

11th Run like a Mother 4 miles

Cedar Falls, Iowa

May 10, 2014

50s and Sunny

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.

| PLACE | CLASS | FINISHER | TIME | PACE |
|---|--------|--|-------|------|
| 1 | OpW | Samantha Wingert, 27*, Cedar Falls, IA | 23:25 | 5:51 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | |
| 2 | OpM | Joshua Peter, 23, Waterloo, IA | 24:06 | 6:01 |
| 3 | 1 M30 | Nick Taiber, 37, Cedar Falls, IA | 26:03 | 6:31 |
| 4 | 2 M30 | Jon Archer, 30, Marion, IA | 26:06 | 6:31 |
| 5 | 1 M19 | Jay Byington, 29, Cedar Falls, IA | 26:16 | 6:34 |
| 6 | 1 W30 | Norma Chebet, 34*, Waterloo, IA | 26:53 | 6:43 |
| 7 | 3 M30 | Jonathan Taiber, 37, Cedar Falls, IA | 26:57 | 6:44 |
| 8 | 2 W30 | Justine Calderwood, 36*, Greene, IA | 27:08 | 6:47 |
| 9 | 1 W19 | Bobbie Humble, 27*, Iowa City, IA | 27:13 | 6:48 |
| 10 | 3 W30 | Valorie Northrup, 34* | 27:22 | 6:50 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | |
| 11 | 4 W30 | Sarah Boesdorfer, 33*, Cedar Falls, IA | 28:20 | 7:05 |
| 12 | 1 M40 | David Meyer, 44, Waterloo, IA | 28:26 | 7:06 |
| 13 | 2 M19 | James Roof, 23, Waterloo, IA | 28:35 | 7:09 |
| 14 | 2 M40 | Ryan Wetlaufer, 41, Cedar Falls, IA | 28:38 | 7:09 |
| 15 | 5 W30 | Heather Beam, 37*, Denver, IA | 28:41 | 7:10 |
| 16 | 1 M50 | Mark Zimmer, 57, Independence, IA | 29:28 | 7:22 |
| 17 | 6 W30 | Sara Heitz, 30*, Waverly, IA | 29:29 | 7:22 |
| 18 | 7 W30 | Molly Taiber, 38*, Cedar Falls, IA | 29:55 | 7:29 |
| 19 | 1 M11 | Jarred Goodrich, 14, Waterloo, IA | 30:29 | 7:37 |
| 20 | 3 M40 | Jim O'Loughlin, 47, Cedar Falls, IA | 30:33 | 7:38 |
| 21 | 4 M30 | Adam Doerder, 35, Waterloo, IA | 30:34 | 7:38 |
| 22 | 5 M30 | Matt Unga, 31, Cedar Falls, IA | 30:41 | 7:40 |
| 23 | 1 W40 | Suzanne Freedman, 48*, Cedar Falls, IA | 30:43 | 7:41 |
| 24 | 8 W30 | Heather Wiedman, 37*, Cedar Falls, IA | 30:45 | 7:41 |
| 25 | 2 W19 | Sara Fort, 28*, Cedar Falls, IA | 30:48 | 7:42 |
| 26 | 9 W30 | Liz Winter, 36*, Jesup, IA | 30:49 | 7:42 |
| 27 | 6 M30 | Edward Johnson, 37, Cedar Falls, IA | 31:37 | 7:54 |
| 28 | 2 M11 | Britton Rolison, 13, Waterloo, IA | 31:39 | 7:55 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | |
| 29 | 10 W30 | Robyn Cornick, 38*, Waverly, IA | 32:01 | 8:00 |
| 30 | 11 W30 | Katie Kerker, 35*, Cedar Falls, IA | 32:02 | 8:00 |
| 31 | 1 M60 | Jerry Brown, 61, Evansdale, IA | 32:03 | 8:01 |
| 32 | 1 W50 | Lisa Cox, 51*, Denver, IA | 32:04 | 8:01 |
| 33 | 3 W19 | Katy Dellgardell, 25*, Waterloo, IA | 32:05 | 8:01 |
| 34 | 12 W30 | Carrie Dieken, 37*, Cedar Falls, IA | 32:05 | 8:01 |
| 35 | 2 W40 | Sarah Williams, 47*, Marion, IA | 32:07 | 8:02 |
| 36 | 3 W40 | Kellie Leasure, 44*, Cedar Falls, IA | 32:33 | 8:08 |
| 37 | 7 M30 | Joe Edwards, 38, Waterloo, IA | 32:40 | 8:10 |
| 38 | 8 M30 | Andy Manternach, 35, Cedar Falls, IA | 32:40 | 8:10 |
| 39 | 1 JrM | Jaden Merrick, 6, Hudson, IA | 32:50 | 8:12 |

| | | | | | |
|---|----|-----|--|-------|------|
| 40 | 4 | W40 | Mary Meyer, 45* | 32:57 | 8:14 |
| 41 | 3 | M19 | Emmett Fritz, 22, Cedar Falls, IA | 33:01 | 8:15 |
| 42 | 13 | W30 | Dana Morgan, 33*, Cedar Falls, IA | 33:02 | 8:15 |
| 43 | 9 | M30 | David Morgan, 39, Cedar Falls, IA | 33:03 | 8:16 |
| 44 | 10 | M30 | Adam Lewis, 36, Cedar Falls, IA | 33:06 | 8:16 |
| 45 | 2 | W50 | Kris Nolte, 52*, Waucoma, IA | 33:14 | 8:18 |
| 46 | 5 | W40 | Tara Kabance, 41*, Cedar Falls, IA | 33:16 | 8:19 |
| 47 | 14 | W30 | Debbie Olson, 36*, Cedar Falls, IA | 33:22 | 8:20 |
| 48 | 6 | W40 | Kristin Teig Torres, 45*, Cedar Falls, IA | 33:23 | 8:21 |
| 49 | 4 | W19 | Katie Buskohl, 27*, Cedar Falls, IA | 33:26 | 8:21 |
| 50 | 15 | W30 | Mariah Stauffer, 30*, Waverly, IA | 33:35 | 8:24 |
| 51 | 16 | W30 | Christine Sexton, 38*, Waterloo, IA | 33:36 | 8:24 |
| 52 | 17 | W30 | Danielle Rohret, 35*, Waterloo, IA | 33:37 | 8:24 |
| 53 | 3 | W50 | Roxane Franzen, 50* | 33:46 | 8:26 |
| 54 | 5 | W19 | Kasandra Kahler, 24*, Waterloo, IA | 33:47 | 8:27 |
| 55 | 18 | W30 | Jennifer Goodrich, 39*, Waterloo, IA | 34:02 | 8:31 |
| 56 | 11 | M30 | Eric Bonzer, 35, Cedar Falls, IA | 34:18 | 8:34 |
| 57 | 7 | W40 | Tami Jones, 41*, Waterloo, IA | 34:33 | 8:38 |
| 58 | 12 | M30 | Keegan Kult, 31, Ankeny, IA | 34:37 | 8:39 |
| 59 | 1 | W11 | Kenzie Roling, 17*, Waverly, IA | 34:42 | 8:40 |
| 60 | 19 | W30 | Amy Roling, 38*, Waverly, IA | 34:56 | 8:44 |
| 61 | 20 | W30 | Holly Long, 35*, Waverly, IA | 35:03 | 8:46 |
| 62 | 6 | W19 | Danielle Stutzman, 29*, Cedar Falls, IA | 35:05 | 8:46 |
| 63 | 7 | W19 | Meg Husted, 29*, Cedar Falls, IA | 35:05 | 8:46 |
| 64 | 21 | W30 | Carissa Froyum, 35*, Waterloo, IA | 35:06 | 8:46 |
| 65 | 8 | W19 | Katy Wilson, 28*, Traer, IA | 35:08 | 8:47 |
| 66 | 22 | W30 | Rebekah Blackert, 31*, Charles City, IA | 35:12 | 8:48 |
| 67 | 23 | W30 | Carrie Schemmel, 34*, Cedar Falls, IA | 35:14 | 8:48 |
| 68 | 13 | M30 | Kiel Archer, 31, Ottumwa, IA | 35:30 | 8:52 |
| 69 | 8 | W40 | Joan Hewett, 43*, Cedar Falls, IA | 35:39 | 8:55 |
| 70 | 9 | W40 | Melanie Drake, 44*, Cedar Falls, IA | 35:39 | 8:55 |
| 71 | 24 | W30 | Grin Johnson, 35*, Cedar Falls, IA | 35:41 | 8:55 |
| 72 | 9 | W19 | Kristina Taylor, 28* | 35:44 | 8:56 |
| 73 | 25 | W30 | Gretchen Lewis, 33*, Cedar Falls, IA | 35:45 | 8:56 |
| 74 | 26 | W30 | Stephanie Logan, 38*, Waterloo, IA | 35:45 | 8:56 |
| 75 | 10 | W19 | Rachael Jorgensen, 29*, Cedar Falls, IA | 35:47 | 8:57 |
| 76 | 4 | M19 | Brandon Grimm, 29, Cedar Falls, IA | 35:47 | 8:57 |
| 77 | 4 | M40 | Kell Kabance, 48, Cedar Falls, IA | 35:49 | 8:57 |
| 78 | 27 | W30 | Suzy Searfoss, 35*, Cedar Falls, IA | 35:51 | 8:58 |
| 79 | 4 | W50 | Kay Cervetti, 55*, Cedar Falls, IA | 35:53 | 8:58 |
| 80 | 28 | W30 | Danielle Bonzer, 34*, Cedar Falls, IA | 35:54 | 8:58 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | | |
| 81 | 5 | W50 | Julie Glade, 57*, Cedar Falls, IA | 36:08 | 9:02 |
| 82 | 2 | M50 | Paul Glade, 59, Cedar Falls, IA | 36:09 | 9:02 |
| 83 | 29 | W30 | Bradi Johnson, 39*, Parkersburg, IA | 36:15 | 9:04 |
| 84 | 11 | W19 | Melissa Eisenbacher, 20*, Waterloo, IA | 36:18 | 9:04 |
| 85 | 30 | W30 | Jessie Shipman, 38* | 36:26 | 9:06 |
| 86 | 31 | W30 | Elizabeth Anderson, 39*, Denver, IA | 36:31 | 9:08 |
| 87 | 10 | W40 | Johna Petersen, 43*, Cedar Falls, IA | 36:33 | 9:08 |
| 88 | 32 | W30 | Kimberly Kult, 30*, Ankeny, IA | 36:40 | 9:10 |
| 89 | 12 | W19 | Sarah Stammeyer, 28*, Waterloo, IA | 36:45 | 9:11 |
| 90 | 33 | W30 | Molly Morris, 33*, Waterloo, IA | 36:45 | 9:11 |
| 91 | 11 | W40 | Kory Figura, 42*, Waverly, IA | 36:50 | 9:12 |
| 92 | 34 | W30 | Kasey Balvanz, 30*, Waverly, IA | 36:56 | 9:14 |
| 93 | 12 | W40 | Lisa Brooks, 42*, Cedar Falls, IA | 37:10 | 9:17 |
| 94 | 35 | W30 | Sabine Merrick, 36*, Hudson, IA | 37:13 | 9:18 |
| 95 | 13 | W40 | Jennifer Christiason, 45*, Cedar Falls, IA | 37:17 | 9:19 |
| 96 | 6 | W50 | Leah VanderHolt, 52*, Parkersburg, IA | 37:22 | 9:20 |
| 97 | 14 | W40 | Tracy Mudd, 42*, Cedar Falls, IA | 37:26 | 9:21 |
| 98 | 15 | W40 | Cynthia Cmelik-Reams, 41*, Nashua, IA | 37:34 | 9:23 |
| 99 | 16 | W40 | Anne Hennessey, 47*, Cedar Falls, IA | 37:38 | 9:24 |
| 100 | 14 | M30 | Allen Guthart, 30, Cedar Falls, IA | 37:57 | 9:29 |
| 101 | 2 | W11 | Kenzie Flaherty, 18*, Fort Dodge, IA | 37:59 | 9:30 |
| 102 | 36 | W30 | Nicollette Vallejo, 34*, Cedar Falls, IA | 38:16 | 9:34 |

| | | | | | |
|---|----|-----|---|-------|------|
| 103 | 37 | W30 | Lisa Roussell, 39*, Cedar Falls, IA | 38:19 | 9:35 |
| 104 | 5 | M19 | Ryan Schaben, 22, Cedar Falls, IA | 38:22 | 9:35 |
| 105 | 17 | W40 | Wendy Kepford, 45*, Waverly, IA | 38:29 | 9:37 |
| 106 | 7 | W50 | Michele Arends, 59*, Cedar Falls, IA | 38:30 | 9:37 |
| 107 | 8 | W50 | Nancy Meier, 57*, La Porte City, IA | 38:33 | 9:38 |
| 108 | 13 | W19 | Jenna Soole, 27*, Cedar Falls, IA | 38:33 | 9:38 |
| 109 | 9 | W50 | Sue Ball, 56*, Waterloo, IA | 38:39 | 9:40 |
| 110 | 14 | W19 | Laura Trueg, 29*, Cedar Falls, IA | 38:55 | 9:44 |
| 111 | 18 | W40 | Janet Weber, 48*, Hudson, IA | 38:55 | 9:44 |
| 112 | 3 | W11 | Laura Roman, 15*, Cedar Falls, IA | 39:14 | 9:48 |
| 113 | 19 | W40 | Michelle Bartling, 44*, Ackley, IA | 39:26 | 9:51 |
| 114 | 38 | W30 | Mandy Gidley, 33*, Waverly, IA | 39:29 | 9:52 |
| 115 | 20 | W40 | Tracy Hames, 43*, Ackley, IA | 39:36 | 9:54 |
| 116 | 4 | W11 | Devin O'Loughlin, 12*, Cedar Falls, IA | 39:39 | 9:55 |
| 117 | 21 | W40 | Julie Husband, 48*, Cedar Falls, IA | 39:41 | 9:55 |
| 118 | 5 | M40 | Mike Whitney, 46, Waverly, IA | 39:41 | 9:55 |
| 119 | 15 | W19 | Marissa Timmerman, 26*, Cedar Falls, IA | 39:41 | 9:55 |
| 120 | 6 | M19 | Brandon Baker, 24, Waterloo, IA | 39:55 | 9:59 |
| 121 | 22 | W40 | Jama Johnson, 40*, Grundy Center, IA | 39:55 | 9:59 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | | |

| | | | | | |
|-----|----|-----|---|-------|-------|
| 122 | 39 | W30 | Beth Hartman, 36*, Denver, IA | 40:02 | 10:00 |
| 123 | 1 | W60 | Wahneta Haywood, 64*, Janesville, IA | 40:08 | 10:02 |
| 124 | 40 | W30 | Jill Humston, 34*, Waterloo, IA | 40:09 | 10:02 |
| 125 | 41 | W30 | Jessica Eilers, 39*, Reinbeck, IA | 40:10 | 10:02 |
| 126 | 10 | W50 | Jann Miller, 58*, Cedar Falls, IA | 40:10 | 10:02 |
| 127 | 23 | W40 | Jill Dashner, 47*, Cedar Falls, IA | 40:16 | 10:04 |
| 128 | 11 | W50 | Jeannie Brown, 50* | 40:17 | 10:04 |
| 129 | 42 | W30 | Sara Doerder, 37*, Waterloo, IA | 40:22 | 10:05 |
| 130 | 43 | W30 | Jamie Van Erem, 35*, Waterloo, IA | 40:28 | 10:07 |
| 131 | 7 | M19 | Gregory Mason, 27 | 40:28 | 10:07 |
| 132 | 24 | W40 | Barb Horstman, 46*, Cedar Falls, IA | 40:53 | 10:13 |
| 133 | 2 | M60 | Joel Cooper, 62, Cedar Falls, IA | 40:54 | 10:13 |
| 134 | 44 | W30 | Kelsey Baker, 31*, Waverly, IA | 40:55 | 10:14 |
| 135 | 12 | W50 | Sandi Brennan, 56*, Waterloo, IA | 41:12 | 10:18 |
| 136 | 25 | W40 | Noel Happel, 43*, Fairbank, IA | 41:12 | 10:18 |
| 137 | 16 | W19 | Britni Neuendorf, 20* | 41:18 | 10:19 |
| 138 | 13 | W50 | Bonny Heisterkamp, 56* | 41:20 | 10:20 |
| 139 | 26 | W40 | Andrea Dryer, 47*, Cedar Falls, IA | 41:21 | 10:20 |
| 140 | 45 | W30 | Sara Athman, 31* | 41:22 | 10:20 |
| 141 | 27 | W40 | Suzanne Bartlett, 44*, Cedar Falls, IA | 41:24 | 10:21 |
| 142 | 17 | W19 | Katelyn Pedersen, 24*, Hudson, IA | 41:24 | 10:21 |
| 143 | 5 | W11 | Elise Glascock, 11* | 41:26 | 10:21 |
| 144 | 18 | W19 | Kendra Thatcher, 22*, Waterloo, IA | 41:28 | 10:22 |
| 145 | 15 | M30 | Shane Klein, 32 | 41:29 | 10:22 |
| 146 | 46 | W30 | Jill Klein, 32* | 41:29 | 10:22 |
| 147 | 47 | W30 | Amy Johnson, 35*, Floyd, IA | 41:32 | 10:23 |
| 148 | 28 | W40 | Tracy Sorensen, 41*, Waverly, IA | 41:46 | 10:26 |
| 149 | 29 | W40 | Mariah Birgen, 44*, Waverly, IA | 41:51 | 10:28 |
| 150 | 30 | W40 | June Vogelmann, 41*, Greene, IA | 41:56 | 10:29 |
| 151 | 31 | W40 | Janet Popp, 46*, Osage, IA | 41:59 | 10:30 |
| 152 | 6 | W11 | Hailey Popp, 18*, Osage, IA | 42:00 | 10:30 |
| 153 | 19 | W19 | Kelly Bierschenk, 21*, Orchard, IA | 42:00 | 10:30 |
| 154 | 32 | W40 | Sarah Hawker, 42*, Greene, IA | 42:02 | 10:30 |
| 155 | 48 | W30 | Dana Oswald, 31*, Fort Dodge, IA | 42:06 | 10:31 |
| 156 | 49 | W30 | Danielle Borglum, 38*, Cedar Falls, IA | 42:08 | 10:32 |
| 157 | 3 | M50 | David Glenn-Burns, 54, Cedar Falls, IA | 42:13 | 10:33 |
| 158 | 14 | W50 | Janice Weilein, 51*, Cedar Falls, IA | 42:15 | 10:34 |
| 159 | 20 | W19 | Erica Weilein, 22*, Cedar Falls, IA | 42:15 | 10:34 |
| 160 | 15 | W50 | Jaymie Redfern, 50*, Cedar Falls, IA | 42:16 | 10:34 |
| 161 | 7 | W11 | Alexandra Redfern, 18*, Cedar Falls, IA | 42:17 | 10:34 |
| 162 | 16 | W50 | Rose Quirk, 56*, Waterloo, IA | 42:20 | 10:35 |
| 163 | 33 | W40 | Brenda Cramer, 48*, Osage, IA | 42:28 | 10:37 |
| 164 | 50 | W30 | Amanda Robinson, 33*, Dunkerton, IA | 42:33 | 10:38 |
| 165 | 34 | W40 | Kathy Kucera, 40*, Traer, IA | 42:38 | 10:39 |

| | | | | | |
|-----|----|-----|---|-------|-------|
| 166 | 8 | W11 | Lexi Fitzpatrick, 18*, Fredericksburg, IA | 42:39 | 10:40 |
| 167 | 17 | W50 | Jaymee Glenn-Burns, 56*, Cedar Falls, IA | 42:39 | 10:40 |
| 168 | 18 | W50 | LuAnn Ray, 56*, Waverly, IA | 42:58 | 10:44 |
| 169 | 35 | W40 | Kris Ham, 40*, Hudson, IA | 42:59 | 10:45 |
| 170 | 51 | W30 | Eileen Wildman, 31*, Waverly, IA | 43:01 | 10:45 |
| 171 | 52 | W30 | Kimberly Rubenacker, 39*, Waterloo, IA | 43:01 | 10:45 |
| 172 | 53 | W30 | Melissa Crozier, 36*, Cedar Falls, IA | 43:02 | 10:45 |
| 173 | 16 | M30 | Ben Wildman, 35, Waverly, IA | 43:04 | 10:46 |
| 174 | 36 | W40 | Denise Parker, 46*, Dike, IA | 43:15 | 10:49 |
| 175 | 37 | W40 | Terri Laures, 41* | 43:17 | 10:49 |
| 176 | 9 | W11 | Megan Wallace, 17*, Cedar Falls, IA | 43:26 | 10:52 |
| 177 | 19 | W50 | Kathy Cohea, 56*, Cedar Falls, IA | 43:33 | 10:53 |
| 178 | 2 | W60 | Dottie Wear, 66*, Evansdale, IA | 43:35 | 10:54 |
| 179 | 20 | W50 | Susan Trebil, 59*, Manly, IA | 43:47 | 10:57 |
| 180 | 54 | W30 | Sonya Carlson, 31*, Waterloo, IA | 43:47 | 10:57 |

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

| | | | | | |
|-----|----|-----|---|-------|-------|
| 181 | 55 | W30 | Rachel Manternach, 34*, Cedar Rapids, IA | 44:24 | 11:06 |
| 182 | 38 | W40 | Marsha Meyerhoff, 44*, Waterloo, IA | 44:38 | 11:09 |
| 183 | 39 | W40 | Angi Fangman, 40*, Waterloo, IA | 45:06 | 11:16 |
| 184 | 21 | W50 | Dawn Oliver Wiand, 55*, North Liberty, IA | 45:12 | 11:18 |
| 185 | 1 | JrW | Emily Vering, 10* | 45:15 | 11:19 |
| 186 | 56 | W30 | Amy Jardon, 39*, Cedar Falls, IA | 45:30 | 11:22 |
| 187 | 40 | W40 | Sue Whitney, 46*, Waverly, IA | 45:37 | 11:24 |
| 188 | 21 | W19 | Shanelle Kahrs, 25*, Cedar Falls, IA | 45:37 | 11:24 |
| 189 | 22 | W50 | Theresa Balvanz, 55*, Plainfield, IA | 45:42 | 11:25 |
| 190 | 23 | W50 | Susan Price, 51*, Waterloo, IA | 45:52 | 11:28 |
| 191 | 22 | W19 | Jordyn Victoria, 19* | 46:01 | 11:30 |
| 192 | 41 | W40 | Heather Vering, 43*, Waverly, IA | 46:03 | 11:31 |
| 193 | 23 | W19 | Toni Mason, 28*, Waterloo, IA | 46:05 | 11:31 |
| 194 | 24 | W19 | Stacey Miller, 25* | 46:05 | 11:31 |
| 195 | 42 | W40 | Carrie Traetow, 41*, Denver, IA | 46:08 | 11:32 |
| 196 | 25 | W19 | Amanda Harkrader, 29*, Fredericksburg, IA | 46:18 | 11:34 |
| 197 | 57 | W30 | Lindsay Cota, 34*, Cedar Falls, IA | 46:22 | 11:35 |
| 198 | 58 | W30 | Sara Schares, 35*, Cedar Falls, IA | 46:22 | 11:35 |
| 199 | 59 | W30 | Misha Cummings, 31*, Cedar Falls, IA | 46:29 | 11:37 |
| 200 | 24 | W50 | Kathy Lund, 51*, Waverly, IA | 46:35 | 11:39 |
| 201 | 17 | M30 | Aaron Howard, 38, Cedar Falls, IA | 46:40 | 11:40 |
| 202 | 60 | W30 | Caran Howard, 39*, Cedar Falls, IA | 46:40 | 11:40 |
| 203 | 25 | W50 | Sylvia Gitch, 55*, Denver, IA | 46:44 | 11:41 |
| 204 | 26 | W19 | Bernice Yim, 27*, Waterloo, IA | 47:02 | 11:45 |
| 205 | 26 | W50 | Kathy Gallmeyer, 55*, Waterloo, IA | 47:02 | 11:45 |
| 206 | 8 | M19 | Aaron Ticknor, 29, Waterloo, IA | 47:06 | 11:46 |
| 207 | 61 | W30 | Stacy Robinson, 35*, Cedar Falls, IA | 47:13 | 11:48 |
| 208 | 27 | W50 | Julie Johnson, 59* | 47:16 | 11:49 |
| 209 | 10 | W11 | Cassidy Marvets, 12* | 47:21 | 11:50 |
| 210 | 62 | W30 | Susan Grover, 36*, Cedar Falls, IA | 47:24 | 11:51 |
| 211 | 43 | W40 | Kim Steinlage, 49* | 47:35 | 11:54 |
| 212 | 44 | W40 | Terisa Dawson, 45*, Evansdale, IA | 47:37 | 11:54 |

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

| | | | | | |
|-----|----|-----|--|-------|-------|
| 213 | 63 | W30 | Heidi Loggins, 38*, Cedar Falls, IA | 48:00 | 12:00 |
| 214 | 64 | W30 | Korey Minard, 31*, Cedar Falls, IA | 48:02 | 12:00 |
| 215 | 11 | W11 | Bella Laures, 12* | 48:05 | 12:01 |
| 216 | 65 | W30 | Beth Rachut, 32*, Osage, IA | 48:07 | 12:02 |
| 217 | 66 | W30 | Christina Whitney, 35*, Shell Rock, IA | 48:28 | 12:07 |
| 218 | 3 | W60 | Suzanne Brown, 61* | 48:35 | 12:09 |
| 219 | 45 | W40 | Deonna Knudsen, 48*, Cedar Falls I A | 48:51 | 12:13 |
| 220 | 46 | W40 | Jodie Victoria, 44*, Denver, IA | 48:56 | 12:14 |
| 221 | 67 | W30 | Michele Huber, 36*, Waterloo, IA | 48:57 | 12:14 |
| 222 | 3 | M11 | Gil Taiber, 12 | 48:57 | 12:14 |
| 223 | 4 | W60 | Joyce Riley, 60*, Waterloo, IA | 49:13 | 12:18 |
| 224 | 5 | W60 | Nancy Hayes, 62*, Waterloo, IA | 49:13 | 12:18 |
| 225 | 68 | W30 | Michele Friedman, 37*, Dunkerton, IA | 49:46 | 12:27 |
| 226 | 69 | W30 | Angela Dean, 34*, Cedar Falls, IA | 50:25 | 12:36 |

| | | | | | |
|-----|----|-----|---|---------|-------|
| 227 | 70 | W30 | Kimberly Mouton, 34* | 50:42 | 12:40 |
| 228 | 27 | W19 | Amanda Knudsen, 27*, Waterloo, IA | 50:43 | 12:41 |
| 229 | 28 | W19 | Melissa Eliassen, 23*, Cedar Falls, IA | 50:43 | 12:41 |
| 230 | 47 | W40 | Stephanie Chesmore, 44*, Jesup, IA | 50:46 | 12:41 |
| 231 | 12 | W11 | Annie Thode, 11*, Cedar Falls, IA | 50:53 | 12:43 |
| 232 | 18 | M30 | Nathaniel Parrish, 33, Waterloo, IA | 50:56 | 12:44 |
| 233 | 13 | W11 | Felicity Frisch, 17*, Waterloo, IA | 50:56 | 12:44 |
| 234 | 4 | M50 | Virgil Plum, 59, Waterloo, IA | 51:04 | 12:46 |
| 235 | 28 | W50 | Nancy Plum, 59*, Waterloo, IA | 51:11 | 12:48 |
| 236 | 71 | W30 | Alison McFadden, 33*, Cedar Falls, IA | 51:20 | 12:50 |
| 237 | 48 | W40 | Julie Hunt, 40*, Waverly, IA | 51:21 | 12:50 |
| 238 | 14 | W11 | Harlee Hunt, 12*, Waverly, IA | 51:21 | 12:50 |
| 239 | 1 | M70 | Rollin Perry, 75, Cedar Falls, IA | 51:30 | 12:52 |
| 240 | 49 | W40 | Christine Masey, 43* | 51:34 | 12:53 |
| 241 | 72 | W30 | Johanna Kramer-Weston, 35*, Cedar Falls, IA | 51:47 | 12:57 |
| 242 | 73 | W30 | Angela Gidley, 36*, Waverly, IA | 51:56 | 12:59 |
| 243 | 74 | W30 | Kara Nordberg, 33*, Cedar Rapids, IA | 52:06 | 13:01 |
| 244 | 75 | W30 | Kristin Carpenter, 33*, Cedar Falls Ia | 52:06 | 13:01 |
| 245 | 19 | M30 | Kelly Carpenter, 36, Cedar Falls, IA | 52:06 | 13:01 |
| 246 | 29 | W50 | Patty Rausa, 58*, Waterloo, IA | 52:20 | 13:05 |
| 247 | 6 | W60 | Lana Slagel, 63*, Cedar Falls, IA | 52:44 | 13:11 |
| 248 | 50 | W40 | Kimberly Vetter, 45*, Cedar Falls, IA | 52:45 | 13:11 |
| 249 | 2 | JrM | Egan Taiber, 8 | 52:47 | 13:12 |
| 250 | 30 | W50 | Marcia Oltrogge, 58*, Calmar, IA | 52:52 | 13:13 |
| 251 | 15 | W11 | Kayla Robb, 12*, La Porte City, IA | 53:07 | 13:17 |
| 252 | 51 | W40 | Shelly Robb, 41*, La Porte City, IA | 53:12 | 13:18 |
| 253 | 31 | W50 | Marti Hall, 51*, Parkersburg, IA | 53:17 | 13:19 |
| 254 | 32 | W50 | Melissa Oltman, 53*, Grundy Center, IA | 53:17 | 13:19 |
| 255 | 52 | W40 | Stacey Vogeler, 45* | 53:31 | 13:23 |
| 256 | 53 | W40 | Heather Carroll, 41*, Waterloo, IA | 54:16 | 13:34 |
| 257 | 6 | M40 | Michael Welch, 41, Waterloo, IA | 54:38 | 13:39 |
| 258 | 76 | W30 | Stacy Braun, 35*, Waterloo, IA | 55:34 | 13:53 |
| 259 | 77 | W30 | Kathleen Dieterich, 36*, Cedar Falls, IA | 55:34 | 13:53 |
| 260 | 78 | W30 | Amy Van Arkel, 38*, Waterloo, IA | 57:43 | 14:26 |
| 261 | 79 | W30 | Alison Puls, 33*, Cedar Falls, IA | 57:44 | 14:26 |
| 262 | 80 | W30 | Karris Golden, 37*, Shell Rock, IA | 58:05 | 14:31 |
| 263 | 2 | JrW | Zoey Nessen, 9* | 58:06 | 14:31 |
| 264 | 7 | W60 | Becky Braun, 62*, Cedar Falls, IA | 58:38 | 14:39 |
| 265 | 81 | W30 | Brooke Braun, 33*, Parkville, MO | 58:38 | 14:39 |
| 266 | 54 | W40 | Nancy Kuehn, 49*, New Hampton, IA | 58:39 | 14:40 |
| 267 | 33 | W50 | Terri Moore, 56*, Vinton, IA | 58:56 | 14:44 |
| 268 | 29 | W19 | Whitney Bowen, 27*, Vinton, IA | 58:56 | 14:44 |
| 269 | 34 | W50 | Denise Lebahn, 54*, Cedar Falls, IA | 59:07 | 14:47 |
| 270 | 55 | W40 | Emily Thode, 48*, Cedar Falls, IA | 59:07 | 14:47 |
| 271 | 30 | W19 | Trista Metz, 28*, Reinbeck, IA | 59:08 | 14:47 |
| 272 | 56 | W40 | Kelly Neuendorf, 44* | 59:12 | 14:48 |
| 273 | 82 | W30 | Becky Langner, 32* | 59:12 | 14:48 |
| 274 | 83 | W30 | Megan Cheeseman, 35* | 59:13 | 14:48 |
| 275 | 57 | W40 | Deb Meyer, 49*, Waverly, IA | 59:28 | 14:52 |
| 276 | 1 | W70 | Judith Meyer, 72*, Evansdale, IA | 59:30 | 14:52 |
| 277 | 31 | W19 | Kayla Byington, 27*, Cedar Falls, IA | 59:54 | 14:58 |
| 278 | 35 | W50 | Connie Hix, 54*, Waterloo, IA | 59:55 | 14:59 |
| 279 | 32 | W19 | Kimber Bates, 21*, Waterloo, IA | 59:55 | 14:59 |
| 280 | 33 | W19 | Carolyn Herman, 27*, Vinton, IA | 59:56 | 14:59 |
| 281 | 36 | W50 | Brett Morris, 56*, Cedar Falls, IA | 1:00:07 | 15:02 |
| 282 | 58 | W40 | Lisa Geisler, 44*, Cedar Falls, IA | 1:00:08 | 15:02 |
| 283 | 84 | W30 | Amy Buchanan, 37*, Waterloo, IA | 1:00:10 | 15:02 |
| 284 | 85 | W30 | Kim Calderwood, 35* | 1:00:16 | 15:04 |

| | | | | | |
|---|----|-----|--|---------|-------|
| 285 | 37 | W50 | Mary Wallace, 54*, Waterloo, IA | 1:00:21 | 15:05 |
| 286 | 38 | W50 | Barb Kruse, 59*, Cedar Falls, IA | 1:00:22 | 15:05 |
| 287 | 34 | W19 | Kristie Nobles, 24*, Cedar Falls, IA | 1:00:31 | 15:08 |
| 288 | 35 | W19 | Megan Lickness, 29*, Cedar Falls, IA | 1:00:31 | 15:08 |
| 289 | 3 | M60 | Thomas Peterson, 62, Waterloo, IA | 1:02:18 | 15:34 |
| 290 | 59 | W40 | Lisa Verbeck, 47*, Cedar Falls, IA | 1:03:08 | 15:47 |
| 291 | 60 | W40 | Jennifer Weber, 40*, Grundy Center, IA | 1:03:09 | 15:47 |
| 292 | 86 | W30 | Kay Cooley, 34*, Aplington, IA | 1:03:09 | 15:47 |
| 293 | 61 | W40 | Kim Hansen, 42*, Cedar Falls, IA | 1:03:32 | 15:53 |
| 294 | 87 | W30 | Joanna Heidemann, 31*, Clarksville, IA | 1:03:43 | 15:56 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | | |
| 295 | 36 | W19 | Abby Goodale, 21*, Stacyville, IA | 1:04:20 | 16:05 |
| 296 | 88 | W30 | April Hannam, 33*, Cedar Falls, IA | 1:04:21 | 16:05 |
| 297 | 39 | W50 | Darla Goodale, 57*, Stacyville, IA | 1:04:21 | 16:05 |
| 298 | 40 | W50 | Deb Hemmen, 54*, Dike, IA | 1:04:51 | 16:13 |
| 299 | 37 | W19 | Ashley Hemmen, 25*, Cedar Falls, IA | 1:04:51 | 16:13 |
| 300 | 89 | W30 | Shannon Peverill, 33*, Dike, IA | 1:04:52 | 16:13 |
| 301 | 90 | W30 | Deb Kisch, 35*, Waterloo, IA | 1:04:59 | 16:15 |
| 302 | 91 | W30 | Melanie Tagtow, 34*, Cedar Falls, IA | 1:05:00 | 16:15 |
| 303 | 8 | W60 | Ann Allaire, 66* | 1:05:09 | 16:17 |
| 304 | 92 | W30 | Emily Allaire, 39*, Cedar Falls, IA | 1:05:09 | 16:17 |
| 305 | 4 | M60 | Doug Allaire, 65 | 1:05:09 | 16:17 |
| 306 | 38 | W19 | Jasmine Gaston, 28*, La Porte City, IA | 1:06:01 | 16:30 |
| 307 | 39 | W19 | Amanda Stocks, 29* | 1:06:01 | 16:30 |
| 308 | 41 | W50 | Vickie Minard, 58*, Waterloo, IA | 1:06:03 | 16:31 |
| 309 | 40 | W19 | Casaundra Gaston, 26* | 1:06:39 | 16:40 |
| 310 | 42 | W50 | Becky Gaston, 53* | 1:06:40 | 16:40 |
| 311 | 41 | W19 | Mallory Dudley, 28*, Marion, IA | 1:06:48 | 16:42 |
| 312 | 20 | M30 | Jason Fly, 38, Cedar Falls, IA | 1:06:57 | 16:44 |
| 313 | 43 | W50 | Catherine Macgillirray, 54*, Cedar Falls, IA | 1:06:57 | 16:44 |
| 314 | 62 | W40 | Patty VonArx, 48* | 1:07:11 | 16:48 |
| 315 | 63 | W40 | Kerri Larson, 49*, Jesup, IA | 1:07:52 | 16:58 |
| 316 | 64 | W40 | Lisa Manifold, 42*, Cedar Falls, IA | 1:07:52 | 16:58 |
| 317 | 65 | W40 | Kathy Patterson, 40*, Waterloo, IA | 1:07:53 | 16:58 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | | |
| 318 | 66 | W40 | Andrea Bell, 41*, Waterloo, IA | 1:08:02 | 17:00 |
| 319 | 67 | W40 | Lana Leuenberger, 42*, Denver, IA | 1:08:02 | 17:00 |
| 320 | 68 | W40 | Donna Dunbar, 45*, Nora Springs, IA | 1:08:06 | 17:01 |
| 321 | 93 | W30 | Leah Reser, 33*, Bristow, IA | 1:08:07 | 17:02 |
| 322 | 94 | W30 | Steph Muller, 34*, Dike, IA | 1:09:12 | 17:18 |
| 323 | 44 | W50 | Mary Carithers, 55*, Dike, IA | 1:09:12 | 17:18 |
| 324 | 95 | W30 | Shelby Speicher, 37*, Fredericksburg, IA | 1:09:21 | 17:20 |
| 325 | 42 | W19 | Beth Anderson, 24* | 1:11:48 | 17:57 |
| 326 | 43 | W19 | Heidi Senn, 24*, West Des Moines, IA | 1:11:49 | 17:57 |
| 327 | 44 | W19 | Alyssa Steinlage, 25* | 1:11:52 | 17:58 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | | |
| 328 | 45 | W50 | Annie Ungs, 58* | 1:12:05 | 18:01 |
| 329 | 46 | W50 | Karen Lenth, 57* | 1:12:06 | 18:01 |
| 330 | 45 | W19 | Kara Kelly, 27* | 1:12:07 | 18:02 |
| 331 | 46 | W19 | Natasha Jensen, 25* | 1:12:48 | 18:12 |
| 332 | 96 | W30 | Trisha Boos, 32*, Bristow, IA | 1:13:01 | 18:15 |
| 333 | 97 | W30 | Sarah Jones, 36*, Janesville, IA | 1:13:01 | 18:15 |
| 334 | 47 | W50 | Doris Anderson, 54* | 1:13:07 | 18:17 |
| 335 | 48 | W50 | Alice Miller, 52*, New Hampton, IA | 1:13:08 | 18:17 |
| 336 | 49 | W50 | Donna Koebrick, 55* | 1:13:08 | 18:17 |
| 337 | 50 | W50 | Mary Metz, 56*, Dike, IA | 1:13:26 | 18:21 |
| 338 | 98 | W30 | Tara Kane, 34*, Hudson, IA | 1:13:26 | 18:21 |
| 339 | 5 | M50 | Paul Bristow, 56, Tripoli | 1:13:40 | 18:25 |
| 340 | 69 | W40 | Kelly Bristow, 48*, Tripoli | 1:13:41 | 18:25 |
| 341 | 5 | M60 | John Jacobs, 67, Cedar Falls, IA | 1:13:41 | 18:25 |
| 342 | 9 | W60 | Marsha Haugen, 60*, Waverly, IA | 1:13:46 | 18:26 |

| | | | | | |
|---|----|-----|--------------------------------------|---------|-------|
| 343 | 51 | W50 | Judy Rogers, 57*, Cedar Falls, IA | 1:13:47 | 18:27 |
| 344 | 52 | W50 | Debi Vansyoc, 52* | 1:14:01 | 18:30 |
| 345 | 10 | W60 | Joyce Cawelti, 68* | 1:14:49 | 18:42 |
| 346 | 16 | W11 | Bailey Victoria, 17* | 1:14:49 | 18:42 |
| 347 | 47 | W19 | Stephanie Koebrick, 27* | 1:15:43 | 18:56 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | | |
| 348 | 70 | W40 | Susan Lantz, 48*, Waterloo, IA | 1:22:53 | 20:43 |
| Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top | | | | | |
| 349 | 21 | M30 | Jess Hassman, 37, Cedar Falls, IA | 1:24:24 | 21:06 |
| 350 | 11 | W60 | Elaine Keating, 64*, Cedar Falls, IA | 1:24:26 | 21:06 |
| 351 | 12 | W60 | Kathleen Hassman, 60* | 1:24:27 | 21:07 |

* indicates females

2 finishers among Males (no age given)

2 finishers among Men Under 11

3 finishers among Men 11 - 18

8 finishers among Men 19 - 29

21 finishers among Men 30 - 39

6 finishers among Men 40 - 49

5 finishers among Men 50 - 59

5 finishers among Men 60 - 69

1 finishers among Men 70 & Up

2 finishers among Women Under 11

16 finishers among Women 11 - 18

47 finishers among Women 19 - 29

98 finishers among Women 30 - 39

70 finishers among Women 40 - 49

52 finishers among Women 50 - 59

12 finishers among Women 60 - 69

1 finishers among Women 70 & Up

53 male finishers

298 female finishers

351 total finishers

Return to [home page](#).