



30th Living History Farms (7+ Miles)



Helmet Cam Video of actual race is coming. He ran the whole thing!



Register Photos Gallery	More to come	Des Moines Register video
	Metromix Gallery	KCCI TV Video
Summary of results below	Register News Article	Complete results below



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, Ramsey Subaru, Atlantic Bottlers (Coca Cola) and Des Moines University Doctors and Student Docs along with all the other individuals who give of their time and talent.

[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.](#)

30s, light wind, cloudy - later light snow, results by Cal Murdock

[Top Finishers](#)

[7 M Overall](#)

[Teams](#)

[Coed Teams](#)

Summary of Top Finishers per division

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

PLACE	CLASS PLACE	FINISHER	TIME	TEAM
Open Men				
1	1 M30	Henry Dennis, 34, Fond Du Lac, WI	38:51	Pr1pak Om
2	2 M25	Luke Garringer, 25, Kearney, NE	38:55	Runnin Lopes Om
3	3 M25	Dan Taylor, 25, Ames, IA	39:02	Fitness Sports 2 Om
4	4 M30	Scott Gall, 34, Cedar Falls, IA	39:05	Runablaze Om
5	5 M25	Randy Bill, 26, Cedar Falls, IA	39:11	Runablaze Om
6	6 M19	J Austin Williamson, 22, Iowa City, IA	39:12	Rim Jobs Om
7	7 M30	Shannon Stenger, 30, Papillion, NE	39:28	Team Ne Brooks Om
8	8 M19	Jared Dittman, 19, Omaha, NE	39:54	
9	9 M25	Nick Bowerman, 26, Urbandale, IA	39:56	Runablaze Om
10	10 M19	Jake Januszewski, 24, Perham, MN	40:14	Bison Wheel Co
11	11 M19	Skyler Delmott, 20, Emporia, KS	40:28	Emporia Langs Co
12	12 M25	Nathan White, 25, Des Moines, IA	40:38	Fitness Sports 2 Om

13	13	M19	Hal Brown, 20, Minneapolis, MN	40:45	Men Of Turc Om
14	14	M19	Walter Bolingo, 24, Creston, IA	40:51	Huntington Bad Boy Om
15	15	M15	Evan Selsor, 16, Winterset, IA	40:53	
16	16	M35	Kurt Keiser, 35, Omaha, MN	41:00	Team Ramrod Om
17	17	M25	Andy Keenan, 28, Minneapolis, MN	41:21	Collegeville Om
18	18	M19	Michael Peterka, 22, Miller, SD	41:26	Men Of Turc Om
19	19	M19	Nathan Carey, 20, Menomonie, WI	41:45	Team X Om
20	20	M19	Fish Wilson, 23, Minneapolis, MN	41:47	
21	21	M15	Damien Schuster, 17, Piedmont, SD	41:48	
22	22	M19	Skyler Nesheim, 24, Des Moines, IA	41:55	Fitness Sports 2 Om
23	23	M15	Andrew Barrett, 16, Des Moines, IA	41:56	
24	24	M35	Andy Bosley, 35, Thiensville, WI	42:03	Prlpak Om
25	25	M25	Brandon Jessop, 29, Runnin Lopes Om	42:04	Runnin Lopes Om

Open Women

1	1	W30	Erin Block, 34, St. Paul, MN	46:10	Dirt Deva's Of
2	2	W25	Kelley Johnson, 26, Kansas City, MO	48:49	
3	3	W30	Stephanie Randall, 31, Lincoln, NE	49:50	Team Ne Brooks Of
4	4	W30	Courtney Mann, 30, Omaha, NE	49:51	Team Ne Brooks Of
5	5	W25	Kadie Hokanson, 27, Alexandria, MN	49:57	Bison Wheel Co
6	6	W19	Erin Manlove, 23, Minneapolis, MN	50:51	Turkey Transmo Om
7	7	W30	Angie Voight, 31, Minneapolis, MN	51:10	Dirt Deva's Of
8	8	W30	Colleen Webb, 31, Des Moines, IA	51:11	Perfect Strangers Om
9	9	W15	Katie Mona, 18, Lenexa, KS	51:15	Emporia Langs Co
10	10	W25	Kristen Mitchell, 29, Ottumwa, IA	51:34	
11	11	W35	Christine Price, 39, Des Moines, IA	52:19	
12	12	W25	Casey Owens, 26, Des Moines, IA	52:21	Pole Smokers Co
13	13	W45	Sheryl Miller, 45, Coralville, IA	52:32	
14	14	W35	Jenny Weber, 36, Des Moines, IA	52:33	
15	15	W25	Melissa Schmidt, 26, Wahoo, NE	52:41	Team Ne Brooks Of
16	16	W30	Melissa Nesbit, 31, Ankeny, IA	52:42	
17	17	W25	Mercy Ray, 27, Stillwater, MN	52:49	Dirt Deva's Of
18	18	W35	Eva Machuca, 38, Cedar Falls, IA	52:57	
19	19	W19	Danielle Nowasell, 19, Grinnell, IA	52:59	North Side Gangsta Co
20	20	W19	Carly Olsen, 19, Missouri Valley, IA	53:00	North Side Gangsta Co
21	21	W40	Julie Fiepke, 41, West Des Moines, IA	53:01	
22	22	W19	Nicole Nelson, 21, Omaha, NE	53:12	
23	23	W25	Brittany McConnell, 26, Iowa City, IA	53:29	
24	24	W25	Lisa Richter, 26, Omaha, NE	53:35	Bison Wheel Co
25	25	W15	Emily Walter, 17, West Des Moines, IA	53:35	

Masters Men

50	1	M40	Scott Parker, 43, Omaha, NE	43:51	Team Ndorfanz Com Mm
55	2	M45	Craig Christians, 47, Bellevue, NE	44:04	Team Ne Brooks Mm
68	3	M40	Lee Hammerand, 40, Urbandale, IA	44:41	
71	4	M40	Gary Dougherty, 40, Omaha, NE	44:55	Team Ndorfanz Com Mm
76	5	M50	Dennis Wallach, 51, Chanhassen, MN	45:10	McDuffers Mm
90	6	M45	Mike Davis, 48, Minneapolis, MN	45:52	Twin Cities Run Co
113	7	M40	Jim Roubidoux, 44, Polk City, IA	46:41	Fitness Sports Om
114	8	M40	Todd Nott, 44, Plattsmouth, NE	46:44	Team Ne Brooks Mm
127	9	M40	Tim Schott, 40, Des Moines, IA	47:04	Hawks & Vipers Co
128	10	M50	Keith Fevold, 50, Johnston, IA	47:07	Fitness Sports Mm
129	11	M40	Jim Cochran, 41, Iowa City, IA	47:07	
132	12	M40	David Swanson, 44, Iowa City, IA	47:14	Sigma Phi Nothing Mm
134	13	M50	David Johnson, 52, Hastings, NE	47:15	Team Ne Brooks Mm
137	14	M40	David Sutej, 40, Omaha, NE	47:20	Team Ndorfanz Com Mm
145	15	M45	Keith Abels, 47, Ogden, IA	47:39	

Masters Women

13	1	W45	Sheryl Miller, 45, Coralville, IA	52:32	
21	2	W40	Julie Fiepke, 41, West Des Moines, IA	53:01	
39	3	W45	Stannetta Svoboda, 45, Fairmont, MN	55:39	
50	4	W45	Carla Stoner, 46, West Des Moines, IA	56:59	
56	5	W45	Dana Kramer, 46, Urbandale, IA	57:30	Too Young To Dye Mf
60	6	W50	Andriette Wickstrom, 53, Storm Lake, IA	57:50	Too Young To Dye Mf
63	7	W40	Sarah Wright, 40, Ottumwa, IA	57:56	
84	8	W50	Colleen Boran, 52, Forest City, IA	59:28	
90	9	W45	Heather Stilborn, 46, Des Moines, IA	59:41	
91	10	W45	Barb Kraus, 48, Decorah, IA	59:46	
107	11	W40	Christine McCusker, 42, Iowa City, IA	1:00:30	
110	12	W45	Katherine Nelson, 45, Fort Calhoun, NE	1:00:47	
117	13	W40	Amy Montgomery, 44, Pleasant Hill, IA	1:01:14	
118	14	W40	Peg Pearson, 44, Omaha, NE	1:01:15	
119	15	W50	Leila McGrath, 51, Minneapolis, MN	1:01:15	Twin Cities Run Co

Grand Masters Men

76	1	M50	Dennis Wallach, 51, Chanhassen, MN	45:10	McDuffers Mm
128	2	M50	Keith Fevold, 50, Johnston, IA	47:07	Fitness Sports Mm
134	3	M50	David Johnson, 52, Hastings, NE	47:15	Team Ne Brooks Mm
157	4	M50	Joseph Haynes, 54, Ames, IA	48:02	McDuffers Mm
185	5	M50	Tim Nagel, 50, Clarion, IA	48:45	McDuffers Mm

228	6	M50	Ron Byland, 50, Edina, MN	49:45	Mnred Stephanie Bylan
256	7	M50	Tim Fyfe, 50, Clear Lake, IA	50:28	Flying Picts Om
260	8	M50	Rob Cubrich, 54, Omaha, NE	50:34	Stop Resisting Om
266	9	M55	Thomas Kaufman, 55, Madison, WI	50:45	
278	10	M50	Bob Layton, 53, Urbandale, IA	50:56	Team Purple Monkey Co
300	11	M50	Dan Kuhlman, 54, Lecompton, KS	51:32	
318	12	M50	Paul Fyfe, 52, Albuquerque, NM	52:03	Flying Picts Om
332	13	M55	Curt Krieger, 56, Mason City, IA	52:19	McDuffers Mm
373	14	M50	Tom Heuer, 51, Des Moines, IA	53:36	Fitness Sports Mm
392	15	M55	Ben Zhao, 55, Minneapolis, MN	53:56	

Grand Masters Women

60	1	W50	Andriette Wickstrom, 53, Storm Lake, IA	57:50	Too Young To Dye Mf
84	2	W50	Colleen Boran, 52, Forest City, IA	59:28	
119	3	W50	Leila McGrath, 51, Minneapolis, MN	1:01:15	Twin Cities Run Co
139	4	W55	Nancy Hoegh, 56, Clive, IA	1:02:08	
145	5	W55	Kathi Dellaca, 56, Des Moines, IA	1:02:28	
188	6	W55	Jane Wickman, 55, Kellogg, IA	1:04:15	Too Young To Dye Mf
217	7	W50	Beth Henriksen, 52, Ames, IA	1:05:50	Too Young To Dye Mf
227	8	W50	Tammy Nolan, 50, Albion, NE	1:06:11	
228	9	W50	Nancy Willert, 52, Nevada, IA	1:06:11	
267	10	W60	Alida Droppert, 60, Pella, IA	1:07:52	
380	11	W50	Nancy Standley, 51, Urbandale, IA	1:12:08	
381	12	W55	Robin Hyland, 55, Grimes, IA	1:12:15	
423	13	W50	Cheryl Jeffery, 53, Lacon, IL	1:13:11	
463	14	W50	Susan Duoblys, 53, Des Moines, IA	1:14:08	
498	15	W50	Pamela Reynolds, 53, Johnston, IA	1:15:24	

PLACE	CLASS PLACE	FINISHER	TIME	TEAM
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Men Under 15

106	1	Malachy Schrobilgen, 14, Oak Park, IL	46:27	Laser Cat Co
172	2	Addison Dehaven, 12, Brookings, SD	48:22	
193	3	Peter Dettar, 14, Kelley, IA	49:02	
199	4	Christopher Welch, 14, Albia, IA	49:09	
283	5	Adam Streicher, 14, Cedar Falls, IA	51:00	
289	6	John Paul Sevcik, 14, Cedar Falls, IA	51:06	Flash Hm
433	7	Forrest Wrede, 14, Cedar Falls, IA	55:05	
442	8	Aaron White, 14, Ramsey, MN	55:17	Tornado Terror Hm
467	9	Micah Rook, 14, Sergeant Bluff, IA	55:52	
514	10	Sloan Beninga, 14, Parkersburg, IA	56:43	
562	11	Chris Hecker, 13, Ham Lake, MN	57:42	Tornado Terror Hm
586	12	Grant Suttie, 14, Des Moines, IA	58:04	
643	13	Christopher Jenks, 13, Ames, IA	59:04	Tri Racers 2 Om
678	14	Cesar Marquez, 13, Cedar Falls, IA	59:49	
684	15	Brett Howard, 14, Pella, IA	59:53	Eagle Creekers Om

Men 15 - 18

15	1	Evan Selsor, 16, Winterset, IA	40:53	
21	2	Damien Schuster, 17, Piedmont, SD	41:48	
23	3	Andrew Barrett, 16, Des Moines, IA	41:56	
30	4	Richard Harris, 17, Des Moines, IA	42:22	
33	5	Asher Delmott, 18, Emporia, KS	42:26	Emporia Langs Co
43	6	Simon Falcon, 17, Bellevue, NE	43:06	
46	7	Parker Schoen, 16, Lincoln, NE	43:31	Salem Nation Hm
51	8	Jason Roberts, 18, Iowa City, IA	43:53	Big Bird Hm
52	9	Kevin Lewis, 15, Ottumwa, IA	43:54	
54	10	Benjamin Lambert, 17, Stratford, IA	43:59	
56	11	Andrew Wayman, 18, Emporia, KS	44:07	Emporia Langs Co
59	12	Casey Jergenson, 18, Omaha, NE	44:15	Croft Warrior Co
62	13	Luke Demmel, 18, Marshalltown, IA	44:19	Justice League Om
64	14	Marty Joyce, 16, Woodbury, MN	44:24	
69	15	Scott Mittman, 16, Iowa City, IA	44:44	Big Bird Hm

Men 19 - 24

6	1	J Austin Williamson, 22, Iowa City, IA	39:12	Rim Jobs Om
8	2	Jared Dittman, 19, Omaha, NE	39:54	
10	3	Jake Januszewski, 24, Perham, MN	40:14	Bison Wheel Co
11	4	Skyler Delmott, 20, Emporia, KS	40:28	Emporia Langs Co
13	5	Hal Brown, 20, Minneapolis, MN	40:45	Men Of Turc Om
14	6	Walter Bolingo, 24, Creston, IA	40:51	Huntington Bad Boy Om
18	7	Michael Peterka, 22, Miller, SD	41:26	Men Of Turc Om
19	8	Nathan Carey, 20, Menomonie, WI	41:45	Team X Om
20	9	Fish Wilson, 23, Minneapolis, MN	41:47	
22	10	Skyler Nesheim, 24, Des Moines, IA	41:55	Fitness Sports 2 Om
26	11	Kyle Schmidt, 19, Hutchinson, MN	42:10	
28	12	Cory Olson, 23, Fargo, ND	42:15	Bison Wheel Co
31	13	Aaron Zutz, 23, Ames, IA	42:24	Team Spooter Om
35	14	Ermin Sabljakovic, 21, Waterloo, IA	42:34	

36	15	Clint Loker, 19, Stout 1 Co	42:36	Stout 1 Co
Men 25 - 29				
2	1	Luke Garringer, 25, Kearney, NE	38:55	Runnin Lopes Om
3	2	Dan Taylor, 25, Ames, IA	39:02	Fitness Sports 2 Om
5	3	Randy Bill, 26, Cedar Falls, IA	39:11	Runablaze Om
9	4	Nick Bowerman, 26, Urbandale, IA	39:56	Runablaze Om
12	5	Nathan White, 25, Des Moines, IA	40:38	Fitness Sports 2 Om
17	6	Andy Keenan, 28, Minneapolis, MN	41:21	Collegeville Om
25	7	Brandon Jessop, 29, Runnin Lopes Om	42:04	Runnin Lopes Om
27	8	Brian Wandzilak, 28, Lincoln, NE	42:12	Team Ne Brooks Om
32	9	Christopher Kopp, 29, San Diego, CA	42:26	Team Ne Brooks Om
34	10	Mark Rapacz, 27, Minneapolis, MN	42:28	Collegeville Om
38	11	Jamie Stanford, 27, Creston, IA	42:44	
42	12	Cosmo Kramer, 27, Radcliffe, IA	42:56	Prlpak Om
45	13	Bo Rydze, 25, Iowa City, IA	43:26	
47	14	Joseph Papin, 29, St. Paul, MN	43:38	Collegeville Om
58	15	Christopher Coffey, 27, Minneapolis, MN	44:14	Collegeville Om
Men 30 - 34				
1	1	Henry Dennis, 34, Fond Du Lac, WI	38:51	Prlpak Om
4	2	Scott Gall, 34, Cedar Falls, IA	39:05	Runablaze Om
7	3	Shannon Stenger, 30, Papillion, NE	39:28	Team Ne Brooks Om
29	4	Ryan Rapacz, 30, Saint Paul, MN	42:19	Collegeville Om
37	5	Ding Dong, 31, Rogers, MN	42:42	Prlpak Om
41	6	Marty Dalton, 32, Stuart, IA	42:55	Fitness Sports 2 Om
48	7	Brooks Grossinger, 31, Mayer, MN	43:39	Nsic Connected Om
57	8	Greg Sorensen, 33, Burnsville, MN	44:12	Team Ramrod Om
65	9	Jason Probasco, 31, Papillion, NE	44:30	
66	10	David Pecha, 33, Omaha, NE	44:31	Stop Resisting Om
84	11	Mike Mullins, 30, Ames, IA	45:44	Team Vardo Co
85	12	Chad Millner, 32, Eden Prairie, MN	45:46	Rainbow Unicorns Co
95	13	Chad Goldsmith, 30, North Liberty, IA	46:09	
96	14	Troy Schulte, 30, Sioux City, IA	46:15	Team Doping 2 Om
97	15	Kevin O'Hare, 31, West Des Moines, IA	46:16	
Men 35 - 39				
16	1	Kurt Keiser, 35, Omaha, MN	41:00	Team Ramrod Om
24	2	Andy Bosley, 35, Thiensville, WI	42:03	Prlpak Om
40	3	Micah Moore, 36, Adel, IA	42:53	Perfect Strangers Om
49	4	Michael Brennan, 36, Minneapolis, MN	43:41	
53	5	David Helm, 36, Annandale, MN	43:58	Team Ramrod Om
93	6	Jorge Marquez, 38, Cedar Falls, IA	45:57	
141	7	Jeff Mortensen, 35, Algona, IA	47:27	Weezle's Slippery Om
153	8	David Nebel, 38, Lincoln, NE	47:55	Max Power Co
161	9	Ryan Key, 35, Inver Grove Heigh, MN	48:07	Past Prime Mn Om
173	10	Mark Schoenfelder, 38, Plymouth, MN	48:25	Pink Cheeks Co
177	11	Luke Spencer, 37, Des Moines, IA	48:31	
180	12	Joel Frye, 36, Des Moines, IA	48:33	
210	13	John Anthofer, 36, Urbandale, IA	49:24	Perfect Strangers Om
216	14	Corey Harthoorn, 37, Norfolk, NE	49:36	
247	15	Patrick Owens, 38, Pleasant Hill, IA	50:10	
Men 40 - 44				
50	1	Scott Parker, 43, Omaha, NE	43:51	Team Ndorfz Com Mm
68	2	Lee Hammerand, 40, Urbandale, IA	44:41	
71	3	Gary Dougherty, 40, Omaha, NE	44:55	Team Ndorfz Com Mm
113	4	Jim Roubidoux, 44, Polk City, IA	46:41	Fitness Sports Om
114	5	Todd Nott, 44, Plattsmouth, NE	46:44	Team Ne Brooks Mm
127	6	Tim Schott, 40, Des Moines, IA	47:04	Hawks & Vipers Co
129	7	Jim Cochran, 41, Iowa City, IA	47:07	
132	8	David Swanson, 44, Iowa City, IA	47:14	Sigma Phi Nothing Mm
137	9	David Sutej, 40, Omaha, NE	47:20	Team Ndorfz Com Mm
160	10	Eric Porte, 43, Minneapolis, MN	48:07	Twin Cities Run Co
184	11	Todd Brown, 44, Rocky Hill, CT	48:44	
217	12	Joe Short, 44, Johnston, IA	49:37	
233	13	Steve Younker, 43, Mason City, IA	49:53	McDuffers Mm
269	14	David Kallemyn, 44, Carlisle, IA	50:47	
277	15	Kevin Goodwin, 44, Otley, IA	50:55	
Men 45 - 49				
55	1	Craig Christians, 47, Bellevue, NE	44:04	Team Ne Brooks Mm
90	2	Mike Davis, 48, Minneapolis, MN	45:52	Twin Cities Run Co
145	3	Keith Abels, 47, Ogden, IA	47:39	
159	4	Brian Bergt, 48, Amherst, NE	48:05	Team Ne Brooks Mm
189	5	Terrence P Wood, 46, Omaha, NE	48:58	Wii R Stupids Co
275	6	Andrew Smart, 46, Ankeny, IA	50:54	
276	7	Bob Siford, 49, Underwood, IA	50:55	
294	8	Kris Rutford, 49, Lincoln, NE	51:18	
304	9	Gary McKibben, 49, Altoona, IA	51:38	
352	10	Don Cumings, 46, Pleasant Hill, IA	53:02	Team Muresan Om

355	11	David Lee, 46, Granger, IA	53:04	
363	12	Bradley McCusker, 46, Iowa City, IA	53:15	
381	13	Stephen Leach, 47, Huxley, IA	53:39	
398	14	Alex Wirth-Cauchon, 48, Des Moines, IA	54:08	
435	15	Jeff Perry, 47, Bondurant, IA	55:08	
Men 50 - 54				
76	1	Dennis Wallach, 51, Chanhassen, MN	45:10	McDuffers Mm
128	2	Keith Fevold, 50, Johnston, IA	47:07	Fitness Sports Mm
134	3	David Johnson, 52, Hastings, NE	47:15	Team Ne Brooks Mm
157	4	Joseph Haynes, 54, Ames, IA	48:02	McDuffers Mm
185	5	Tim Nagel, 50, Clarion, IA	48:45	McDuffers Mm
228	6	Ron Byland, 50, Edina, MN	49:45	Mnred Stephanie Bylan
256	7	Tim Fyfe, 50, Clear Lake, IA	50:28	Flying Picts Om
260	8	Rob Cubrich, 54, Omaha, NE	50:34	Stop Resisting Om
278	9	Bob Layton, 53, Urbandale, IA	50:56	Team Purple Monkey Co
300	10	Dan Kuhlman, 54, Leocompton, KS	51:32	
318	11	Paul Fyfe, 52, Albuquerque, NM	52:03	Flying Picts Om
373	12	Tom Heuer, 51, Des Moines, IA	53:36	Fitness Sports Mm
401	13	Mike Lidd, 52, Charles City, IA	54:11	
409	14	Allen Miller, 51, Ames, IA	54:26	
416	15	Will Lindgren, 50, Omaha, NE	54:44	Team Ne Brooks Mm
Men 55 - 59				
266	1	Thomas Kaufman, 55, Madison, WI	50:45	
332	2	Curt Krieger, 56, Mason City, IA	52:19	McDuffers Mm
392	3	Ben Zhao, 55, Minneapolis, MN	53:56	
394	4	Michael Tometich, 57, Mt Pleasant, IA	53:57	
487	5	Steve Barfels, 57, Hudson, IA	56:17	
495	6	Ralph Miller, 57, Genoa, NE	56:25	
510	7	James Jacobsen, 58, Des Moines, IA	56:40	
515	8	David Miller, 56, Urbandale, IA	56:43	
644	9	Brad West, 55, Thompson, IA	59:04	
645	10	Darrell Jebesen, 55, Marshalltown, IA	59:06	
669	11	Marvin Stern, 57, Sterling, IL	59:38	
796	12	Brian Shriver, 57, Ft. Dodge, IA	1:01:47	
808	13	Ricahrd Townsend, 59, Johnston, IA	1:01:56	
812	14	Michael Anthony, 57, Carlisle, IA	1:02:01	
847	15	Chuck Clark, 57, Carroll, IA	1:02:23	
Men 60 - 64				
605	1	Ed Schooley, 60, Waukee, IA	58:28	
649	2	Bob Reid, 60, Urbandale, IA	59:16	
1023	3	John Schnelller, 64, West Des Moines, IA	1:04:49	
1277	4	Roy Ney, 60, Des Moines, IA	1:09:00	
1370	5	Tony Hoefler, 60, Omaha, NE	1:10:18	
1450	6	Michaael Fletcher, 60, Omaha, NE	1:11:28	
1532	7	Bob Travis, 60, Louisville, OH	1:12:47	
1929	8	Bill Lorenz, 60, Des Moines, IA	1:19:06	Fitness Sports Mm
2002	9	Jan Dilly, 64, Marshalltown, IA	1:20:12	
2008	10	Jay Villwock, 62, Des Moines, IA	1:20:15	Burt Om
2070	11	Don Miller, 60, Clive, IA	1:21:29	
2150	12	Ron Shada, 62, Anamosa, IA	1:22:54	
2278	13	Tom Cody, 62, Omaha, NE	1:25:09	
2390	14	Ron Wickman, 64, Kellogg, IA	1:26:53	
2567	15	Mike Killian, 61, Green Bay, WI	1:31:27	
Men 65 - 69				
584	1	Mike Bender, 67, Ds Moines, IA	58:02	Fitness Sports Mm
1046	2	Fred Kycek, 65, Woodbury, MN	1:05:05	
1705	3	Bill Lawless, 65, Des Moines, IA	1:15:18	
1715	4	Roger John, 67, Dunlap, IL	1:15:23	
2340	5	Mike Deghelder, 66, Kansas City, MO	1:26:03	
2573	6	Don Jarrard, 67, Charles City, IA	1:31:34	
2588	7	Doug Hansen, 65, Sioux City, IA	1:31:58	
3203	8	Rollin Perry, 69, Cedar Falls, IA	1:46:18	
3567	9	Roger Williams, 65, Bloomington, MN	2:01:32	
3618	10	Dorothy Sonksen, 67, Mapleton, IA	2:05:54	
3666	11	Robert Risser, 68, Cameron, MO	2:14:57	
Men 70 & Up				
852	1	Dwight Beavers, 71, Mason City, IA	1:02:27	
1682	2	Jack Bates, 72, Mt Pleasant, IA	1:14:58	
2177	3	Marvin Sonksen, 70, Mapleton, IA	1:23:23	
2276	4	Daniel Kortenkamp, 70, Stevens Point, WI	1:25:06	P S Y C H O S. Co
3090	5	Jerry Triplett, 74, Winterset, IA	1:43:46	
3281	6	David Dutton, 72, Waterloo, IA	1:48:14	
3366	7	Donald Judisch, 71, Clive, IA	1:50:45	
3511	8	Don Muff, 71, Ames, IA	1:58:16	
3519	9	Glen Zirbel, 78, Ankeny, IA	1:58:44	
3651	10	Delmar Holtz, 77, West Point, IA	2:12:27	

PLACE	CLASS PLACE	FINISHER	TIME	TEAM
Women Under 15				
74	1	Erin Schrobilgen, 12, Oak Park, IL	58:48	Laser Cat Co
153	2	Alexis Fritz, 13, Andover, MN	1:02:51	Tornado Terror Hf
258	3	Cas Pantel, 14, Iowa City, IA	1:07:32	Gazelles Hf
266	4	Angela Davis, 13, Altoona, IA	1:07:48	
275	5	McKenzie Christensen, 14, Seward, NE	1:08:21	Runnin Jays Hf
297	6	Juli Robinson-Frantsvog, 14, Des Moines, IA	1:09:28	
307	7	Callie Buske, 14, Albert City, IA	1:09:37	F2 S2 J2 Hf
321	8	Monica Anton, 14, Cedar Falls, IA	1:10:01	
322	9	Hannah Savage, 14, Cedar Falls, IA	1:10:01	
323	10	Rebecca Oberrieder, 14, Cedar Falls, IA	1:10:02	
336	11	Tessa Kraus, 14, Decorah, IA	1:10:49	
403	12	Janna Wiele, 14, Ramsey, MN	1:12:44	Tornado Terror Hf
434	13	Cassie Aerts, 14, David City, NE	1:13:20	East Butler Hf
497	14	Sydney Boudreau, 14, Oxford, IA	1:15:23	
546	15	Mary Cosgrove, 14, Coon Rapids, MN	1:16:52	Tornado Terror Hf
Women 15 - 18				
9	1	Katie Mona, 18, Lenexa, KS	51:15	Emporia Langs Co
25	2	Emily Walter, 17, West Des Moines, IA	53:35	
35	3	Sydney Oltjen, 16, Overland Park, KS	55:09	Raiders Of
37	4	Allie Antkim, 17, Overland Park, KS	55:12	Raiders Of
38	5	Carrie Lang, 17, Woodbury, MN	55:13	
41	6	Kate Bucknam, 16, Fayetteville, AR	55:41	Razorhawkclones Of
43	7	Lindsey Brown, 17, Overland Park, KS	55:52	Raiders Of
49	8	Tera Potts, 17, Sturgis, SD	56:36	
52	9	Katelyn Fritz, 15, Andover, MN	57:08	Tornado Terror Hf
54	10	Kelsey Davis, 18, Ames, IA	57:25	Razorhawkclones Of
57	11	Madie Hubbell, 16, Des Moines, IA	57:37	
59	12	Petra Nelson, 16, Mountain Lake, MN	57:47	
73	13	Camila Orti, 17, Lincoln, NE	58:45	
77	14	Ally Lynn, 18, Omaha, NE	59:04	
79	15	Jewel Bertzyk, 15, Ramsey, MN	59:15	Tornado Terror Hf
Women 19 - 24				
6	1	Erin Manlove, 23, Minneapolis, MN	50:51	Turkey Transmo Om
19	2	Danielle Nowasell, 19, Grinnell, IA	52:59	North Side Gangsta Co
20	3	Carly Olsen, 19, Missouri Valley, IA	53:00	North Side Gangsta Co
22	4	Nicole Nelson, 21, Omaha, NE	53:12	
28	5	Stephanie Libby, 19, Stop Resisting Om	53:49	Stop Resisting Om
29	6	Emily Stenzel, 19, Menomonie, WI	53:54	Stout 2 Co
30	7	Andrea Church, 23, El Paso, TX	53:58	
32	8	Abbey Ring, 22, Ankeny, IA	54:20	The Big Blue Blob Om
33	9	Jana Teague, 20, Blue Springs, MO	54:36	
34	10	Kendra Gaebel, 19, Stout 3 Co	54:50	Stout 3 Co
44	11	Julie Johnston, 24, Cedar Rapids, IA	55:57	Cvra Mudslide Co
58	12	Mackenzie Lauman, 24, Cedar Rapids, IA	57:43	
61	13	Jessica Kocisak, 19, Andover, MN	57:53	Tornado Terror Of
65	14	Morgan Frehe, 19, Emporia, KS	58:03	Emporia Langs Co
68	15	Kimberly Cunningham, 22, Des Moines, IA	58:18	
Women 25 - 29				
2	1	Kelley Johnson, 26, Kansas City, MO	48:49	
5	2	Kadie Hokanson, 27, Alexandria, MN	49:57	Bison Wheel Co
10	3	Kristen Mitchell, 29, Ottumwa, IA	51:34	
12	4	Casey Owens, 26, Des Moines, IA	52:21	Pole Smokers Co
15	5	Melissa Schmidt, 26, Wahoo, NE	52:41	Team Ne Brooks Of
17	6	Mercy Ray, 27, Stillwater, MN	52:49	Dirt Deva's Of
23	7	Brittany McConnell, 26, Iowa City, IA	53:29	
24	8	Lisa Richter, 26, Omaha, NE	53:35	Bison Wheel Co
27	9	Courtney Cameron, 27, Tiffin, IA	53:46	
36	10	Candi Bunt, 29, Cleghorn, IA	55:09	Buntclan Buntclan Co
48	11	Hilary Nichelson, 28, Seward, NE	56:32	Kurt's Kids Of
55	12	Kathryn Merrill, 26, Lincoln, NE	57:30	
66	13	Laura Rapacz, 29, Saint Paul, MN	58:11	Bison Wheel Co
70	14	Rachel Moen, 28, Coon Rapids, MN	58:24	Bison Wheel Co
71	15	Valerie Shoen, 29, Huxley, IA	58:40	Road Runners Co
Women 30 - 34				
1	1	Erin Block, 34, St. Paul, MN	46:10	Dirt Deva's Of
3	2	Stephanie Randall, 31, Lincoln, NE	49:50	Team Ne Brooks Of
4	3	Courtney Mann, 30, Omaha, NE	49:51	Team Ne Brooks Of
7	4	Angie Voight, 31, Minneapolis, MN	51:10	Dirt Deva's Of
8	5	Colleen Webb, 31, Des Moines, IA	51:11	Perfect Strangers Om
16	6	Melissa Nesbit, 31, Ankeny, IA	52:42	

42	7	Jackie Walford, 32, Lincoln, NE	55:50	Max Power Co
45	8	Leah Abraham, 32, Omaha, NE	56:01	
46	9	Nina McVicker, 31, Highlands Ranch, CO	56:19	
47	10	Sarah Clark, 31, Iowa City, IA	56:30	
51	11	Jenny Birkmeier, 34, Andover, MN	57:08	Tornado Terror Of
53	12	Amy Broadmoore, 32, Grinnell, IA	57:20	
62	13	Kelly Heltemes, 30, Eden Prairie, MN	57:54	Nsic Connected Of
100	14	Lisa Deshano, 30, Iowa City, IA	1:00:11	
106	15	Betsy Luck, 30, Oskaloosa, IA	1:00:22	

Women 35 - 39

11	1	Christine Price, 39, Des Moines, IA	52:19	
14	2	Jenny Weber, 36, Des Moines, IA	52:33	
18	3	Eva Machuca, 38, Cedar Falls, IA	52:57	
26	4	Megan Daniels, 36, Kirkwood, MO	53:43	
31	5	Christina Cunningham, 38, Knoxville, IA	54:18	Got Corn? Co
40	6	Carrie Krohn, 35, Orange City, IA	55:40	
64	7	Jacinda Canfield, 36, Hudson, IA	57:57	
67	8	Cindy Elsbernd, 37, Des Moines, IA	58:11	Hawks & Vipers Co
104	9	Karen Douglas, 37, Bennington, NE	1:00:16	
108	10	Diane Iversen, 38, Ankeny, IA	1:00:44	
115	11	Kelly Sorensen, 38, West Des Moines, IA	1:01:12	
128	12	Lori Anne Peterson, 36, Burnsville, MN	1:01:37	Dirt Deva's Of
151	13	Amy Burgess, 37, Urbandale, IA	1:02:40	Purple Monkey Co
158	14	Lori Knights, 35, Polk City, IA	1:03:05	
165	15	Angela Loihl, 39, Seattle, WA	1:03:25	

Women 40 - 44

21	1	Julie Fiepke, 41, West Des Moines, IA	53:01	
63	2	Sarah Wright, 40, Ottumwa, IA	57:56	
107	3	Christine McCusker, 42, Iowa City, IA	1:00:30	
117	4	Amy Montgomery, 44, Pleasant Hill, IA	1:01:14	
118	5	Peg Pearson, 44, Omaha, NE	1:01:15	
137	6	Deedee Doherty, 41, Johnston, IA	1:02:05	
141	7	Dawn Cooksley, 40, North Liberty, IA	1:02:13	
148	8	Denise Langhoff, 41, Marion, IA	1:02:38	The Herd Co
150	9	Beth Palmer, 40, Des Moines, IA	1:02:40	Team Purple Monkey Co
180	10	Marilyn Wendell, 44, Ankeny, IA	1:03:44	
181	11	Jake Vernon, 40, Knoxville, IA	1:03:45	
244	12	Kathryn Kunert, 42, Des Moines, IA	1:07:02	Road Dawgs Co
247	13	Karen Boettcher, 41, West Des Moines, IA	1:07:10	
279	14	Cathy Stapleton, 40, Oologah, OK	1:08:28	
319	15	Deann Wiltse, 44, Urbandale, IA	1:09:57	

Women 45 - 49

13	1	Sheryl Miller, 45, Coralville, IA	52:32	
39	2	Stannetta Svoboda, 45, Fairmont, MN	55:39	
50	3	Carla Stoner, 46, West Des Moines, IA	56:59	
56	4	Dana Kramer, 46, Urbandale, IA	57:30	Too Young To Dye Mf
90	5	Heather Stilborn, 46, Des Moines, IA	59:41	
91	6	Barb Kraus, 48, Decorah, IA	59:46	
110	7	Katherine Nelson, 45, Fort Calhoun, NE	1:00:47	
144	8	Michele Stevens, 47, Denver, IA	1:02:24	
193	9	Sheryl Book, 45, Sloan, IA	1:04:22	
197	10	Melanie Anderson, 46, Clive, IA	1:04:32	
205	11	Jorjean Fischer, 46, Eagan, MN	1:05:05	
246	12	Phyllis Eshelman, 47, Bridgewater, IA	1:07:10	
261	13	Lisa Simonetta, 49, Des Moines, IA	1:07:34	
269	14	Bobbi Snodgrass, 46, Indianola, IA	1:08:05	
295	15	Ann Weber-Holdgrafer, 48, Marion, IA	1:09:24	

Women 50 - 54

60	1	Andriette Wickstrom, 53, Storm Lake, IA	57:50	Too Young To Dye Mf
84	2	Colleen Boran, 52, Forest City, IA	59:28	
119	3	Leila McGrath, 51, Minneapolis, MN	1:01:15	Twin Cities Run Co
217	4	Beth Henriksen, 52, Ames, IA	1:05:50	Too Young To Dye Mf
227	5	Tammy Nolan, 50, Albion, NE	1:06:11	
228	6	Nancy Willert, 52, Nevada, IA	1:06:11	
380	7	Nancy Standley, 51, Urbandale, IA	1:12:08	
423	8	Cheryl Jeffery, 53, Lacon, IL	1:13:11	
463	9	Susan Duoblys, 53, Des Moines, IA	1:14:08	
498	10	Pamela Reynolds, 53, Johnston, IA	1:15:24	
639	11	Mary Hillman, 54, Grand Junction, IA	1:18:34	
644	12	Cheri Stockel, 53, Dubuque, IA	1:18:36	
663	13	Kim Heffernan, 50, Ottumwa, IA	1:19:01	
700	14	Joan Bauer, 50, Audubon, IA	1:19:44	
768	15	Vicky Ballew, 53, Indianola, IA	1:21:40	

Women 55 - 59

139	1	Nancy Hoegh, 56, Clive, IA	1:02:08	
145	2	Kathi Dellaca, 56, Des Moines, IA	1:02:28	

188	3	Jane Wickman, 55, Kellogg, IA	1:04:15	Too Young To Dye MF
381	4	Robin Hyland, 55, Grimes, IA	1:12:15	
1007	5	Jan Mohs, 56, Urbandale, IA	1:26:31	
1132	6	Donna Cooper, 56, Forest City, IA	1:28:40	
1152	7	Deb Darling, 56, Oologah, OK	1:29:12	
1186	8	Patricia Swanson, 57, Emmetsburg, IA	1:29:52	
1317	9	Jane Hogan, 55, Vadnais Heights, MN	1:32:31	80's Ladies Of
1372	10	Jolene Hultgren, 55, Alta, IA	1:33:23	
1430	11	Charlotte Meade, 55, Council Bluffs, IA	1:34:30	
1483	12	Joy Mann, 59, Omaha, NE	1:35:36	Wii R Stupids Co
1495	13	Catherine Compston, 57, Forest City, IA	1:35:48	
1530	14	Ann Greubel, 58, Indianola, IA	1:36:26	
1532	15	Darla Emery, 55, Ames, IA	1:36:31	

Women 60 - 64

267	1	Alida Droppert, 60, Pella, IA	1:07:52	
646	2	Marie Quanbeck, 61, Newton, IA	1:18:40	
928	3	Sue Taylor, 60, West Des Moines, IA	1:25:04	
2541	4	Peggy Mounce, 61, Alburnett, IA	1:55:10	
2623	5	Karen Mattiussi, 60, Adel, IA	1:56:44	
2645	6	Dianne Liepa, 60, Indianola, IA	1:57:20	
2820	7	Peg Smith, 61, Urbandale, IA	2:01:48	
3107	8	Terry Burke, 61, Blue Springs, MO	2:14:58	
3180	9	Faith Rulapaugh, 61, Oelwein, IA	2:21:46	
3239	10	Barbara Brennan, 61, Emmetsburg, IA	2:51:57	

Women 65 - 69

2118	1	Sara Risser, 68, Cameron, MO	1:46:59	
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Women 70 & Up

1426	1	Marge Nielsen, 72, Spencer, IA	1:34:25	
2651	2	Carol Hartman, 71, Hiawatha, IA	1:57:37	
3034	3	Marshall Young, 71, Urbandale, IA	2:10:06	

4 finishers among Males (no age given)

184 finishers among Men Under 15

553 finishers among Men 15 - 18

625 finishers among Men 19 - 24

593 finishers among Men 25 - 29

416 finishers among Men 30 - 34

385 finishers among Men 35 - 39

342 finishers among Men 40 - 44

246 finishers among Men 45 - 49

191 finishers among Men 50 - 54

102 finishers among Men 55 - 59

36 finishers among Men 60 - 64

11 finishers among Men 65 - 69

10 finishers among Men 70 & Up

136 finishers among Women Under 15

465 finishers among Women 15 - 18

739 finishers among Women 19 - 24

604 finishers among Women 25 - 29

381 finishers among Women 30 - 34

307 finishers among Women 35 - 39

259 finishers among Women 40 - 44

183 finishers among Women 45 - 49

112 finishers among Women 50 - 54

39 finishers among Women 55 - 59

10 finishers among Women 60 - 64

1 finishers among Women 65 - 69

3 finishers among Women 70 & Up

1 finishers among Females (no age given)

3698 male finishers

3240 female finishers

6938 total finishers

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