

Run for the House 5 km**Ronald McDonald House, Des Moines, IA****Oct. 1, 2011**

44 degrees, sunny

Results by Michael Franke

10K results [here](#)

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.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1 M20	Eric Faires, 21, West Des Moines, IA	18:16	5:53
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
2	1 M30	Mike Morrison, 37, Urbandale, IA	20:25	6:34
3	2 M20	Tom Wilson, 26, Des Moines, IA	20:30	6:36
4	1 JrM	Calvin Dixon, 13, West Des Moines, IA	20:40	6:39
1	1 W20	Rachel Hawks-Lester, 24*, West Des Moines, IA	21:12	6:49
5	1 M40	Dale Knoshaug, 49, Des Moines, IA	21:28	6:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
2	1 W50	Kristy Cain, 52*, Urbandale, IA	21:48	7:01
6	2 M30	Tony Schubert, 30, Des Moines, IA	21:55	7:03
7	3 M30	Gabe Contreras, 39, Des Moines	22:03	7:06
8	1 M15	Luther Grulke, 16, Kelley, IA	22:23	7:12
3	2 W20	Alicia Spears, 27*, West Des Moines	22:32	7:15
9	3 M20	Gerrett Spears, 24, West Des Moines, IA	22:33	7:15
10	2 M40	Roadog McKibben, 49, Clive, IA	23:22	7:31
11	2 JrM	Izaak Dixon, 12, West Des Moines, IA	23:49	7:40
12	3 JrM	Coleman Prohaska, 11, Des Moines, IA	23:50	7:40
13	4 M20	Jessie Wipperman, 27, Des Moines, IA	23:53	7:41
14	4 JrM	Ledg Downs, 11, Van Meter, IA	24:05	7:45
15	1 M60	Roy Ney, 63, Des Moines, IA	24:18	7:49
4	1 JrW	Ingrid Collet, 10*	24:39	7:56
16	3 M40	Mike Collet, 40	24:39	7:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
5	1 W30	Alyson Morrison, 35*, Urbandale, IA	25:16	8:08
17	4 M40	Dave Dixon, 41, West Des Moines, IA	25:23	8:10
18	5 M20	Tom Gass, 29, Urbandale, IA	25:53	8:20
19	5 JrM	Conner Goode, 12	26:18	8:28
20	5 M40	J D. Hartung, 44, Des Moines, IA	26:18	8:28
21	4 M30	Luke Morlan, 38, Des Moines, IA	26:22	8:29
22	6 M20	Victor Garcia, 28, Des Moines, IA	26:29	8:31
23	6 M40	Brian Hurley, 44, Johnston, IA	26:46	8:37
24	5 M30	Chris David, 32, West Des Moines, IA	27:26	8:49
25	7 M20	Kyle Lehman, 26, Ankeny, IA	27:29	8:51
6	3 W20	Angela Servais, 27*, West Des Moines, IA	27:30	8:51
7	4 W20	Erica Ruffing, 29*, West Des Moines, IA	27:37	8:53
8	2 JrW	Elisha Busch, 1*, Winterset, IA	27:47	8:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
26	6 M30	James Boyd, 31, Clive, IA	28:19	9:07

9	1	W40	Jennifer Downs, 40*, Van Meter, IA	28:28	9:10
27	7	M40	Darin Origer, 41, Des Moines, IA	28:51	9:17
10	2	W30	Valerie Francois, 30*, Des Moines, IA	28:58	9:19
28	7	M30	Justin Ward, 31, Des Moines, IA	29:07	9:22
11	3	JrW	Rebecca Naughton, 12*, Des Moines, IA	29:15	9:25
29	6	JrM	Josh Brennecke, 11, Polk City, IA	29:24	9:28
12	2	W40	Tina Brennecke, 42*, Polk City, IA	29:34	9:31
30	8	M20	Sara Kicjue, 28, Ankeny, IA	29:48	9:35
13	3	W30	Jennifer Williams, 32*, Ankeny, IA	30:00	9:39
31	8	M30	Mike Larson, 39, West Des Moines, IA	30:29	9:48
32	8	M40	Roger Halbur, 46, Des Moines, IA	30:46	9:54
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

33	9	M40	Tim Heck, 44, Altoona, IA	31:40	10:11
34			Joel Schmidt, Dubuque, IA	31:43	10:12
14	3	W40	Katrisha Heidemann, 40*, Des Moines, IA	31:54	10:16
35	10	M40	Sandy Heidemann, 41, Des Moines, IA	31:56	10:16
36	2	M15	Caleb Grulke, 18, Kelley, IA	32:23	10:25
15	5	W20	Mychele Herring, 29*, Des Moines, IA	32:24	10:26
37	9	M20	Brian Klitzke, 27	32:31	10:28
16	6	W20	Rachael Woods, 23*, West Des Moines, IA	32:40	10:31
38	11	M40	John Robnett, 42, Blaine, MN	32:43	10:32
39	12	M40	Dennis Ransom, 43, Carlisle, IA	32:44	10:32
17	7	W20	Nina Johnston, 28*, Des Moines, IA	32:52	10:34
18	4	W30	Katie Jensen, 31*, West Des Moines, IA	32:52	10:35
19	2	W50	Dawn Link, 54*, Grimes, IA	32:53	10:35
20	5	W30	Teri Patrick, 39*, Clive, IA	33:09	10:40
21	8	W20	Melissa Wyckoff, 28*, Ankeny, IA	33:31	10:47
22	4	JrW	Cait Heck, 12*	33:39	10:50
23	4	W40	Gloria Mayer, 44*, Grimes, IA	33:48	10:52
24	9	W20	Honor Monahan, 20*, Clive, IA	34:06	10:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

25	6	W30	Ruth Ann Jackson, 31*, Des Moines, IA	34:36	11:08
40	9	M30	Gregory Jackson, 32, Des Moines, IA	34:37	11:08
26	5	W40	Jody Kiehne, 44*, Urbandale, IA	35:19	11:22
41	13	M40	Jeffrey Ayers, 43, Altoona, IA	35:33	11:27
27	7	W30	Shawn Galbraith, 38*, Granger, IA	35:48	11:31
28	8	W30	Rachel Charlot, 31*, Arcadia, IA	35:51	11:32
29	9	W30	Michelle Lee, 37*, Polk City, IA	35:56	11:34
42	10	M30	Todd Lee, 35, Polk City, IA	35:56	11:34
30	10	W30	April Lazarin, 33*, Des Moines, IA	36:49	11:51
43	7	JrM	Justin Hackett, 7, Winterset, IA	37:03	11:55
44	8	JrM	Ethan Suddarth, 7, Winterset, IA	37:03	11:55
31	11	W30	Julie Anderson-Suddarth, 38*, Winterset, IA		
37:04 11:56					
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

45	1	M50	Phil Seibert, 56, Iowa, IA	37:17	12:00
32	5	JrW	Lindsey Swank, 11*	37:56	12:12
33	6	W40	Julie Swank, 41*, Johnston, IA	37:56	12:12
34	6	JrW	Alana Swank, 11*	37:57	12:13
35	12	W30	Angie Grasso, 32*, Ankeny, IA	39:26	12:41
36	3	W50	Christine Lee, 56*, Ogden, IA	39:27	12:42
37	7	W40	Onnalisa Heck, 47*, Altoona, IA	39:31	12:43
38	8	W40	Tara Bettis, 40*, West Des Moines, IA	39:45	12:47
39	7	JrW	Lydia Betts, 9*, West Des Moines, IA	39:45	12:48
40	13	W30	Gina David, 32*, West Des Moines, IA	39:54	12:50
46			Jim Schmidt, Dubuque, IA	40:14	12:57
41			Mary Schmidt*, Dubuque, IA	40:16	12:57
47			Rick David, Dubuque, IA	40:18	12:58
48	9	JrM	Cooper David, 6, West Des Moines, IA	40:18	12:58
42			Judi David*, Dubuque, IA	40:19	12:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					

43	9	W40	Melanie Doser, 40*, Des Moines, IA	40:36	13:04
49	2	M50	Eduardo Frausto, 51, Des Moines, IA	40:37	13:04
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
44	4	W50	Deb Schuster, 56*, W. Des Moines, IA	43:29	14:00
45	10	W20	Jessica Greene, 21*, Creston, IA		0
46	14	W30	January Lochman, 33*, Urbandale, IA		0
50	10	JrM	Nate Suddarth, 7, Winterset, IA		0
51	11	M30	Jonathan Suddarth, 39, Winterset, IA		0
52	14	M40	Mike Beck, 40, Des Moines, IA		0
47	11	W20	Ashley Tollakson, 27*, Des Moines, IA		0
48	5	W50	Kathy Parenza, 53*, Des Moines, IA		0
53	3	M50	Tony Parenza, 53		0
49	10	W40	Jane Paul, 48*, Ames, IA		0
50	8	JrW	McKenna Anderson, 14*		0
51	1	W60	Nancy Howell, 61*, Johnston, IA		0
52	11	W40	Jody Beck, 41*, Newton, IA		0
54	15	M40	Diane Behll, 48, Boone, IA		0
55	11	JrM	Quentin Behle, 13, Boone, IA		0
56	12	M30	Ryan Parcher, 36, Plymouth, IA		0
53	15	W30	Diane Parcher, 33*, Plymouth, IA		0
54	16	W30	Erika Fitzgerald, 33*, Des Moines, IA		0

* indicates females

3 finishers among Males (no age given)

11 finishers among Men Under 15

2 finishers among Men 15 - 19

9 finishers among Men 20 - 29

12 finishers among Men 30 - 39

15 finishers among Men 40 - 49

3 finishers among Men 50 - 59

1 finishers among Men 60 & Up

8 finishers among Women Under 15

11 finishers among Women 20 - 29

16 finishers among Women 30 - 39

11 finishers among Women 40 - 49

5 finishers among Women 50 - 59

1 finishers among Women 60 & Up

2 finishers among Females (no age given)

56 male finishers

54 female finishers

110 total finishers

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