



## 28th Living History Farms 2006



Where You Have the Right to B - FIT  
**Fitness Sports.com**  
 7200 University Ave., Des Moines, IA. 50311

Extra t-shirts are available from last years (2005) race at \$10 @. Contact us [here](#)



**Urbandale, Iowa**  
**November 18, 2006**  
 Largest XC race in North  
 America Record 4985  
 finishers in one 6.8M  
 race  
 (old.record.2005.-4381)  
 Record 199 teams  
 scored (old record 2004  
 - 171)

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

[Pics](#) & [story](#) by Des Moines Register. More [pics](#). Story in  
 Minneapolis [Star Tribune](#)

**New video!** [1. Ten minute LHF Race Movie courtesy of Troy Zeleznik,](#)

[2.Two minute Video of race here courtesy of Des Moines Register and John Gapps.](#)

**[Results below](#) 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, Mercy Medical Center Emergency Services and Des Moines University Doctors and Student Docs along with all the other individuals who give of their time and talent.

Photography this year by;

[Link here to thousands of photos here. You can even order your own](#)



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

**Quick Summary of results. Complete results below.**

28th Living History Farms 6.8 miles

Urbandale, Iowa

November 18, 2006

**TOP 20 MEN**

1. [Matt Downin, Madison, WI](#), 37:47; 2. Ladarius Gold (alias, [Andy Downin](#), Madison, WI, 37:47; 3.

[Travis Arment](#), Sioux Falls, SD, 37:56; 4. Chris Jensen, Mason City, 38:10; 5. Luke Garringer, Kearney, NE, 38:26; 6. [Henry Dennis](#), Fond Du Lac, WI, 38:33; 7. Austin Williamson, Des Moines, 38:35; 8. Magnus Holmstrom, Jefferson City, MO, 38:49; 9. Pascal Dobert, Madison, WI, 38:59; 10. Julius Rotich, West Des Moines, 39:00; 11. Nick Cooper, Des Moines, 39:04; 12. Eric Rasmussen, York, NE, 39:11; 13. James Sorenson, Hastings, MN, 39:14; 14. Shannon Stenger, Papillion, NE, 39:19; 15. Ricky Reusser, Ames, 39:58; 16. Charlie Knuth, Salt Lake City, UT, 40:16; 17. John Tripp, Omaha, NE, 40:18; 18. Brandon Jessop, Madeira, OH, 40:24; 19. Ding Dong, Winona, 40:34; 20. Nick Holmes, Bartonville, IL, 40:35.

**TOP AGE DIVISION MEN**

14 & Under - 1. Andrew Barrett, Des Moines, 46:15; 2. Evan Selsor, Winterset, 46:38; 3. Riley Coates, Rapid City, SD, 46:49. 15-18 - 1. Holmes, 40:35; 2. Nick Caprario, Kearney, NE, 41:29; 3. Kevin Stubbs, Kearney, NE, 41:30. 19-24 - 1. Arment, 37:56; 2. Garringer, 38:26; 3. Williamson, 38:35. 25-29 - 1. Downin, 37:47; 2. Jensen, 38:10; 3. Holmstrom, 38:49. 30-34 - 1. Gold, 37:47; 2. Dennis, 38:33; 3. Dobert, 38:59. 35-39 - 1. Tom Kreissler, Lawrence, KS, 42:59; 2. Michael McGrane, Arlington, MA, 43:46; 3. Gary Dougherty, Omaha, NE, 44:11. 40-44 - 1. Roger Scott, Clive, 44:54; 2. Todd Nott, Plattsmouth, NE, 45:24; 3. Rod Yeacker, Ortonville, MI, 46:40. 45-49 - 1. Phil Kauder, Cascade, 42:43; 2. Craig Chritians, Bellevue, NE, 42:53; 3. Dennis Wallach, Chanhassen, MN, 44:41. 50-54 - 1. David Nauman, Mason City, 45:17; 2. Joseph Haynes, Ames, 45:54; 3. Steve Riley, Lawrence, KS, 46:26. 55-59 - 1. Ralph Miller, Genoa, NE, 51:59; 2. Marvin Stern, Sterling, IL, 52:11; 3. James Jacobsen, Des Moines, 53:05. 60-64 - 1. Ed Dieleman, Oskaloosa, 1:00:25; 2. Dannion McGary, Urbandale, 1:03:11; 3. Dean Rowe, Princeton, IL, 1:07:01. 65-69 - 1. Dwight Beavers, Mason City, 55:03; 2. Jim Streeby, Ottumwa, 1:06:47; 3. Jack Bates, Mt Pleasant, 1:09:59. 70 & Up - 1. Jerry Triplett, Winterset, 1:23:54; 2. Glen Zirbel, Ankeny, 1:36:06; 3. Delmar Holtz, West Point, 1:52:56.

[Video of the race courtesy of Des Moines Register](#)

**TOP 20 WOMEN**

1. [Erin Ward, St. Paul, MN](#), 46:07; 2. Angie Voight, Minneapolis, MN, 48:00;
3. [Casey Owens, Cedar Rapids](#), 48:29; 4. Sarah Walker, Greeley, CO, 48:32; 5. Mackenzie Madison, Ankeny, 48:35; 6. Brittney Graff, Kansas, KS, 49:00; 7. Nicole Deboom, Boulder, CO, 49:45; 8. Jenny Weber, Des Moines, 49:45; 9. Kathryn Trandem, Iowa City, 49:47; 10. Joanne Parker, Panora, 49:56; 11. Nicole Cueno, Minneapolis, MN, 49:56; 12. Michelle Paxton, Lincoln, NE, 50:01; 13. Cynthia Brochman, Maplewood, MN, 50:57; 14. Kelly Yacevich, Lincoln, NE, 51:02; 15. Courtney Mann, Omaha, NE, 51:05; 16. Jill Simpson, Madison, WI, 51:14; 17. Trisha Schlick, Ames, 51:22; 18. Liz Connors, Minneapolis, MN, 51:30; 19. Kristi Gibbs, Omaha, NE, 51:54; 20. Alana Walker, Kirksville, MO, 51:56.

### TOP AGE DIVISION WOMEN

- 14 & Under - 1. Payton Hartman, Smithville, MO, 55:49; 2. Amantha May, Woodburn, 1:02:50; 3. Madie Hubbell, Des Moines, 1:05:02. 15-18 - 1. Graff, 49:00; 2. Kelsey Carmean, Ortonville, MI, 54:18; 3. Kalyn Kruckenberg, Mason City, 55:36. 19-24 - 1. Owens, 48:29; 2. Madison, 48:35; 3. Yacevich, 51:02. 25-29 - 1. Voight, 48:00; 2. Walker, 48:32; 3. Trandem, 49:47. 30-34 - 1. Ward, 46:07; 2. Deboom, 49:45; 3. Weber, 49:45. 35-39 - 1. Parker, 49:56; 2. Christine Price, Des Moines, 53:28; 3. Kathleen Schweizer, Urbandale, 53:48. 40-44 - 1. Brochman, 50:57; 2. Dana Kramer, Urbandale, Ia , 52:29; 3. Linda Barnhart, Omaha, NE, 53:13. 45-49 - 1. Michele Stevens, Denver, 1:01:38; 2. Barb Kraus, Decorah, 1:04:10; 3. Lisa Simonetta, Des Moines, 1:05:03. 50-54 - 1. Sheila Maddock, Johnston, 55:52; 2. Beth Henriksen, Ames, 56:32; 3. Andriette Wickstrom, Storm Lake, 59:29. 55-59 - 1. Bea Sides, Blair, NE, 1:06:48; 2. Marie Quanbeck, Newton, 1:17:50; 3. Carol Lee, Park City, UT, 1:19:40. 60-64 - 1. Anne Medeiros, Bellevue, NE, 1:11:30; 2. Mariana Phipps, Omaha, NE, 1:12:26; 3. Marianne Schroeder, Bettendorf, 1:19:10. 65-69 - 1. Carol Hartman, Hiawatha, 1:39:49; 2. Jeanie Kelsay, Council Bluffs, 1:45:55; 3. Sara Risser, Cameron, MO, 1:58:31. 70 & Up - 1. Marge Nielsen, Spencer, 1:28:22.

Complete results here.

[Top Age Groupers](#) [Overall 6.8 M](#) [Teams](#) [Coed Teams](#) [2K Fun Run](#)

Some more [pics](#) by participant

### Age group breakout

126 finishers among Men 14 & Under  
 467 finishers among Men 15 - 18  
 490 finishers among Men 19 - 24  
 438 finishers among Men 25 - 29  
 284 finishers among Men 30 - 34  
 322 finishers among Men 35 - 39  
 230 finishers among Men 40 - 44  
 188 finishers among Men 45 - 49  
 145 finishers among Men 50 - 54  
 73 finishers among Men 55 - 59  
 29 finishers among Men 60 - 64  
 12 finishers among Men 65 - 69  
 4 finishers among Men 70 & Up  
 86 finishers among Women 14 & Under  
 375 finishers among Women 15 - 18

565 finishers among Women 19 - 24  
 359 finishers among Women 25 - 29  
 210 finishers among Women 30 - 34  
 176 finishers among Women 35 - 39  
 159 finishers among Women 40 - 44  
 124 finishers among Women 45 - 49  
 72 finishers among Women 50 - 54  
 25 finishers among Women 55 - 59  
 6 finishers among Women 60 - 64  
 5 finishers among Women 65 - 69  
 1 finishers among Women 70 & Up  
 2816 male finishers  
 2169 female finishers  
 4985 total finishers

Again the 19-24 females group is the biggest!

Complete results here.

[Top Age Groupers](#)   [Overall 6.8 M](#)   [Teams](#)   [Coed Teams](#)   [2K Fun Run](#)

[2005 results](#)

[2004 results](#)

[2003 results](#)

[2002 results](#)

[2001 results](#)

[2000 results](#)

[1999 results](#)

[1998 results](#)

[1997 results](#)

Urbandale Jaycees

City's of  
Urbandale  
Fire and Rescue Units



Classic Print Ltd  
Serving the metro area.

Java  
Joe's  
Coffe House



[Back home](#)