



# Sycamore 8 Trail Run

Des Moines, IA

Dec. 7, 2013

## 2 degrees and Cold

Results by Cal Murdock

Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME
1	1 M30	Ross Salinas, 33, Iowa City, IA	44:35
2	2 M30	Chris Nealy, 33, West Des Moines, IA	45:00
3	1 M20	Jake Sutton, 22, West Des Moines, IA	45:03
4	2 M20	Luke Demmel, 23, Des Moines, IA	47:32
1	1 W20	Ellen Ries, 26*, Des Moines, IA	49:24
5	3 M20	Keegan Coats, 27, Des Moines, IA	50:21
6	3 M30	Dan Pinkerton, 38, Des Moines, IA	50:40
7	4 M20	Michael McCarville, 27, Johnston, IA	50:51
8	4 M30	Scott Brown, 31, Urbandale, IA	51:04
9	5 M20	Evan Koester, 28, Des Moines, IA	51:11
2	1 W30	Susie Duke, 33*, Marshalltown, I	51:35
10	5 M30	Peter Bergum, 39, Ames, IA	51:41
11	1 M40	Tim Steenhoek, 46, Pleasant Hill, IA	51:47
12	6 M30	Joe Rieserg, 36, Johnston, IA	52:14
3	2 W30	Stephanie Mortenson, 32*, Windsor Heights, IA	52:30
13	2 M40	Jason Hahn, 43, Des Moines, IA	52:38
14	7 M30	Nick Elliott, 33, Des Moines, IA	52:40
15	8 M30	James Krzak, 38, West Des Moines, IA	52:59
16	6 M20	Gavin White, 29, Clive, IA	52:59
4	3 W30	Colleen Webb, 36*, Des Moines, IA	53:09
17	9 M30	Mark Sundet, 38, Urbandale, IA	53:16
18	3 M40	Timothy Bergan, 48, Colfax, IA	53:28
19	1 JrM	Seth Nostrala, 15, Indianola, IA	53:37
20	10 M30	Aaron Wheelock, 33, Des Moines, IA	53:48
21	4 M40	Jeff Amiler, 49, Polk City, IA	54:54
5	2 W20	Kaitlin Reed, 22*, West Des Moines, IA	55:15
22	5 M40	Daniel Holt, 45, Mount Pleasant, IA	55:35
23	6 M40	Joe DuPre, 49, Pella, IA	55:55
24	7 M20	Sean Lunde, 27, Clive, IA	56:10
25	7 M40	Darvish Shadravan, 45, Ankeny, IA	56:14
26	11 M30	Trent Donnelly, 37, Adel, IA	56:17
27	12 M30	Brent Osborne, 38, Des Moines, IA	56:23
28	1 M60	Willie Lahart, 60, Newton, IA	56:26
29	13 M30	Michael McGinn, 32, Des Moines, IA	56:33
30	8 M40	David Olsen, 41, West Des Moines, IA	56:36
31	9 M40	Scott Meyer, 49, Pella, IA	56:39
32	8 M20	Andy Bernholtz, 25, Ankeny, IA	56:46
33	10 M40	Sas Quatch, 49, Clive, IA	57:28
34	1 M50	Jeff Perry, 53, Bondurant, IA	57:34
35	11 M40	Tom Trygstad, 41, Clive, IA	57:42

36	12	M40	Scott Greenwood, 46, Des Moines, IA	57:50
6	4	W30	Angie Heim, 38*, Norwalk, IA	58:05
7	5	W30	Kate Wallace, 35*, Norwalk, IA	58:07
37	13	M40	John Kromminga, 49, Johnston, IA	58:08
8	6	W30	Alana Stamas, 31*, Des Moines, IA	58:44
38	14	M30	Bryce Gilbert, 36, Milo, IA	58:46
39	14	M40	Brian Benjamin, 48, Perry, IA	58:49
9	7	W30	Rachel Hoger, 38*, Johnston, IA	59:16
10	8	W30	Jamie Johnson, 33*, West Des Moines, IA	1:01:05
40	15	M30	Jack Johnson, 33, West Des Moines, IA	1:01:05
41	15	M40	Charlie Neibergall, 49, Urbandale, IA	1:01:06
42	16	M30	Jason Collins, 31, Des Moines, IA	1:01:26
43	2	M50	Michael McElmeel, 50, Cedar Rapids, IA	1:01:29
11	3	W20	Caitlyn Diimig, 23*, Omaha, NE	1:01:34
44	9	M20	Grant Awes, 24, Des Moines, IA	1:01:36
45	17	M30	John Fiedler, 36, Altoona, IA	1:01:38
46	16	M40	Mark Lowe, 47, West Des Moines, IA	1:01:43
12	4	W20	Amanda Green, 26*, Des Moines, IA	1:01:43
47	10	M20	Jeffrey Tuttle, 27, Des Moines, IA	1:01:46
13	1	W40	Julia Moffitt, 46*, Iowa City, IA	1:02:00
14	2	W40	Wendy Foote, 48*, Waterloo, IA	1:02:12
48	17	M40	Kenneth Overton, 46, Des Moines, IA	1:02:14
49	18	M40	Eric Kinman, 43, Des Moines, IA	1:02:18
50	11	M20	Caleb Kingsley, 26, Ankeny, IA	1:02:38
51	19	M40	Justin Nostrala, 49, Indianola, IA	1:02:48
52	3	M50	Mark Iles, 50, Clive, IA	1:03:04
53	4	M50	Duke Reichardt, 54, Clive, IA	1:03:05
54	20	M40	John Priester, 49, Des Moines, IA	1:03:06
55	2	M60	James Jacobsen, 63, Des Moines, IA	1:03:15
15	5	W20	Lacey Mitchell, 25*, Indianola, IA	1:03:17
56	18	M30	Justin Sample, 39, Huxley, IA	1:03:59
57	21	M40	John Buzzoni, 40, Polk City, IA	1:04:03
58	3	M60	David Miller, 61, Urbandale, IA	1:04:10
16	9	W30	Jennifer Krzak, 35*, West Des Moines, IA	1:04:14
59	22	M40	Kevin Sporer, 43, Ankeny, IA	1:04:26
17	1	W50	Kristy Cain, 54*, Urbandale, IA	1:04:27
60	5	M50	Loyed Hedges, 53, Des Moines, IA	1:04:27
61	6	M50	Jim Demmel, 53, Marshalltown, I	1:04:37
62	19	M30	Jason Bernstein, 38, Altoona, IA	1:04:43
63	12	M20	Kevin Luchi, 27, Ankeny, IA	1:04:49
18	10	W30	Sara Schwendinger, 36*, Des Moines, IA	1:04:52
19	11	W30	Susanne Kennedy, 37*, Des Moines, IA	1:05:05
20	6	W20	Michelle Moeller, 29*, Ankeny, IA	1:05:09
64	23	M40	Mark D Overton, 49, Des Moines, IA	1:05:13
21	1	JrW	Hannah Snodgrass, 15*, Indianola, IA	1:05:20
22	12	W30	Cheryl Dralle, 36*, Waukee, IA	1:05:31
65	7	M50	Randy Westman, 54, Russell, IA	1:05:49
23	2	W50	Veronica Demmel, 57*, Marshalltown, I	1:05:57
66	8	M50	Dave Endres, 50, West Des Moines, IA	1:06:31
67	24	M40	Chris Hudson, 40, Knoxville, IA	1:06:35
24	3	W40	Kristin Adkins, 44*, Brooklyn, IA	1:06:43
68	9	M50	Bobby Dickerson, 59, Johnston, IA	1:06:46
25	4	W40	Julie Tyler, 42*, Cedar Falls, IA	1:06:48
26	7	W20	Sarah Haley, 28*, Des Moines, IA	1:07:07
27	3	W50	Sherri Smith, 50*, Ankeny, IA	1:08:02
69	13	M20	Brandon Holtan, 27, Des Moines, IA	1:08:11
28	8	W20	Amanda Stevenson, 29*, Ames, IA	1:08:14
70	20	M30	Mark Moeller, 33, Ankeny, IA	1:08:15
71	21	M30	Matthew Stodden, 34, Des Moines, IA	1:08:16
29	4	W50	Bobbi Snodgrass, 51*, Indianola, IA	1:08:28
72	10	M50	Mike Mathewson, 54, Pella, IA	1:08:31
73	11	M50	John Vujnovich, 59, Des Moines, IA	1:09:17
74	25	M40	David Green, 46, Des Moines, IA	1:09:47
30	5	W40	Annika Cornelisse, 41*, Des Moines, IA	1:09:56
75	22	M30	Travis Parsons, 33, Des Moines, IA	1:10:04

76	12	M50	David Caris, 54, Des Moines, IA	1:10:05
77	26	M40	Tim Meggers, 46, Grimes, IA	1:10:41
31	6	W40	Carrie Crawford, 48*, Des Moines, IA	1:10:44
32	5	W50	Dale Finnegan, 51*, Waukee, IA	1:11:13
78	23	M30	Aaron Fuller, 32, Knoxville, IA	1:11:18
33	2	JrW	Michelle VanRoekel, 18*, Adel, IA	1:11:18
34	3	JrW	Linnea Stephens, 18*, Urbandale, IA	1:11:19
35	13	W30	Shannon Hedges, 32*, Des Moines, IA	1:11:19
36	14	W30	Jodi Carlson, 32*, Ankeny, IA	1:11:20
79	24	M30	Casey Carlson, 33, Ankeny, IA	1:11:30
80	27	M40	Rick Schmidt, 45, Grimes, IA	1:11:48
81	13	M50	Patrick Weepie, 52, Altoona, IA	1:12:44
37	15	W30	Andrea Van Voorst, 35*, Sioux Center, IA	1:12:50
38	7	W40	Janel Thompson, 42*, Cedar Falls, IA	1:12:59
39	6	W50	Sally Weepie, 50*, Altoona, IA	1:13:01
40	9	W20	Carrie Resch, 27*, Ames, IA	1:13:06
82	14	M20	Aaron Patz, 27, Ames, IA	1:13:07
83	15	M20	Jeremy Hoffman, 29, Norwalk, IA	1:13:14
84	16	M20	Tyler Trecker, 26, Bondurant, IA	1:14:21
41	10	W20	Maggie PERRY, 24*, Bondurant, IA	1:14:22
42	8	W40	Tammy Calhoun, 43*, West Des Moines, IA	1:14:28
43	9	W40	Kim Christofferson, 45*, Ankeny, IA	1:14:32
44	10	W40	Tiffany Kragnes, 40*, West Des Moines, IA	1:15:18
85	28	M40	Kevin Smith, 42, Ames, IA	1:15:58
45	7	W50	Lori McQuiston, 50*, Maxwell, IA	1:16:32
46	11	W40	Melinda Nye, 40*, Ankeny, IA	1:17:09
47	11	W20	Ellen Wade, 29*, Pleasant Hill, IA	1:17:55
48	8	W50	Debra Stewart, 51*, West Des Moines, IA	1:17:56
49	16	W30	Kerrie Bernstein, 38*, Altoona, IA	1:17:59
86	17	M20	Justin Funk, 27, Ankeny, IA	1:18:58
50	17	W30	Dinah Bloom, 33*, Grimes, IA	1:18:59
87	29	M40	Kelly Cordaro, 43, Johnston, IA	1:19:16
51	12	W40	Marci Cordaro, 46*, Johnston, IA	1:19:16
52	12	W20	Julia McCarville, 27*, Johnston, IA	1:19:23
53	13	W40	Joli Vollers, 49*, Ames, IA	1:20:11
54	14	W40	Robin McNeely, 48*, Des Moines, IA	1:20:11
55	18	W30	Kerri VanEe, 37*, Waverly, IA	1:20:47
56	13	W20	Caitlin Brown, 27*, Des Moines, IA	1:21:41
57	9	W50	Ruth Comer, 52*, Chariton, IA	1:22:33
88	30	M40	Larry Kelley, 47, Nevada, IA	1:22:39
89	18	M20	Ryan Caldbeck, 27, Norwalk, IA	1:23:38
90	25	M30	Jeff Rudisill, 30, West Des Moines, IA	1:23:39
91	19	M20	Daniel Faas, 25, Ames, IA	1:24:00
92	26	M30	Todd Lincoln, 36, Ankeny, IA	1:29:27
58	15	W40	Sherri Bogue, 40*, Johnston, IA	1:31:25
93	14	M50	Dennis Howard, 59, Des Moines, IA	1:32:49
59	19	W30	Mandy Hudson, 35*, Knoxville, IA	1:38:27
60	16	W40	Tori Shahidi, 49*, Ames, IA	1:39:42
61	17	W40	Dawn Hannum, 42*, Grimes, IA	1:42:27
94	27	M30	Huy Huynh, 32, Urbandale, IA	1:42:47
95	4	M60	Rollin Perry, 74, Cedar Fall, IA	1:56:03

\* indicates females

1 finishers among Men Under 20

19 finishers among Men 20 - 29

27 finishers among Men 30 - 39

30 finishers among Men 40 - 49

14 finishers among Men 50 - 59

4 finishers among Men 60 & Up

3 finishers among Women Under 20

13 finishers among Women 20 - 29

19 finishers among Women 30 - 39

17 finishers among Women 40 - 49

9 finishers among Women 50 - 59

95 male finishers

61 female finishers  
156 total finishers

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