

# Iowa Cubs Memorial Day 5-Miler

Des Moines, Iowa

May 28, 2007

65 degrees and party cloudy

Results by Cal Murdock

Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME
1		Matthew Redking, 20, West Des Moines, IA	27:24
2	1 M35	Kevin Barnes, 35, Indianola, IA	28:56
3	1 M25	Aaron Thomas, 27, Slater, IA	29:51
1		Ashley Ankam, 21*, Bloomington, MN	30:21
4	2 M35	Steve Pholmeyer, 41, Urbandale, IA	30:57
5	2 M25	Jeff Thurnher, 33, Dixon, MO	31:02
6	3 M35	Lance Bergeson, 38, Des Moines, IA	31:33
7	1 M15	Dylan Heuer, 17, Des Moines, IA	31:45
8	3 M25	Dan Casbon, 33, Stratford, IA	32:12
9	4 M35	Dale Tunender, 39, Norwalk, IA	32:22
10	1 M45	Paul Grinvalds, 49, West Des Moines, IA	32:33
11	5 M35	Todd Bindel, 39, West Des Moines, IA	32:40
12	4 M25	Adian Palmer, 32, Minnetonka, MN	33:22
13	2 M45	Thomas Heuer, 49, Des Moines, IA	33:36
14	5 M25	Derek McChurch, 26, Des Moines, IA	33:37
15	6 M35	Chris Kannapel, 44, Windsor Heights, IA	34:17
2	1 W35	Carla Stoner, 44*, West Des Moines, IA	34:29
16	2 M15	Paul Say, 21, West Des Moines, IA	34:33
17	7 M35	Brent Monson, 37, Des Moines, IA	35:01
18	3 M45	Jim Blume, 49, Des Moines, IA	35:18
19	8 M35	Brian Gossling, 37, Johnston, IA	35:43
20	9 M35	Tim Farquhar, 43, Des Moines, IA	35:57
21	10 M35	Gary Munkvold, 43, Ames, IA	35:58
22	11 M35	Kevin Boyle, 37, Winterset, IA	36:14
23	1 M55	Steven Sjolund, 56, Minneapolis, MN	36:19
24	6 M25	Justin Kirk, 29, Des Moines, IA	36:27
25	3 M15	Phillip James, 24, Stuart, IA	36:31
26	12 M35	Brian Teshark, 38, Waukee, IA	36:33
27	4 M45	Alan Lenz, 50, Perry, IA	36:33
3	1 W25	Christina Dehamer, 26*, Overland Park, KS	36:37
28	7 M25	Eric Anderson, 34, Webster City, IA	36:41
29	8 M25	Adam Ehlis, 34, Columbia, MD	37:12
30	4 M15	Matthew Dominguez, 20, Johnston, IA	37:26
4	2 W25	Janell Kallenbach, 34*, Norwalk, IA	37:33
31	5 M15	Nathan Bergman, 16, Norwalk, IA	37:44
5	2 W35	Jayna Gossling, 36*, Johnston, IA	37:53
6	3 W25	Carrie Bergman, 29*, West Des Moines, IA	37:56
7	1 W45	Nancy Willert, 50*, Nevada, IA	37:57
8	4 W25	Annie Buchmiller, 26*, West Des Moines, IA	38:18
32	5 M45	Hank Manning, 51, Des Moines, IA	38:19
33	9 M25	Scott Grissom, 28, Des Moines, IA	39:02
9	5 W25	Laurie Baker, 34*, Waukee, IA	39:07
34	13 M35	David Ness, 36, Johnston, IA	39:10

35	14	M35	Chris Dunkin, 43, Harvey, IA	39:13
36	6	M45	Karl Ehlers, 48, Urbandale, IA	39:17
37	15	M35	Mark Moss, 37, Newton, IA	39:20
38	7	M45	Bill Krier, 49, Urbandale, IA	39:30
39	8	M45	Douglas Johnston, 46, Des Moines, IA	39:31
40	6	M15	Phil Parker, 24, Indianola, IA	39:42
10	1	W15	Megan Recker, 23*, Des Moines, IA	40:13
11	6	W25	Robyn Ramsey, 25*, Carroll, IA	40:34
41	16	M35	Steve Newton, 37, Ankeny, IA	40:44
42	1	JrM	Nathan Phillips, 11, Marshalltown, IA	40:50
43	2	JrM	Jordan Suby, 13, Ankeny, IA	40:56
44	17	M35	Ben Loveridge, 37, New Sharon, IA	40:59
12	3	W35	Tricia Hingst, 37*, West Des Moines, IA	41:24
13	4	W35	Jane Angstman, 36*, Clive, IA	42:06
45	18	M35	Kent Pollpeter, 39, Des Moines, IA	42:12
46	9	M45	Tony Topping, 46, West Des Moines, IA	42:39
47	10	M45	Don Jessen, 54, Colfax, IA	42:46
48	10	M25	Blake Shepherd, 25, Urbandale, IA	42:54
14	7	W25	Rachel Shepherd, 25*, Urbandale, IA	42:54
15	8	W25	Greta Southall, 32*, Indianola, IA	42:57
49	11	M45	Graeme Armstrong, 48, West Des Moines, IA	43:05
16	9	W25	Libby Steppat, 27*, Chicago, IL	43:06
50	2	M55	David Stephat, 59, Des Moines, IA	43:06
17	10	W25	Renee Fickbohm, 33*, Johnston, IA	43:07
18	2	W15	Michelle Lustig, 21*, West Des Moines, IA	43:15
51	11	M25	Nicholas Fiala, 29, Grimes, IA	43:18
52	12	M25	Steven Moeller, 29, Des Moines, IA	43:30
19	5	W35	Cody Toyne, 35*, Des Moines, IA	43:39
20	11	W25	Rachel Thurnher, 25*, Dixon, MO	44:02
53	7	M15	Brad Johnson, 21, Des Moines, IA	44:09
21	12	W25	Kerry Kingery, 33*, Indianola, IA	44:18
54	19	M35	Patrick Hanes, 35, Ankeny, IA	44:18
22	2	W45	Jane Montgomer, 50*, Ames, IA	44:23
23	13	W25	Emily Mass, 30*, Ankeny, IA	44:26
55	13	M25	Corie Henry, 34, Altoona, IA	44:27
24	6	W35	Liz Bryant, 36*, West Des Moines, IA	44:28
56	14	M25	Mitchell Lake, 30, West Des Moines, IA	44:43
25	3	W15	Shawna Johnson, 24*, Des Moines, IA	44:44
26	14	W25	Katie Ochanpaugh, 27*, Grimes, IA	45:07
27	7	W35	Kimberly Busse-Hatting, 40*, Grinnell, IA	45:16
57	20	M35	Patrick Hatting, 44, Grinnell, IA	45:17
58	8	M15	Sam Burt, 15, Des Moines, IA	45:20
28	15	W25	Elizabeth Burt, 25*, Des Moines, IA	45:21
59	15	M25	Aaron Juergens, 28, Carroll, IA	45:31
29	4	W15	Kelli McCaulley, 24*, Carroll, IA	45:31
60	12	M45	Jim McNeil, 52, Newton, IA	45:40
61	16	M25	Shawn Thacker, 27, Waukee, IA	45:41
62	17	M25	Matt McElroy, 32, West Des Moines, IA	45:49
30	3	W45	Deb Miller, 50*, Perry, IA	45:52
31	16	W25	Daphne Monson, 29*, Des Moines, IA	45:54
63	18	M25	Jason Halifax, 34, Waukee, IA	46:00
64	9	M15	Lance Parker, 15, Indianola, IA	46:02
32	4	W45	Carol Jensen, 51*, West Des Moines, IA	46:03
33	17	W25	Katy Snyder, 29*, West Des Moines, IA	46:27
65	19	M25	Quinn Hildman, 27, West Des Moines, IA	46:27
66	20	M25	Dan Drendel, 28, Johnston, IA	46:46
67	13	M45	David Jensen, 48, West Des Moines, IA	46:48
68	3	M55	Patrick Harmon, 59, Barrington, IL	46:54
69	14	M45	Darwin Schmig, 49, Des Moines, IA	47:04
70	21	M25	Alex Norman, 31, Des Moines, IA	47:26
71	10	M15	Jake Vice, 21, Des Moines, IA	47:28
34	5	W15	Alison Bauer, 20*, Lacona, IA	47:28
35	8	W35	Martha Baudler, 35*, Indianola, IA	47:29
36	6	W15	Kelly Butler, 21*, Ames, IA	47:32
37	1	W55	Mavis Butler, 58*, Ames, IA	47:32

38	9	W35	Renaë Gaskins, 38*, Indianola, IA	47:36
39	10	W35	Trina Braafhart, 36*, Des Moines, IA	47:39
72	4	M55	Bill Lorenz, 59, Des Moines, IA	48:01
73	15	M45	Ed Phillips, 45, Marshalltown, IA	48:02
74	11	M15	Michael Kovarna, 24, Johnston, IA	48:02
40	11	W35	Allyson Glaser, 35*, West Des Moines, IA	48:03
41	12	W35	Angela Farquhar, 37*, Des Moines, IA	48:04
42	18	W25	Stacy Berenguel, 28*, Des Moines, IA	48:07
43	1	JrW	Erin Quinlin, 11*, Panora, IA	48:08
44	13	W35	Mary Quinlin, 39*, Panora, IA	48:08
45	7	W15	Kelly Isaacson, 24*, Ankeny, IA	48:09
46	19	W25	Megan Kading, 30*, Casey, IA	48:10
47	5	W45	Tammy Berenguel, 47*, Des Moines, IA	48:14
48	20	W25	Ingrid Guttin, 34*, Ankeny, IA	48:15
75	3	JrM	Ben Merrick, 14, Truro, IA	48:17
49	14	W35	Vicki Campos-Dimmer, 37*, Des Moines, IA	48:25
50	21	W25	Kathy Leonard, 34*, Des Moines, IA	48:37
76	21	M35	Jerry Rupert, 43, Des Moines, IA	48:38
77	1	M65	Gene Harding, 76, Des Moines, IA	48:47
51	8	W15	Laura Dillavou, 23*, West Des Moines, IA	48:54
78	22	M25	Matthew Braafhart, 32, Des Moines, IA	48:55
52	22	W25	Renee Luinstra, 32*, West Des Moines, IA	48:56
53	9	W15	Stefanie Shively, 22*, Des Moines, IA	49:00
54	10	W15	Kelly Kasparie, 22*, West Des Moines, IA	49:01
55	11	W15	Jill Kasparie, 22*, Ottumwa, IA	49:06
56	12	W15	Karen Schwart-Trauber, 23*, Colfax, IA	49:07
79	4	JrM	Alex Dandy, 13, Urbandale, IA	49:12
80	23	M25	Paul Espey, 26, Des Moines, IA	49:21
57	23	W25	Mandy Willey, 25*, West Des Moines, IA	49:21
81	24	M25	Johnnie Kennell, 26, Altoona, IA	49:22
58	24	W25	Kristine Shanley, 27*, Des Moines, IA	49:34
82	22	M35	Andy Ruby, 37, Ankeny, IA	49:55
59	15	W35	Kimberly Bradley, 40*, Urbandale, IA	49:58
83	25	M25	Ryan Comer, 28, Newton, IA	49:59
60	25	W25	Beth Ziegmann, 30*, Urbandale, IA	50:13
61	26	W25	Stephanie Gifford, 32*, Waukee, IA	50:16
84	23	M35	Dave Phillips, 41, West Des Moines, IA	50:18
85	5	M55	Michael Kent, 61, Des Moines, IA	50:19
86	26	M25	Brian Phillips, 32, State Center, IA	50:20
87	24	M35	Kenneth Harkin, 41, Urbandale, IA	50:20
62	2	W55	Rose Mary Pratt, 59*, Des Moines, IA	50:36
63	16	W35	Ida Dominguez, 40*, Johnston, IA	50:40
88	12	M15	Justin Lindsay, 22, Des Moines, IA	50:41
64	17	W35	Kim Sapp, 36*, Des Moines, IA	50:42
89	6	M55	Robert Pratt, 60, Des Moines, IA	50:55
90	7	M55	Kevin Cooney, 55, Des Moines, IA	51:00
65	18	W35	Cathaleen Heithoff, 36*, Des Moines, IA	51:18
66	3	W55	Mary Lou Neugent, 55*, Des Moines, IA	51:28
91	25	M35	Jon Chartier, 38, West Des Moines, IA	52:19
67	27	W25	Liat Paul, 33*, Des Moines, IA	52:46
68	19	W35	Coleen Waage, 37*, West Des Moines, IA	52:49
92	8	M55	Gene Arnold, 55, Waukee, IA	52:50
69	28	W25	Leeanna Werner, 29*, Ottumwa, IA	54:02
93	26	M35	Mike Holmes, 39, Ottumwa, IA	54:03
70	29	W25	Jennifer Oldfield, 34*, Clive, IA	54:18
71	13	W15	Jillian Dierenfield, 17*, Ankeny, IA	54:32
72	14	W15	Rachel Dierenfield, 24*, Des Moines, IA	54:33
73	15	W15	Jacquelyn Johnson, 22*, Ankeny, IA	54:54
74	30	W25	Mich Minnehan Golightly, 30*, West Des Moines, IA	55:17
75	31	W25	Brenda Faber, 31*, Johnston, IA	55:41
94	27	M25	Scott Sullivan, 27, Altoona, IA	56:19
95	28	M25	Josh Hofhauer, 30, West Des Moines, IA	56:26
76	32	W25	Amy Fitzpatrick, 25*, Waukee, IA	56:31
77	16	W15	Heather Malm, 24*, Des Moines, IA	56:37

78	20	W35	Susan Healy, 41*, West Des Moines, IA	56:42
79	6	W45	Deb Ohrn, 48*, Des Moines, IA	56:48
80	33	W25	Amy Carter, 26*, Urbandale, IA	57:07
81	34	W25	Kelly Ryan, 29*	57:28
82	35	W25	Pam Mahoney, 30*, Urbandale, IA	57:28
83	7	W45	Sherry Hutchins, 53*, Polk City, IA	58:35
96	16	M45	David Richards, 49, Urbandale, IA	59:45
97	29	M25	David Lawrence, 26, Pleasant Hill, IA	1:01:23
84	36	W25	Kisha Barnes, 33*, Indianola, IA	1:01:44
98	5	JrM	Matthew Lenox, 11, Melbourne, IA	1:04:29
99	27	M35	Dan Lenox, 35, Melbourne, IA	1:04:29
85	8	W45	Karla Snodgrass, 48*, Des Moines, IA	1:10:53
86	21	W35	Beth Haag, 39*, Urbandale, IA	1:10:54
87	9	W45	Dawn John, 54*, West Des Moines, IA	1:12:04
100	17	M45	John John, 54, West Des Moines, IA	1:12:05
88	10	W45	Carol Siembieda, 45*, Waukee, IA	1:12:11
89	22	W35	Suzanne Ballard, 37*, Urbandale, IA	1:14:15
101	18	M45	Robert Monserrate, 54, Clive, IA	1:15:06
90	4	W55	Linda Monserrate, 56*, Clive, IA	1:15:07
102	30	M25	Ryan Maas, 29, Council Bluffs, IA	1:15:16
91	37	W25	Laura Maas, 29*, Council Bluffs, IA	1:15:17
92	23	W35	Cindy Spiker, 36*, Urbandale, IA	1:17:37
93	38	W25	Aditi Sharma, 25*, West Des Moines, IA	1:17:37
103	28	M35	Norman Umberger, 40, Salisbury, MD	1:18:20
94	11	W45	Debbie Richards, 47*, Urbandale, IA	1:18:33
95	24	W35	Tracy Abbas, 43*, Van Meter, IA	1:20:08
96	5	W55	Marcia Schoeppner, 55*, Des Moines, IA	1:20:11
97	6	W55	Marilyn Dillivan, 63*, Urbandale, IA	1:20:11
98	7	W55	Jean Burt, 55*, Des Moines, IA	1:21:00

"\*" indicates females

5 finishers among Men 14 & Under

12 finishers among Men 15 - 24

30 finishers among Men 25 - 34

28 finishers among Men 35 - 44

18 finishers among Men 45 - 54

8 finishers among Men 55 - 64

1 finishers among Men 65 & Up

1 finishers among Women 14 & Under

16 finishers among Women 15 - 24

38 finishers among Women 25 - 34

24 finishers among Women 35 - 44

11 finishers among Women 45 - 54

7 finishers among Women 55 - 64

103 male finishers

98 female finishers

201 total finishers

back to [home page](#)