

**Riverbend Rally 5K**  
**Iowa Falls, Iowa**  
**July 4, 2011**

Overall	First	Last	City	Sex	Age	Time	
1	Eric	Cogdill	Ames,	IA	M	30	16:40:00
2	Tim	Rose	Iowa Falls,	IA	M	15	18:31:00
3	Tyler	Kuhnle	Alden,	M	M	17	19:12:00
4	Patrick	Olmstead	Webster City,	IA	M	29	19:23:00
5	Mark	Scallon	Iowa City,	IA	M	24	19:32:00
6	Kurt	Kastendick	Overland Park,	KS	M	48	19:40:00
7	Pete	Peraud	Coralville,	IA	M	34	19:48:00
8	Tracy	Nuss	West Union,	IA	M	22	19:59:00
9	Scott	Dougan	Iowa Falls,	IA	M	20	20:09:00
10	John	Standish	Eldora,	IA	M	16	20:10:00
11	David	Moore	Iowa Falls,	IA	M	16	20:26:00
12	Joe	Robinson	Alden,	IA	M	40	20:35:00
13	Betsy	Harms	Ackley,	IA	F	24	20:38:00
14	Owen	Abkes	Ackley,	IA	M	15	21:04:00
15	Justin	Holdgrafer	Latimer,	IA	M	32	21:11:00
16	Kyle	Ingebritson	Washington,	DC	M	33	21:12:00
17	Steph	Whitmore	Marshalltown,	IA	F	32	21:13:00
18	Amanda	Keller	Orange City,	IA	F	25	21:24:00
19	Evan	Taylor	Urbandale,	IA	M	31	21:41:00
20	Mary	Colwell	Iowa Falls,	IA	F	16	21:45:00
21	Mike	Colwell	Iowa Falls,	IA	M	54	21:46:00
22	Alyssa	Arends	Ackley,	IA	F	17	21:51:00
23	Andy	Goodner	Iowa Falls,	IA	M	34	21:56:00
24	Darla	Davis	Iowa Falls,	IA	F	34	21:59:00
26	Ryan	Porath	Iowa Falls,	IA	M	34	22:13:00
27	Jack	Williams	Alden,	IA	M	16	22:41:00
28	David	Case	Marshalltown,	IA	M	39	22:47:00
29	Samantha	Kluesner	Iowa Falls,	IA	F	15	22:58:00
30	Marco	Schriever	Iowa Falls,	IA	M	15	23:01:00
31	Rick	Hagon	Urbandale,	IA	M	61	23:03:00
33	Kirk	Abkes	Ackley,	IA	M	41	23:29:00
34	Tim	Gorden	Alden,	IA	M	36	23:44:00
36	Christopher	Renihan	New Providence	IA	M	48	23:45:00
37	Paul	Vondra	Hampton,	IA	M	42	23:55:00
38	Madison	Faga	Iowa Falls,	IA	F	15	23:58:00
39	Kourtney	Krumm	Iowa Falls,	IA	F	17	23:58:00
40	Josh	Unn			M	23	24:17:00
41	Angie	Risius	Ackley,	IA	F	40	24:20:00
42	Joel	Talsma	Luverne,	MN	M	26	24:23:00
43	Abby	Rau	Iowa Falls,	IA	F	24	24:24:00
44	Rodney	Powell	Cedar Rapids,	IA	M	40	24:25:00
46	Jeremy	Brown	Iowa Falls,	IA	M	33	24:27:00
47	Ryan	Allen	Iowa Falls,	IA	M	37	24:31:00
48	Conner	Faga	Iowa Falls,	IA	M	13	24:33:00
49	John	Moore	Hampshire,	IL	M	28	24:38:00
50	John	Scallon	Iowa Falls,	IA	M	19	24:43:00
51	Ben	Arends	Ackley,	IA	M	24	24:47:00
52	Kelly	Faga	Iowa Falls,	IA	F	42	25:07:00
53	Tangy	Wiseman	Algona,	IA	F	15	25:10:00
54	Kelly	Davis	Rose Mount,	MN	F	47	25:12:00
55	Nick	LaVelle	Eldora,	IA	M	30	25:24:00
56	Taylor	Risius	Ackley,	IA	F	15	25:26:00

57	Ashley	Smith	Iowa Falls,	IA	F	18	25:30:00
58	Samantha	Smith	Iowa Falls,	IA	F	22	25:31:00
59	Rebecca	Kastendick	Overland Park,	KS	F	44	25:43:00
60	David	Heyden	Hampton,	IA	M	54	26:21:00
61	Alex	Felger	Carlisle,	IA	M	14	26:28:00
62	Dale	Stockdale	Ackley,	IA	M	54	26:38:00
63	Christy	Pommrehn	Alden,	IA	F	17	26:41:00
64	Dave	Hartl	Iowa Falls,	IA	M	64	26:48:00
65	S. Brent	Fullmer	Iowa Falls,	IA	M	31	26:56:00
66	Katrina	Bissell	Iowa Falls,	IA	F	38	27:09:00
67	Jose	Umana	Iowa Falls,	IA	M	25	27:09:00
68	Robin	Daniels	Nashville,	IA	F	24	27:13:00
69	Josie	Lemke	Nevada,	IA	F	32	27:19:00
70	Bryce	Lemke	Nevada,	IA	M	34	27:19:00
71	Scott	Balvanz	Eldora,	IA	M	49	27:22:00
72	Kim	Ellingson	Ackley,	IA	F	15	27:33:00
73	Melinda	Ogaard	Iowa Falls,	IA	F	40	27:46:00
74	Katie	Mulcrone	Shakopee,	MN	F	15	27:46:00
75	Nile	Dielschneider	Conrad,	IA	M	57	27:57:00
76	Jake	Rancy	Cedar Rapids,	IA	M	22	28:03:00
77	Cameron	Miller	Pella,	IA	M	13	28:09:00
78	Jason	Holland	Mountain View,	CA	M	29	28:24:00
79	Bryna	Mulcrone	Chanhassen,	MN	F	23	28:26:00
80	Brenda	Adams	Tama,	IA	F	33	28:28:00
81	Justin	Van Wyk	Des Moines,	IA	M	31	28:38:00
82	Heather	Harms	Ackley,	IA	F	25	28:44:00
83	Stefanie	Abkes	Ackley,	IA	F	41	28:50:00
84	David	Hernandez	Iowa Falls,	IA	M	40	28:56:00
85	Nichole	Allen	Iowa Falls,	IA	F	33	29:01:00
87	Kayleigh	Priske	Eldora,	IA	F	15	29:04:00
88	Sam	Wendel	Polk City,	IA	M	40	29:48:00
89	David	Hampe	Iowa Falls,	IA	M	41	29:56:00
90	Adelina	Castro	Iowa Falls,	IA	F	35	29:58:00
91	Jared	Willms	Marion,	IA	M	31	30:26:00
92	Joe	Truka	Lime Springs,	IA	M	57	30:38:00
93	Tricia	Christiansen	Hampton,	IA	F	40	30:44:00
94	John	Curtis	Skerburn,	MN	M	51	31:22:00
96	Kate	Hornung	Iowa Falls,	IA	F	45	31:48:00
97	Diane	Grese	Iowa Falls,	IA	F	36	31:51:00
98	Darin	Lemke	Nevada,	IA	M	12	31:51:00
100	Josh	Felger	Carlisle,	IA	M	12	32:00:00
101	Gloria	Dielschneider	Conrad,	IA	F	57	32:06:00
104	Jeana	Willms	Ackley,	IA	F	21	32:14:00
105	Molly	Wendel	Polk City,	IA	F	37	32:27:00
106	Maya	VanVoorst	Iowa Falls,	IA	F	23	32:32:00
108	Lauren	Ingebritson	Washington,	DC	F	29	33:10:00
109	Kourt	Nachazel	Iowa Falls,	IA	M	32	33:16:00
110	Maile	Schrieger	Williams,	IA	F	24	33:32:00
111	Brittany	Rainey	Iowa Falls,	IA	F	23	33:33:00
112	Kris	Holdgrafer	Iowa Falls,	IA	F	36	33:45:00
113	Susie	Rottink	Iowa Falls,	IA	F	36	33:58:00
114	Lydia	Hampe	Iowa Falls,	IA	F	16	34:21:00
116	Kris	Grimes	Ackley,	IA	F	45	35:27:00
118	Kolby	Kucera	Iowa City,	IA	M	8	35:55:00
119	Jeff	Kucera	Iowa City,	IA	M	38	36:16:00
120	KariSue	Houston-Anderson	Iowa Falls,	IA	F	42	36:17:00
121	Kendra	Seiler	Alden,	IA	F	41	36:31:00

123	Joe	Vondra	Hampton,	IA	M	11	37:11:00
124	Matt	Bahr	Iowa Falls,	IA	M	23	39:11:00
126	Alyson	Smith	Iowa Falls,	IA	F	18	39:32:00
127	Melanie	Groeneveld	Aplington,	IA	F	41	39:33:00
128	Lynn	Arends	Ackley,	IA	M	50	39:35:00
129	Deanna	Arends	Ackley,	IA	F	46	41:20:00
130	Sara	Hampe	Iowa Falls,	IA	F	42	41:21:00
131	Beth	Hansen	Iowa Falls,	IA	F	24	41:34:00
132	DeeAnna	Zavala	Aurora,	CO	F	45	41:53:00
133	Sam	Bauer	Isle of Palms,	SC	M	47	42:00:00
134	Brady	Janssen	Iowa Falls,	IA	M	11	43:30:00
136	Mike	Faga	Iowa Falls,	IA	M	46	43:47:00
137	Nicole	Nachazel	Iowa Falls,	IA	F	26	43:47:00
138	Grayson	Cutler	Iowa Falls,	IA	M	11	44:27:00
139	Jane	Truka	Lime Springs,	IA	F	56	44:43:00
140	Casey	McNeal	Iowa Falls,	IA	F	36	44:51:00
141	Shyrl	Fiscus	Iowa Falls,	IA	F	60	45:31:00
142	Danita	Janssen	Iowa Falls,	IA	F	31	45:31:00
143	Margi	Renihan	New Providence,	IA	F	45	45:49:00
144	Micah	Cutler	Iowa Falls,	IA	F	36	45:49:00
145	Angela	Nicoli	West Des Moines,	IA	F	34	45:52:00
146	Darla	Smith	Iowa Falls,	IA	F	47	45:52:00
147	Denise	Renaud	Iowa Falls,	IA	F	51	47:24:00
148	Diana	Miller	Pella,	IA	F	41	47:25:00
149	Debra	Ritland	Hampton,	IA	F	50	47:27:00
150	Sarah	Steninger	Hampton,	IA	F	27	48:38:00
151	Michelle	Ritland	Hampton,	IA	F	17	48:45:00
152	Tammy	Cooper	Iowa Falls,	IA	F	45	48:46:00
153	Tracy	Dennis	Plano,	TX	F	44	48:54:00
156	Kay	Madden	Ankeny,	IA	F	32	51:16:00
157	Jenny	Pekarek	Union,	IA	F	32	52:04:00
158	Kristine	Perkins	Iowa Falls,	IA	F	25	52:04:00
159	Mariah	Bowers	Waterloo,	IA	F	25	52:29:00
160	Barb	Perkins	Iowa Falls,	IA	F	49	52:31:00
161	Linda	Guy	Iowa Falls,	IA	F	48	52:32:00
162	Jana	Guy	Iowa Falls,	IA	F	21	53:36:00
163	Sara	Kobe	Iowa Falls,	IA	F	38	53:37:00
164	Deanna	Sudtelgte	Ackley,	IA	F	31	53:38:00
165	Jacob	Fjeld	Iowa Falls,	IA	M	9	53:39:00
167	Brenda	Fjeld	Iowa Falls,	IA	F	40	58:27:00
	Katelyn	Price	Iowa Falls,	IA	F	20	DNF
	Dani	Cerna	Iowa Falls,	IA	F	22	DNF
	Amber	Schwarck	Eldora,	IA	F	29	DNF
	Carla	Bindert	Iowa Falls,	IA	F	45	DNF
	Deana	Krogh	Iowa Falls,	IA	F	46	DNF
	Val	Schable	Eldora,	IA	F	49	DNF
	Josh	Linn	Clarksville,	TN	M	23	DNF
	Donald	Schable	Eldora,	IA	M	54	DNF

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