

# Run for your Life 6.4 Mile

Water Works Park, Des Moines, IA

Aug. 28, 2010

65 degrees, clear and sunny

Results by Michael Franke

Unfortunately, because of the flooding, we were unable to run the pre-arranged route on raceday. We found this out at 6:30 am and decided to change the course for safety reasons. Because of this the course was 308 meters long (.22 miles). The other option would have been to turn the race into a version of the Living History Farms race.

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	Patrick Riley, 37, Des Moines, IA	37:10	5:59
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
2	1 M50	Craig Burton, 57, Des Moines, IA	45:00	7:14
3	1 M40	Marcus Dunn, 47, Clive, IA	45:18	7:17
4	2 M30	Todd Fee, 35, Norwalk, IA	45:18	7:17
5	3 M30	Shawn Kleckner, 35, Ogden, IA	47:10	7:35
6	4 M30	Adam Van Dike, 35, Wdm, IA	48:24	7:47
1	1 W19	Karen Mathes, 27*, Polk City, IA	48:48	7:51
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
2	2 W19	Emilie Bertram, 28*, Ankeny, IA	50:05	8:04
7	1 M19	Matt Yetmar, 27, Des Moines, IA	50:40	8:09
3	1 W30	Sarah Paoli, 31*, Des Moines, IA	50:46	8:10
4	2 W30	Lori Drafahl, 37*, Des Moines, IA	50:50	8:11
8	2 M50	Chuvck Shives, 51, West Des Moines, IA	52:00	8:22
5	3 W30	Mary Beatty, 37*, Earlham, IA	52:12	8:24
9	2 M40	Jeff Rotert, 46, Altoona, IA	52:44	8:29
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
10	2 M19	Daniel Bowman, 20, Des Moines, IA	56:18	9:04
6	1 W50	Nancy McCunn, 52*, Massena, IA	56:30	9:05
11	3 M19	Jerimie Rushing, 28, Ankeny, IA	57:04	9:11
7	3 W19	Cara Chicoine, 22*, Ankeny, IA	57:49	9:18
8	4 W19	Shannon Lewis, 24*, WaUkee, IA	58:00	9:20
12	4 M19	Brenton Loss, 29, West Des Moines, IA	58:02	9:20
9	4 W30	Maria Loder, 38*, Des Moines, IA	58:16	9:23
13	3 M40	Troy Strong, 40, Indianola, IA	58:20	9:23
10	5 W30	Rebecca Reisinger, 36*, Ames, IA	59:45	9:37
14	5 M30	Mark Reisinger, 38, Ames, IA	59:46	9:37
15	1 M60	Neil Olson, 60, Boone, IA	1:01:51	9:57
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
11	1 W40	Donna Carroll, 42*, WaUkee, IA	1:02:17	10:01
12	5 W19	Tara Case, 26*, Des Moines, IA	1:03:58	10:18
13	2 W40	Anne Hess, 40*, Grimes, IA	1:04:18	10:21

14	6	W30	Suzanne Coen, 32*, Des Moines, IA	1:05:39	10:34
15	7	W30	Asia Strong, 33*, Indianola, IA	1:06:01	10:37
16	6	W19	Maddy Hinz, 24*, Waterloo, IA	1:07:12	10:49
17	7	W19	Jennifer Lewis, 24*, Windsor Heights, IA	1:07:12	10:49
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
18	8	W19	Kristi Thiese, 27*, Urbandale, IA	1:09:20	11:09
19	9	W19	Kati Nizzi, 27*, Urbandale, IA	1:09:20	11:09
20	8	W30	Abbi Schutte, 31*, Des Moines, IA	1:09:21	11:10
21	2	W50	Nicki Nichiksin, 54*, St. Charles, IA	1:10:09	11:17
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
22	1	W60	Char Coon, 63*, Urbandale, IA	1:18:33	12:38
23	9	W30	Renee Batts, 37*, Ankeny, IA	1:19:11	12:45
24	10	W19	Kristen Rasplicka, 25*, Des Moines, IA	1:19:25	12:47
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
25	3	W40	Lori Bowman, 40*, Des Moines, IA	1:23:47	13:29
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
26	11	W19	Kristin Rodenberg, 25*, Johnston, IA	1:28:08	14:11
27	10	W30	Pamela Goehring, 33*, Perry, IA	1:31:55	14:47
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="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
28	3	W50	Cindi Burggraaf, 53*, Fairfield, IA	1:47:01	17:13
29	4	W50	Dawn Gall, 55*, Osceola, IA	1:47:02	17:13

\* indicates females

4 finishers among Men 19 - 29  
 5 finishers among Men 30 - 39  
 3 finishers among Men 40 - 49  
 2 finishers among Men 50 - 59  
 1 finishers among Men 60 & Up  
 11 finishers among Women 19 - 29  
 10 finishers among Women 30 - 39  
 3 finishers among Women 40 - 49  
 4 finishers among Women 50 - 59  
 1 finishers among Women 60 & Up  
 15 male finishers  
 29 female finishers  
 44 total finishers

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