

St. Jude's Kernels 8K Run

CEDAR RAPIDS, IA

Aug. 15, 2009

Results by Kauder Racing

[5 K results here](#)

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8K Run

		CLASS				
PLACE	PLACE		FINISHER		TIME	PACE
Open Men						
1	1 M18		Austin Steil, 19, Cedar Rapids, IA		27:06	5:26
2	2 M18		Brandon Bond, 24, Cedar Rapids, IA		28:06	5:38
3	3 M18		Matthew Jasper, 19, Cedar Rapids, IA		28:20	5:41
Open Women						
1	1 W18		Elaina Mertens, 23, Cedar Rapids, IA		32:59	6:37
2	2 W18		Alice Anderson, 26, Marion, IA		33:33	6:43
3	3 W18		Stacy Conrad, 25, Iowa City, IA		34:57	7:00
Masters Men						
5	1 M40		Greg Skopec, 47, Coralville, IA		28:46	5:46
Masters Women						
5	1 W40		Jane McGee, 47, Hiawatha, IA		35:10	7:03
		CLASS				
PLACE	PLACE		FINISHER		TIME	PACE

Men Under 18

33	1	Duggan Trenary, 13, Marion, IA	37:07	7:26
51	2	Nick Robinson, 13, Cedar Rapids, IA	40:41	8:09
71	3	Adam Millsap, 13, Cedar Rapids, IA	50:10	10:03

Men 18 - 29

8	1	Craig Goldsmith, 27, Cedar Rapids, IA	30:11	6:03
9	2	Jacob Schueler, 18, Cedar Rapids, IA	30:32	6:07
12	3	Sean Hughley, 29, Hiawatha, IA	32:06	6:26

Men 30 - 39

4	1	Ben Fish, 34, Iowa City, IA	28:28	5:42
10	2	Steve Berger, 30, Cedar Rapids, IA	30:38	6:08
22	3	Dyrk Dahl, 33, Jesup, IA	34:31	6:55

Men 40 - 49

6	1	Jeff Nietert, 48, Cedar Rapids, IA	29:52	5:59
7	2	Michael Kabela, 42, North Liberty, IA	30:00	6:01
11	3	Michael Schulte, 44, Cedar Rapids, IA	31:02	6:13

Men 50 - 59

19	1	Michael Nurre, 55, Cedar Rapids, IA	33:38	6:45
21	2	Bill Oliver, 51, Cedar Rapids, IA	34:18	6:52
26	3	Stephen Maze, 52, Cedar Rapids, IA	36:06	7:14

Men 60 - 69

16	1	Jim Shimek, 62, Fairfax, IA	32:40	6:33
43	2	Bruce Bachmann, 60, Cedar Rapids, IA	39:25	7:54
47	3	Dave Hughes, 62, Cedar Rapids, IA	40:22	8:05

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
Women Under 18				
10	1	Lauren Maze, 17, Cedar Rapids, IA	37:07	7:26
Women 18 - 29				
7	1	Elizabeth Steele, 24, Norway, IA	36:00	7:13
9	2	Riley Barth, 22, Iowa City, IA	36:28	7:19
11	3	Cassy Townsley, 27, Cedar Rapids, IA	38:25	7:42
Women 30 - 39				
4	1	Rachel Dahl, 31, Jesup, IA	35:06	7:02
8	2	Lisa Lambi, 31, North Liberty, IA	36:19	7:17
14	3	Tina Bean, 36, Cedar Rapids, IA	39:24	7:54
Women 40 - 49				
15	1	Jeanine Penticoff, 47, Cedar Rapids, IA	39:26	7:54
18	2	Diane Ropp, 42, Cedar Rapids, IA	41:01	8:13
24	3	Traci Beitzel, 42, Cedar Rapids, IA	43:24	8:42
Women 50 - 59				
6	1	Andriette Wickstrom, 54, Storm Lake, IA	35:43	7:10
13	2	Muriel Naumann, 53, Iowa City, IA	39:02	7:50
17	3	Sharon Robertson, 53, Alburnett, IA	40:24	8:06

Overall results

CLASS

PLACE	PLACE	FINISHER	TIME	PACE
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Individuals

Pace: [4:00](#) | [5:00](#) | [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [Top](#)

1	OpM	Austin Steil, 19, Cedar Rapids, IA	27:06	5:26
2	OpM	Brandon Bond, 24, Cedar Rapids, IA	28:06	5:38
3	OpM	Matthew Jasper, 19, Cedar Rapids, IA	28:20	5:41
4	1 M30	Ben Fish, 34, Iowa City, IA	28:28	5:42
5	MM	Greg Skopec, 47, Coralville, IA	28:46	5:46
6	1 M40	Jeff Nietert, 48, Cedar Rapids, IA	29:52	5:59
Pace: 4:00 5:00 6:00 7:00 8:00 9:00 10:00 11:00 Top				
7	2 M40	Michael Kabela, 42, North Liberty, IA	30:00	6:01
8	1 M18	Craig Goldsmith, 27, Cedar Rapids, IA	30:11	6:03
9	2 M18	Jacob Schueler, 18, Cedar Rapids, IA	30:32	6:07
10	2 M30	Steve Berger, 30, Cedar Rapids, IA	30:38	6:08
11	3 M40	Michael Schulte, 44, Cedar Rapids, IA	31:02	6:13
12	3 M18	Sean Hughley, 29, Hiawatha, IA	32:06	6:26
13	4 M40	Sam Houston, 42, Cedar Rapids, IA	32:07	6:26
14	4 M18	Gregory McGrath, 24, Cedar Rapids, IA	32:18	6:29
15	5 M18	Matt Townsley, 27, Cedar Rapids, IA	32:23	6:29
16	1 M60	Jim Shimek, 62, Fairfax, IA	32:40	6:33
17	6 M18	Douglas Hass, 28, Cedar Rapids, IA	32:53	6:35
1	OpW	Elaina Mertens, 23*, Cedar Rapids, IA	32:59	6:37
18	5 M40	Dave Reid, 42, Fairfax, IA	33:09	6:39
2	OpW	Alice Anderson, 26*, Marion, IA	33:33	6:43
19	1 M50	Michael Nurre, 55, Cedar Rapids, IA	33:38	6:45
20	6 M40	Jeff Madsen, 47, Cedar Rapids, IA	34:13	6:52
21	2 M50	Bill Oliver, 51, Cedar Rapids, IA	34:18	6:52
22	3 M30	Dyrk Dahl, 33, Jesup, IA	34:31	6:55
23	7 M40	Michael Hughes, 42, Cedar Rapids, IA	34:35	6:56
Pace: 4:00 5:00 6:00 7:00 8:00 9:00 10:00 11:00 Top				
3	OpW	Stacy Conrad, 25*, Iowa City, IA	34:57	7:00
4	1 W30	Rachel Dahl, 31*, Jesup, IA	35:06	7:02
5	MW	Jane McGee, 47*, Hiawatha, IA	35:10	7:03
6	1 W50	Andriette Wickstrom, 54*, Storm Lake, IA	35:43	7:10
24	4 M30	Brenton Pushetonequa, 33, Tama, IA	35:47	7:10
25	8 M40	Al Testin, 44, Cedar Rapids, IA	35:53	7:12

7	1	W18	Elizabeth Steele, 24*, Norway, IA	36:00	7:13
26	3	M50	Stephen Maze, 52, Cedar Rapids, IA	36:06	7:14
27	5	M30	Chris Nims, 32, Robins, IA	36:17	7:17
8	2	W30	Lisa Lambi, 31*, North Liberty, IA	36:19	7:17
9	2	W18	Riley Barth, 22*, Iowa City, IA	36:28	7:19
28	9	M40	Mark Rocarek, 44, Vinton, IA	36:29	7:19
29	6	M30	Kyle Trampe, 38, Marion, IA	36:49	7:23
30	7	M30	Christopher Ellis, 33, Chicago, IL	36:50	7:23
31	10	M40	Wes Bruns, 41, Cedar Rapids, IA	36:56	7:24
32	8	M30	Jon Myers, 32, North Liberty, IA	36:57	7:24
33	1	JrM	Duggan Trenary, 13, Marion, IA	37:07	7:26
10	1	JrW	Lauren Maze, 17*, Cedar Rapids, IA	37:07	7:26
34	11	M40	Jeff Pick, 47, Cedar Rapids, IA	37:08	7:27
35	4	M50	Bob Strickland, 58, Cedar Rapids, IA	37:13	7:28
36	5	M50	Tom Vanberkum, 58, Marion, IA	37:16	7:28
37	7	M18	Ben Watson, 20, Cedar Rapids, IA	37:52	7:35
11	3	W18	Cassy Townsley, 27*, Cedar Rapids, IA	38:25	7:42
38	9	M30	Chris Levi, 38, Cedar Rapids, IA	38:28	7:43
39	6	M50	David Vognsen, 50, Cedar Rapids, IA	38:32	7:44
12	4	W18	Melissa McKeon, 27*, Cedar Rapids, IA	38:42	7:46
40	7	M50	Jay Weibold, 52, Cedar Rapids, IA	38:43	7:46
41	10	M30	Sridip Mukhopadhyaya, 31, Cedar Rapids, IA	38:53	7:48
42	12	M40	Dennis Fagan, 45, Cedar Rapids, IA	39:00	7:49
13	2	W50	Muriel Naumann, 53*, Iowa City, IA	39:02	7:50
14	3	W30	Tina Bean, 36*, Cedar Rapids, IA	39:24	7:54
43	2	M60	Bruce Bachmann, 60, Cedar Rapids, IA	39:25	7:54
15	1	W40	Jeanine Penticoff, 47*, Cedar Rapids, IA	39:26	7:54
44	13	M40	Patrick Knaub, 41, Cedar Rapids, IA	39:41	7:57
45	11	M30	Antonio Santana, 33, Marion, IA	39:44	7:58
46	12	M30	Chad Gammon, 36, Cedar Rapids, IA	39:45	7:58

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16	5	W18	Christin Tomy, 21*, Cedar Rapids, IA	39:58	8:01
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47	3	M60	Dave Hughes, 62, Cedar Rapids, IA	40:22	8:05
17	3	W50	Sharon Robertson, 53*, Alburnett, IA	40:24	8:06
48	8	M50	Mark Ramsey, 58, Cedar Rapids, IA	40:28	8:07
49	9	M50	Mark Bakkum, 55, Cedar Rapids, IA	40:28	8:07
50	8	M18	Steve Paxton, 23, Cedar Rapids, IA	40:32	8:08
51	2	JrM	Nick Robinson, 13, Cedar Rapids, IA	40:41	8:09
52	4	M60	Rod Raabe, 64, Swisher, IA	40:56	8:12
18	2	W40	Diane Ropp, 42*, Cedar Rapids, IA	41:01	8:13
19	4	W50	Trish Prokop, 55*, Cedar Rapids, IA	41:01	8:13
20	4	W30	Dee Dee Nims, 32*, Robins, IA	41:11	8:15
53	14	M40	Doug Jasper, 48, Davenport, IA	41:16	8:16
54	15	M40	Michael Schueler, 46, Cedar Rapids, IA	41:27	8:19
21	6	W18	Erica Hass, 25*, Cedar Rapids, IA	41:28	8:19
55	10	M50	Mike Peiffer, 50, Cedar Rapids, IA	41:45	8:22
22	5	W30	Candie Levi, 35*, Cedar Rapids, IA	41:47	8:23
56	16	M40	Jim Schnoebelen, 49, Cedar Rapids, IA	42:09	8:27
57	17	M40	Todd Montgomery, 40, Cedar Rapids, IA	42:12	8:28
58	18	M40	Terry Lemon, 46, Cedar Rapids, IA	42:15	8:28
59	5	M60	Jim Berger, 64, Cedar Rapids, IA	42:49	8:35
60	19	M40	Steve Hagarty, 49, Cedar Rapids, IA	42:54	8:36
23	6	W30	Betsy Standefer, 38*, Cedar Rapids, IA	43:12	8:40
24	3	W40	Traci Beitzel, 42*, Cedar Rapids, IA	43:24	8:42
25	7	W30	Cami Pierce, 35*, Urbana, IA	44:15	8:52
61	9	M18	Michael Harville, 26, Marion, IA	44:15	8:52
26	4	W40	Tami Lux, 42*, Cedar Rapids, IA	44:30	8:55
62	20	M40	Mike Jacobi, 45, Shellsburg, IA	44:32	8:56
63	21	M40	Keith Barnes, 46, Sturgis, MI	44:36	8:57
27	5	W40	Lynda Cook, 42*, Cedar Rapids, IA	44:37	8:57
28	7	W18	Holly Sheldon, 24*, Cedar Rapids, IA	44:38	8:57
29	8	W30	Abby Frazee, 35*, Coppell, TX	44:41	8:57
30	5	W50	Betty Hopkins, 50*, Marion, IA	44:43	8:58
31	6	W40	Julie Lemon, 42*, Cedar Rapids, IA	44:43	8:58

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64	13	M30	Anthony Cooper, 39, Cedar Rapids, IA	44:54	9:00
32	7	W40	Stephanie Frazee, 43*, Fairfax, IA	45:04	9:02
33	9	W30	Michaela Coyle, 30*, Cedar Rapids, IA	45:36	9:09
34	8	W18	Sara Hussain, 20*, Iowa City, IA	45:41	9:09
65	14	M30	Joseph Baber, 32, Cedar Rapids, IA	45:58	9:13
35	10	W30	Anne White, 39*, Cedar Rapids, IA	46:07	9:15
36	9	W18	Abbey Malloy, 25*, Fort Wayne, IN	46:17	9:17
37	11	W30	Chelsea Houy, 34*, Cedar Rapids, IA	46:27	9:19
38	10	W18	Sandi Severin, 26*, North Liberty, IA	46:30	9:19
66	10	M18	Ross Behling, 26, Ames, IA	46:33	9:20
39	6	W50	Linnea Martin, 55*, Marion, IA	46:49	9:23
40	11	W18	Jennifer Aarni, 22*, Marion, IA	46:58	9:25
41	12	W18	Sara Sadorra, 27*, Cedar Rapids, IA	47:05	9:26
42	13	W18	Jenny Lucas, 28*, Marion, IA	47:28	9:31
43	14	W18	Jenny Ohliger, 27*, Cedar Rapids, IA	47:32	9:32
44	15	W18	Courtney Shoemaker, 23*, Cedar Rapids, IA	47:38	9:33
45	16	W18	Erica Kaldenberg, 25*, Iowa City, IA	47:38	9:33
67	15	M30	Dave Barnhart, 36, Cedar Rapids, IA	47:41	9:34
46	8	W40	Cathy Taylor, 47*, Cedar Rapids, IA	47:59	9:37
47	17	W18	Anita Bark, 29*, Marion, IA	48:42	9:46
48	9	W40	Michelle Davin, 43*, Cedar Rapids, IA	48:57	9:49
49	18	W18	Carly Koenig, 26*, Cedar Rapids, IA	49:22	9:54
50	19	W18	Amanda Stamm, 22*, Marion, IA	49:25	9:55
68	22	M40	Jack Standefer, 40, Cedar Rapids, IA	49:28	9:55
69	16	M30	Joshua Johnson, 30, Cedar Rapids, IA	49:34	9:56
70	23	M40	Tim Frazee, 40, Fairfax, IA	49:37	9:57

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71	3	JrM	Adam Millsap, 13, Cedar Rapids, IA	50:10	10:03
51	12	W30	Stacey Hodges, 34*, Cedar Rapids, IA	50:32	10:08
52	13	W30	Linda Hodges, 35*, Tiffin, IA	50:32	10:08
53	14	W30	Sarah Lagrange, 30*, Cedar Rapids, IA	50:46	10:11
54	20	W18	Jillian Arnesen, 25*, Marion, IA	51:07	10:15
55	15	W30	Beth Esch, 33*, Mount Vernon, IA	51:45	10:22

56	10	W40	Jennifer Burkart, 42*, Marion, IA	51:50	10:23
57	16	W30	Kelly Novak, 34*, Marion, IA	52:05	10:27
58	17	W30	Danyel Kolek, 30*, Marion, IA	52:06	10:27
59	21	W18	Jen Elam, 29*, Cedar Rapids, IA	52:23	10:30
60	18	W30	Becky Barnhart, 38*, Lisbon, IA	52:40	10:34
61	11	W40	Janine Wasson, 43*, Cedar Rapids, IA	53:08	10:39
62	22	W18	Brittany Hollander, 24*, Cedar Rapids, IA	53:16	10:41
63	12	W40	Kris Lee, 44*, Walford, IA	53:27	10:43
64	13	W40	Diana Haldin, 48*, Elk Point, SD	54:18	10:53

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65	19	W30	Kim Cigrand, 38*, Monticello, IA	56:57	11:25
66	20	W30	Jennifer Taylor, 38*, Center Point, IA	57:14	11:29

* indicates females

8 finishers among Males (no age given)

3 finishers among Men Under 18

10 finishers among Men 18 - 29

16 finishers among Men 30 - 39

23 finishers among Men 40 - 49

10 finishers among Men 50 - 59

5 finishers among Men 60 - 69

1 finishers among Women Under 18

22 finishers among Women 18 - 29

20 finishers among Women 30 - 39

13 finishers among Women 40 - 49

6 finishers among Women 50 - 59

75 male finishers

62 female finishers

137 total finishers

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