



29th Living History Farms (6.8 Miles)

Where You Have the Right to B - FIT
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 7200 University Ave, Des Moines, IA, 50311



Des Moines Register photos

Team Photos	Action Photos	Register Video
KCCI Video	Juice Photos	
Summary of results below		Complete results at bottom

Send us your 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 Urbandale Jaycees, Boy Scouts Pack & Troop 34, Des Moines Ham Radio Group, CIA Swim Club, Urbandale Fire & Rescue, Mercy Medical Center Emergency Services, Lint Van Lines, New Harmony Pottery, KGGO-FM, Classic Print, the Capital Striders, ADIDAS, HyVee-Urbandale, Java Joes, Bett's Auto Campus 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;

[A link 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.](#)

Results by Cal Murdock

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 or team.

PLACE	CLASS PLACE	FINISHER	TIME	PACE	TEAM
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Open Men

1	1	M30	Henry Dennis, 33, Fond Du Lac, WI	37:54	5:34	Bone Om
2	2	M30	Scott Gall, 33, Cedar Falls, IA	38:11	5:37	
3	3	M19	Austin Williamson, 21, Des Moines, IA	38:14	5:37	Rim Jobs Om
4	4	M25	Shannon Stenger, 29, Papillion, NE	38:20	5:38	
5	5	M19	Peter Cole, 21, Bow Mar, CO	38:22	5:38	City Workers Om
6	6	M25	Chris Jensen, 26, Marion, IA	38:24	5:39	
7	7	M19	Skyler Delmott, 19, Emporia, KS	38:25	5:39	Bearded Hobos Om
8	8	M25	Eric Rasmussen, 25, York, NE	38:38	5:41	Runnin' Lopes Om
9	9	M25	Eric Graham, 29, Olathe, KS	38:43	5:42	
10	10	M25	Nick Bowerman, 25, Dubuque, IA	38:48	5:42	
11	11	M19	Dan Taylor, 24, Ames, IA	38:48	5:42	Cookie Party Co
12	12	M30	Roger Busch, 33, Crawfordsville, IN	38:49	5:42	
13	13	M19	Jake Januszewski, 23, East Grand Forks, MN	38:54	5:43	Bison Wheel Co
14	14	M19	Matt Riley, 20, Lawrence, KS	38:56	5:43	Get Up Jake Om
15	15	M19	Clayton Carper, 20, Ames, IA	39:01	5:44	
16	16	M25	Dustin Llewellyn, 29, Omaha, NE	39:13	5:46	Team Nebraska Om
17	17	M19	John Krumsee, 22, Omaha, NE	39:22	5:47	City Workers Om
18	18	M25	John Tripp, 28, Omaha, NE	39:25	5:48	
19	19	M19	Jason Flogel, 24, West Des Moines, IA	39:31	5:49	Fitness Sports Om
20	20	M25	Chas Davis, 25, Omaha, NE	39:39	5:50	City Workers Om
21	21	M25	Ryan French, 25, Ames, IA	40:18	5:55	Cookie Party Co
22	22	M19	Heath Moenck, 22, Webster City, IA	40:42	5:59	
23	23	M15	Jared Dittman, 18, Omaha, NE	41:00	6:02	
24	24	M15	Kyle Schmidt, 18, Hutchinson, MN	41:02	6:02	Hutch Tiger X C Hm
25	25	M19	Brett Heimstead, 24, Savage, MN	41:07	6:03	The Pretenders Co
26	26	M19	Jason Maurice, 21, Fairfield, IA	41:13	6:04	Dumbledore's Om
27	27	M25	Tim Hanson, 27, Ames, IA	41:16	6:04	Cookie Party Co
28	28	M19	David Schonscheck, 21, Omro, WI	41:20	6:05	The Pretenders Co
29	29	M25	Ben Ewing, 26, Coralville, IA	41:22	6:05	U Iowa U R Ps Om
30	30	M15	Evan Selsor, 15, Winterset, IA	41:24	6:05	
31	31	M15	Will Hansen, 17, Gladstone, MO	41:28	6:06	
32	32	M25	Jesse Parker, 26, Lapeer, MI	41:30	6:06	
33	33	M15	Kyle Larson, 17, Chaska, MN	41:36	6:07	
34	34	M15	Colin Morriseey, 18, Omaha, NE	41:52	6:09	
35	35	M19	La Cucaracha, 22, Guadalajara	41:55	6:10	
36	36	M30	Andy Bosley, 34, Thiensville, WI	41:58	6:10	Bone Om
37	37	M19	Ryan Humphreys, 24, Hannibal, MO	42:00	6:11	Polesmokers Co
38	38	M19	Michael Peterka, 21, Minneapolis, MN	42:02	6:11	
39	39	M19	Nathan White, 24, Des Moines, IA	42:07	6:11	Fitness Sports Om
40	40	M35	Tom Kreissler, 37, Lawrence, KS	42:16	6:13	
41	41	M25	The Virgin, 28, Savannah, GA	42:20	6:14	Bone Om
42	42	M25	John Grisham, 27, Albuquerque, NM	42:22	6:14	Big Kids In Suits Om
43	43	M15	Nate Sletten, 17, Marshalltown, IA	42:25	6:14	
44	44	M25	Brad Rettig, 27, Lincoln, NE	42:25	6:14	
45	45	M19	Ermin Sabljakovic, 21, Waterloo, IA	42:34	6:16	The Vigorous Boyz Om
46	46	M35	Gary Dougherty, 39, Omaha, NE	42:38	6:16	
47	47	M15	Joel Reese, 17, Laurens, IA	42:38	6:16	Lucky & Go Fish Om
48	48	M15	Simon Falcon, 16, Bellevue, NE	42:40	6:16	Mexicans & Ginger H
49	49	M19	Greg Ziegler, 24, Lafayette, IN	42:47	6:17	Polesmokers Co
50	50	M19	Kyle Rasmussen, 24, Ames, IA	42:50	6:18	Cookie Party Co

Open Women

1	1	W30	Robyn Friedman, 34, Lambs Grove, IA	44:25	6:32	Run Ablaze B Of
2	2	W25	Sarah Gall, 28, Cedar Falls, IA	45:57	6:45	Run Ablaze A Of
3	3	W25	Kristy Feldman, 27, West Des Moines, IA	46:36	6:51	Run Ablaze B Of
4	4	W19	Emily Dewald, 24, Bloomington, IL	46:47	6:53	
5	5	W25	Casey Owens, 25, Des Moines, IA	46:59	6:55	Run Ablaze A Of
6	6	W30	Erin Block, 33, St Paul, MN	47:35	7:00	Run N Fun Of
7	7	W30	Angie Voight, 30, Minneapolis, MN	47:44	7:01	Run N Fun Of
8	8	W30	Stephanie Randall, 30, Lincoln, NE	48:16	7:06	Team Nebraska Of
9	9	W25	Jessica Rettig, 29, Lincoln, NE	48:24	7:07	Team Nebraska Of
10	10	W25	Courtney Mann, 29, Omaha, NE	48:33	7:08	Team Nebraska Of
11	11	W35	Christine Price, 38, Des Moines, IA	48:49	7:11	Run Ablaze B Of
12	12	W19	Mackenzie Madison, 21, Ankeny, IA	49:02	7:13	Cookie Party Co
13	13	W25	Kristen Mitchell, 28, Ottumwa, IA	49:52	7:20	Naumhoefer Co
14	14	W25	Bridget Easley, 26, Lincoln, NE	49:58	7:21	Team Nebraska Of