



# Sycamore 8 Trail Race

Des Moines, IA

Dec. 6, 2014

33 at start and cloudy

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	OpM	Scott Johnson, 32, Ames, IA	44:57
2	1 M30	Chris Nealy, 34, West Des Moines, IA	45:40
3	1 M20	Ben Lindell, 28, West Des Moines, IA	46:18
4	2 M20	Dan Jensen, 22, Urbandale, IA	46:20
5	3 M20	Patric Carruthers-Green, 29, Des Moines, IA	47:22
6	2 M30	Toby Moore, 33, Waukee, IA	47:28
7	3 M30	Sean Severe, 30, Des Moines, IA	47:55
8	4 M30	Jack Johnson, 34, West Des Moines, IA	48:03
9	4 M20	Ross Megargel, 29, West Des Moines, IA	48:59
10	5 M30	John Havenga, 31, Honiara, Guadal	49:24
1	OpW	Flannery Cerbin-Bohach, 27*, Decorah, IA	49:25
11	6 M30	Matt Timmins, 37, Newton, IA	50:44
12	5 M20	Taylor Marvin, 27, Johnston, IA	51:38
13	7 M30	Eric Moffitt, 32, Des Moines, IA	51:50
14	6 M20	Cory Edwards, 29, West Des Moines, IA	51:51
15	7 M20	Zach Hill, 29, Iowa City, IA	51:52
16	8 M30	Joe Riesberg, 37, Johnston, IA	51:59
17	1 M40	Matt Scotton, 45, Newton, IA	52:29
18	2 M40	Chad Roethler, 41, Urbandale, IA	52:37
19	3 M40	Tony Oberman, 47, Clive, IA	52:59
20	1 JrM	Seth Nostrala, 16, Indianola, IA	53:01
21	9 M30	Chris Keller, 35, Waukee, IA	53:07
22	8 M20	Trevor Muchow, 28, Ankeny, IA	53:25
23	10 M30	Brian Petersen, 30, Ankeny, IA	53:30
24	11 M30	Jeffrey Matthews, 32, Des Moines, IA	53:36
25	1 M50	Jeff Anker, 51, Polk City, IA	54:03
26	12 M30	Aaron Wheelock, 34, Des Moines, IA	54:07
27	13 M30	Mike McGinn, 33, Johnston, IA	54:45
28	4 M40	Geoff Graham, 47, Waukee, IA	54:58
29	5 M40	Jason Hahn, 44, Des Moines, IA	55:11
30	6 M40	Brian Palmer, 46, Des Moines, IA	55:17
31	7 M40	Darvish Shadravan, 46, Ankeny, IA	55:26
32	14 M30	Jared Kroese, 30, Des Moines, IA	55:28
2	1 W20	Erica Lensink, 28*, Des Moines, IA	55:41
33	2 M50	Paul Grinvalds, 56, West Des Moines, IA	55:53
34	3 M50	Rick Scharff, 52, West Des Moines, IA	56:40
35	8 M40	Brian Benjamin, 49, Perry, IA	56:47
36	15 M30	Justin Hyde, 36, Des Moines, IA	56:57
37	16 M30	Phillip Cox, 33, Ankeny, IA	57:05
38	9 M40	Patrick Ryherd, 48, Newell, IA	57:16

39	17	M30	Tom Handorf, 38, Gladbrook, IA	57:22
40	10	M40	Timothy Bergan, 49, Colfax, IA	57:28
41	11	M40	Dan Blondowski, 40, Clive, IA	57:51
42	18	M30	Jason Mason, 34, Des Moines, IA	57:56
43	4	M50	Jeff Perry, 54, Bondurant, IA	58:05
44	19	M30	Tyler Smith, 30, Des Moines, IA	58:10
45	12	M40	Doug Staudt, 46, Urbandale, IA	58:11
46	20	M30	Mike Kunert, 35, Des Moines, IA	58:13
47	9	M20	Anthony Burton, 22, Indianola, IA	58:25
3	1	W40	Shelley Goodell, 47*, Clive, IA	58:30
4	2	W20	Kristin Kindred, 24*, Des Moines, IA	58:32
48	5	M50	David Caris, 55, Des Moines, IA	58:33
49	13	M40	Todd Bindel, 47, West Des Moines, IA	58:46
50	6	M50	Bruce Drummond, 56, Des Moines, IA	58:55
5	1	W30	Rachel Hoger, 39*, Johnston, IA	58:59
51	14	M40	Dan Crew, 46, West Des Moines, IA	59:00
52	7	M50	Dick Danger, 50, Clive, IA	59:05
53	21	M30	Brent Osborne, 39, Des Moines, IA	59:06
54	8	M50	John Ross, 52, Ottumwa, IA	59:09
55	15	M40	Colby Penn, 42, Altoona, IA	59:14
56	9	M50	Mark Iles, 51, Clive, IA	59:14
57	10	M20	Blake Arney, 29, Des Moines, IA	59:29
58	10	M50	Mike Palmer, 55, Jefferson, IA	59:57
59	22	M30	Matthew Stodden, 35, Des Moines, IA	59:57
60	11	M50	Jeff Weeks, 55, Des Moines, IA	59:59
6	2	W40	Dana Plew, 47*, Urbandale, IA	1:00:00
7	1	W50	Dana Kramer, 52*, Urbandale, IA	1:00:32
61	16	M40	Karl Overton, 47, Des Moines, IA	1:00:50
62	17	M40	Dennis Haney, 46, Clive, IA	1:00:52
63	18	M40	Dave Garcia, 43, Knoxville, IA	1:00:56
64	19	M40	Rick Glowacki, 46, Waukee, IA	1:00:56
8	2	W30	Robyn Clevenger, 35*, West Des Moines, IA	1:01:02
65	12	M50	Duke Reichardt, 55, Clive, IA	1:01:13
66	13	M50	Charlie Neibergall, 50, Urbandale, IA	1:01:16
67	14	M50	Rob Hentzen, 53, West Des Moines, IA	1:01:20
68	23	M30	Justin Grodnitzky, 39, Ames, IA	1:01:21
69	20	M40	David Orth, 49, Ames, IA	1:01:27
70	15	M50	Mike Mathewson, 55, Pella, IA	1:01:40
71	24	M30	Todd Schemper, 39, Des Moines, IA	1:01:43
72	25	M30	Brad Bach, 34, Des Moines, IA	1:01:55
73	26	M30	Rob Peterson, 36, Urbandale, IA	1:01:57
74	21	M40	Scott Funk, 47, Iowa City, IA	1:02:05
75	27	M30	John Harrell, 32, West Des Moines, IA	1:02:05
76	22	M40	Mark Lowe, 48, West Des Moines, IA	1:02:10
77	16	M50	Joe Dupre, 50, Pella, IA	1:02:20
78	23	M40	David Mable, 49, Urbandale, IA	1:02:35
79	17	M50	Dave Endres, 51, West Des Moines, IA	1:02:44
80	1	M60	Roger Heinle, 64, Whiting, IA	1:02:50
9	3	W40	Beth Palmer, 46*, Des Moines, IA	1:02:53
10	4	W40	Kelly Sorensen, 44*, West Des Moines, IA	1:03:08
81	24	M40	Brian Terhark, 46, Clive, IA	1:03:13
82	2	JrM	Jacob Stephenson, 15, Farnhamville, IA	1:03:50
83	25	M40	Colin Witt, 40, Des Moines, IA	1:03:56
84	18	M50	Justin Nostrala, 50, Indianola, IA	1:03:56
85	26	M40	Mark Drake, 42, West Des Moines, IA	1:04:00
11	3	W30	Missy Henry, 35*, Des Moines, IA	1:04:23
86	27	M40	John Buzzoni, 41, Polk City, IA	1:04:26
87	28	M30	Travis Kasch, 39, Urbandale, IA	1:04:29
12	1	JrW	Addie Dannewitz, 16*, Grimes, IA	1:04:42
88	28	M40	Brian Peppenger, 45, Grimes, IA	1:04:43
89	29	M30	Jim Mitchell, 39, Fairfield, IA	1:04:43
90	30	M30	Casey Carlson, 34, Ankeny, IA	1:04:57
13	4	W30	Jodi Carlson, 33*, Ankeny, IA	1:04:57
91	29	M40	Jason Maasdam, 42, Knoxville, IA	1:05:40

14	5	W30	Jennifer Sprung, 31*, Perry, IA	1:05:52
15	6	W30	Susanne Kennedy, 38*, Des Moines, IA	1:05:57
16	1	W60	Kathi Dellaca, 62*, Windsor Heights, IA	1:06:04
17	5	W40	Marzia Benson, 45*, Des Moines, IA	1:06:08
18	6	W40	Andrea Corcoran, 45*, Des Moines, IA	1:06:16
19	7	W30	Kate Clark, 37*, Des Moines, IA	1:06:16
20	7	W40	Mary Ducar, 45*, Ankeny, IA	1:06:26
21	2	W50	Dale Finnegan, 52*, Waukee, IA	1:06:56
92	30	M40	Eric Pack, 47, Urbandale, IA	1:06:59
93	19	M50	Randy Westman, 55, Russell, IA	1:07:07
22	8	W40	Annika Cornelisse, 42*, Des Moines, IA	1:07:13
94	31	M40	Scott Mills, 43, Des Moines, IA	1:07:19
95	31	M30	Michael Armstrong, 36, Central City, IA	1:07:31
23	2	JrW	Hannah Snodgrass, 16*, Indianola, IA	1:07:43
24	8	W30	Cheryl Dralle, 37*, Urbandale, IA	1:07:53
96	32	M40	Kevin Sporer, 44, Ankeny, IA	1:07:54
25	3	W20	Lindsey Borgomainerio, 22*, Indianola, IA	1:08:22
26	9	W40	Mindy Ward, 40*, Huxley, IA	1:08:28
97	32	M30	Aaron Fuller, 33, Knoxville, IA	1:08:28
27	10	W40	Ann Vlahakis, 46*, Ankeny, IA	1:08:35
98	33	M30	Daryl Miller, 35, Des Moines, IA	1:08:46
28	11	W40	Laura Belin, 45*, Windsor Heights, IA	1:08:48
99	33	M40	Eric Kinman, 44, Des Moines, IA	1:08:55
100	11	M20	Kevin Arens, 26, West Des Moines, IA	1:08:57
101	34	M40	Mike Eilers, 45, Indianola, IA	1:09:03
29	3	W50	Bobbi Snodgrass, 52*, Indianola, IA	1:09:21
102	35	M40	Tim Meggers, 47, Grimes, IA	1:09:51
30	4	W50	Cindy Deprenger, 54*, Monroe, IA	1:10:06
103	34	M30	Anthony Weber, 30, Greenfield, IA	1:10:27
31	9	W30	Kedra Hamilton, 34*, Nevada, IA	1:10:33
104	36	M40	Jen Jacobs, 43, West Des Moines, IA	1:10:33
32	12	W40	Kristin Adkins, 45*, Brooklyn, IA	1:10:39
105	35	M30	Nathan Mundy, 32, Des Moines, IA	1:10:57
33	4	W20	Katheine Bach, 29*, Des Moines, IA	1:11:23
34	10	W30	Mindy Moore, 39*, West Des Moines, IA	1:11:26
106	2	M60	Daniel Bach, 62, Ankeny, IA	1:11:30
107	12	M20	David Adams, 23, West Des Moines, IA	1:11:36
108	37	M40	Doug Deden, 45, Omaha, NE	1:11:49
35	5	W20	Amy Vos, 23*, Des Moines, IA	1:12:02
36	5	W50	Beth Lori, 54*, Ankeny, IA	1:12:15
109	20	M50	Mike Stanley, 57, Clive, IA	1:12:42
37	11	W30	Heather Spong, 38*, Pella, IA	1:12:42
38	13	W40	Patty Williams, 44*, Urbandale, IA	1:13:00
39	6	W50	Heather Stilborn, 52*, Clive, IA	1:13:22
40	14	W40	Kristie Harrold, 45*, Waukee, IA	1:13:58
41	12	W30	Emily Zach, 35*, Des Moines, IA	1:14:00
110	13	M20	Eric Bentzinger, 29, Des Moines, IA	1:14:18
111	38	M40	Joel Jackman, 44, Des Moines, IA	1:14:18
112	39	M40	Karl Nolin, 46, West Des Moines, IA	1:14:27
113	40	M40	Adam Jerdee, 41, West Des Moines, IA	1:14:35
42	13	W30	Kimberly Schreck, 34*, Adel, IA	1:14:45
43	6	W20	Carrie Patz, 28*, Ames, IA	1:15:17
114	14	M20	Aaron Patz, 28, Ames, IA	1:15:17
115	21	M50	Walter Resch, 54, Oakdale, MN	1:15:18
116	36	M30	Mike Moretz, 30, Ankeny, IA	1:15:20
117	41	M40	Kyle Brown, 40, Des Moines, IA	1:15:21
118	37	M30	Michael Peverill, 35, Ankeny, IA	1:15:30
119	15	M20	Tyler Trecker, 27, Bondurant, IA	1:15:37
44	7	W20	Maggie Perry, 25*, Bondurant, IA	1:15:37
45	15	W40	Melinda Nye, 41*, Ankeny, IA	1:15:38
120	42	M40	Mike Pollmann, 40, Des Moines, IA	1:17:45
46	7	W50	Stacy Lang, 50*, Clive, IA	1:17:47
121	3	JrM	Otto Gunderson, 14, Des Moines, IA	1:17:53
122	22	M50	Joe Gunderson, 55, Des Moines, IA	1:17:58

47	16	W40	Deb Anderson, 45*, Des Moines, IA	1:18:32
48	17	W40	Kelly Richards, 45*, Ankeny, IA	1:18:34
123	43	M40	Jon Hobbs, 45, Des Moines, IA	1:18:36
124	44	M40	Eric Larson, 46, Des Moines, IA	1:18:47
49	14	W30	Christina Littler, 36*, Cedar Rapids, IA	1:19:20
125	38	M30	Nate Rollene, 38, Pella, IA	1:19:22
50	8	M50	Ruth Comer, 53*, Chariton, IA	1:19:26
126	23	M50	Ted Herselius, 58, Norwalk, IA	1:19:28
127	4	JrM	Isaac Littler, 14, Cedar Rapids, IA	1:19:42
51	9	W50	Annette Resch, 52*, Oakdale, MN	1:19:43
128	16	M20	Lance Eysink, 26, Pella, IA	1:19:55
52	8	W20	Katie Brandstatter, 29*, West Des Moines, IA	1:20:16
129	39	M30	Joe Brandstatter, 32, West Des Moines, IA	1:20:16
53	9	W20	Amelia Borgomainerio, 24*, Des Moines, IA	1:20:52
130	45	M40	Eric Conrad, 44, Des Moines, IA	1:21:52
54	18	W40	Jodi Jones, 40*, West Des Moines, IA	1:22:09
55	19	W40	Tiffany Kragnes, 41*, Fayette, IA	1:22:10
131	40	M30	Mark Lenning, 33, Goldfield, IA	1:23:02
132	3	M60	Brad Shipman, 60, Altoona, IA	1:23:03
133	17	M20	Dan Faas, 26, Marshalltown, IA	1:23:58
134	41	M30	Anthony Nurre, 37, West Des Moines, IA	1:25:29
56	15	W30	Heather Hunter, 39*, Ankeny, IA	1:25:42
57	16	W30	Courtney Donaldson, 38*, Urbandale, IA	1:25:46
135	18	M20	Todd Carroll, 27, Clive, IA	1:26:20
136	19	M20	Justin Funk, 28, Ankeny, IA	1:27:00
58	10	W20	Breanna Severin, 20*, Des Moines, IA	1:27:50
137	24	M50	Greg Ronald, 55, West Des Moines, IA	1:28:21
138	42	M30	Matt Lenning, 35, Roland, IA	1:29:15
139	46	M40	Brian Schmitz, 44, Des Moines, IA	1:30:44
140	43	M30	Todd Lincoln, 37, Ankeny, IA	1:31:21
59	20	W40	Jennifer Santiago, 43*, Ankeny, IA	1:35:05
60	21	W40	Deanna Breeding, 47*, Des Moines, IA	1:35:07
141	25	M50	Don Breeding, 52, Des Moines, IA	1:35:07
142	44	M30	Chris Cleveland, 34, Nevada, IA	1:37:15
143	45	M30	Brian Donaldson, 35, Urbandale, IA	1:43:21
144	46	M30	Joseph Donaldson, 37, Urbandale, IA	1:43:22
61	10	W50	Pam Hugenh, 59*, West Des Moines, IA	1:47:53
145	47	M30	Huy Huynh, 33, Urbandale, IA	1:49:20
146	4	M60	Rollin Perry, 75, Cedar Falls, IA	2:03:54

\* indicates females

2 finishers among Males (no age given)

4 finishers among Men Under 20

19 finishers among Men 20 - 29

47 finishers among Men 30 - 39

46 finishers among Men 40 - 49

25 finishers among Men 50 - 59

4 finishers among Men 60 & Up

2 finishers among Women Under 20

10 finishers among Women 20 - 29

16 finishers among Women 30 - 39

21 finishers among Women 40 - 49

10 finishers among Women 50 - 59

1 finishers among Women 60 & Up

147 male finishers

60 female finishers

207 total finishers

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