

Cascade Canter 4K Run

Cascade, IA

Aug. 22, 2009

Results by Kauder Racing

[200 Meters](#)

[400 Meters](#)

[1 Mile](#)

[4 Kilometer](#)

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	Austin Gehl, 15, Cascade, IA	15:59	6:23
13	2	Levi Dolphin, 13, Cascade, IA	16:39	6:40
15	3	Preston Kauder, 12, Cascade, IA	16:48	6:43
Men 16 - 18				
8	1	Dakota Lueken, 17, Colesburg, IA	15:53	6:21
11	2	Patrick Payne, 16, Cascade, IA	16:31	6:36
27	3	Anthony Harbaugh, 16, Edgewood, IA	20:02	8:01
Men 19 - 29				
4	1	Jacob Brindle, 29, Cascade, IA	14:58	5:59
5	2	Dustin Quade, 19, Dubuque, IA	15:27	6:10
7	3	Jacob Heim, 19, Cascade, IA	15:50	6:20
Men 30 - 39				
2	1	Jason Meyer, 38, Dubuque, IA	13:42	5:28
23	2	Scott Brighton, 34, Monticello, IA	17:32	7:00
33	3	Fontaine Walker, 39, Cedar Rapids, IA	22:06	8:50
Men 40 - 49				

1	1	Phil Kauder, 48, Cascade, IA	13:34	5:25
3	2	Matt Nauman, 40, Cascade, IA	14:53	5:57
6	3	Kyle Kauder, 42, Cascade, IA	15:40	6:16

Men 50 - 59

24	1	Alan Gross, 55, Des Moines, IA	17:49	7:08
26	2	Pete Temple, 51, Monticello, IA	18:55	7:34
30	3	Michael Kuhn, 50, Cascade, IA	21:25	8:34

Men 60 & Up

16	1	Dean Schultz, 61, Clayton, IA	16:49	6:43
21	2	Don Utsinger, 62, Cedar Rapids, IA	17:22	6:57

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Women Under 16

5	1	Megan Lister, 15, Edgewood, IA	17:06	6:50
6	2	Mariah Kauder, 14, Cascade, IA	17:07	6:50
12	3	Hanna Meyer, 11, Dubuque, IA	19:43	7:53

Women 16 - 18

1	1	Katerina Althoff, 16, Cascade, IA	16:47	6:43
4	2	Maggie Reiter, 17, Cascade, IA	16:59	6:47
7	3	Rachel Clemen, 17, New Vienna, IA	17:21	6:56

Women 19 - 29

9	1	Michelle Geistkemper, 29, Dyersville, IA	18:06	7:14
19	2	Jody Astchisen, 23, Bernard, IA	22:15	8:54
43	3	Andrea Gansen, 26, Epworth, IA	26:54	10:45

Women 30 - 39

2	1	Emily Recker, 32, Hopkinton, IA	16:55	6:46
3	2	Mindy Capron, 33, Monticello, IA	16:57	6:47
13	3	Becky Cooper, 37, Monticello, IA	20:09	8:03

Women 40 - 49

10	1	Anne Kauder, 42, Cascade, IA	18:40	7:28
14	2	Sheila McGreal, 45, Monticello, IA	20:31	8:12
21	3	Kate Gravel, 48, Cascade, IA	22:42	9:05

Women 50 - 59

11	1	Nancy Leytem, 51, Cascade, IA	19:06	7:38
25	2	Julie Kuhn, 50, Cascade, IA	23:08	9:15
27	3	Mary Gross, 57, Des Moines, IA	23:49	9:32

Women 60 & Up

40	1	Joyce Cappiello, 60, Berrington, NH	26:21	10:32
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CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Individuals

1	1	M40 Phil Kauder, 48, Cascade, IA	13:34	5:25
2	1	M30 Jason Meyer, 38, Dubuque, IA	13:42	5:28
3	2	M40 Matt Nauman, 40, Cascade, IA	14:53	5:57
4	1	M19 Jacob Brindle, 29, Cascade, IA	14:58	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
5	2	M19 Dustin Quade, 19, Dubuque, IA	15:27	6:10
6	3	M40 Kyle Kauder, 42, Cascade, IA	15:40	6:16
7	3	M19 Jacob Heim, 19, Cascade, IA	15:50	6:20
8	1	M16 Dakota Lueken, 17, Colesburg, IA	15:53	6:21
9	1	JrM Austin Gehl, 15, Cascade, IA	15:59	6:23
10	4	M40 Doug Hansel, 49, Colesburg, IA	16:20	6:32

11	2	M16	Patrick Payne, 16, Cascade, IA	16:31	6:36
12	4	M19	Brad Burger, 27, Worthington, IA	16:39	6:39
13	2	JrM	Levi Dolphin, 13, Cascade, IA	16:39	6:40
14	5	M40	Steve Schmitt, 44, Clinton, IA	16:46	6:42
1	1	W16	Katerina Althoff, 16*, Cascade, IA	16:47	6:43
15	3	JrM	Preston Kauder, 12, Cascade, IA	16:48	6:43
16	1	M60	Dean Schultz, 61, Clayton, IA	16:49	6:43
17	4	JrM	Austin Habel, 15, Dyersville, IA	16:55	6:46
2	1	W30	Emily Recker, 32*, Hopkinton, IA	16:55	6:46
3	2	W30	Mindy Capron, 33*, Monticello, IA	16:57	6:47
4	2	W16	Maggie Reiter, 17*, Cascade, IA	16:59	6:47
18	5	M19	Michael Leytem, 22, Iowa City, IA	17:03	6:49
19	5	JrM	Steve Lister, 15, Edgewood, IA	17:04	6:49
5	1	JrW	Megan Lister, 15*, Edgewood, IA	17:06	6:50
6	2	JrW	Mariah Kauder, 14*, Cascade, IA	17:07	6:50
20	6	M40	Alan Reiter, 48, Cascade, IA	17:11	6:52
7	3	W16	Rachel Clemen, 17*, New Vienna, IA	17:21	6:56
21	2	M60	Don Utsinger, 62, Cedar Rapids, IA	17:22	6:57
8	4	W16	Megan Kelchen, 17*, Cascade, IA	17:26	6:58
22	7	M40	Denny Brackemyer, 47, Bernard, IA	17:28	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
23	2	M30	Scott Brighton, 34, Monticello, IA	17:32	7:00
24	1	M50	Alan Gross, 55, Des Moines, IA	17:49	7:08
9	1	W19	Michelle Geistkemper, 29*, Dyersville, IA	18:06	7:14
10	1	W40	Anne Kauder, 42*, Cascade, IA	18:40	7:28
25	6	JrM	Jordan Loes, 11, Monticello, IA	18:50	7:32
26	2	M50	Pete Temple, 51, Monticello, IA	18:55	7:34
11	1	W50	Nancy Leytem, 51*, Cascade, IA	19:06	7:38
12	3	JrW	Hanna Meyer, 11*, Dubuque, IA	19:43	7:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
27	3	M16	Anthony Harbaugh, 16, Edgewood, IA	20:02	8:01
13	3	W30	Becky Cooper, 37*, Monticello, IA	20:09	8:03

28	6 M19	Lyle Richard, 27, Cedar Rapids, IA	20:20	8:08
14	2 W40	Sheila McGreal, 45*, Monticello, IA	20:31	8:12
29	7 M19	Justyn Jusemann, 24, Dubuque, IA	20:46	8:18
15	4 W30	Charity Rausch, 35*, Cascade, IA	20:53	8:21
16	4 JrW	Paxtyn Keleher, 14*, Monticello, IA	21:07	8:26
30	3 M50	Michael Kuhn, 50, Cascade, IA	21:25	8:34
17	5 W30	Sherry Kelchen, 34*, Cascade, IA	21:39	8:39
18	6 W30	Tammy Nauman, 35*, Cascade, IA	21:55	8:46
31	4 M50	John Lux, 59, Cascade, IA	21:58	8:47
32	8 M40	Tom Keleher, 47, Monticello, IA	22:04	8:49
33	3 M30	Fontaine Walker, 39, Cedar Rapids, IA	22:06	8:50
19	2 W19	Jody Astchisen, 23*, Bernard, IA	22:15	8:54
20	5 JrW	Macie Weber, 11*, Cascade, IA	22:26	8:58

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

34	5 M50	Tom McDonnell, 54, Cascade, IA	22:38	9:03
21	3 W40	Kate Gravel, 48*, Cascade, IA	22:42	9:05
22	4 W40	Jean Brackemyer, 47*, Cascade, IA	22:51	9:08
23	5 W40	Amy Heitman, 42*, Cascade, IA	22:56	9:10
24	6 W40	Lori Harms, 45*, Monticello, IA	22:59	9:11
25	2 W50	Julie Kuhn, 50*, Cascade, IA	23:08	9:15
26	7 W40	Michelle Green, 46*, Cascade, IA	23:41	9:28
27	3 W50	Mary Gross, 57*, Des Moines, IA	23:49	9:32
28	7 W30	Lisa Frasher, 39*, Cascade, IA	23:57	9:34
35	8 M19	Jason Tuel, 27, Independence, IA	24:03	9:37
29	6 JrW	Natalie Frasher, 12*, Cascade, IA	24:09	9:40
30	7 JrW	Kylie Kelchen, 11*, Cascade, IA	24:11	9:40
31	8 W30	Stacy Thies, 33*, Scotch Grove, IA	24:18	9:43
36	4 M30	Jeanne Gehl, 38, Cascade, IA	24:35	9:50
32	8 JrW	Alexis Rausch, 11*, Cascade, IA	24:47	9:55
33	9 W30	Gina Hill, 36*, Cascade, IA	24:47	9:55

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

34	8 W40	Tammy Loes, 42*, Monticello, IA	25:01	10:00
35	9 W40	Jill Vorwald, 49*, Bernard, IA	25:04	10:01

37	6	M50	Leo Gansen, 51, Epworth, IA	25:12	10:05
36	10	W30	Robyn Ponder, 30*, Monticello, IA	25:21	10:08
37	11	W30	Angie Fangmann, 30*, Monticello, IA	25:22	10:08
38	10	W40	Peggy Lane, 41*, Elkader, IA	25:37	10:15
39	11	W40	Jackie White, 43*, Anamosa, IA	25:41	10:16
40	1	W60	Joyce Cappiello, 60*, Berrington, NH	26:21	10:32
41	12	W40	Cindy Trumm, 49*, Farley, IA	26:23	10:33
42	13	W40	Rhonda Reinke, 42*, Bernard, IA	26:44	10:41
43	3	W19	Andrea Gansen, 26*, Epworth, IA	26:54	10:45
44	12	W30	Tonia Barnhart, 33*, Onslow, IA	27:14	10:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
45	13	W30	Karla Trumm, 30*, Cascade, IA	27:52	11:09
38	7	M50	Tom Green, 56, Cascade, IA	29:08	11:39
46	14	W40	Joanne Timm, 43*, Anamosa, IA	29:26	11:46
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
39	9	M40	James Reinke, 41, Bernard, IA	35:27	14:11
47	15	W40	Debbie Wessels, 41*, Cascade, IA	37:22	14:57
48	16	W40	Shirley Soliday, 41*, Zwingle, IA	37:22	14:57

* indicates females

6 finishers among Men Under 16

3 finishers among Men 16 - 18

8 finishers among Men 19 - 29

4 finishers among Men 30 - 39

9 finishers among Men 40 - 49

7 finishers among Men 50 - 59

2 finishers among Men 60 & Up

8 finishers among Women Under 16

4 finishers among Women 16 - 18

3 finishers among Women 19 - 29

13 finishers among Women 30 - 39

16 finishers among Women 40 - 49

3 finishers among Women 50 - 59

1 finishers among Women 60 & Up

39 male finishers

48 female finishers

87 total finishers

Return to [home page](#).