

Run For Your Life 10 km

Waterworks Park, Des Moines, IA

Aug. 29, 2009

57 degrees, light wind, sunny

Results by [Michael Franke](#)

If you won a medal and need to pick it up please call 515-633-3555.

[5K 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 M30	Brad Bergman, 36, Des Moines, IA	33:52	5:27
2	2 M30	Craig Walton, 34, Des Moines, IA	33:53	5:27
3	3 M30	Patrick Riley, 36, Des Moines, IA	34:02	5:28
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
4	4 M30	Jim Mulligan, 36, Urbandale, IA	40:32	6:31
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
5	5 M30	Adam VanDike, 34, Wdm, IA	44:57	7:14
6	1 M50	David Miller, 57, Urbandale, IA	46:03	7:25
1	1 W30	Melissa McConville, 30*, Des Moines, IA	47:33	7:39
7	1 M40	John Justice, 49, Fort Dodge, IA	48:00	7:43
8	1 M60	Jim Matthews, 69, Baxter, IA	48:23	7:47
2	1 W19	Heidi Palmer, 25*, Ankeny, IA	48:56	7:52
3	2 W30	Katie Thilges, 35*, Ankeny, IA	49:35	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
4	1 W40	Susanne Hunkin, 41*, Indianola, IA	50:24	8:07
9	6 M30	Brian Dwyer, 31, Des Moines, IA	50:35	8:08
10	1 M19	Randy Arnold, 29, Ankeny, IA	50:46	8:10
5	2 W40	Sue Holden, 44*, Dm, IA	51:24	8:16
11	2 M50	Chuck Shives, 50, Wdm, IA	51:39	8:19
6	3 W30	Sue Honkamp, 34*, Dm, IA	52:26	8:26
7	4 W30	Jessica Brunsen, 36*, Dm, IA	52:41	8:29
8	2 W19	Sarah Buchanan, 24*, Wdm, IA	52:46	8:29
9	3 W19	Anne Kassel, 23*, Urbandale, IA	53:19	8:35
10	1 W50	Madelene Corliss, 54*, Dm, IA	53:50	8:40
11	3 W40	Wilma Osmun, 49*, Creston, IA	53:52	8:40
12	2 M19	Brenton Loss, 28, Wdm, IA	54:29	8:46
12	4 W19	Megan Tiercan, 27*, Wdm, IA	54:56	8:50
13	5 W19	Julie Ausborn, 22*, Des Moines, IA	55:03	8:51
13		Praveen Prasad, Clive, IA	55:31	8:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
14	5 W30	Rebecca Morris, 32*, Ankeny, IA	56:19	9:04
15	6 W19	Lindsey Brelsford, 28*, Waukee, IA	56:44	9:08
16	7 W19	Rachel Hawkins, 28*, Ankeny, IA	56:51	9:09
17	4 W40	Mary Greig, 43*, Urbandale, IA	57:35	9:16
18	6 W30	Kathy Strottmann, 39*, Des Moines, IA	57:36	9:16
19	7 W30	Amy Timmerman, 37*, Johnston, IA	58:06	9:21
20	8 W30	Dawn Taute, 37*, Paton, IA	58:06	9:21

21	9	W30	Abbi Schutte, 30*, Des Moines, IA	58:07	9:21
22	5	W40	Christine Franck, 41*, Altoona, IA	58:18	9:23
23	2	W50	Julie Younger, 50*, Ankeny, IA	58:27	9:24
14	3	M50	Greg Younger, 52, Ankeny, IA	58:28	9:24
15	7	M30	Trevor Kooker, 39, Altoona, IA	59:06	9:31
16	3	M19	Jake Bales-Henry, 21, Des Moines, IA	59:12	9:32
17	2	M60	Roger Bilings, 61, Indianola, IA	1:00:54	9:48
18	4	M50	Rick Rush, 53, Ankeny, IA	1:02:05	9:59
24	6	W40	Sue Rush, 48*, Ankeny, IA	1:02:05	9:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
25	1	JrW	Meera Prasad, 12*, Clive, IA	1:04:38	10:24
26	2	JrW	Taylor Hawkins, 13*, Runnells, IA	1:05:35	10:33
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
27	3	W50	Sandy Gracey, 53*, Des Moines, IA	1:08:50	11:05
28	8	W19	Lonni Harrington, 29*, Knoxville, IA	1:11:09	11:27
29	10	W30	Trishia Sinclair, 31*, Omaha, NE	1:11:13	11:28
19	1	JrM	Adam Vail, 14, Runnells, IA	1:14:14	11:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
30	1	W60	Jeanne Dwyer, 61*, Waukee, IA	1:26:42	13:57
31			Shakun Advani*, Clive, IA	1:26:43	13:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
32	11	W30	Danielle Rust, 33*, Clive, IA	1:37:01	15:37
33	2	W60	Dorothy Rust, 61*, Ames, IA	1:37:06	15:37
20	3	M60	Phil Rust, 63, Ames, IA	1:37:08	15:38
34	4	W50	Wendy Hutchison, 58*, Urbandale, IA	1:37:15	15:39
35	5	W50	Terri Harris, 51*, Des Moines, IA	1:37:17	15:39
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
36	7	W40	Lori DeBruin, 45*, Prairie City, IA	1:41:14	16:17
37	8	W40	Valerie Gjersvik, 44*, Runnells, IA	1:41:15	16:18
38	9	W40	Shelli Doran, 46*, Runnells, IA	1:41:16	16:18
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top					
39	6	W50	Stephanie Brown, 54*, Des Moines, IA	1:55:17	18:33
40	12	W30	Gretchen Seiler, 32*, Des Moines, IA	1:55:18	18:33

"*" indicates females

1 finishers among Men 18 & Under
 3 finishers among Men 19 - 29
 7 finishers among Men 30 - 39
 1 finishers among Men 40 - 49
 4 finishers among Men 50 - 59
 3 finishers among Men 60 - 69
 2 finishers among Women 18 & Under
 8 finishers among Women 19 - 29
 12 finishers among Women 30 - 39
 9 finishers among Women 40 - 49
 6 finishers among Women 50 - 59
 2 finishers among Women 60 - 69
 20 male finishers
 40 female finishers
 60 total finishers

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