



27th Living History Farms 2005



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photo by Doug Wells, DM Register®

**10 Km -
 6.214 miles
 Urbandale,
 Iowa
 November
 19, 2005**

Largest XC
 race in North
 America
 Record 4381
 finishers (old
 record 2003 -
 3863)
 Record 178
 teams scored
 (old record
 2004 - 171)



**Revised
 (11-29-05)
 Results
 below**

**Remember,
 your LHF
 race bib
 (number)
 entitles you
 to 20% at
 Fitness
 Sports!**

[Full resolution version of this picture is here](#)

Send us you stories and anecdotes [HERE](#). We will publish them [HERE](#)

Thanks to all the volunteers and others that make this event the success that it is. The Capital Striders and Urbandale Jaycees, Boy Scouts Pack & Troop 34, Des Moines Ham Radio Group, CIA Swim Club, Urbandale Fire & Rescue and Des Moines University Doctors and Student Docs along with all the other individuals who give of their time and talent. [Thanks also to Running Times Magazine for their recent article about the race \(June '05\)](#)

[Individual pictures were again taken by www.Brightroom.com.](#)

[Pictures are here](#)



[Look up your race number here for the picture, in case you don't know it.](#)

Quick Summary of results

[Article from DM Register](#)

TOP 20 MEN

1. Henry Dennis, Fond Du Lac, WI, 33:52; 2. Brandon Jessop, Madeira, OH, 34:04; 3. [Andy Downin](#), Madison, WI, 34:11; 4. The Virgin, Madison, WI, 34:26; 5. Eric Graham, Olathe, KS, 34:36; 6. Ryan French, Ames, 34:58; 7. Luke Garringer, Kearney, NE, 35:11; 8. Jason Flogel, Lamotte, 35:22; 9. Shannon Steger, Papillion, NE, 35:27; 10. Bo Rydze, Iowa City, 35:31; 11. Magnus Holmstrom, Jefferson City, MO, 35:42; 12. Ding Dong, St Paul, MN, 36:01; 13. Dirk Marple, Iowa City, 36:17; 14. Austin Williamson, Des Moines, 36:18; 15. Dan Winder, Waterloo, 36:23; 16. Kurt Keiser, Omaha, NE, 36:30; 17. Chris Lawson, Cedar Falls, 36:33; 18. Scott Gall, Cedar Falls, 36:42; 19. Gaylord Sunderlage, Delavan, IL, 36:50; 20. Tyler Fonseca, Lamoni, 36:52.

TOP AGE DIVISION MEN

14 & Under - 1. Wesley Ohrt, Haverhill, 43:15; 2. Cory Johnson, Indianola, 44:08; 3. Simon Falcon, Bellevue, NE, 44:16. 15-18 - 1. Skyler Delmott, Emporia, KS, 37:39; 2. David McKay, Iowa City, 38:04; 3. Randy Weigand, Des Moines, 38:24. 19-24 - 1. French, 34:58; 2. Garringer, 35:11; 3. Flogel, 35:22. 25-29 - 1. Jessop, 34:04; 2. Virgin, 34:26; 3. Graham, 34:36. 30-34 - 1. Dennis, 33:52; 2. Downin, 34:11; 3. Keiser, 36:30. 35-39 - 1. Myron Peto, Ames, 41:19; 2. Joe Marshall, Granger, 42:05; 3. Jim Cochran, Iowa City, 42:11. 40-44 - 1. Phil Kauder, Cascade, 38:53; 2. Craig Christians, Bellevue, NE, 39:20; 3. Bill Field, Faribault, MN, 40:20. 45-49 - 1. Rene Engelhardt, Westerville, OH, 41:01; 2. Thomas Novak, Iowa City, 42:13; 3. Mike Evans, Lino Lakes, MN, 43:08. 50-54 - 1. Steve Riley, Lawrence, KS, 41:34; 2. Joseph Haynes, Ames, 41:52; 3. Dan Kuhlman, LeCompton, KS, 43:11. 55-59 - 1. Don Utsinger, Cedar Rapids, 47:57; 2. James Jacobsen, Des Moines, 47:58; 3. Richard Guffy, Des Moines, 48:32. 60-64 - 1. Brian Cummings, Columbus Junction, 58:34; 2. Denis Kruger, Dike, 1:04:13; 3. Jan Dilley, Marshalltown, 1:07:07. 65-69 - 1. Dwight Beavers, Mason City, 50:10; 2. Jim Matthews, Baxter, 55:27; 3. Robert Risser, Cameron, MO, 1:07:24. 70 & Up - 1. Alvin Ravenscroft, Ames, 1:01:27; 2. Glen Zirbel, Ankeny, 1:24:27; 3. Delmar Holtz, West Point, 1:35:07.

TOP 20 WOMEN

1. Sarah Gall, Cedar Falls, 41:02; 2. Erin Ward, St. Paul, MN, 42:24; 3.

Gina Morgan, Lincoln, NE, 42:51; 4. Janet Dobyys, Iowa City, 43:44; 5. Jenny Weber, West Des Moines, 44:09; 6. Hannah Roeder, Des Moines, 44:15; 7. Courtney Clinard, Omaha, NE, 44:20; 8. Kelly Yacevich, Lincoln, NE, 44:59; 9. Mackenzie Madison, Ames, 45:12; 10. Caedryn Schrunk, Cedar Falls, 46:02; 11. Jodi Smith, Ames, 46:22; 12. Audrey Voorhees, West Des Moines, 46:37; 13. Christine Price, Des Moines, 46:59; 14. Cynthia Brochman, Maplewood, MN, 47:50; 15. Jackie Walford, Lincoln, NE, 48:09; 16. Devin Parker, Cedar Rapids, 48:30; 17. Alana Walker, Kirksville, MO, 48:45; 18. Jennifer Wendt, Indianola, 48:48; 19. Stacey Buckley, Fremont, NE, 49:00; 20. Kalyn Kruckenberg, Mason City, 49:05.

TOP AGE DIVISION MEN

14 & Under - 1. Kruckenberg, 49:05; 2. Kara Telfer, Underwood, 50:41; 3. Megan Fuller, Bondurant, 51:28. 15-18 - 1. Dobyys, 43:44; 2. Roeder, 44:15; 3. Parker, 48:30. 19-24 - 1. Morgan, 42:51; 2. Yacevich, 44:59; 3. Madison, 45:12. 25-29 - 1. Gall, 41:02; 2. Clinard, 44:20; 3. Smith, 46:22. 30-34 - 1. Ward, 42:24; 2. Weber, 44:09; 3. Dawn Keller, Shell Rock, 50:21. 35-39 - 1. Price, 46:59; 2. Lisa Klein, Des Moines, 50:25; 3. Deb Gaddis, Solon, 51:17. 40-44 - 1. Brochman, 47:50; 2. Stannetta Svoboda, Fairmont, MN, 50:41; 3. Dana Kramer, Urbandale, Ia , 51:03. 45-49 - 1. Beth Henriksen, Ames, 53:10; 2. Peggy Noid, Marshalltown, 1:01:28; 3. Kim Heffernan, Ottumwa, 1:01:45. 50-54 - 1. Kathi Dellaca, Windsor Heights, 53:37; 2. Jane Wickman, Kellogg, 54:40; 3. Andriette Wickstrom, Storm Lake, 54:47. 55-59 - 1. Mary Anne Gibson, Coin, 1:09:52; 2. Carol Lee, Park City, UT, 1:13:01; 3. Fran Brock, Blue Springs, MO, 1:20:25. 60-64 - 1. Mariana Phipps, Omaha, NE, 1:02:19; 2. Anne Medeiros, Bellevue, NE, 1:08:56; 3. Dorothy Sonksen, Mapleton, 1:59:44. 65-69 - 1. Carol Hartman, Hiawatha, 1:28:15; 2. Sara Risser, Cameron, MO, 2:00:31; 70 & Up - 1. Marge Nielsen, Spencer, 1:18:10;

124 finishers among Men 14 & Under

445 finishers among Men 15 - 18

497 finishers among Men 19 - 24

330 finishers among Men 25 - 29

230 finishers among Men 30 - 34

248 finishers among Men 35 - 39

218 finishers among Men 40 - 44

172 finishers among Men 45 - 49

124 finishers among Men 50 - 54
 72 finishers among Men 55 - 59
 24 finishers among Men 60 - 64
 11 finishers among Men 65 - 69
 4 finishers among Men 70 & Up
 85 finishers among Women 14 & Under
 350 finishers among Women 15 - 18
514 finishers among Women 19 - 24 - biggest age group again
 293 finishers among Women 25 - 29
 173 finishers among Women 30 - 34
 143 finishers among Women 35 - 39
 126 finishers among Women 40 - 44
 96 finishers among Women 45 - 49
 61 finishers among Women 50 - 54
 23 finishers among Women 55 - 59
 3 finishers among Women 60 - 64
 2 finishers among Women 65 - 69
 1 finishers among Women 70 & Up
 2506 male finishers
 1875 female finishers
4381 total finishers

Complete Results for 2005

<u>Age Groups</u>	<u>Overall 10K</u>	<u>Age Teams</u>	<u>Coed Teams</u>	<u>1 Mile</u>
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[2004 results](#)
[2000 results](#)

[2003 results](#)
[1999 results](#)

[2002 results](#)
[1998 results](#)

[2001 results](#)
[1997 results](#)

Urbandale Jaycees



City's of
Urbandale
 Fire and Rescue Units



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[Pictures will again be taken by www.Brightroom.com.](http://www.Brightroom.com)



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