

Cascade Canter 4K Run

Cascade, IA

Aug. 16, 2008

Results by Kauder Racing

[4K results](#)[1 Mile results](#)[Kid's Rece](#)

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
Men Under 16				
9	1	Joe Noonan, 15, Cascade, IA	16:02	6:25
12	2	Jacob Schwaegler, 15, Anamosa, IA	16:21	6:32
22	3	Matthew Foxen, 15, Edgewood, IA	17:30	7:00
Men 16 - 18				
3	1	Aaron O'Brien, 18, Dubuque, IA	14:44	5:53
5	2	Jacob Heim, 18, Cascade, IA	15:17	6:07
8	3	Brice Antons, 17, Anamosa, IA	15:55	6:22
Men 19 - 29				
10	1	Terry Willenborg, 24, Dyersville, IA	16:06	6:26
24	2	Justin Cook, 19, Monticello, IA	17:37	7:03
27	3	Matt McCarthy, 25, Epworth, IA	17:56	7:10
Men 30 - 39				
2	1	Mike Lambert, 37, Monticello, IA	14:43	5:53
25	2	Matt Deutmeyer, 33, Dyersville, IA	17:44	7:05
45	3	Chad Deutmeyer, 38, Earlville, IA	19:24	7:45
Men 40 - 49				
4	1	Jerry Weitz, 47, Dubuque, IA	14:54	5:58
6	2	Kyle Kauder, 41, Cascade, IA	15:23	6:09
7	3	Doug Hansel, 48, Colesburg, IA	15:45	6:18
Men 50 - 59				
20	1	Bud Johnson, 54, Monticello, IA	16:55	6:46
26	2	Bill Copper, 51, Marion, IA	17:50	7:08
33	3	Chuck Soliday, 50, Zwingle, IA	18:43	7:29
Men 60 & Up				
18	1	Don Utsinger, 61, Cedar Rapids, IA	16:41	6:40
71	2	Harold Schulze, 72, Cedar Rapids, IA	24:35	9:50

CLASS				
PLACE	PLACE	FINISHER	TIME	PACE
Women Under 16				
16	1	Brianne Cook, 14, Monticello, IA	16:40	6:40
17	2	Mariah Kauder, 13, Cascade, IA	16:41	6:40
39	3	Megan Lister, 14, Edgewood, IA	19:09	7:39
Women 16 - 18				
14	1	Cammy Dole, 16, Anamosa, IA	16:38	6:39
19	2	Maggie Reiter, 16, Cascade, IA	16:54	6:45
32	3	Megan Kelchen, 16, Cascade, IA	18:36	7:26

Women 19 - 29

28	1	Kristin Kluesner, 23, Farley, IA	17:57	7:11
35	2	Katie Noonan, 21, Cascade, IA	19:00	7:36
38	3	Katie Tuel, 26, Independence, IA	19:06	7:38

Women 30 - 39

36	1	Charity Rausch, 34, Cascade, IA	19:04	7:37
50	2	Tracy Ostwinkle, 32, Cascade, IA	20:05	8:02
51	3	Gina Hill, 35, Cascade, IA	20:12	8:04

Women 40 - 49

37	1	Anne Kauder, 41, Cascade, IA	19:05	7:38
46	2	Wendy Lyons, 40, Dubuque, IA	19:34	7:49
70	3	Shirley Soliday, 40, Zwingle, IA	24:05	9:38

Women 50 - 59

49	1	Lorrie Copper, 51, Marion, IA	20:00	8:00
57	2	Donna Miller, 54, Cascade, IA	21:06	8:26
59	3	Carleen Rehmke, 56, Peosta, IA	21:26	8:34

CLASS

PLACE PLACE FINISHER TIME PACE

Individuals

1	OpM	Phil Kauder, 47, Cascade, IA	13:55	5:34																
2	1 M30	Mike Lambert, 37, Monticello, IA	14:43	5:53																
3	1 M16	Aaron O'Brien, 18, Dubuque, IA	14:44	5:53																
4	1 M40	Jerry Weitz, 47, Dubuque, IA	14:54	5:58																
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top											5	2 M16	Jacob Heim, 18, Cascade, IA	15:17	6:07					
6	2 M40	Kyle Kauder, 41, Cascade, IA	15:23	6:09																
7	3 M40	Doug Hansel, 48, Colesburg, IA	15:45	6:18																
8	3 M16	Brice Antons, 17, Anamosa, IA	15:55	6:22																
9	1 JrM	Joe Noonan, 15, Cascade, IA	16:02	6:25																
10	1 M19	Terry Willenborg, 24, Dyersville, IA	16:06	6:26																
11	4 M16	Derick Smith, 17, Monticello, IA	16:11	6:28																
12	2 JrM	Jacob Schwaegler, 15, Anamosa, IA	16:21	6:32																
13	4 M40	Joe Hollenback, 47, Farley, IA	16:30	6:36																
14	1 W16	Cammy Dole, 16*, Anamosa, IA	16:38	6:39																
15	5 M16	Dakota Lueken, 16, Colesburg, IA	16:39	6:39																
16	1 JrW	Brianne Cook, 14*, Monticello, IA	16:40	6:40																
17	2 JrW	Mariah Kauder, 13*, Cascade, IA	16:41	6:40																
18	1 M60	Don Utsinger, 61, Cedar Rapids, IA	16:41	6:40																
19	2 W16	Maggie Reiter, 16*, Cascade, IA	16:54	6:45																
20	1 M50	Bud Johnson, 54, Monticello, IA	16:55	6:46																
21	5 M40	Matt Paglia, 43, Union, IA	17:04	6:49																
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top											22	3 JrM	Matthew Foxen, 15, Edgewood, IA	17:30	7:00					
23	6 M16	Kaleb Foxen, 18, Edgewood, IA	17:37	7:03																
24	2 M19	Justin Cook, 19, Monticello, IA	17:37	7:03																
25	2 M30	Matt Deutmeyer, 33, Dyersville, IA	17:44	7:05																
26	2 M50	Bill Copper, 51, Marion, IA	17:50	7:08																
27	3 M19	Matt McCarthy, 25, Epworth, IA	17:56	7:10																
28	1 W19	Kristin Kluesner, 23*, Farley, IA	17:57	7:11																
29	6 M40	Al Reiter, 47, Cascade, IA	17:57	7:11																
30	4 M19	Brad Miller, 27, Cascade, IA	18:08	7:15																

31	7	M40	Dan Lubben, 43, Marion, IA	18:22	7:20				
32	3	W16	Megan Kelchen, 16*, Cascade, IA	18:36	7:26				
33	3	M50	Chuck Soliday, 50, Zwingle, IA	18:43	7:29				
34	5	M19	Chris Curry, 29, Marion, IA	18:44	7:29				
35	2	W19	Katie Noonan, 21*, Cascade, IA	19:00	7:36				
36	1	W30	Charity Rausch, 34*, Cascade, IA	19:04	7:37				
37	1	W40	Anne Kauder, 41*, Cascade, IA	19:05	7:38				
38	3	W19	Katie Tuel, 26*, Independence, IA	19:06	7:38				
39	3	JrW	Megan Lister, 14*, Edgewood, IA	19:09	7:39				
40	4	W16	Rachel Clemen, 16*, New Vienna, IA	19:12	7:40				
41	7	M16	Ben Klaus, 17, Colesburg, IA	19:12	7:41				
42	4	JrM	Anthony Harbaugh, 15, Edgewood, IA	19:13	7:41				
43	4	M50	Bruce Rehmke, 54, Peosta, IA	19:20	7:44				
44	8	M40	Pat Weber, 42, Cascade, IA	19:21	7:44				
45	3	M30	Chad Deutmeyer, 38, Earlville, IA	19:24	7:45				
46	2	W40	Wendy Lyons, 40*, Dubuque, IA	19:34	7:49				
47	4	W19	Jennifer Millen, 24*, Dubuque, IA	19:41	7:52				
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				48	5	W19	Julie Delaney, 28*, Cascade, IA	20:00	8:00
49	1	W50	Lorrie Copper, 51*, Marion, IA	20:00	8:00				
50	2	W30	Tracy Ostwinkle, 32*, Cascade, IA	20:05	8:02				
51	3	W30	Gina Hill, 35*, Cascade, IA	20:12	8:04				
52	4	W30	Amanda Crooks, 39*, Bernard, IA	20:14	8:06				
53	8	M16	Hunter Woodley, 17, Edgewood, IA	20:18	8:07				
54	5	JrM	Steve Lister, 14, Edgewood, IA	20:25	8:10				
55	5	M50	John Lux, 58, Cascade, IA	20:29	8:11				
56	9	M16	Jared Neiers, 17, Cascade, IA	20:52	8:21				
57	2	W50	Donna Miller, 54*, Cascade, IA	21:06	8:26				
58	6	M50	Rob Kennedy, 51, Knoxville, TN	21:13	8:29				
59	3	W50	Carleen Rehmke, 56*, Peosta, IA	21:26	8:34				
60	5	W16	Melissa Gehl, 16*, Cascade, IA	21:29	8:35				
61	6	W19	Amanda Steffen, 20*, Dyersville, IA	21:50	8:44				
62	6	M19	Mark Even, 23, Dubuque, IA	22:11	8:52				
63	6	JrM	Austin Habel, 14, Dyersville, IA	22:18	8:55				
64	4	M30	Rodney Crooks, 38, Bernard, IA	22:27	8:59				
65	6	W16	Kristin Luckstead, 16*, Monticello, IA	22:29	8:59				
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				66	7	JrM	Eric Deutmeyer, 8, Earlville, IA	22:45	9:06
67	7	M19	Jason Tuel, 26, Independence, IA	23:13	9:17				
68	5	W30	Peggy Lane, 39*, Elkader, IA	23:37	9:26				
69	6	W30	Diane Deutmeyer, 32*, Earlville, IA	23:51	9:32				
70	3	W40	Shirley Soliday, 40*, Zwingle, IA	24:05	9:38				
71	2	M60	Harold Schulze, 72, Cedar Rapids, IA	24:35	9:50				
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				72	4	W40	Jane Christiansen, 43*, Edgewood, IA	25:11	10:04
73	5	W40	Judy Lubben, 42*, Marion, IA	26:26	10:34				
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				74	7	W19	Jill Curry, 28*, Marion, IA	39:31	15:48
75	9	M40	Steve Weber, 46, Cascade, IA	39:31	15:48				

* indicates females

1 finishers among Males (no age given)

7 finishers among Men Under 16

9 finishers among Men 16 - 18

7 finishers among Men 19 - 29

4 finishers among Men 30 - 39

9 finishers among Men 40 - 49

6 finishers among Men 50 - 59

2 finishers among Men 60 & Up

3 finishers among Women Under 16

6 finishers among Women 16 - 18

7 finishers among Women 19 - 29

6 finishers among Women 30 - 39

5 finishers among Women 40 - 49

3 finishers among Women 50 - 59

45 male finishers

30 female finishers

75 total finishers

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