

**Palo Fun Days 5K Run****Palo, IA****Aug. 18, 2012**

55 and Sunny

Results by Scheckel, Kauder Racing

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.

| CLASS             |       |  |       |      |
|-------------------|-------|--|-------|------|
| PLACE             | PLACE | FINISHER                               | TIME  | PACE |
| <b>Open Men</b>   |       |  |       |      |
| 1                 | 1 M40 | Brett Stephenson, 41, Cedar Rapids, IA | 16:47 | 5:24 |
| <b>Open Women</b> |       |  |       |      |
| 1                 | 1 W19 | Alice Anderson, 29, Marion, IA         | 19:55 | 6:24 |

| CLASS               |       |  |       |      |
|---------------------|-------|--|-------|------|
| PLACE               | PLACE | FINISHER                               | TIME  | PACE |
| <b>Men Under 19</b> |       |  |       |      |
| 4                   | 1     | Reece Linder, 14, Cedar Rapids, IA     | 18:37 | 5:59 |
| 23                  | 2     | Bruce Williams, 13, Vinton, IA         | 23:35 | 7:35 |
| 24                  | 3     | Evan Bradley, 13, Palo, IA             | 23:40 | 7:37 |
| 29                  | 4     | Garrett Herring, 12, Lisbon, IA        | 24:02 | 7:44 |
| <b>Men 19 - 29</b>  |       |  |       |      |
| 5                   | 1     | Bryan Jones, 27, Cedar Rapids, IA      | 18:58 | 6:06 |
| 7                   | 2     | Matt Hilby, 26, Cedar Rapids, IA       | 19:11 | 6:10 |
| 15                  | 3     | Aaron Stephens, 26, Cedar Rapids, IA   | 20:56 | 6:44 |
| 22                  | 4     | Hayder Salehoglu, 26, Cedar Rapids, IA | 23:29 | 7:33 |
| 27                  | 5     | David Campbell, 22, Cedar Rapids, IA   | 23:55 | 7:42 |
| 30                  | 6     | Kyle DeBoer, 23, Cedar Rapids, IA      | 25:07 | 8:05 |
| 37                  | 7     | Shawn Keating, 25, Marion, IA          | 27:55 | 8:59 |
| 39                  | 8     | Cj DeMeulenaere, 28, Palo, IA          | 28:44 | 9:15 |
| 42                  | 9     | Kelsey Blattier, 25, XX                | 30:50 | 9:55 |

**Men 30 - 39**

|    |    |                                      |       |      |
|----|----|--------------------------------------|-------|------|
| 2  | 1  | John Hackbarth, 30, Cedar Rapids, IA | 17:49 | 5:44 |
| 6  | 2  | Jason Migala, 33, Sauk Rapids, MN    | 19:02 | 6:07 |
| 11 | 3  | Wes Helleshrem, 34                   | 20:13 | 6:30 |
| 14 | 4  | Justin Ross, 33, Hiawatha, IA        | 20:39 | 6:39 |
| 16 | 5  | Aaron Loan, 35, Cedar Rapids, IA     | 21:07 | 6:48 |
| 17 | 6  | Benjamin Lohr, 32, Marion, IA        | 21:08 | 6:48 |
| 18 | 7  | Phil Embrce, 34, Anamosa, IA         | 21:35 | 6:56 |
| 19 | 8  | Seth Rippe, 33, Goose Lake, IA       | 21:42 | 6:59 |
| 21 | 9  | Doug Slings, 35, Palo, IA            | 22:44 | 7:19 |
| 26 | 10 | Dan Oliphant, 38, Palo, IA           | 23:53 | 7:41 |
| 34 | 11 | Craig Meskimen, 33, Swisher, IA      | 26:31 | 8:32 |
| 35 | 12 | Kevin Schmidt, 32, Center Point, IA  | 26:41 | 8:35 |

**Men 40 - 49**

|    |    |   |       |      |
|----|----|---|-------|------|
| 3  | 1  | Troy Riley, 45, Goose Lake, IA          | 18:10 | 5:51 |
| 8  | 2  | Mark Heffernen, 46, Palo, IA            | 19:33 | 6:17 |
| 9  | 3  | Ken Wright, 44, XX                      | 19:40 | 6:20 |
| 10 | 4  | Luke Turner, 43, Hiawatha, IA           | 19:48 | 6:22 |
| 12 | 5  | Mike Schulte, 47, Cedar Rapids, IA      | 20:18 | 6:32 |
| 20 | 6  | John Bradley, 46, Palo, IA              | 22:14 | 7:09 |
| 32 | 7  | Todd Hines, 44, XX                      | 25:42 | 8:16 |
| 36 | 8  | Chris Murdens, 42                       | 26:54 | 8:39 |
| 38 | 9  | Jody Kolker, 45, Mt. Vernon             | 28:38 | 9:13 |
| 41 | 10 | William Fusselman, 43, Cedar Rapids, IA | 30:46 | 9:54 |

**Men 50 - 59**

|    |   |                                   |       |      |
|----|---|-----------------------------------|-------|------|
| 13 | 1 | Kevin Vogel, 51, Amana, IA        | 20:38 | 6:38 |
| 25 | 2 | Doug Lord, 57, Lisbon, IA         | 23:46 | 7:39 |
| 28 | 3 | Jim Hall, 51, XX                  | 24:00 | 7:43 |
| 31 | 4 | Ron Mayland, 56, Cedar Rapids, IA | 25:38 | 8:15 |
| 33 | 5 | Ken Collier, 59, Cedar Rapids, IA | 26:03 | 8:23 |

**Men 60 & Up**

|    |   |                                |       |      |
|----|---|--------------------------------|-------|------|
| 40 | 1 | Jeff Denny, 66, Goose Lake, IA | 29:02 | 9:20 |
|----|---|--------------------------------|-------|------|

| CLASS                 |       |  |       |       |  |
|-----------------------|-------|--|-------|-------|--|
| PLACE                 | PLACE | FINISHER                               | TIME  | PACE  |  |
| <b>Women Under 19</b> |       |  |       |       |  |
| 17                    | 1     | Allison Marshall, 12, Palo, IA         | 28:03 | 9:02  |  |
| 20                    | 2     | Gabby Kolker, 16, Mt Vernon, IA        | 28:37 | 9:12  |  |
| 22                    | 3     | Hannah Fusselman, 12, Cedar Rapids, IA | 29:28 | 9:29  |  |
| 26                    | 4     | Emily Fusselman, 10, Cedar Rapids, IA  | 30:45 | 9:54  |  |
| 27                    | 5     | Emma Slings, 7, Palo, IA               | 32:57 | 10:36 |  |
| 31                    | 6     | Anabel Bradley, 7, Palo, IA            | 36:20 | 11:42 |  |
| <b>Women 19 - 29</b>  |       |  |       |       |  |
| 2                     | 1     | Erin Behan, 23, Independence, IA       | 20:23 | 6:33  |  |
| 5                     | 2     | Erica Keans, 27, XX                    | 22:52 | 7:21  |  |
| 7                     | 3     | Britney Yotter, 22, Cedar Rapids, IA   | 23:55 | 7:42  |  |
| 11                    | 4     | Brittany Brokaw, 27, Cedar Rapids, IA  | 24:53 | 8:00  |  |
| 15                    | 5     | Susan Heinmiller, 28, Bloomington, MN  | 27:48 | 8:57  |  |
| <b>Women 30 - 39</b>  |       |  |       |       |  |
| 3                     | 1     | Kyle Ament, 35, Cedar Rapids, IA       | 20:43 | 6:40  |  |
| 4                     | 2     | Mariah Hurley, 35, Cedar Rapids, IA    | 22:35 | 7:16  |  |
| 6                     | 3     | Lou Slings, 32, Palo, IA               | 23:17 | 7:30  |  |
| 9                     | 4     | Robin Bucheit, 36, Palo, IA            | 24:12 | 7:47  |  |
| 10                    | 5     | Kelly Ondracek, 33, Blainstown, IA     | 24:41 | 7:56  |  |
| 12                    | 6     | Alanna Huber, 35, Palo, IA             | 25:56 | 8:21  |  |
| 21                    | 7     | Christie Cornell, 32, Shellsburg, IA   | 28:54 | 9:18  |  |
| 23                    | 8     | Kelli McClintock, 30, Shellsburg, IA   | 30:06 | 9:41  |  |
| 28                    | 9     | Katherine Beaty, 30, Palo, IA          | 35:46 | 11:31 |  |
| 29                    | 10    | Tara Martinson, 33, Eden Prairie, MN   | 35:52 | 11:33 |  |
| 30                    | 11    | Julie Rockford, 31, Eden Prairie, MN   | 36:12 | 11:39 |  |
| <b>Women 40 - 49</b>  |       |  |       |       |  |
| 8                     | 1     | Donna Herring, 49                      | 23:56 | 7:42  |  |
| 13                    | 2     | Elaina Kempin, 45, Cedar Rapids, IA    | 26:20 | 8:28  |  |
| 14                    | 3     | Tami Oliphant, 43, Palo, IA            | 26:40 | 8:35  |  |
| 18                    | 4     | Trudi Troendle, 41, Palo, IA           | 28:27 | 9:09  |  |
| 24                    | 5     | Beth Hall, 49, XX                      | 30:17 | 9:45  |  |

|    |   |                |       |      |
|----|---|----------------|-------|------|
| 25 | 6 | Ann Leland, 45 | 30:19 | 9:45 |
|----|---|----------------|-------|------|

|    |   |                             |       |       |
|----|---|-----------------------------|-------|-------|
| 32 | 7 | Julie Bradley, 45, Palo, IA | 36:21 | 11:42 |
|----|---|-----------------------------|-------|-------|

**Women 50 - 59**

|    |   |                             |       |      |
|----|---|-----------------------------|-------|------|
| 16 | 1 | Amy Keating, 53, Marion, IA | 27:58 | 9:00 |
|----|---|-----------------------------|-------|------|

|    |   |                               |       |      |
|----|---|-------------------------------|-------|------|
| 19 | 2 | Lennea Martin, 58, Marion, IA | 28:28 | 9:09 |
|----|---|-------------------------------|-------|------|

## CLASS

| PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-------|----------|------|------|
|-------|-------|----------|------|------|

## Individuals

|   |     |  |       |      |
|---|-----|--|-------|------|
| 1 | OpM | Brett Stephenson, 41, Cedar Rapids, IA | 16:47 | 5:24 |
|---|-----|--|-------|------|

|   |       |                                      |       |      |
|---|-------|--------------------------------------|-------|------|
| 2 | 1 M30 | John Hackbarth, 30, Cedar Rapids, IA | 17:49 | 5:44 |
|---|-------|--------------------------------------|-------|------|

|   |       |                                |       |      |
|---|-------|--------------------------------|-------|------|
| 3 | 1 M40 | Troy Riley, 45, Goose Lake, IA | 18:10 | 5:51 |
|---|-------|--------------------------------|-------|------|

|   |       |                                    |       |      |
|---|-------|------------------------------------|-------|------|
| 4 | 1 JrM | Reece Linder, 14, Cedar Rapids, IA | 18:37 | 5:59 |
|---|-------|------------------------------------|-------|------|

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [Top](#)

|   |       |                                   |       |      |
|---|-------|-----------------------------------|-------|------|
| 5 | 1 M19 | Bryan Jones, 27, Cedar Rapids, IA | 18:58 | 6:06 |
|---|-------|-----------------------------------|-------|------|

|   |       |                                   |       |      |
|---|-------|-----------------------------------|-------|------|
| 6 | 2 M30 | Jason Migala, 33, Sauk Rapids, MN | 19:02 | 6:07 |
|---|-------|-----------------------------------|-------|------|

|   |       |                                  |       |      |
|---|-------|----------------------------------|-------|------|
| 7 | 2 M19 | Matt Hilby, 26, Cedar Rapids, IA | 19:11 | 6:10 |
|---|-------|----------------------------------|-------|------|

|   |       |                              |       |      |
|---|-------|------------------------------|-------|------|
| 8 | 2 M40 | Mark Heffernen, 46, Palo, IA | 19:33 | 6:17 |
|---|-------|------------------------------|-------|------|

|   |       |                    |       |      |
|---|-------|--------------------|-------|------|
| 9 | 3 M40 | Ken Wright, 44, XX | 19:40 | 6:20 |
|---|-------|--------------------|-------|------|

|    |       |                               |       |      |
|----|-------|-------------------------------|-------|------|
| 10 | 4 M40 | Luke Turner, 43, Hiawatha, IA | 19:48 | 6:22 |
|----|-------|-------------------------------|-------|------|

|   |     |                                 |       |      |
|---|-----|---------------------------------|-------|------|
| 1 | OpW | Alice Anderson, 29*, Marion, IA | 19:55 | 6:24 |
|---|-----|---------------------------------|-------|------|

|    |       |                    |       |      |
|----|-------|--------------------|-------|------|
| 11 | 3 M30 | Wes Helleshrem, 34 | 20:13 | 6:30 |
|----|-------|--------------------|-------|------|

|    |       |                                    |       |      |
|----|-------|------------------------------------|-------|------|
| 12 | 5 M40 | Mike Schulte, 47, Cedar Rapids, IA | 20:18 | 6:32 |
|----|-------|------------------------------------|-------|------|

|   |       |                                   |       |      |
|---|-------|-----------------------------------|-------|------|
| 2 | 1 W19 | Erin Behan, 23*, Independence, IA | 20:23 | 6:33 |
|---|-------|-----------------------------------|-------|------|

|    |       |                            |       |      |
|----|-------|----------------------------|-------|------|
| 13 | 1 M50 | Kevin Vogel, 51, Amana, IA | 20:38 | 6:38 |
|----|-------|----------------------------|-------|------|

|    |       |                               |       |      |
|----|-------|-------------------------------|-------|------|
| 14 | 4 M30 | Justin Ross, 33, Hiawatha, IA | 20:39 | 6:39 |
|----|-------|-------------------------------|-------|------|

|   |       |                                  |       |      |
|---|-------|----------------------------------|-------|------|
| 3 | 1 M30 | Kyle Ament, 35, Cedar Rapids, IA | 20:43 | 6:40 |
|---|-------|----------------------------------|-------|------|

|    |       |                                      |       |      |
|----|-------|--------------------------------------|-------|------|
| 15 | 3 M19 | Aaron Stephens, 26, Cedar Rapids, IA | 20:56 | 6:44 |
|----|-------|--------------------------------------|-------|------|

|    |       |                                  |       |      |
|----|-------|----------------------------------|-------|------|
| 16 | 5 M30 | Aaron Loan, 35, Cedar Rapids, IA | 21:07 | 6:48 |
|----|-------|----------------------------------|-------|------|

|    |       |                               |       |      |
|----|-------|-------------------------------|-------|------|
| 17 | 6 M30 | Benjamin Lohr, 32, Marion, IA | 21:08 | 6:48 |
|----|-------|-------------------------------|-------|------|

|    |       |                              |       |      |
|----|-------|------------------------------|-------|------|
| 18 | 7 M30 | Phil Embrce, 34, Anamosa, IA | 21:35 | 6:56 |
|----|-------|------------------------------|-------|------|

|    |       |                                |       |      |
|----|-------|--------------------------------|-------|------|
| 19 | 8 M30 | Seth Rippe, 33, Goose Lake, IA | 21:42 | 6:59 |
|----|-------|--------------------------------|-------|------|

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [Top](#)

|    |    |     |  |       |      |
|----|----|-----|--|-------|------|
| 20 | 6  | M40 | John Bradley, 46, Palo, IA             | 22:14 | 7:09 |
| 4  | 2  | W30 | Mariah Hurley, 35*, Cedar Rapids, IA   | 22:35 | 7:16 |
| 21 | 9  | M30 | Doug Slings, 35, Palo, IA              | 22:44 | 7:19 |
| 5  | 2  | W19 | Erica Keans, 27*, XX                   | 22:52 | 7:21 |
| 6  | 3  | W30 | Lou Slings, 32*, Palo, IA              | 23:17 | 7:30 |
| 22 | 4  | M19 | Hayder Salehoglu, 26, Cedar Rapids, IA | 23:29 | 7:33 |
| 23 | 2  | JrM | Bruce Williams, 13, Vinton, IA         | 23:35 | 7:35 |
| 24 | 3  | JrM | Evan Bradley, 13, Palo, IA             | 23:40 | 7:37 |
| 25 | 2  | M50 | Doug Lord, 57, Lisbon, IA              | 23:46 | 7:39 |
| 26 | 10 | M30 | Dan Oliphant, 38, Palo, IA             | 23:53 | 7:41 |
| 7  | 3  | W19 | Britney Yotter, 22*, Cedar Rapids, IA  | 23:55 | 7:42 |
| 27 | 5  | M19 | David Campbell, 22, Cedar Rapids, IA   | 23:55 | 7:42 |
| 8  | 1  | W40 | Donna Herring, 49*                     | 23:56 | 7:42 |
| 28 | 3  | M50 | Jim Hall, 51, XX                       | 24:00 | 7:43 |
| 29 | 4  | JrM | Garrett Herring, 12, Lisbon, IA        | 24:02 | 7:44 |
| 9  | 4  | W30 | Robin Bucheit, 36*, Palo, IA           | 24:12 | 7:47 |
| 10 | 5  | W30 | Kelly Ondracek, 33*, Blainestown, IA   | 24:41 | 7:56 |

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|    |    |     |  |       |      |
|----|----|-----|--|-------|------|
| 11 | 4  | W19 | Brittany Brokaw, 27*, Cedar Rapids, IA | 24:53 | 8:00 |
| 30 | 6  | M19 | Kyle DeBoer, 23, Cedar Rapids, IA      | 25:07 | 8:05 |
| 31 | 4  | M50 | Ron Mayland, 56, Cedar Rapids, IA      | 25:38 | 8:15 |
| 32 | 7  | M40 | Todd Hines, 44, XX                     | 25:42 | 8:16 |
| 12 | 6  | W30 | Alanna Huber, 35*, Palo, IA            | 25:56 | 8:21 |
| 33 | 5  | M50 | Ken Collier, 59, Cedar Rapids, IA      | 26:03 | 8:23 |
| 13 | 2  | W40 | Elaina Kempin, 45*, Cedar Rapids, IA   | 26:20 | 8:28 |
| 34 | 11 | M30 | Craig Meskimen, 33, Swisher, IA        | 26:31 | 8:32 |
| 14 | 3  | W40 | Tami Oliphant, 43*, Palo, IA           | 26:40 | 8:35 |
| 35 | 12 | M30 | Kevin Schmidt, 32, Center Point, IA    | 26:41 | 8:35 |
| 36 | 8  | M40 | Chris Murdens, 42                      | 26:54 | 8:39 |
| 15 | 5  | W19 | Susan Heinmiller, 28*, Bloomington, MN | 27:48 | 8:57 |
| 37 | 7  | M19 | Shawn Keating, 25, Marion, IA          | 27:55 | 8:59 |

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [Top](#)

|   |    |     |   |       |       |
|---|----|-----|---|-------|-------|
| 16  | 1  | W50 | Amy Keating, 53*, Marion, IA            | 27:58 | 9:00  |
| 17  | 1  | JrW | Allison Marshall, 12*, Palo, IA         | 28:03 | 9:02  |
| 18  | 4  | W40 | Trudi Troendle, 41*, Palo, IA           | 28:27 | 9:09  |
| 19  | 2  | W50 | Lennea Martin, 58*, Marion, IA          | 28:28 | 9:09  |
| 20  | 2  | JrW | Gabby Kolker, 16*, Mt Vernon, IA        | 28:37 | 9:12  |
| 38  | 9  | M40 | Jody Kolker, 45, Mt. Vernon             | 28:38 | 9:13  |
| 39  | 8  | M19 | Cj DeMeulenaere, 28, Palo, IA           | 28:44 | 9:15  |
| 21  | 7  | W30 | Christie Cornell, 32*, Shellsburg, IA   | 28:54 | 9:18  |
| 40  | 1  | M60 | Jeff Denny, 66, Goose Lake, IA          | 29:02 | 9:20  |
| 22  | 3  | JrW | Hannah Fusselman, 12*, Cedar Rapids, IA | 29:28 | 9:29  |
| 23  | 8  | W30 | Kelli McClintock, 30*, Shellsburg, IA   | 30:06 | 9:41  |
| 24  | 5  | W40 | Beth Hall, 49*, XX                      | 30:17 | 9:45  |
| 25  | 6  | W40 | Ann Leland, 45*                         | 30:19 | 9:45  |
| 26  | 4  | JrW | Emily Fusselman, 10*, Cedar Rapids, IA  | 30:45 | 9:54  |
| 41  | 10 | M40 | William Fusselman, 43, Cedar Rapids, IA | 30:46 | 9:54  |
| 42  | 9  | M19 | Kelsey Blattier, 25, XX                 | 30:50 | 9:55  |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">Top</a> |    |     |   |       |       |
| 27  | 5  | JrW | Emma Slings, 7*, Palo, IA               | 32:57 | 10:36 |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">Top</a> |    |     |   |       |       |
| 28  | 9  | W30 | Katherine Beaty, 30*, Palo, IA          | 35:46 | 11:31 |
| 29  | 10 | W30 | Tara Martinson, 33*, Eden Prairie, MN   | 35:52 | 11:33 |
| 30  | 11 | W30 | Julie Rockford, 31*, Eden Prairie, MN   | 36:12 | 11:39 |
| 31  | 6  | JrW | Anabel Bradley, 7*, Palo, IA            | 36:20 | 11:42 |
| 32  | 7  | W40 | Julie Bradley, 45*, Palo, IA            | 36:21 | 11:42 |

\* indicates females

2 finishers among Males (no age given)

4 finishers among Men Under 19

9 finishers among Men 19 - 29

12 finishers among Men 30 - 39

10 finishers among Men 40 - 49

5 finishers among Men 50 - 59

1 finishers among Men 60 & Up

6 finishers among Women Under 19

5 finishers among Women 19 - 29

11 finishers among Women 30 - 39

7 finishers among Women 40 - 49

2 finishers among Women 50 - 59

43 male finishers

31 female finishers

74 total finishers

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