

10th Annual Cascade Canter - 4K Run**Cascade, IA****Aug. 20, 2011**

Overcast & 67, Wind 5-10

Results by Kauder Racing

[Overall results 4K](#)[1 Mile 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
Men Under 16				
3	1	Preston Kauder, 14, Cascade, IA	14:23	5:47
4	2	Levi Dolphin, 15, Cascade, IA	15:07	6:05
9	3	Chase McLaughlin, 12, Anamosa, IA	17:05	6:52
15	4	Justin McDermott, 13, Cascade, IA	19:27	7:49
19	5	Gabe Wolfe, 12, Anamosa, IA	21:56	8:49
Men 16 - 18				
8	1	Logan Bertling, 17, Cascade, IA	16:39	6:42
10	2	Sam Donovan, 16, Cascade, IA	17:05	6:52
Men 19 - 29				
1	1	Nick Bowerman, 28, Dubuque, IA	12:24	4:59
6	2	Cory Evans, 24, Dubuque, IA	16:08	6:29
12	3	Tony Dalsing, 25, Dubuque, IA	17:30	7:03
13	4	Jacob Heim, 21, Cascade, IA	18:01	7:15
Men 30 - 39				
5	1	Jacob Brindle, 31, Cascade, IA	16:03	6:27
14	2	Brad Miller, 30, Cascade, IA	18:55	7:36
Men 40 - 49				
11	1	Randy Gehl, 40, Dubuque, IA	17:22	6:59
16	2	Mark Weber, 40, Hopkinton, IA	19:42	7:56
17	3	Tom McDermott, 42, Cascade, IA	20:10	8:07
22	4	Steve Weber, 49, Cascade, IA	37:04	14:55

Men 50 - 59

2	1	Phil Kauder, 50, Cascade, IA	13:54	5:35
7	2	Jerry Weitz, 50, Cascade, IA	16:12	6:31
18	3	Jeff Fliehler, 52, Anamosa, IA	21:07	8:29
21	4	Tom McDonnell, 56, Cascade, IA	24:23	9:49

Men 60 & Up

20	1	Ed Baker, 60, Peosta, IA	23:37	9:30
----	---	--------------------------	-------	------

CLASS

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

Women Under 16

3	1	Rebecca McDermott, 12, Cascade, IA	18:09	7:18
4	2	Rachel McDermott, 13, Cascade, IA	18:25	7:24
5	3	Kylie Kelchen, 13, Cascade, IA	18:28	7:26
10	4	Lynsey Dolphin, 13, Cascade, IA	19:24	7:48
29	5	Natalie Frasher, 13, Cascade, IA	23:50	9:35
41	6	Kim Decker, 4, Cedar Falls, IA	45:24	18:16

Women 16 - 18

1	1	Mariah Kauder, 16, Cascade, IA	15:11	6:06
9	2	Kamry McLaughlin, 16, Anamosa, IA	19:23	7:48
13	3	McKenzie Machart, 16, Anamosa, IA	19:57	8:02

Women 19 - 29

14	1	Nicki Leytem, 26, Cascade, IA	19:58	8:02
21	2	Ali Hosch, 27, Cascade, IA	22:00	8:51
24	3	Molly Leytem, 28, Anamosa, IA	22:59	9:15
37	4	Kendra Kedley, 28, Cascade, IA	25:27	10:14

Women 30 - 39

7	1	Jill Curry, 31, Cascade, IA	19:08	7:42
8	2	Janice Trumm, 34, Cascade, IA	19:21	7:47
12	3	Sherry Kelchen, 36, Cascade, IA	19:51	7:59
16	4	Jenny Recker, 39, Cascade, IA	20:43	8:20

17	5	Jane Boffeli, 39, Cascade, IA	20:52	8:23
18	6	Stacy Thies, 35, Scotch Grove, IA	20:56	8:25
20	7	Tara Smith, 33, Cascade, IA	21:32	8:40
22	8	Tammy Nauman, 37, Cascade, IA	22:05	8:53
23	9	Cindy Recker, 36, Earlville, IA	22:43	9:08
30	10	Amy Kremer, 35, Cascade, IA	23:59	9:39
33	11	Trisha Their, 30, Farley, IA	24:54	10:01
34	12	Lisa Oswald, 39, Monticello, IA	25:08	10:07
35	13	Diane Tauke, 38, Earlville, IA	25:19	10:11

Women 40 - 49

2	1	Anne Kauder, 44, Cascade, IA	18:03	7:16
6	2	Sharon Klein, 44, Durango, IA	18:52	7:35
11	3	Janet Sanborn, 42, Anamosa, IA	19:41	7:55
15	4	Donna Lamphere, 49, Cascade, IA	20:17	8:09
19	5	Sheila Machart, 41, Anamosa, IA	21:00	8:27
25	6	Barb Neiers, 49, Cascade, IA	23:28	9:27
26	7	Michelle Green, 48, Cascade, IA	23:41	9:32
27	8	Michelle Green, 48, Cascade, IA	23:42	9:32
32	9	Mollie Bergfeld, 44, Cascade, IA	24:32	9:52
36	10	Lisa Frasher, 41, Cascade, IA	25:23	10:13
38	11	Peggy Lane, 43, Elkader, IA	26:55	10:50
39	12	Susan Rogers, 47, Cascade, IA	32:53	13:14

Women 50 - 59

31	1	Jacquie Manternach, 54, Cascade, IA	24:19	9:47
40	2	Peggy Decker, 52, Farley, IA	45:24	18:16

Women 60 & Up

28	1	Mary Geisler, 60, Dubuque, IA	23:46	9:34
42	2	Mary Neiers, 77, Cascade, IA	45:36	18:21
43	3	Rita Fischer, 70, Cascade, IA	45:36	18:21

Individuals

CLASS

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

Individuals

1	1	M19	Nick Bowerman, 28, Dubuque, IA	12:24	4:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
2	1	M50	Phil Kauder, 50, Cascade, IA	13:54	5:35
3	1	JrM	Preston Kauder, 14, Cascade, IA	14:23	5:47
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
4	2	JrM	Levi Dolphin, 15, Cascade, IA	15:07	6:05
1	1	W16	Mariah Kauder, 16*, Cascade, IA	15:11	6:06
5	1	M30	Jacob Brindle, 31, Cascade, IA	16:03	6:27
6	2	M19	Cory Evans, 24, Dubuque, IA	16:08	6:29
7	2	M50	Jerry Weitz, 50, Cascade, IA	16:12	6:31
8	1	M16	Logan Bertling, 17, Cascade, IA	16:39	6:42
9	3	JrM	Chase McLaughlin, 12, Anamosa, IA	17:05	6:52
10	2	M16	Sam Donovan, 16, Cascade, IA	17:05	6:52
11	1	M40	Randy Gehl, 40, Dubuque, IA	17:22	6:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
12	3	M19	Tony Dalsing, 25, Dubuque, IA	17:30	7:03
13	4	M19	Jacob Heim, 21, Cascade, IA	18:01	7:15
2	1	W40	Anne Kauder, 44*, Cascade, IA	18:03	7:16
3	1	JrW	Rebecca McDermott, 12*, Cascade, IA	18:09	7:18
4	2	JrW	Rachel McDermott, 13*, Cascade, IA	18:25	7:24
5	3	JrW	Kylie Kelchen, 13*, Cascade, IA	18:28	7:26
6	2	W40	Sharon Klein, 44*, Durango, IA	18:52	7:35
14	2	M30	Brad Miller, 30, Cascade, IA	18:55	7:36
7	1	W30	Jill Curry, 31*, Cascade, IA	19:08	7:42
8	2	W30	Janice Trumm, 34*, Cascade, IA	19:21	7:47
9	2	W16	Kamry McLaughlin, 16*, Anamosa, IA	19:23	7:48
10	4	JrW	Lynsey Dolphin, 13*, Cascade, IA	19:24	7:48
15	4	JrM	Justin McDermott, 13, Cascade, IA	19:27	7:49
11	3	W40	Janet Sanborn, 42*, Anamosa, IA	19:41	7:55
16	2	M40	Mark Weber, 40, Hopkinton, IA	19:42	7:56
12	3	W30	Sherry Kelchen, 36*, Cascade, IA	19:51	7:59
Pace: 5:00 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

13	3	W16	McKenzie Machart, 16*, Anamosa, IA	19:57	8:02
14	1	W19	Nicki Leytem, 26*, Cascade, IA	19:58	8:02
17	3	M40	Tom McDermott, 42, Cascade, IA	20:10	8:07
15	4	W40	Donna Lamphere, 49*, Cascade, IA	20:17	8:09
16	4	W30	Jenny Recker, 39*, Cascade, IA	20:43	8:20
17	5	W30	Jane Boffeli, 39*, Cascade, IA	20:52	8:23
18	6	W30	Stacy Thies, 35*, Scotch Grove, IA	20:56	8:25
19	5	W40	Sheila Machart, 41*, Anamosa, IA	21:00	8:27
18	3	M50	Jeff Fliehler, 52, Anamosa, IA	21:07	8:29
20	7	W30	Tara Smith, 33*, Cascade, IA	21:32	8:40
19	5	JrM	Gabe Wolfe, 12, Anamosa, IA	21:56	8:49
21	2	W19	Ali Hosch, 27*, Cascade, IA	22:00	8:51
22	8	W30	Tammy Nauman, 37*, Cascade, IA	22:05	8:53

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

23	9	W30	Cindy Recker, 36*, Earlville, IA	22:43	9:08
24	3	W19	Molly Leytem, 28*, Anamosa, IA	22:59	9:15
25	6	W40	Barb Neiers, 49*, Cascade, IA	23:28	9:27
20	1	M60	Ed Baker, 60, Peosta, IA	23:37	9:30
26	7	W40	Michelle Green, 48*, Cascade, IA	23:41	9:32
27	8	W40	Michelle Green, 48*, Cascade, IA	23:42	9:32
28	1	W60	Mary Geisler, 60*, Dubuque, IA	23:46	9:34
29	5	JrW	Natalie Frasher, 13*, Cascade, IA	23:50	9:35
30	10	W30	Amy Kremer, 35*, Cascade, IA	23:59	9:39
31	1	W50	Jacquie Manternach, 54*, Cascade, IA	24:19	9:47
21	4	M50	Tom McDonnell, 56, Cascade, IA	24:23	9:49
32	9	W40	Mollie Bergfeld, 44*, Cascade, IA	24:32	9:52

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

33	11	W30	Trisha Their, 30*, Farley, IA	24:54	10:01
34	12	W30	Lisa Oswald, 39*, Monticello, IA	25:08	10:07
35	13	W30	Diane Tauke, 38*, Earlville, IA	25:19	10:11
36	10	W40	Lisa Frasher, 41*, Cascade, IA	25:23	10:13
37	4	W19	Kendra Kedley, 28*, Cascade, IA	25:27	10:14
38	11	W40	Peggy Lane, 43*, Elkader, IA	26:55	10:50

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

39 12 W40 Susan Rogers, 47*, Cascade, IA 32:53 13:14

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

22 4 M40 Steve Weber, 49, Cascade, IA 37:04 14:55

Pace: [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

40 2 W50 Peggy Decker, 52*, Farley, IA 45:24 18:16

41 6 JrW Kim Decker, 4*, Cedar Falls, IA 45:24 18:16

42 2 W60 Mary Neiers, 77*, Cascade, IA 45:36 18:21

43 3 W60 Rita Fischer, 70*, Cascade, IA 45:36 18:21

* indicates females

5 finishers among Men Under 16

2 finishers among Men 16 - 18

4 finishers among Men 19 - 29

2 finishers among Men 30 - 39

4 finishers among Men 40 - 49

4 finishers among Men 50 - 59

1 finishers among Men 60 & Up

6 finishers among Women Under 16

3 finishers among Women 16 - 18

4 finishers among Women 19 - 29

13 finishers among Women 30 - 39

12 finishers among Women 40 - 49

2 finishers among Women 50 - 59

3 finishers among Women 60 & Up

22 male finishers

43 female finishers

65 total finishers

Return to [home page](#).