35  | Chad Deutmeyer, 39, Earlville, IA      | 23:37 | 7:37 |
| 62 | 3 W30  | Shelly Johannes, 32*, Cedar Rapids, IA | 23:43 | 7:39 |
| 63 | 8 M45  | Joe Nauman, 45, Coggon, IA             | 23:46 | 7:40 |
| 64 | 1 W19  | Megan McMullen, 19*, Cascade, IA       | 23:47 | 7:40 |
| 65 | 2 M19  | Terry Willenborg, 24, Dubuque, IA      | 23:50 | 7:41 |
| 66 | 5 M50  | Brent Manternach, 51, Worthington, IA  | 23:51 | 7:42 |
| 67 | 2 W13  | Rachel Sigmon, 15*, Marion, IA         | 23:52 | 7:42 |
| 68 | 2 W16  | Maggie Reiter, 17*, Cascade, IA        | 23:53 | 7:42 |
| 69 | 7 M25  | Phil Bachman, 26, Cedar Rapids, IA     | 23:55 | 7:43 |
| 70 | 2 M55  | Bud Johnson, 55, Monticello, IA        | 23:56 | 7:43 |
| 71 | 2 W40  | Laura Decker, 43*, Cedar Rapids, IA    | 23:58 | 7:44 |
| 72 | 9 M45  | Dave Meyers, 45, Monticello, IA        | 23:59 | 7:44 |
| 73 | 7 M40  | Doug Hunt, 40, Cascade, IA             | 24:03 | 7:45 |
| 74 | 3 W40  | Beth Duccini, 43*, Dubuque, IA         | 24:05 | 7:46 |
| 75 | 4 W40  | Anne Kauder, 42*, Cascade, IA          | 24:08 | 7:47 |
| 76 | 12 M16 | Sam Manternach, 16, Worthington, IA    | 24:11 | 7:48 |
| 77 | 1 W45  | Susan Umhoefer, 46*, N Mankato, MN     | 24:13 | 7:48 |
| 78 | 3 W16  | Megan Kelchen, 16*, Cascade, IA        | 24:18 | 7:50 |
| 79 | 2 W35  | Lisa Droeszler, 38*, Bernard, IA       | 24:21 | 7:51 |
| 80 | 4 W16  | Chelsey Thill, 18*, Dubuque, IA        | 24:23 | 7:52 |
| 81 | 5 M30  | Pete Manternach, 34, Brighton, VA      | 24:26 | 7:53 |
| 82 | 4 W30  | Jamison Manternach, 33*, Briston, VA   | 24:28 | 7:53 |
| 83 | 6 M30  | Andy Manternach, 30, Cedar Rapids, IA  | 24:28 | 7:53 |
| 84 | 6 M50  | Jim Becker, 51, Watkins, IA            | 24:32 | 7:55 |
| 85 | 2 W45  | Tina Becker, 48*, Watkins, IA          | 24:34 | 7:55 |
| 86 | 3 JrM  | Noah Decker, 12, Cedar Rapids, IA      | 24:39 | 7:57 |
| 87 | 8 M40  | Phil Decker, 43, Cedar Rapids, IA      | 24:40 | 7:57 |
| 88 | 3 W25  | Jody Moehring, 26*, Houston, TX        | 24:41 | 7:57 |
| 89 | 1 W50  | Lorrie Copper, 52*, Marion, IA         | 24:43 | 7:58 |

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|---|--------|---------------------------------------|-------|------|
| 90  | 2 W50  | Nancy Leytem, 51*, Cascade, IA        | 24:45 | 7:59 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a> |        |                                       |       |      |
| 91  | 2 W19  | Jennifer Millen, 24*, Dubuque, IA     | 24:50 | 8:00 |
| 92  | 7 M13  | Sam McDermott, 13, Cascade, IA        | 25:08 | 8:06 |
| 93  | 5 W30  | Kelly Postel, 32*, Monticello, IA     | 25:09 | 8:07 |
| 94  | 5 W40  | Diane Ropp, 42*, Cedar Rapids, IA     | 25:12 | 8:08 |
| 95  | 4 M35  | Brendan Benter, 39, Cedar Rapids, IA  | 25:13 | 8:08 |
| 96  | 4 W25  | Beth Cunico, 29*, Cascade, IA         | 25:14 | 8:08 |
| 97  | 5 M35  | Wes Dolphin, 39, Dubuque, IA          | 25:18 | 8:09 |
| 98  | 7 M30  | Andy Moehring, 33, Houston, TX        | 25:23 | 8:11 |
| 99  | 6 W30  | Tracy Ostwinkle, 33*, Cascade, IA     | 25:23 | 8:11 |
| 100   | 3 W19  | Ashley Trumm, 23*, Farley, IA         | 25:29 | 8:13 |
| 101   | 5 W25  | Jody Knepper, 25*, Asbury, IA         | 25:34 | 8:15 |
| 102   | 8 M25  | Aj Knepper, 25, Asbury, IA            | 25:34 | 8:15 |
| 103   | 4 JrM  | Jordan Loes, 11, Monticello, IA       | 25:38 | 8:16 |
| 104   | 7 M50  | Peter Temple, 51, Monticello, IA      | 25:43 | 8:18 |
| 105   | 9 M25  | Mark Conrad, 28, Cedar Rapids, IA     | 25:49 | 8:19 |
| 106   | 6 W25  | Stacie Schockemoehl, 26*, Cascade, IA | 25:50 | 8:20 |
| 107   | 8 M30  | Toby Ryan, 34, Peosta, IA             | 25:54 | 8:21 |
| 108   | 3 M19  | Mark Even, 24, Dubuque, IA            | 25:54 | 8:21 |
| 109   | 10 M25 | Joeseeph Kauder, 28, Cascade, IA      | 25:55 | 8:22 |
| 110   | 3 W45  | Sheila McGreal, 45*, Monticello, IA   | 25:58 | 8:22 |
| 111   | 6 W40  | Amanda Crooks, 40*, Bernard, IA       | 26:01 | 8:23 |
| 112   | 3 W35  | Jenny Recker, 38*, Cascade, IA        | 26:12 | 8:27 |
| 113   | 3 M55  | Rick Rogers, 55, Dubuque, IA          | 26:19 | 8:29 |
| 114   | 9 M30  | Jeremy Kreutner, 32, Peosta, IA       | 26:25 | 8:31 |
| 115   | 7 W30  | Erin Adams, 30*, Monticello, IA       | 26:27 | 8:32 |
| 116   | 8 W30  | Sherry Kelchen, 34*, Cascade, IA      | 26:39 | 8:36 |
| 117   | 4 W19  | Katie Noonan, 21*, Cascade, IA        | 26:41 | 8:36 |
| 118   | 10 M30 | Ryan Topping, 34, Cascade, IA         | 26:43 | 8:37 |
| 119   | 5 W16  | Rachel Fischer, 18*, Cascade, IA      | 26:46 | 8:38 |
| 120   | 5 W19  | Paula Fischer, 23*, Houston, TX       | 26:47 | 8:38 |

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|-----|--------|--|-------|------|
| 121 | 6 M35  | Rodney Crooks, 39, Bernard, IA         | 26:48 | 8:39 |
| 122 | 9 W30  | Karen Rodekamp, 32*, Ankeny, IA        | 26:50 | 8:39 |
| 123 | 10 W30 | Emily Noonan, 31*, Cascade, IA         | 26:55 | 8:41 |
| 124 | 9 M40  | Troy Brehm, 44, Cascade, IA            | 26:57 | 8:41 |
| 125 | 4 W35  | Tammy Nauman, 35*, Cascade, IA         | 26:59 | 8:42 |
| 126 | 7 W40  | Leann Herman, 42*, Monticello, IA      | 27:03 | 8:43 |
| 127 | 10 M40 | Debi Meyers, 44, Monticello, IA        | 27:06 | 8:45 |
| 128 | 1 W55  | Donna Miller, 55*, Cascade, IA         | 27:08 | 8:45 |
| 129 | 11 M30 | John Takes, 33, Dubuque, IA            | 27:12 | 8:46 |
| 130 | 11 W30 | Jeanine Volk, 31*, Phoenix, AZ         | 27:28 | 8:51 |
| 131 | 6 W16  | Kristin Luckstead, 17*, Monticello, IA | 27:35 | 8:54 |
| 132 | 11 M40 | Joe McGreal, 44, Monticello, IA        | 27:37 | 8:54 |
| 133 | 2 W55  | Mary Geisler, 58*, Dubuque, IA         | 27:40 | 8:55 |
| 134 | 11 M25 | Shaun Weier, 26, Boscobel, WI          | 27:48 | 8:58 |

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|-----|--------|---------------------------------------|-------|------|
| 135 | 7 M35  | Pat Murphy, 36, Cascade, IA           | 27:55 | 9:00 |
| 136 | 12 W30 | Tara Brighton, 32*, Monticello, IA    | 27:55 | 9:00 |
| 137 | 8 W40  | Amy Heitman, 42*, Cascade, IA         | 27:57 | 9:01 |
| 138 | 12 M25 | James Owen, 28, Dubuque, IA           | 27:57 | 9:01 |
| 139 | 3 W13  | Kristin Peiffer, 15*, Dubuque, IA     | 28:15 | 9:07 |
| 140 | 4 M55  | John Lux, 59, Cascade, IA             | 28:18 | 9:08 |
| 141 | 9 W40  | Carolyn Turnis, 42*, Hopkinton, IA    | 28:19 | 9:08 |
| 142 | 4 M19  | Kyle Webber, 23, Dubuque, IA          | 28:19 | 9:08 |
| 143 | 5 W35  | Becky Cooper, 36*, Monticello, IA     | 28:28 | 9:11 |
| 144 | 6 W19  | Megan Manternach, 23*, Cascade, IA    | 28:29 | 9:11 |
| 145 | 7 W25  | Jill Curry, 29*, Marion, IA           | 28:31 | 9:12 |
| 146 | 12 M30 | Chris Curry, 30, Marion, IA           | 28:31 | 9:12 |
| 147 | 7 W16  | Jennie Aitchison, 18*, Monticello, IA | 28:40 | 9:15 |
| 148 | 7 W19  | Jody Aitchison, 23*, Monticello, IA   | 28:40 | 9:15 |
| 149 | 5 JrM  | Eric Deutmeyer, 9, Earlville, IA      | 28:55 | 9:20 |
| 150 | 13 M30 | Robert Harbin, 34, Dubuque, IA        | 28:56 | 9:20 |
| 151 | 14 M30 | Tim Sery, 30, Burnsville, MN          | 28:59 | 9:21 |
| 152 | 3 W50  | Anne Noonan, 52*, Cascade, IA         | 29:05 | 9:23 |

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|-----|--------|-------------------------------------|-------|------|
| 153 | 13 W30 | Angie Kronlage, 34*, Epworth, IA    | 29:06 | 9:23 |
| 154 | 10 W40 | Bonnie Weber, 43*, Cascade, IA      | 29:11 | 9:25 |
| 155 | 4 W50  | Julie Kuhn, 50*, Cascade, IA        | 29:12 | 9:25 |
| 156 | 12 M40 | Jim Reinke, 41, Onslow, IA          | 29:16 | 9:26 |
| 157 | 14 W30 | Amy Kremer, 32*, Cascade, IA        | 29:16 | 9:26 |
| 158 | 15 W30 | Keri Boffeli, 30*, Monticello, IA   | 29:18 | 9:27 |
| 159 | 8 M50  | Thomas McDonnell, 54, Cascade, IA   | 29:27 | 9:30 |
| 160 | 8 W19  | Kayla Peiffer, 20*, Cascade, IA     | 29:38 | 9:33 |
| 161 | 4 W45  | Lori Wills, 46*, Galena, IL         | 29:47 | 9:36 |
| 162 | 1 JrW  | Macie Weber, 11*, Cascade, IA       | 30:01 | 9:41 |
| 163 | 16 W30 | Amy Picray, 34*, Monticello, IA     | 30:35 | 9:52 |
| 164 | 6 W35  | Lisa Frasher, 39*, Cascade, IA      | 30:42 | 9:54 |
| 165 | 8 W16  | Samantha Trumm, 17*, Farley, IA     | 30:49 | 9:56 |
| 166 | 17 W30 | Rebecca McDermott, 32*, Cascade, IA | 30:52 | 9:57 |

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|-----|--------|--|-------|-------|
| 167 | 11 W40 | Lisa Merritt, 41*, Cascade, IA         | 31:04 | 10:01 |
| 168 | 8 W25  | Kendra Manternach, 25*, Burlington, IA | 31:05 | 10:01 |
| 169 | 15 M30 | Aaron Lincoln, 30, Dubuque, IA         | 31:07 | 10:02 |
| 170 | 13 M25 | Tyral Grimm, 27, Dubuque, IA           | 31:07 | 10:02 |
| 171 | 7 W35  | Renee Holub, 37*, Coggon, IA           | 31:08 | 10:03 |
| 172 | 14 M25 | Justin Rettenberger, 29, Decorah, IA   | 31:11 | 10:03 |
| 173 | 8 M35  | Steve McMillan, 39, Dubuque, IA        | 31:14 | 10:04 |
| 174 | 4 W13  | Kelsey Sadler, 13*, Cascade, IA        | 31:15 | 10:05 |
| 175 | 8 W35  | Kay Leibold, 38*, Hiawatha, IA         | 31:16 | 10:05 |
| 176 | 2 JrW  | Kylie Kelchen, 11*, Cascade, IA        | 31:22 | 10:07 |
| 177 | 5 W45  | Lois Swantz, 48*, Mt Vernon, IA        | 31:25 | 10:08 |
| 178 | 13 M40 | Scott Annis, 40, Cascade, IA           | 31:28 | 10:09 |
| 179 | 16 M30 | Chris Puetz, 31, Bernard, IA           | 31:33 | 10:11 |
| 180 | 6 W45  | Sherry Eastburn, 46*, Monticello, IA   | 31:36 | 10:11 |
| 181 | 9 M35  | Clay Haan, 38, Cascade, IA             | 31:48 | 10:15 |
| 182 | 6 JrM  | Cole Haan, 12, Cascade, IA             | 31:49 | 10:15 |
| 183 | 9 W25  | Jessica Doyle, 25*, Chicago, IL        | 31:51 | 10:16 |

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|-----|--------|--|-------|-------|
| 184 | 15 M25 | Lawrence Doyle, 26, Chicago, IL          | 31:51 | 10:16 |
| 185 | 7 W45  | Lori Manternach, 47*, Cascade, IA        | 31:53 | 10:17 |
| 186 | 9 W35  | Tricia Brickley, 37*, Sheboygan, WI      | 31:57 | 10:18 |
| 187 | 3 JrW  | Natalie Frasher, 11*, Cascade, IA        | 31:58 | 10:18 |
| 188 | 8 W45  | Angela Warnke, 45*, Dubuque, IA          | 31:59 | 10:19 |
| 189 | 18 W30 | Lori Casey, 32*, Cascade, IA             | 32:01 | 10:20 |
| 190 | 10 W35 | Kris Kremer, 37*, Monticello, IA         | 32:10 | 10:22 |
| 191 | 19 W30 | Jill Supple, 34*, Cascade, IA            | 32:21 | 10:26 |
| 192 | 9 W45  | Shirley Biermeier, 45*, East Dubuque, IL | 32:27 | 10:28 |
| 193 | 7 JrM  | Justin McDermott, 11, Cascade, IA        | 32:29 | 10:29 |
| 194 | 9 W19  | Katie Heisler, 19*, Peosta, IA           | 32:36 | 10:31 |
| 195 | 10 W19 | Karissa Muller, 22*, Monticello, IA      | 32:41 | 10:32 |
| 196 | 16 M25 | Nicholas Gavin, 28, Chicago, IL          | 32:53 | 10:36 |
| 197 | 10 W25 | Mary Butterton, 26*, Chicago, IL         | 32:54 | 10:37 |
| 198 | 10 W45 | Donna Callahan, 49*, Cascade, IA         | 32:58 | 10:38 |
| 199 | 11 W45 | Sue Ellen Hosch, 46*, Marion, IA         | 33:02 | 10:39 |
| 200 | 12 W40 | Tammy Loes, 42*, Monticello, IA          | 33:03 | 10:39 |
| 201 | 12 W45 | Cindy Trumm, 49*, Farley, IA             | 33:40 | 10:51 |
| 202 | 17 M25 | Brandon Cochran, 25, Anamosa, IA         | 34:01 | 10:58 |
| 203 | 11 W19 | Tiffany Cochran, 24*, Anamosa, IA        | 34:03 | 10:59 |

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| 204 | 20 W30 | Amy Topping, 34*, Cascade, IA       | 34:25 | 11:06 |
| 205 | 4 JrW  | Carolyn Trumm, 12*, Cascade, IA     | 34:25 | 11:06 |
| 206 | 10 M35 | Joe Trumm, 38, Cascade, IA          | 34:26 | 11:06 |
| 207 | 11 W35 | Jen Manternach, 36*, Cascade, IA    | 34:31 | 11:08 |
| 208 | 13 W40 | Rhonda Reinke, 42*, Onslow, IA      | 35:03 | 11:18 |
| 209 | 12 W35 | Kim Cigrand, 39*, Monticello, IA    | 35:08 | 11:20 |
| 210 | 11 W25 | Katie Lynch, 29*, Dubuque, IA       | 35:10 | 11:21 |
| 211 | 21 W30 | Anne Hughes, 30*, Cascade, IA       | 35:11 | 11:21 |
| 212 | 22 W30 | Jenny Lester, 33*, Cedar Rapids, IA | 35:30 | 11:27 |
| 213 | 12 W25 | Audrey Green, 29*, Cascade, IA      | 35:36 | 11:29 |
| 214 | 8 JrM  | Jakob Recker, 11, Cascade, IA       | 35:37 | 11:29 |
| 215 | 13 W35 | Diane Temple, 37*, Monticello, IA   | 36:16 | 11:42 |

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|---|----|-----|--|-------|-------|
| 216   | 5  | W50 | Barb Otting, 52*, Cascade, IA                  | 36:33 | 11:47 |
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| 217   | 13 | W45 | Kathy Staner, 48*, Cascade, IA                 | 38:04 | 12:16 |
| 218   | 12 | W19 | Nicki Leytem, 24*, Cascade, IA                 | 38:05 | 12:17 |
| 219   | 23 | W30 | Amy Howard, 34*, Cascade, IA                   | 38:13 | 12:20 |
| 220   | 14 | W45 | Jill Vorwald, 49*, Bernard, IA                 | 38:32 | 12:26 |
| 221   | 13 | W19 | Traci Kinsella, 20*, Bernard, IA               | 39:35 | 12:46 |
| 222   | 14 | W40 | Janice Kurt, 42*, Cascade, IA                  | 39:36 | 12:46 |
| 223   | 15 | W45 | Cindy Peiffer, 48*, Cascade, IA                | 40:00 | 12:54 |
| 224   | 1  | W60 | Nancy Strang, 61*, Cascade, IA                 | 40:10 | 12:57 |
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| 225   | 3  | W55 | Ginny Knepper, 59*, Cascade, IA                | 40:32 | 13:04 |
| 226   | 4  | W55 | Jessi Koob, 55*, Cascade, IA                   | 40:53 | 13:11 |
| 227   | 13 | W25 | Val Oberbroeckling, 29*, Cascade, IA           | 40:54 | 13:12 |
| 228   | 15 | W40 | Kerry Greenwood-Knepper, 41*, Williamsburg, IA | 43:10 | 13:55 |
| 229   | 16 | W45 | Kristy McAllister, 47*, Tiffin, IA             | 43:11 | 13:56 |
| 230   | 18 | M25 | Kenny Benke, 27, Kansas City, MO               | 43:23 | 13:59 |
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| 231   | 14 | W25 | Jennie Benke, 29*, Kansas City, MO             | 43:24 | 14:00 |
| 232   | 2  | W60 | Kay Lehman, 61*, Cascade, IA                   | 43:33 | 14:03 |
| 233   | 5  | W13 | Alicia Loes, 15*, Bernard, IA                  | 44:09 | 14:14 |
| 234   | 17 | W45 | Kelly Luckstead, 46*, Monticello, IA           | 44:17 | 14:17 |
| 235   | 18 | W45 | Julie Green, 47*, Cascade, IA                  | 45:02 | 14:31 |
| 236   | 19 | W45 | Carol McMullen, 46*, Cascade, IA               | 45:03 | 14:32 |
| 237   | 6  | W50 | Kathy Beck, 51*, Cascade, IA                   | 45:04 | 14:32 |
| 238   | 20 | W45 | Cathy Knuth, 48*, Cascade, IA                  | 45:04 | 14:32 |
| 239   | 7  | W50 | Salli Rinella, 52*, Littleton, CO              | 46:27 | 14:59 |
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| 240   | 15 | W25 | Rachel Green, 28*, Cascade, IA                 | 46:46 | 15:05 |
| 241   | 16 | W25 | Brooke Hummel, 28*, Cascade, IA                | 46:47 | 15:05 |
| 242   | 1  | M60 | Carl Dolphin, 61, Cascade, IA                  | 46:50 | 15:06 |

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|-----|--------|---------------------------------------|-------|-------|
| 243 | 9 JrM  | Luke Manternach, 11, Worthington, IA  | 47:04 | 15:11 |
| 244 | 21 W45 | Ruth Manternach, 49*, Worthington, IA | 47:23 | 15:17 |
| 245 | 5 M55  | Bruce Kedley, 56, Cascade, IA         | 47:24 | 15:17 |
| 246 | 10 M45 | Kevin Fagan, 48, Cascade, IA          | 47:55 | 15:27 |
| 247 | 6 M55  | Thomas Green, 56, Cascade, IA         | 47:56 | 15:27 |
| 248 | 5 W55  | Ruth Green, 56*, Cascade, IA          | 48:05 | 15:30 |
| 249 | 6 W55  | Connie Page, 55*, Nevada, IA          | 48:06 | 15:31 |

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| 250 | 7 W55  | Kathy Solko-Manternach, 57*, Nevada, IA | 49:43 | 16:02 |
| 251 | 14 W35 | Becky Schuett, 36*, Waukee, IA          | 49:43 | 16:02 |
| 252 | 7 M55  | Steve Manternach, 57, Nevada, IA        | 49:44 | 16:02 |
| 253 | 8 M55  | Michael Manternach, 59, Blue Grass, IA  | 49:46 | 16:03 |
| 254 | 22 W45 | Karla Manternach, 48*, Sac City, IA     | 49:47 | 16:03 |
| 255 | 9 W16  | Abby Manternach, 16*, Cascade, IA       | 49:51 | 16:05 |
| 256 | 23 W45 | Lynne Neiers, 45*, Carmel, IN           | 51:18 | 16:33 |
| 257 | 3 W60  | Joan Kauder, 70*, Cascade, IA           | 51:28 | 16:36 |
| 258 | 16 W40 | Mary Ann Neiers, 43*, Springfield, IL   | 51:29 | 16:36 |
| 259 | 8 W50  | Julie Dunne, 53*, Cascade, IA           | 51:31 | 16:37 |
| 260 | 11 M45 | Thomas Dunne, 47, Cascade, IA           | 52:05 | 16:48 |
| 261 | 4 W60  | Joyce McMullen, 67*, Cascade, IA        | 52:07 | 16:49 |
| 262 | 5 W60  | Linda Takes-Davis, 67*, Cascade, IA     | 52:08 | 16:49 |
| 263 | 6 W60  | Jan Frasher, 62*, Cascade, IA           | 52:21 | 16:53 |
| 264 | 2 M60  | Terry Frasher, 62, Cascade, IA          | 52:22 | 16:53 |
| 265 | 7 W60  | Shirley McDermott, 65*, Cascade, IA     | 52:31 | 16:56 |

\* indicates females

2 finishers among Males (no age given)

9 finishers among Men Under 13

7 finishers among Men 13 - 15

12 finishers among Men 16 - 18

4 finishers among Men 19 - 24

18 finishers among Men 25 - 29

16 finishers among Men 30 - 34

10 finishers among Men 35 - 39



13 finishers among Men 40 - 44  
11 finishers among Men 45 - 49  
8 finishers among Men 50 - 54  
8 finishers among Men 55 - 59  
2 finishers among Men 60 & Up  
4 finishers among Women Under 13  
5 finishers among Women 13 - 15  
9 finishers among Women 16 - 18  
13 finishers among Women 19 - 24  
16 finishers among Women 25 - 29  
23 finishers among Women 30 - 34  
14 finishers among Women 35 - 39  
16 finishers among Women 40 - 44  
23 finishers among Women 45 - 49  
8 finishers among Women 50 - 54  
7 finishers among Women 55 - 59  
7 finishers among Women 60 & Up  
120 male finishers  
145 female finishers  
265 total finishers

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