

5th Annual Cascade Canter

Cascade, Iowa

19-Aug-06

[4K results](#)

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Overall Champions

4K

Women's Laura Saylor Cedar Rapids 17:13.6

Men's Andy Kauder Cedar Rapids 13:13.0

1 Mile

Women's Hanna Meyer Dubuque 7:51.8

Men's Matt Deutmeyer Dyersville 6:08.4

4K Results

15 & Under

Women

1st Carolyn Scherf Dubuque 17:58.8

2nd Maggie Reiter Cascade 18:05.2

3rd Sarah Corhman Dubuque 18:49.9

Men

1st Dakota Heim Cascade 18:45.2

2nd - Luke Vorwald - Bernard - 38:35.9

16 - 18

Women

1st - Sydney Smith - Dubuque - 18:57.5

2nd - Abby Potts- Asbury- 19:05.6

3rd - Kate Schmerbach - Dubuque - 19:19.8

Men

1st - Ricky Kremer- Cascade - 15:01.1

2nd - Kyal Haas - Dubuque - 16:04.4

3rd - Jacob Heim- Cascade - 16:51.2

19 - 29

Women

1st - Holly Cairns - Dubuque - 17:28.5

2nd - Megan Simpson - Dubuque - 21:25.5

3rd - Stacie Schockemoehl- Cascade - 22:30.3

Men

1st - Joe Kauder - Cascade - 16:36.8

2nd - Michael Leytem- Cascade - 17:33.2

3rd - Brian Gleason- Hills - 18:34.2

30 - 39

Women

1st Laura Saylor - Cedar Rapids - 17.13.6

2nd - Charity Rausch - Cascade - 20:29.7

3rd - Michelle Thornton - Cedar Rapids - 21:25.8

Men

1st Andy Kauder - Cedar Rapids - 13:13.0

2nd - Jason Meyer - Dubuque - 13:15. 5

3rd - Michael Lambert - Monticello - 14:47.6

40 - 49

Women

1st - Beth Duccini - Dubuque - 19:28.3

2nd – Nancy Leytem – Cascade – 19:52.7

3rd – Jill Vorwald – Bernard – 22:11.4

Men

1st – Phil Kauder – Cascade – 13:30.8

2nd – Rick Till– Dubuque – 14:51.4

3rd – Ron Smith– Dubuque – 15:41.9

50 – 59

Women

1st – Mary Gross– Mary Gross – 22:21.9

2nd – Mary Geisler – Dubuque – 22:37.7

3rd – Linda Gleason – Dubuque – 23:11.8

Men

1st – Alan Gross– Des Moines – 17:46.7

2nd – Jim Landis – Marion – 22:15.3

60 & Over

1st – Dr. Judith Biechler –Dubuque – 39:20.3

Men

1st – Dick Lamermayer– Aurora, Ill – 23:17.5

2nd – Harold Schulze– Cedar Rapids – 28:05.2

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