

# Swisher 5K Run

Swisher, IA

Aug. 3, 2013

Sunny and Low 50's

Results by Scheckel, Kauder Racing

[5K Run](#)

[5K Walk](#)

[1 Mile](#)

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| CLASS   |       |                                   |       |      |
|---|-------|-----------------------------------|-------|------|
| PLACE   | PLACE | FINISHER                          | TIME  | PACE |
| 1   | 1 M30 | Nathan Hopp, 30, West Amana       | 16:22 | 5:16 |
| 2   | 1 M19 | Phil Young, 26, North liberty     | 17:06 | 5:31 |
| 3   | 1 M40 | Brett Stephenson, 42, Stanly      | 17:41 | 5:42 |
| 4   | 2 M30 | Mark Ironside, 38, Swisher        | 18:32 | 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> |       |                                   |       |      |
| 1   | 1 W19 | Stephanie Ivins, 19*, Stanly      | 20:27 | 6:36 |
| 5   | 2 M40 | Tom Daubs, 42, Marion             | 20:44 | 6:41 |
| 6   | 3 M40 | John Oxley, 42, Tiffin            | 21:27 | 6:55 |
| 7   | 1 M14 | Preston LaGrange, 14, Swisher     | 21:30 | 6:56 |
| 8   | 1 M50 | Craig Brophy, 52, Cedar Rapids    | 21:35 | 6:58 |
| 2   | 2 W19 | Julie Johnston, 29*, Cedar Rapids | 21:37 | 6:58 |
| 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> |       |                                   |       |      |
| 9   | 2 M14 | Cormick Gaughran, 18, Swisher     | 21:53 | 7:03 |
| 10  | 4 M40 | Ron Hugeback, 46, Solon           | 21:56 | 7:04 |
| 11  | 1 M60 | Tom Wolfe, 65, Cedar Rapids       | 22:08 | 7:08 |
| 12  | 3 M30 | John Myers, 36, North liberty     | 22:11 | 7:09 |
| 13  | 1 JrM | Colton LaGrange, 12, Swisher      | 22:24 | 7:13 |
| 14  | 2 M19 | Justin Cook, 19, Stanly           | 22:56 | 7:24 |
| 3   | 1 W50 | Jane McGee, 51*, Hiawatha         | 23:02 | 7:26 |
| 15  | 2 M50 | Paul James, 50, Stanly            | 23:07 | 7:27 |
| 16  | 4 M30 | Doug Fishwild, 34, Cedar Rapids   | 23:12 | 7:29 |
| 17  | 3 M19 | Ben Frotscher, 29, North liberty  | 23:15 | 7:30 |
| 18  | 5 M40 | Michael Riddle, 47, Kalona        | 23:16 | 7:30 |

|   |        |                                       |       |      |
|---|--------|---------------------------------------|-------|------|
| 19  | 5 M30  | Nathan Vetter, 33, Swisher            | 23:18 | 7:31 |
| 20  | 2 JrM  | Ben Lamparek, 13, Marengo             | 23:20 | 7:31 |
| 21  | 4 M19  | Scott Lamperek, 23, Des Moines        | 23:26 | 7:33 |
| 22  | 6 M40  | Rick Lamparek, 45, Marengo            | 23:30 | 7:35 |
| 4   | 1 JrW  | Alisa Neubauer, 13*, Shueyville       | 23:37 | 7:37 |
| 23  | 6 M30  | Eric Griffin, 36, Swisher             | 23:44 | 7:39 |
| 24  | 7 M40  | Keith Neubauer, 42, Shueyville        | 23:50 | 7:41 |
| 25  | 3 M50  | Kim Wander, 52, West Union            | 23:57 | 7:44 |
| 26  | 7 M30  | Jeremy James, 32, Stilwell            | 23:59 | 7:44 |
| 27  | 3 JrM  | Dillon Ironside, 13, Swisher          | 24:26 | 7:53 |
| 5   | 1 W30  | Brie Roth, 34*                        | 24:29 | 7:54 |
| 28  | 5 M19  | Thomas Julius, 21, North liberty      | 24:29 | 7:54 |
| 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> |        |                                       |       |      |
| 29  | 4 JrM  | Karter Griffin, 11, Swisher           | 24:56 | 8:02 |
| 6   | 2 W30  | Cynthia Marx, 36*, North liberty      | 24:57 | 8:03 |
| 7   | 3 W30  | Heidi Kestel, 31*, Tiffin             | 25:54 | 8:21 |
| 30  | 4 M50  | Monty Beal, 50, Coralville            | 26:17 | 8:28 |
| 31  | 8 M40  | Matt Ironside, 40, Swisher            | 26:22 | 8:30 |
| 8   | 4 W30  | Lori Winborn, 39*, Swisher            | 26:23 | 8:31 |
| 9   | 2 W50  | Muriel Naumann, 57*, Iowa City        | 26:49 | 8:39 |
| 32  | 2 M60  | Rod Raabe, 67, Stilwell               | 26:56 | 8:41 |
| 33  | 9 M40  | Jeff Allen, 42, Coralville            | 27:02 | 8:43 |
| 10  | 5 W30  | Diane McCabe, 30*, Swisher            | 27:17 | 8:48 |
| 34  | 8 M30  | Jeff Lorimar, 32, Swisher             | 27:33 | 8:53 |
| 11  | 2 JrW  | Hannah Ironside, 9*, Swisher          | 27:34 | 8:53 |
| 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> |        |                                       |       |      |
| 35  | 9 M30  | Brandon Ohern, 31, Swisher            | 27:53 | 9:00 |
| 36  | 5 M50  | Kevin Lamparek, 52, Swisher           | 27:56 | 9:01 |
| 37  | 10 M30 | Tim Schramm, 30, Swisher              | 27:58 | 9:01 |
| 12  | 1 W40  | Lisa Hawkins, 40*, Stanly             | 28:01 | 9:02 |
| 38  | 1 M70  | John Leland, 77, Marion               | 28:04 | 9:03 |
| 13  | 2 W40  | Traci Rezabek, 49*, Hiawatha          | 28:06 | 9:04 |
| 14  | 6 W30  | Dorota Staniewska, 36*, North liberty | 28:26 | 9:10 |
| 15  | 7 W30  | Melissa Ertle, 32*, Iowa City         | 28:28 | 9:11 |

|   |        |                                 |       |       |
|---|--------|---------------------------------|-------|-------|
| 16  | 3 W40  | Brenda Swanson, 42*, Swisher    | 28:33 | 9:12  |
| 17  | 3 JrW  | Maddy Kolek, 10*                | 28:47 | 9:17  |
| 39  | 10 M40 | Paul Mallie, 48, Fairfax        | 28:48 | 9:17  |
| 40  | 6 M50  | Brian Fruendt, 53, Coralville   | 28:50 | 9:18  |
| 18  | 4 W40  | Tara Rust, 40*                  | 28:50 | 9:18  |
| 19  | 4 JrW  | Sarah, 13*, Swisher             | 28:59 | 9:21  |
| 41  | 3 M14  | Drew Schulte, 14, North liberty | 29:11 | 9:25  |
| 20  | 3 W50  | Lisa Flaherty, 50*, Fairfax     | 29:48 | 9:37  |
| 21  | 8 W30  | Traci Boston, 35*, Swisher      | 29:59 | 9:40  |
| 42  | 7 M50  | Kevin Eruster, 59, Walker       | 30:36 | 9:52  |
| 22  | 5 W40  | Dawn Foss, 44*, Swisher         | 30:42 | 9:54  |
| 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> |        |                                 |       |       |
| 23  | 9 W30  | Alice Murray, 34*, Cedar Rapids | 31:18 | 10:06 |
| 43  | 5 JrM  | Colin Winborn, 9, Swisher       | 31:44 | 10:14 |
| 24  | 4 W50  | Jean Sippy, 59*, Cedar Rapids   | 32:08 | 10:22 |
| 25  | 5 W50  | Shelley Marsta, 50*, Swisher    | 32:25 | 10:27 |
| 26  | 10 W30 | Kim Weber, 35*, Oxford          | 32:35 | 10:30 |
| 44  | 4 M14  | Brad Fordice, 14, Swisher       | 32:37 | 10:31 |
| 27  | 11 W30 | Janeen VanEtten, 39*, Iowa City | 32:46 | 10:34 |
| 45  | 6 M19  | Travis Hartbecke, 28, Cascade   | 32:57 | 10:38 |
| 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  | 5 JrW  | Megan Steffens, 10*, Swisher    | 34:56 | 11:16 |
| 29  | 6 JrW  | Rylee Newhard, 10*              | 34:58 | 11:17 |
| 30  | 7 JrW  | Jesse Paxton, 12*, Stilwell     | 35:21 | 11:24 |
| 31  | 6 W40  | Cindy Kofron, 43*, Swisher      | 36:13 | 11:41 |
| 46  | 8 M50  | John Pettus, 50, Marion         | 36:38 | 11:49 |
| 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> |        |                                 |       |       |
| 32  | 7 W40  | Agnes Wei, 42*, Swisher         | 38:39 | 12:28 |
| 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> |        |                                 |       |       |
| 33  | 8 JrW  | Megan Lamparek, 10*, Marengo    | 42:02 | 13:34 |
| 34  | 12 W30 | Samantha Ironside, 36*, Swisher | 42:45 | 13:47 |
| 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> |        |                                 |       |       |
| 47  | 11 M40 | Scott Becker, 45, North liberty | 44:45 | 14:26 |
| 35  | 9 JrW  | Ayva Bohr, 13*, Swisher         | 45:24 | 14:38 |
| 48  | 12 M40 | Steve Bohr, 40, Swisher         | 45:24 | 14:39 |

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)  
 36 1 W70 Yronne Cisar, 75\*, Hiawatha 47:23 15:17

\* indicates females

5 finishers among Men 13 & Under

4 finishers among Men 14 - 18

6 finishers among Men 19 - 29

10 finishers among Men 30 - 39

12 finishers among Men 40 - 49

8 finishers among Men 50 - 59

2 finishers among Men 60 - 69

1 finishers among Men 70 & Up

9 finishers among Women 13 & Under

2 finishers among Women 19 - 29

12 finishers among Women 30 - 39

7 finishers among Women 40 - 49

5 finishers among Women 50 - 59

1 finishers among Women 70 & Up

48 male finishers

36 female finishers

84 total finishers

| CLASS             |       |                                  |       |      |
|-------------------|-------|----------------------------------|-------|------|
| PLACE             | PLACE | FINISHER                         | TIME  | PACE |
| <b>Open Men</b>   |       |                                  |       |      |
| 1                 | 1 M30 | Nathan Hopp, 30, West Amana      | 16:22 | 5:16 |
| 2                 | 2 M19 | Phil Young, 26, North liberty    | 17:06 | 5:31 |
| 3                 | 3 M40 | Brett Stephenson, 42, Stanly     | 17:41 | 5:42 |
| 4                 | 4 M30 | Mark Ironside, 38, Swisher       | 18:32 | 5:59 |
| 5                 | 5 M40 | Tom Daubs, 42, Marion            | 20:44 | 6:41 |
| <b>Open Women</b> |       |                                  |       |      |
| 1                 | 1 W19 | Stephanie Ivins, 19, Stanly      | 20:27 | 6:36 |
| 2                 | 2 W19 | Julie Johnston, 29, Cedar Rapids | 21:37 | 6:58 |
| 3                 | 3 W50 | Jane McGee, 51, Hiawatha         | 23:02 | 7:26 |

|   |       |                                |       |      |
|---|-------|--------------------------------|-------|------|
| 4 | 4 JrW | Alisa Neubauer, 13, Shueyville | 23:37 | 7:37 |
| 5 | 5 W30 | Brie Roth, 34                  | 24:29 | 7:54 |

## CLASS

| PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-------|----------|------|------|
|-------|-------|----------|------|------|

**Men 13 & Under**

|    |   |                              |       |       |
|----|---|------------------------------|-------|-------|
| 13 | 1 | Colton LaGrange, 12, Swisher | 22:24 | 7:13  |
| 20 | 2 | Ben Lamparek, 13, Marengo    | 23:20 | 7:31  |
| 27 | 3 | Dillon Ironside, 13, Swisher | 24:26 | 7:53  |
| 29 | 4 | Karter Griffin, 11, Swisher  | 24:56 | 8:02  |
| 43 | 5 | Colin Winborn, 9, Swisher    | 31:44 | 10:14 |

**Men 14 - 18**

|    |   |                                 |       |       |
|----|---|---------------------------------|-------|-------|
| 7  | 1 | Preston LaGrange, 14, Swisher   | 21:30 | 6:56  |
| 9  | 2 | Cormick Gaughran, 18, Swisher   | 21:53 | 7:03  |
| 41 | 3 | Drew Schulte, 14, North liberty | 29:11 | 9:25  |
| 44 | 4 | Brad Fordice, 14, Swisher       | 32:37 | 10:31 |

**Men 19 - 29**

|    |   |                                  |       |      |
|----|---|----------------------------------|-------|------|
| 2  | 1 | Phil Young, 26, North liberty    | 17:06 | 5:31 |
| 14 | 2 | Justin Cook, 19, Stanly          | 22:56 | 7:24 |
| 17 | 3 | Ben Frotscher, 29, North liberty | 23:15 | 7:30 |
| 21 | 4 | Scott Lamperek, 23, Des Moines   | 23:26 | 7:33 |
| 28 | 5 | Thomas Julius, 21, North liberty | 24:29 | 7:54 |

**Men 30 - 39**

|    |   |                                 |       |      |
|----|---|---------------------------------|-------|------|
| 1  | 1 | Nathan Hopp, 30, West Amana     | 16:22 | 5:16 |
| 4  | 2 | Mark Ironside, 38, Swisher      | 18:32 | 5:59 |
| 12 | 3 | John Myers, 36, North liberty   | 22:11 | 7:09 |
| 16 | 4 | Doug Fishwild, 34, Cedar Rapids | 23:12 | 7:29 |
| 19 | 5 | Nathan Vetter, 33, Swisher      | 23:18 | 7:31 |

**Men 40 - 49**

|   |   |                              |       |      |
|---|---|------------------------------|-------|------|
| 3 | 1 | Brett Stephenson, 42, Stanly | 17:41 | 5:42 |
| 5 | 2 | Tom Daubs, 42, Marion        | 20:44 | 6:41 |
| 6 | 3 | John Oxley, 42, Tiffin       | 21:27 | 6:55 |

|    |   |                            |       |      |
|----|---|----------------------------|-------|------|
| 10 | 4 | Ron Hugeback, 46, Solon    | 21:56 | 7:04 |
| 18 | 5 | Michael Riddle, 47, Kalona | 23:16 | 7:30 |

**Men 50 - 59**

|    |   |                                |       |      |
|----|---|--------------------------------|-------|------|
| 8  | 1 | Craig Brophy, 52, Cedar Rapids | 21:35 | 6:58 |
| 15 | 2 | Paul James, 50, Stanly         | 23:07 | 7:27 |
| 25 | 3 | Kim Wander, 52, West Union     | 23:57 | 7:44 |
| 30 | 4 | Monty Beal, 50, Coralville     | 26:17 | 8:28 |
| 36 | 5 | Kevin Lamparek, 52, Swisher    | 27:56 | 9:01 |

**Men 60 - 69**

|    |   |                             |       |      |
|----|---|-----------------------------|-------|------|
| 11 | 1 | Tom Wolfe, 65, Cedar Rapids | 22:08 | 7:08 |
| 32 | 2 | Rod Raabe, 67, Stilwell     | 26:56 | 8:41 |

**Men 70 & Up**

|    |   |                         |       |      |
|----|---|-------------------------|-------|------|
| 38 | 1 | John Leland, 77, Marion | 28:04 | 9:03 |
|----|---|-------------------------|-------|------|

## CLASS

| PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-------|----------|------|------|
|-------|-------|----------|------|------|

**Women 13 & Under**

|    |   |                                |       |       |
|----|---|--------------------------------|-------|-------|
| 4  | 1 | Alisa Neubauer, 13, Shueyville | 23:37 | 7:37  |
| 11 | 2 | Hannah Ironside, 9, Swisher    | 27:34 | 8:53  |
| 17 | 3 | Maddy Kolek, 10                | 28:47 | 9:17  |
| 19 | 4 | Sarah, 13, Swisher             | 28:59 | 9:21  |
| 28 | 5 | Megan Steffens, 10, Swisher    | 34:56 | 11:16 |

**Women 19 - 29**

|   |   |                                  |       |      |
|---|---|----------------------------------|-------|------|
| 1 | 1 | Stephanie Ivins, 19, Stanly      | 20:27 | 6:36 |
| 2 | 2 | Julie Johnston, 29, Cedar Rapids | 21:37 | 6:58 |

**Women 30 - 39**

|    |   |                                 |       |      |
|----|---|---------------------------------|-------|------|
| 5  | 1 | Brie Roth, 34                   | 24:29 | 7:54 |
| 6  | 2 | Cynthia Marx, 36, North liberty | 24:57 | 8:03 |
| 7  | 3 | Heidi Kestel, 31, Tiffin        | 25:54 | 8:21 |
| 8  | 4 | Lori Winborn, 39, Swisher       | 26:23 | 8:31 |
| 10 | 5 | Diane McCabe, 30, Swisher       | 27:17 | 8:48 |

**Women 40 - 49**

|    |   |                          |       |      |
|----|---|--------------------------|-------|------|
| 12 | 1 | Lisa Hawkins, 40, Stanly | 28:01 | 9:02 |
|----|---|--------------------------|-------|------|

|    |   |                             |       |      |
|----|---|-----------------------------|-------|------|
| 13 | 2 | Traci Rezabek, 49, Hiawatha | 28:06 | 9:04 |
| 16 | 3 | Brenda Swanson, 42, Swisher | 28:33 | 9:12 |
| 18 | 4 | Tara Rust, 40               | 28:50 | 9:18 |
| 22 | 5 | Dawn Foss, 44, Swisher      | 30:42 | 9:54 |

**Women 50 - 59**

|    |   |                               |       |       |
|----|---|-------------------------------|-------|-------|
| 3  | 1 | Jane McGee, 51, Hiawatha      | 23:02 | 7:26  |
| 9  | 2 | Muriel Naumann, 57, Iowa City | 26:49 | 8:39  |
| 20 | 3 | Lisa Flaherty, 50, Fairfax    | 29:48 | 9:37  |
| 24 | 4 | Jean Sippy, 59, Cedar Rapids  | 32:08 | 10:22 |
| 25 | 5 | Shelley Marsta, 50, Swisher   | 32:25 | 10:27 |

**Women 70 & Up**

|    |   |                            |       |       |
|----|---|----------------------------|-------|-------|
| 36 | 1 | Yronne Cisar, 75, Hiawatha | 47:23 | 15:17 |
|----|---|----------------------------|-------|-------|

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