



# Sycamore 8

Des Moines, IA

Dec. 5, 2015

40 degrees and Sunny

Results by Cal Murdock

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

Last updated Dec. 5, 2015 12:08 AM

PLACE	CLASS	FINISHER	TIME
1	OpM	Jake Sutton, 24, Des Moines, IA	41:47
2	1 M30	Scott Johnson, 33, Ames, IA	43:10
3	1 M20	Ben Lindell, 29, West Des Moines, IA	43:24
4	2 M30	Chris Nealy, 35, Des Moines, IA	43:48
5	2 M20	Dan Jensen, 23, Johnston, IA	43:57
6	3 M30	Sean Severe, 31, Des Moines, IA	47:00
7	1 M40	Scott Haugh, 46, Des Moines, IA	47:52
8	2 M40	Jim Krzak, 40, West Des Moines, IA	48:10
9	3 M20	Alex Ryan, 27, Des Moines, IA	48:24
10	4 M30	Ross Megargel, 30, West Des Moines, IA	48:36
11	4 M20	Aron Block, 25, Des Moines, IA	50:38
12	5 M20	Trevor Muchow, 29, Ankeny, IA	51:19
13	5 M30	Matt Timmins, 38, Newton, IA	51:19
14	6 M30	Tyler Smith, 31, Des Moines, IA	51:25
15	3 M40	Jason Hahn, 45, Des Moines, IA	51:41
16	6 M20	Logan Marvin, 23, Johnston, IA	51:48
17	1 M50	Mark Cooper, 52, Johnston, IA	51:52
18	7 M30	Nate Cloe, 35, Des Moines, IA	51:53
19	4 M40	Tim Hart, 47, Johnston, IA	52:03
20	5 M40	Tony Oberman, 48, Clive, IA	52:13
21	6 M40	Chad Askelson, 44, North Liberty, IA	52:19
22	2 M50	Paul Grinvalds, 57, West Des Moines, IA	52:28
1	OpW	Rachel Jones, 24*, Ankeny, IA	53:10
23	8 M30	Christopher Mader, 39, West Des Moines, IA	53:12
24	9 M30	Rob Orna, 34, Grimes, IA	53:46
25	3 M50	David Pullara, 52, Des Moines, IA	53:51
26	7 M40	David Olsen, 43, West Des Moines, IA	54:00
27	10 M30	Jack Johnson, 35, West Des Moines, IA	54:14
28	11 M30	Chad Johnson, 33, Ankeny, IA	55:17
2	1 W20	Allison Brandt, 25*, Des Moines, IA	55:23
29	12 M30	Andy Peterson, 39, Urbandale, IA	55:38
30	8 M40	Mark Lowe, 49, West Des Moines, IA	55:39
3	1 W30	Molly Gross, 34*, Salt Lake City, UT	55:41
4	1 W40	Angie Heim, 40*, West Des Moines, IA	55:51
31	13 M30	Mitch Kunert, 36, Des Moines, IA	56:03
5	2 W40	Shelley Goodell, 48*, Clive, IA	56:15
6	2 W20	Kait Reed, 24*, Des Moines, IA	56:16
32	14 M30	Phillip Cox, 34, Ankeny, IA	56:17

7	1	W60	Andriette Wickstrom, 60*, Storm Lake, IA	57:13
8	3	W40	Dana Plew, 48*, Urbandale, IA	57:25
33	4	M50	Jeff Perry, 55, Bondurant, IA	57:27
9	2	W30	Kate Wallace, 38*, Norwalk, IA	57:38
34	9	M40	Brent Osborne, 40, Des Moines, IA	57:39
35	15	M30	Matthew Stodden, 36, Des Moines, IA	57:44
36	5	M50	Bruce Drummond, 57, Des Moines, IA	57:49
37	16	M30	Josh Bishop, 32, Des Moines, IA	57:56
38	17	M30	Jordan Stohha, 32, Des Moines, IA	58:00
39	10	M40	Doug Staudt, 47, Urbandale, IA	58:10
40	11	M40	Frank Robey, 49, Pleasant Hill, IA	58:15
10	3	W30	Robyn Clevenger, 36*, West Des Moines, IA	58:16
41	1	M60	Bobby Dickerson, 61, Johnston, IA	58:19
11	4	W40	Annika Cornelisse, 43*, Des Moines, IA	58:19
12	1	W50	Ellen Middleswart, 50*, Urbandale, IA	58:27
42	12	M40	Brian Terhark, 47, Clive, IA	58:28
43	13	M40	Colby Penn, 43, Altoona, IA	58:33
44	14	M40	Scott Greenwood, 48, Des Moines, IA	58:40
45	15	M40	Todd Schemper, 40, Des Moines, IA	58:57
46	6	M50	Kurt Subra, 52, Polk City, IA	59:05
47	16	M40	Warren Hoelscher, 44, Waukee, IA	59:21
48	17	M40	Karl Overton, 48, Des Moines, IA	59:21
13	3	W20	Molly Rhodes, 25*, Des Moines, IA	59:36
14	4	W20	Amanda Collins, 28*, Des Moines, IA	59:37
15	4	W30	Missy Henry, 36*, Des Moines, IA	59:45
49	18	M30	Daryl Miller, 36, Des Moines, IA	59:51
50	7	M20	Andy Bernholtz, 27, Ankeny, IA	59:59
51	18	M40	Ryan Forret, 42, Johnston, IA	1:00:07
52	19	M30	Robert Sweeny, 34, Polk City, IA	1:00:33
53	7	M50	Don Cumings, 53, Ankeny, IA	1:00:43
54	20	M30	Jason Collins, 33, Des Moines, IA	1:01:27
16	5	W20	Megan Nieland, 22*, Ankeny, IA	1:01:39
55	19	M40	Dennis Haney, 47, Clive, IA	1:02:03
56	20	M40	Brian Brunk, 46, Des Moines, IA	1:02:20
57	1	JrM	Jacob Stephenson, 16, Farnhamville, IA	1:02:27
58	8	M50	Scott Bandy, 50, Indianola, IA	1:02:39
59	21	M40	Tom Youngwirth, 49, Urbandale, IA	1:03:00
60	2	JrM	Isaac Littler, 15, Cedar Rapids, IA	1:03:24
17	6	W20	Bailey Martin, 26*, Ankeny, IA	1:03:44
61	22	M40	Thomas Durman, 49, Des Moines, IA	1:03:52
62	21	M30	Michael Armstrong, 37, Central City, IA	1:03:55
63	23	M40	John Buzzoni, 42, Polk City, IA	1:03:56
64	8	M20	Joseph Larson, 28, West Des Moines, IA	1:03:58
18	5	W30	Jamie Johnson, 35*, West Des Moines, IA	1:04:00
19	6	W30	Lori Henning, 39*, West Des Moines, IA	1:04:18
65	24	M40	Jason Maasdam, 43, Knoxville, IA	1:04:19
20	2	W50	Bobbi Snodgrass, 53*, Indianola, IA	1:04:39
66	25	M40	Pat Vilmont, 41, Waukee, IA	1:04:39
67	2	M60	John Schneller, 71, West Des Moines, IA	1:04:46
21	5	W40	Kristin Adkins, 46*, Brooklyn, IA	1:04:59
68	9	M20	Travis Smith, 27, Johnston, IA	1:05:17
69	26	M40	Matthew Gardner, 46, Johnston, IA	1:05:17
22	7	W30	Cheryl Dralle, 38*, Urbandale, IA	1:05:43
70	22	M30	Steve Olsen, 39, Runnells, IA	1:05:45
23	8	W30	Tracy Paulsen, 37*, Harvey, IA	1:05:49
71	27	M40	Rick Kaeustra, 41, Waukee, IA	1:05:58
24	6	W40	Melinda Nye, 42*, Ankeny, IA	1:06:03
25	7	W40	Jenny Goodman, 40*, Johnston, IA	1:06:05
72	9	M50	Rick St. John, 53, West Des Moines, IA	1:06:07
26	8	W40	Marzia Benson, 46*, Des Moines, IA	1:06:09
27	7	W20	Kristen Strawhacker, 27*, Des Moines, IA	1:06:11
28	9	W40	Andrea Corcoran, 46*, Des Moines, IA	1:06:12
29	2	W60	Kathi Dellaca, 63*, Windsor Heights, IA	1:06:21
30	3	W50	Vicki Vanderkwaak, 59*, Johnston, IA	1:06:54
73	28	M40	William Kallestad, 45, Des Moines, Iowa	1:06:55

74	23	M30	Jeremy Hoffman, 31, Norwalk, IA	1:07:02
75	24	M30	Aaron Fuller, 34, Knoxville, IA	1:07:02
31	9	W30	Kristy Dee, 38*, Baxter, IA	1:07:07
76	29	M40	Blair Smith, 45, Des Moines, IA	1:07:20
32	10	W40	Mary Smith, 45*, Des Moines, IA	1:07:21
33	11	W40	Sarah Ramsey, 41*, Des Moines, IA	1:07:21
77	30	M40	Eric Prosperi, 46, Des Moines, IA	1:07:34
34	4	W50	Beth Lori, 55*, Ankeny, IA	1:07:45
35	1	JrW	Mia Levy, 12*, Des Moines, IA	1:07:51
78	10	M50	Walter Resch, 55, Oakdale, MN	1:08:05
79	10	M20	Aaron Patz, 29, Ames, IA	1:08:06
36	8	W20	Esther Locher, 26*, Des Moines, IA	1:09:20
37	10	W30	Amy Locher, 30*, Omaha, NE	1:09:20
38	12	W40	Kerty Levy, 49*, Des Moines, IA	1:09:46
80	3	JrM	Jacob Dunn, 15, Norwalk, IA	1:09:49
81	31	M40	Patrick Dunn, 49, Norwalk, IA	1:09:50
82	11	M20	Jacob Petersen, 26, West Des Moines, IA	1:10:12
39	9	W20	Taylor Keitzer, 23*, Ames, IA	1:10:12
40	13	W40	Cindy Kovacs, 41*, Ankeny, IA	1:10:40
41	2	JrW	Zoe Fry, 13*, Des Moines, IA	1:11:01
42	3	JrW	Kiki Levy, 13*, Des Moines, IA	1:11:01
83	3	M60	Johnny Ytzen, 61, Creston, IA	1:11:56
43	14	W40	Jenny Moats, 45*, Altoona, IA	1:12:04
44	15	W40	Tonia Johnson, 42*, Altoona, IA	1:12:05
45	10	W20	Kaitlin Dilsaver, 25*, Johnston, IA	1:12:12
84	12	M20	Lance Eysink, 27, Pella, IA	1:12:19
85	11	M50	Lloyd Vanderkwaak, 58, Johnston, IA	1:12:21
86	12	M50	Steven Hall, 57, Marshalltown, IA	1:12:22
46	16	W40	Mindy Moore, 40*, West Des Moines, IA	1:12:26
87	25	M30	Mitchell Manne, 33, Ames, IA	1:13:01
47	5	W50	Heather Stilborn, 53*, Clive, IA	1:13:15
48	11	W30	Calista Oberhelman, 33*, West Des Moines, IA	1:13:19
49	12	W30	Alisha Parmerlee, 30*, Clive, IA	1:13:26
50	13	W30	Jessie Nesseler, 32*, Pleasant Hill, IA	1:13:37
51	14	W30	Angela Garrett, 34*, West Des Moines, IA	1:13:41
52	15	W30	Jennifer Steel, 37*, Des Moines, IA	1:14:02
53	16	W30	Patty Sneddon, 33*, Grimes, IA	1:14:02
54	11	W20	Samantha Mikota, 28*, Sigourney, IA	1:14:07
55	17	W30	Elizabeth Waage, 38*, Des Moines, IA	1:14:13
56	4	JrW	Hannah Snodgrass, 17*, Indianola, IA	1:14:15
57	18	W30	Roberta Longworth, 37*, Waterloo, IA	1:14:22
58	6	W50	Marie Rantorth, 50*, North Liberty, IA	1:14:22
88	13	M50	Scott Newbury, 51, Waukee, IA	1:14:23
59	19	W30	Christina A Littler, 37*, Cedar Rapids, IA	1:14:41
89	26	M30	Steven Ruiz, 36, Des Moines, IA	1:15:19
90	32	M40	Eric Conrad, 45, Des Moines, IA	1:15:26
60	20	W30	Jessica Larson, 30*, Des Moines, IA	1:16:03
61	7	W50	Laurie Wirtz, 53*, Waukee, IA	1:16:05
62	12	W20	Chelsea Anderson, 28*, Waukee, IA	1:16:06
63	17	W40	Laura Stein, 41*, Des Moines, IA	1:16:07
64	18	W40	Debbie Miller, 48*, Clear Lake, IA	1:16:23
65	19	W40	Carrie Buzzoni, 42*, Polk City, IA	1:16:55
66	20	W40	Kristine Pederson, 41*, Ankeny, IA	1:17:01
67	21	W30	Katherine Krickbaum, 36*, Des Moines, IA	1:17:32
91	4	M60	Doug Gross, 61, Des Moines, IA	1:17:35
92	27	M30	Ryan King, 32, Ankeny, IA	1:18:11
93	28	M30	Jeff Rudisill, 32, West Des Moines, IA	1:19:10
94	29	M30	Mark Lenning, 34, Goldfield, IA	1:19:18
95	33	M40	Matt Lenning, 41, Roland, IA	1:19:19
96	5	M60	Brad Shipman, 61, Altoona, IA	1:19:59
68	21	W40	Jodi Jones, 41*, West Des Moines, IA	1:20:05
97	6	M60	Art Millikin, 63, Hedrick, IA	1:20:34
69	8	W50	Annette Resch, 53*, Oakdale, MN	1:21:03

98	7	M60	Dennis Howard, 61, Des Moines, IA	1:23:52
70	22	W30	Sherry Clark, 37*, Pleasantville, IA	1:24:20
71	23	W30	Jill Eimermann, 38*, Des Moines, IA	1:24:20
72	24	W30	Sarah Copple, 36*, Norwalk, IA	1:25:00
73	22	W40	Julie Hahn, 45*, Des Moines, IA	1:25:01
99	14	M50	Chuck Fritz, 51, Clive, IA	1:25:01
100	15	M50	Timothy Bergan, 50, Colfax, IA	1:25:02
74	3	W60	Joyce Burch, 60*, Pella, IA	1:25:36
101	13	M20	Dan F., 27, Marshalltown, IA	1:28:38
75	13	W20	Ashley Miller, 27*, Clear Lake, IA	1:28:54
102	30	M30	Steven Zastrow, 31, Grimes, IA	1:29:46
76	14	W20	Taylor Schram, 24*, Ames, IA	1:29:46
103	31	M30	Randy Boldt, 36, Norwalk, IA	1:31:29
104	32	M30	Todd Lincoln, 38, Ankeny, IA	1:32:02
105	33	M30	Lee Mason, 36, Ames, IA	1:34:22
77	9	W50	Diane Phoenix-Neal, 51*, Pella, IA	1:36:07
106	34	M40	Jason Wulf, 43, Urbandale, IA	1:47:40
107	8	M60	Rollin Perry, 76, Cedar Falls, IA	2:06:30

\* indicates females

2 finishers among Males (no age given)

3 finishers among Men Under 20

13 finishers among Men 20 - 29

33 finishers among Men 30 - 39

34 finishers among Men 40 - 49

15 finishers among Men 50 - 59

8 finishers among Men 60 & Up

4 finishers among Women Under 20

14 finishers among Women 20 - 29

24 finishers among Women 30 - 39

22 finishers among Women 40 - 49

9 finishers among Women 50 - 59

3 finishers among Women 60 & Up

108 male finishers

76 female finishers

184 total finishers

### Age Groups

PLACE	CLASS	FINISHER	TIME
1	1 M20	Jake Sutton, 24, Des Moines, IA	41:47

### Open Men

### Open Women

1	1 W20	Rachel Jones, 24, Ankeny, IA	53:10
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PLACE	CLASS	FINISHER	TIME
57	1	Jacob Stephenson, 16, Farnhamville, IA	1:02:27
60	2	Isaac Littler, 15, Cedar Rapids, IA	1:03:24
80	3	Jacob Dunn, 15, Norwalk, IA	1:09:49

### Men Under 20

### Men 20 - 29

3	1	Ben Lindell, 29, West Des Moines, IA	43:24
5	2	Dan Jensen, 23, Johnston, IA	43:57
9	3	Alex Ryan, 27, Des Moines, IA	48:24
11	4	Aron Block, 25, Des Moines, IA	50:38
12	5	Trevor Muchow, 29, Ankeny, IA	51:19

**Men 30 - 39**

2	1	Scott Johnson, 33, Ames, IA	43:10
4	2	Chris Nealy, 35, Des Moines, IA	43:48
6	3	Sean Severe, 31, Des Moines, IA	47:00
10	4	Ross Megargel, 30, West Des Moines, IA	48:36
13	5	Matt Timmins, 38, Newton, IA	51:19

**Men 40 - 49**

7	1	Scott Haugh, 46, Des Moines, IA	47:52
8	2	Jim Krzak, 40, West Des Moines, IA	48:10
15	3	Jason Hahn, 45, Des Moines, IA	51:41
19	4	Tim Hart, 47, Johnston, IA	52:03
20	5	Tony Oberman, 48, Clive, IA	52:13

**Men 50 - 59**

17	1	Mark Cooper, 52, Johnston, IA	51:52
22	2	Paul Grinvalds, 57, West Des Moines, IA	52:28
25	3	David Pullara, 52, Des Moines, IA	53:51
33	4	Jeff Perry, 55, Bondurant, IA	57:27
36	5	Bruce Drummond, 57, Des Moines, IA	57:49

**Men 60 & Up**

41	1	Bobby Dickerson, 61, Johnston, IA	58:19
67	2	John Schneller, 71, West Des Moines, IA	1:04:46
83	3	Johnny Ytzen, 61, Creston, IA	1:11:56
91	4	Doug Gross, 61, Des Moines, IA	1:17:35
96	5	Brad Shipman, 61, Altoona, IA	1:19:59

PLACE	CLASS PLACE	FINISHER	TIME
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**Women Under 20**

35	1	Mia Levy, 12, Des Moines, IA	1:07:51
41	2	Zoe Fry, 13, Des Moines, IA	1:11:01
42	3	Kiki Levy, 13, Des Moines, IA	1:11:01
56	4	Hannah Snodgrass, 17, Indianola, IA	1:14:15

**Women 20 - 29**

2	1	Allison Brandt, 25, Des Moines, IA	55:23
6	2	Kait Reed, 24, Des Moines, IA	56:16
13	3	Molly Rhodes, 25, Des Moines, IA	59:36
14	4	Amanda Collins, 28, Des Moines, IA	59:37
16	5	Megan Nieland, 22, Ankeny, IA	1:01:39

**Women 30 - 39**

3	1	Molly Gross, 34, Salt Lake City, UT	55:41
9	2	Kate Wallace, 38, Norwalk, IA	57:38
10	3	Robyn Clevenger, 36, West Des Moines, IA	58:16
15	4	Missy Henry, 36, Des Moines, IA	59:45
18	5	Jamie Johnson, 35, West Des Moines, IA	1:04:00

**Women 40 - 49**

4	1	Angie Heim, 40, West Des Moines, IA	55:51
5	2	Shelley Goodell, 48, Clive, IA	56:15
8	3	Dana Plew, 48, Urbandale, IA	57:25
11	4	Annika Cornelisse, 43, Des Moines, IA	58:19
21	5	Kristin Adkins, 46, Brooklyn, IA	1:04:59

**Women 50 - 59**

12	1	Ellen Middleswart, 50, Urbandale, IA	58:27
20	2	Bobbi Snodgrass, 53, Indianola, IA	1:04:39
30	3	Vicki Vanderkwaak, 59, Johnston, IA	1:06:54
34	4	Beth Lori, 55, Ankeny, IA	1:07:45

47	5	Heather Stilborn, 53, Clive, IA	1:13:15
<b>Women 60 &amp; Up</b>			
7	1	Andriette Wickstrom, 60, Storm Lake, IA	57:13
29	2	Kathi Dellaca, 63, Windsor Heights, IA	1:06:21
74	3	Joyce Burch, 60, Pella, IA	1:25:36

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