

Cascade Canter 4K

2nd Annual - Road Race
Saturday August 23, 2003 8:00 AM

Overall Place	Name	City	Age	Time	Age Group	Place
1 st	Phil Kauder	Cascade	42	13:17.6	M 40-49	1 st
2 nd	Mike Lambert	Monticello	32	14:33.6	M 30-39	1 st
3 rd	Jared Rogers	Cascade	17	14:36.2	M 16-18	1 st
4 th	Jason McDonnell	DeWitt	16	14:39.9	M 16-18	2 nd
5 th	Jacob Heim	Cascade	16	14:52.7	M 16-18	3 rd
6 th	Richie Mieke	Dubuque	19	15:06.5	M 19-29	1 st
7 th	Shane Manternach	Cascade	23	15:32.5	M 19-29	2 nd
8 th	Joe Hollenback	Farley	42	15:41.5	M 40-49	2 nd
9 th	Joshua Sundstrom	Dubuque	22	15:45.0	M 19-29	3 rd
10 th	Mike King	Lowden	33	15:50.4	M 30-39	2 nd
11 th	Sean Prescott	Dubuque	22	15:55.0	M 19-29	4 th
12 th	Kurt Kramer	Dyersville	31	15:57.4	M 30-39	3 rd
13 th	Aaron Martensen	Monticello	15	16:39.2	M 15&<	1 st
14 th	Tim Sandberg	Dubuque	22	16:39.6	M 19-29	5 th
15 th	Brad Miller	Cascade	22	16:49.7	M 19-29	6 th
16 th	Colin McDonnell	Cascade	15	16:51.4	M 15&<	2 nd
17 th	New Record Tammy Kallback	Dubuque	23	16:53.6	W 19-2	1 st
18 th	Jeff Zumbach	Manchester	40	17:01.2	M 40-49	3 rd
19 th	Stephanie Erbe	Dubuque	20	17:08.3	W 19-29	2 nd
20 th	Mark Robertson	Anamosa	51	17:17.9	M 50-59	1 st
21 st	Charlie Becker	Monticello	48	17:19.5	M 40-49	4 th
22 nd	Tom Long	Cedar Rapids	52	17:24.9	M 50-59	2 nd
23 rd	Emily Kearney	Cascade	23	17:27.1	W 19-29	3 rd
24 th	John Lux	Fillmore	53	17:27.6	M 50-59	3 rd
25 th	Ernie Driscoll	Cascade	57	17:33.6	M 50-59	4 th
26 th	Jeff Klein	Worthington	43	17:39.1	M 40-49	5 th
27 th	Elizabeth Johnson	Dubuque	16	17:40.9	W 16-18	1 st
28 th	Meredith Otting	Cascade	15	17:42.5	W 15&<	1 st
29 th	Kathy Kauder	Cascade	39	17:48.8	W 30-39	1 st
30 th	Melinda Hammack	Dubuque	21	18:01.4	W 19-29	4 th
31 st	Mara Felton	Cascade	17	18:05.1	W 16-18	2 nd
32 nd	Jeanette Fischer	Cascade	15	18:32.9	W 15&<	2 nd
33 rd	Tom Keleher	Monticello	41	18:33.2	M 40-49	6 th
34 th	RaeLynn Lamparek	Swisher	32	18:34.2	W 30-39	2 nd
35 th	Anna Letterhagem	Dubuque	21	18:34.7	W 19-29	5 th
36 th	Amanda Paige	Dubuque	15	18:41.3	W 15&<	3 rd
37 th	Sara Mensen	Delhi	28	18:48.4	W 19-29	6 th

38 th	Ashley Bowden	Dubuque	15	18:55.6	W 15<	4 th
39 th	Howard Siver	Mechanicsville	51	18:58.5	M 50-59	5 th
40 th	Michael Odell	Marion		54 19:02.9	M 50-59	6 th
41 st	Nancy Leytem	Cascade		45 19:03.8	W 40-49	1 st
42 nd	Marsha Simmons	Anamosa	32	19:08.9	W 30-39	3 rd
43 rd	Lana Otting	Cascade	13	19:10.7	W 15<	5 th
44 th	Amanda Bowden	Dubuque	16	19:22.5	W 16-18	3 rd
45 th	Jennifer Gehl	Cascade	29	19:36.5	W 19-29	7 th
46 th	Alan Reiter	Cascade	42	19:45.0	M 40-49	7 th
47 th	Megan Loveless	Dubuque	17	19:45.6	W 16-18	4 th
48 th	Sarah Kress	Dubuque	16	19:46.6	W 16-18	5 th
49 th	Paige McQueeney	Dubuque	14	19:46.9	W 15<	6 th
50 th	Larkin Accinelli	Dubuque	15	19:48.9	W 15<	6 th
51 st	Beth Duccini	Dubuque	37	19:49.6	W 30-39	4 th
52 nd	Amanda Kloser	Dubuque	16	19:55.7	W 16-18	6 th
53 rd	Lisa Merritt	Cascade	35	20:11.0	W 30-39	5 th
54 th	Sharon Klein	Dubuque	36	20:12.8	W 30-39	6 th
55 th	Karen Jogerst	Dubuque	15	20:13.8	W 15<	7 th
56 th	Molly Malone	Dubuque	14	20:20.6	W 15<	8 th
57 th	Jennifer Hemesath	Dubuque	14	20:20.9	W 15<	9 th
58 th	Alicia Foley	Dubuque	17	20:22.9	W 16-18	7 th
59 th	Lindsey Mescher	Cascade	23	20:26.0	W 19-29	8 th
60 th	Charity Rausch	Cascade	29	20:27.6	W 19-29	9 th
61 st	Donna Miller	Cascade	49	20:34.7	W 40-49	2 nd
62 nd	Tess Leytem	Dubuque	9	20:38.2	W 15<	10 th
63 rd	Callie Mescher	Cascade	18	21:13.5	W 16-18	8 th
64 th	Erica Alcordo	Dubuque	15	21:14.1	W 15<	11 th
65 th	Allison Kuhle	Dubuque	14	21:14.6	W 15<	12 th
66 th	Ashley Black	Dubuque	19	21:27.6	W 19-29	10 th
67 th	Beth Harriss	Dubuque	16	21:38.2	W 16-18	9 th
68 th	Mary Geisler	Dubuque	52	21:48.6	W 50-59	1 st
69 th	Mandi Flynn	Dubuque	14	21:51.2	W 15<	13 th
70 th	Jenni Supple-Nadeau	Cascade	28	21:52.1	W 19-29	11 th
71 st	Steve Supple	Cascade	56	21:52.4	M 50-59	7 th
72 nd	Rachel Weinhold	Dubuque	14	21:52.6	W 15<	14 th
73 rd	Chasity Schmitt	Dubuque	14	22:02.3	W 15<	15 th
74 th	Lauren Gibbons	Dubuque	13	22:08.0	W 15<	16 th
75 th	Sydney Smith	Dubuque	14	22:11.4	W 15<	17 th
76 th	Jeff Fliher	Anamosa	44	22:12.9	M 40-49	8 th
77 th	Tom McDonnell	Cascade	48	22:13.0	M 40-49	9 th
78 th	Madeline Keleher	Mount Vernon	12	22:24.2	W 15<	18 th
79 th	Jerry Keleher	Mount Vernon	38	22:24.5	M 30-39	4 th
80 th	Annie Brimeyer	Dubuque	14	22:34.4	W 15<	19 th
81 st	Julie Bahl	Dubuque	19	22:47.1	W 19-29	12 th

82 nd	Jackie Robertson	Anamosa	43	23:26.2	W 40-49	3 rd
83 rd	Connor Keleher	Monticello	13	23:40.5	M 15&<	3 rd
84 th	Jack Keleher	Mount Vernon	9	23:57.2	M 15&<	4 th
85 th	Cheri Tholen	Monticello	36	23:59.5	W 30-39	7 th
86 th	Jenna Van Cleve	Dubuque	14	25:24.9	W 15&<	20 th
87 th	Lauri Juran	Dyersville	45	25:25.6	W 40-49	4 th
88 th	Melissa Lux	Dubuque	16	26:20.7	W 16-18	10 th
89 th	Rachel Fischer	Cascade	12	26:50.2	W 15&<	21 st
90 th	Caitlyn Beecher	Cascade	12	28:07.2	W 15&<	22 nd
91 st	Sharon McLees	Cascade	46	28:09.4	W 40-49	5 th
92 nd	Karla Koopmann	Epworth	24	33:22.7	W 19-29	13 th
93 rd	Janice Trumm	Onslow	26	33:22.9	W 19-29	14 th
94 th	Kay Dettbarn	Cascade	60	35:29.4	W 60&>	1 st
95 th	Amy McElmeel	Cascade	34	36:01.9	W 30-39	8 th
96 th	Jeanne Driscoll	Cascade	58	37:59.4	W 50-59	2 nd
97 th	Jan Supple	Cascade	56	37:59.9	W 50-59	3 rd
98 th	Judy Donovan	Cascade	44	38:20.4	W 40-49	6 th
99 th	Jacquie Manternach	Cascade	46	38:20.6	W 40-49	7 th
100 th	Shawna Beitz	Monticello	23	38:39.1	W 19-29	15 th
101 st	Lindsey Knapp	Cascade	17	38:39.4	W 16-18	11 th
102 nd	Sheryl Leonard	Monticello	45	38:39.6	W 40-49	8 th
103 rd	Shirley McDermott	Cascade	59	40:17.1	W 50-59	4 th
104 th	Alma Green	Cascade	65	40:17.4	W 60&>	2 nd
105 th	Lori Loes	Cascade	43	40:17.7	W 40-49	9 th
106 th	Mary Neiers	Cascade	69	41:21.3	W 60&>	3 rd
107 th	Jan Beecher	Cascade	43	41:43.7	W 40-49	10 th
108 th	Jane Donovan	Cascade	43	41:46.7	W 40-49	11 th
109 th	Jean Nauman	Cascade	69	41:47.3	W 60&>	4 th
110 th	Paul Ehlinger	Cascade	71	42:13.6	M 60&>	1 st
111 th	Steve Weber	Cascade	41	42:14.0	M 40-49	10 th
112 th	Barb Neiers	Cascade	41	47:29.0	W 40-49	12 th
113 th	Ann Larkin-Kurt	Cascade	45	47:29.7	W 40-49	13 th

Roller Blade Division

1 st	Jeremie Miller	Cascade	28	12:13.0	1 st
2 nd	John Howard	Cascade	47	13:43.0	2 nd
3 rd	Jeff (JD) Dolphin	Cascade	36	14:02	3 rd

Cascade Canter 1 Mile Run

2nd Annual - August 23, 2003

1. Mike King 33 Lowden 5:48.7*
2. Eric Redmond 17 Cascade 5:48.9
3. Kurt Kremer 31 Dyersville 6:09.5

4.	Mike Leytem 16 Cascade	6:21.6
5.	Jeff Zumbach 40 Manchester	6:24.0
6.	Tom Long 51 Cedar Rapids	6:42.3
7.	John Lux 53 Fillmore	6:50.5
8.	Nicole Fischer 8 Cascade	7:05.8**
9.	Rae Lynn Lamparek 32 Swisher	7:06.5
10.	Marsha Simmons 32 West Amana	7:27.5
11.	Howard Siver 51 Mechanicsville	7:38.1
12.	Michael Odell 54 Marion	7:40.2
13.	Maggie Reiter 11 Cascade	8:13.9
14.	Erik Kauder-Metcalf 10 Cascade	8:32.9
15.	Kathy Kauder 39 Cascade	8:33.1
16.	Mary Geisler 52 Dubuque	9:05.4
17.	Callie Leytem 9 Cascade	9:59.2
18.	Reagan Rausch 10 Cascade	10:39.6
19.	Rachel VanderLugt 12 Cascade	15:43.6

*New Men's Course Record

**New Women's Course Record

[Back Home](#)