

Taste of Hope 5K

July 25, 2015

Lutheran Church of Hope, WDM

Overall Results

PI Over	PI Sex	PI Age	Last Name	First Name	Class	Town	Time
1	1		Rotich	Julius	M40	Des Moines	16:22.9
2	2		Hennigan	Gregg	M30	West Des Moines	17:44.1
3	1		Schulze	Jenny	F40	Clive	18:07.1
4	3		Mertz	Tom	M40	Urbandale	18:57.1
5	4	1	Robidoux	Jim	M50	Ankeny	19:26.6
6	5	1	Flippin	Derrick	M30	West Des Moines	20:18.3
7	6	1	Rodriquez	Osvaldo	M40	Perry	20:42.3
8	7	2	Johnson	Steve	M40	Waukee	20:50.2
9	8	2	Cronin	Matthew	M30	Clive	21:12.0
10	9	1	Robus	Ethan	MJr	West Des Moines	21:31.2
11	10	3	Kroese	Jared	M30	Des Moines	21:45.4
12	11	2	Stahl	Jon	M50	Urbandale	21:59.6
13	12	2	Greer	Nate	MJr	Urbandale	22:00.7
14	13	1	Grove	Nick	M20	St Charles	22:09.8
15	14	2	Fritz	Brad	M20	Des Moines	22:15.3
16	15	3	Smith	Chris	M40	Johnston	22:48.7
17	16	4	Moore	Eric	M40	West Des Moines	22:55.3
18	17	3	Desing	David	M50	Urbandale	23:01.5
19	18	5	Lee	Brandon	M40	West Des Moines	23:13.0
20	19	3	Merhar	Tyler	MJr	Urbandale	23:26.5
21	20	4	Cronin	Kenny	MJr	Clive	23:28.1
22	21	4	McKibben	Steve	M50	Clive	23:40.6
23	22	5	Dippold	Glen	M50	Clive	24:01.7
24	23	4	Dickinson	Blair	M30	Waukee	24:38.5
25	24	1	Miller	Mark	M60+	West Des Moines	24:55.1
26	2		Lemon	Beth	F30	Dallas Center	24:58.1
27	25	6	Shawver	Carl	M50	West Des Moines	25:05.8
28	26	5	Smith	Cody	MJr	Johnston	25:06.8
29	3		Tyler	Brenda	F50	West Des Moines	25:20.8
30	27	1	Allen	Ben	M15	Urbandale	25:24.0
31	4	1	Gaunt	Donna	F40	West Des Moines	25:25.2
32	5	1	Simmelink	Jennifer	F30	Carroll	25:26.9
33	28	6	Andrews	Nate	MJr	West Des Moines	25:36.8
34	6	1	Sjursen	Ashley	F15	West Des Moines	25:40.6
35	29	7	Lindberg	Jim	M50	Grimes	25:41.8
36	30	2	Jones	Stan	M60+	Norwalk	25:44.6
37	7	2	Miller	Liz	F40	Waukee	25:44.9
38	31	5	Kalb	Rob	M30	Waukee	25:46.9
39	32	6	Welch	Jason	M40	Urbandale	25:52.3
40	8	2	Paullin	Jen	F30	Des Moines	26:00.1
41	33	7	Nicmann	Casey	M40	Waukee	26:08.5
42	9	1	Losh	Haley	FJr	West Des Moines	26:13.0
43	34	6	Hart	Adam	M30	Grimes	26:15.1
44	35	7	Moore	Brayden	MJr	Waukee	26:15.8
45	36	7	Moore	Toby	M30	Waukee	26:16.1
46	10	3	Kalb	Michelle	F30	Waukee	26:19.7
47	37	8	Soto	Jake	MJr	West Des Moines	26:41.5
48	11	2	Larick	Cassie	F15	West Des Moines	26:56.9
49	38	8	Hitt	Jeffrey	M30	West Des Moines	27:14.7
50	39	9	Van Bruggen	Dave	M30	Clive	27:23.5
51	12	3	Andrews	Carrie	F40	West Des Moines	27:33.3
52	13	2	Heikes	Isabella	FJr	Johnston	27:37.6
53	14	4	Maine	Brooke	F30	Urbandale	27:40.4
54	15	4	Bidwell	Amy	F40	Waukee	27:45.0
55	16	5	Humston	Anna	F30	West Des Moines	27:47.7
56	40	9	Hayes	Luke	MJr	West Des Moines	27:52.4
57	41	8	Mills	Brad	M50	Waukee	28:01.4
58	17	5	Merhar	Michelle	F40	Urbandale	28:07.6
59	42	10	Wilson	Wes	M30	Clive	28:08.0
60	43		Oleson	Gavin		Runnells	28:13.8
61	44	10	McKibben	Gavin	MJr	Waukee	28:14.4
62	45	11	Harkness	Noah	MJr	Waukee	28:25.3
63	46	8	Harkness	Dan	M40	Waukee	28:25.7
64	47	3	Sun	Tec	M20	Des Moines	28:32.2
65	18	6	Cronin	Jennifer	F40	Clive	28:33.8
66	19	6	Newgard	Mary	F30	Urbandale	28:39.3
67	20		Conley	Alyssa			28:48.7
68	21	1	Schwartz	Chong	F50	West Des Moines	28:58.6
69	48	9	Schwartz	Dave	M50	West Des Moines	28:59.6
70	22	3	Britt	Kasey	F15	Mt Gilead, NC	29:06.7

Age Group results

71	49	9	Phillips	Bill	M40	Des Moines	29:21.8
72	50	12	Wanke	Alex	MJr	West Des Moines	29:28.3
73	51	11	Flinn	Kyle	M30	West Des Moines	29:37.7
74	52	13	Forney	Jacob	MJr	West Des Moines	29:46.6
75	53	3	Newkirk	Richard	M60+	Ankeny	29:49.7
76	54	14	Gabrielson	Chad	MJr	Urbandale	29:53.0
77	23	3	Gabrielson	Mikayla	FJr	Urbandale	29:53.3
78	24	7	Donnelly	Kasey	F30	West Des Moines	29:55.1
79	25	4	Lowe	Katherine	F15	West Des Moines	30:09.1
80	26	2	Wenthe	Susan	F50	Cedar Rapids	30:22.1
81	55	15	Bidinger	Carter	MJr	West Des Moines	30:28.6
82	27	8	Gress	Melissa	F30	Urbandale	30:29.2
83	56	10	Early	Larry	M50	Clive	30:40.9
84	28	7	Bidinger	Laura	F40	West Des Moines	30:41.6
85	29	1	Wenthe	Abbie	F20	Cedar Rapids	30:57.0
86	30	3	Juergens	Mary Beth	F50	Polk City	31:06.7
87	57	16	Mertz	Talan	MJr	Urbandale	31:25.6
88	31	9	Haggas	Sarah	F30	West Des Moines	31:29.5
89	58	12	Wagner	Eric	M30	Urbandale	31:29.8
90	32	10	Hart	Jen	F30	Grimes	31:32.0
91	33	11	Fritz	Jessica	F30	Milwaukee	31:32.4
92	34	8	Fredericks	Ann	F40	West Des Moines	31:35.0
93	35	2	Studer	Taylor	F20	Des Moines	31:36.1
94	36	12	Bleich	Lacey	F30	Waukee	31:37.5
95	59	17	Croit	Kellan	MJr	Urbandale	31:45.6
96	60	11	Kiewel	Brad	M50	Clive	31:58.0
97	37	4	Forney	Rachel	FJr	West Des Moines	32:01.4
98	61	13	Gerrish	Michael	M30	West Des Moines	32:07.1
99	38	4	Messerli	Diane	F50	Grimes	32:18.7
100	62	12	Messerli	Dave	M50	Grimes	32:19.3
101	39	5	Forney	Kaitlyn	FJr	West Des Moines	32:21.2
102	63	10	Vande Krol	Dwayne	M40	Clive	32:24.0
103	40	9	Larson	Sara	F40	Clive	32:26.4
104	41	5	Hoveland	Shirley	F50	Des Moines	32:26.9
105	64	4	Watne	Nathan	M20	Ankeny	32:38.9
106	42	3	Watne	Jacquelyn	F20	Ankeny	32:39.4
107	65	18	Kehoe	Zach	MJr	Johnston	32:41.7
108	66	14	Rector	Jeremy	M30	West Des Moines	32:51.5
109	43	13	Schlaht	Jaimi	F30	Ankeny	32:52.5
110	44		Schifert	Jaime		Pella	32:53.1
111	45	4	Christensen	Megan	F20	West Des Moines	32:53.5
112	67	13	Kollasch	Leon	M50	Granger	32:54.1
113	68	2	Kurth	Nik	M15	Urbandale	33:08.9
114	46	6	Hoover	Madison	FJr	Urbandale	33:09.5
115	47	7	Dunn	Madison	FJr	West Des Moines	33:10.0
116	48	8	Merhar	Melanie	FJr	Urbandale	33:10.5
117	69	20	Gaunt	David	MJr	West Des Moines	33:21.1
118	70	15	Walker	Andy	M30	Clive	33:21.7
119	49	14	Walker	Andrea	F30	Clive	33:22.2
120	50	6	Kiewel	Lori	F50	Clive	33:26.8
121	71	21	Bleich	Carter	MJr	Waukee	33:31.0
122	51	9	Vest	Avery	FJr	Waukee	33:36.2
123	52	5	Kovangvan	Darika	F20	Des Moines	33:39.5
124	53	10	Ross	Lynn	F40	Grimes	33:44.3
125	72	22	Costanzo	Carson	MJr	West Des Moines	33:49.8
126	54	15	Mertz	Sarah	F30	Urbandale	33:51.1
127	73	23	Mertz	Tenley	MJr	Urbandale	33:51.1
128	74	14	Juergens	Mike	M50	Polk City	34:03.9
129	55	16	Croit	Abbey	F30	Urbandale	34:06.2
130	75	11	Lemon	Peter	M40	Dallas Center	34:09.4
131	56	17	Smith	Mitzi	F30	Johnston	34:13.9
132	57						34:18.5
133	58	18	Gerrish	Colleen	F30	West Des Moines	34:34.4
134	59	11	Heikes	Rebecca	F40	Johnston	34:36.3
135	76	24	Johnson	Cameron	MJr	West Des Moines	34:43.7
136	77	3	Lowe	Matt	M15	West Des Moines	34:44.1
137	60	19	Davis	Holly	F30	Clive	34:44.6
138	78	16	Bleich	Cory	M30	Waukee	34:55.0
139	61	20	Van Bruggen	Brooke	F30	Clive	35:07.9
140	79	25	Kehoe	Alex	MJr	Johnston	35:08.3
141	80	17	Kehoe	Josh	M30	Johnston	35:08.8
142	62	6	Pierce	Allie	F20	Cedar Rapids	35:09.3
143	81	15	Wenthe	Dean	M50	Cedar Rapids	35:09.7
144	63	21	Bell	Carey	F30	Waukee	35:46.7
145	64	12	Hoover	Amy	F40	Urbandale	36:11.6
146	65	10	Nelson	Alayna	FJr	Des Moines	36:12.1
147	82	12	Forney	John	M40	West Des Moines	36:20.2

148	66	11	Kennedy	Cara	FJr	Urbandale	36:35.2
149	67	12	Baumann	Maddy	FJr	West Des Moines	36:37.6
150	68	22	Baumann	Teresa	F30	West Des Moines	36:38.7
151	69	13	Desing	Ana	F40	Urbandale	36:54.8
152	83	16	Sand	Brad	M50	Des Moines	37:21.4
153	70	23	Lantz	Darci	F30	Waukee	37:34.7
154	71	13	Hensley	Kamerin	FJr	Des Moines	37:36.2
155	72	14	Hensley	Jodi	F40	Des Moines	37:40.0
156	73	14	Lantz	Taylor	FJr	Waukee	37:40.3
157	74	15	Forney	Denise	F40	West Des Moines	38:09.8
158	84	18	Buse	Scott	M30	Adel	38:19.4
159	75	16	Losh	Melissa	F40	West Des Moines	38:26.0
160	85	19	Mosbach	Tim	M30	Urbandale	38:29.7
161	76	15	Prosperi	Mia	FJr	Des Moines	38:38.1
162	86		Prosperi	Eric		Des Moines	38:38.5
163	87	26	Gaunt	Ian	MJr	West Des Moines	38:49.3
164	88	13	Gaunt	Michael	M40	West Des Moines	38:49.6
165	77	24	Guhl	Sarah	F30	Des Moines	38:58.4
166	89	27	Host	Caiden	MJr	West Des Moines	39:02.1
167	78	1	Kennedy	Norine	F60+	West Des Moines	39:28.1
168	79		Costanzo	Vickie		West Des Moines	39:30.1
169	90	4	Norris	Merrill	M60+	Clive	39:41.8
170	80	25	Kennedy	Julie	F30	Urbandale	39:44.2
171	91	5	Pierce	David	M20	Cedar Rapids	40:18.4
172	92	20	Harrigan	Andrew	M30	Grimes	41:15.4
173	81	7	Johnson-Hass	Peggy	F50	Ankeny	41:30.7
174	82	26	Schlaht	Jaimi	F30	Ankeny	41:31.5
175	83	17	Kollasch	Leslie	F40	Granger	41:46.5
176	84	27	Barr	Jodi	F30	Waukee	42:02.2
177	85	16	Hemmingson	Carli	FJr	West Des Moines	42:21.5
178	93	28	Hemmingson III	Trey	MJr	West Des Moines	43:30.0
179	94	17	Hemmingson	Chuck	M50	West Des Moines	43:30.7
180	86	8	Frein	Donna	F50	Clive	43:41.5
181	87	18	Stark	Joelle	F40	West Des Moines	43:54.1
182	88	5	Mueller	Sievrđ	F15	Clive	44:03.0
183	89	17	Russell	Noelle	FJr	Clive	44:04.6
184	95	14	Russell	Brian	M40	Clive	44:06.6
185	90	19	Frohwein	Jill	F40	Berwick	44:07.1
186	91	6	Dunn	Haley	F15	West Des Moines	44:09.6
187	92	28	Bushman	Amanda	F30	Urbandale	44:38.9
188	93	18	Vest	Courtney	FJr	Waukee	45:09.8
189	96	29	Johnson	Karson	MJr	Waukee	45:10.7
190	94	29	Livingston	Dawn	F30	Grimes	45:15.0
191	95	7	Farmer	Sherri	F20	Grimes	45:15.4
192	97	5	Torbert	John	M60+	West Des Moines	45:15.8
193	96	20	Vest	Valarie	F40	Waukee	45:16.2
194	98	15	Vest	Tracy	M40	Waukee	45:16.7
195	99	30	Prosperi	Anthony	MJr	Des Moines	45:21.0
196	97	21	Perez	Kim	F40	Clive	45:21.6
197	98	30	Mayer	Laura	F30	Clive	45:22.8
198	99	31	Kleinmeyer	Jennifer	F30	Johnston	46:56.3
199	100	21	Luetje	Rob	M30	Des Moines	50:09.4
200	100	32	Luetje	Julie	F30	Des Moines	50:09.9
201	101	6	Lantz	Ray	M60+	West Des Moines	51:06.9
202	101	2	Lantz	Linda	F60+	West Des Moines	51:07.5
203	102	19	Johnson	Amiah	FJr	Waukee	51:21.5
204	103	20	Russell	Ashlyn	FJr	Clive	51:24.2
205	104	9	Brophy	Leigh	F50	Des Moines	52:15.8
206	105	22	Chouinard	Jackie	F40	Urbandale	52:41.6
207	106	23	Russell	Julie	F40	Clive	54:03.2
208	102	16	Dunn	Frank	M40	Urbandale	54:08.9
209	107	21	Siefken	Madison	FJr	Adel	54:09.5
210	108	33	Siefken	Michelle	F30	Adel	54:24.1
211	103	22	Shelman	Brandon	M30	West Des Moines	54:24.7
212	109	34	Shelman	Kate	F30	West Des Moines	54:27.3
213	110	35	Buse	Jonna	F30	Adel	54:27.8
214	111	36	Moore	Stacy	F30	Waukee	54:28.5
215	112						54:29.5
216	113	3	O'Donnell	Debbie	F60+	West Des Moines	55:30.3
217	114	4	Hart	Roxie	F60+	Norwalk	55:30.8
218	115	22	Hansen	Lauren	FJr	West Des Moines	56:15.4
219	116	23	Hansen	Molly	FJr	West Des Moines	56:15.9
220	117	24	Harkness	Hallie	FJr	Waukee	56:16.3
221	118	8	Roling	Katie	F20	Clive	56:17.1
222	119	10	Roling	Cathy	F50	Clive	56:17.6
223	120	24	Kim	Joo	F40	West Des Moines	56:18.0
224	121	25	Sedlacek	Jill	F40	West Des Moines	56:18.5

225	122	9	Minger	Victoria	F20	West Des Moines	56:19.1
226	123	26	Minger	Darla	F40	West Des Moines	56:19.6
227	104	17	Minger	Vaughn	M40	West Des Moines	56:22.8
228	124	37	Ervasti	Chrissy	F30	West Des Moines	56:35.0
229	125	27	Hansen	Kristin	F40	West Des Moines	56:50.5
230	126	28	Harkness	Kim	F40	Waukee	56:51.0
231	127	29	Berry	Chris	F40	Urbandale	56:52.1
232	128	30	Mapes	Marill	F40	Urbandale	56:52.4
233	105	31	VanWyk	William	MJr	Des Moines	58:29.6
234	129	38	VanWyk	Barbara	F30	Des Moines	58:30.3
235	130	10	Kool	Lori	F20	Des Moines	58:34.2
236	131	31	Terdal	Heidi	F40	Norwalk	59:06.3
237	132	32	Paul	Anne	F40	West Des Moines	59:06.8
238	133	5	Washburn	Carol	F60+	West Des Moines	1:00:54.5
239	134	6	Colvig	Barbara	F60+	Des Moines	1:00:55.9
240	135	11	Bond	Linda	F50	Adel	1:02:58.0
241	136	25	Nosbusch	Alexis	FJr	Urbandale	1:02:58.0

Finisher Summary

MJr	31	105	Total Male
M15	3	136	Total Female
M20	5		
M30	22		
M40	19	241	Total Runners
M50	17		
M60+	6		
M Unk	2		
FJr	25		
F15	6		
F20	10		
F30	39		
F40	33		
F50	12		
F60+	6		
F Unk	5		

Top Males Overall	1	Julius	Des Moines	Rotich	16:22.9
	2	Gregg	West Des Moines	Hennigan	17:44.1
	3	Tom	Urbandale	Mertz	18:57.1

Top Females Overall	1	Jenny	Clive	Schulze	18:07.1
	2	Beth	Dallas Center	Lemon	24:58.1
	3	Brenda	West Des Moines	Tyler	25:20.8

Age Group Awards

FJr	1	Haley	West Des Moines	Losh	26:13.0
	2	Isabella	Johnston	Heikes	27:37.6
F15	1	Ashley	West Des Moines	Sjurson	25:40.6
	2	Cassie	West Des Moines	Larick	26:56.9
F20	1	Abbie	Cedar Rapids	Wenthe	30:57.0
	2	Taylor	Des Moines	Studer	31:36.1
F30	1	Jennifer	Carroll	Simmelink	25:26.9
	2	Jen	Des Moines	Paullin	26:00.1
F40	1	Donna	West Des Moines	Gaunt	25:25.2
	2	Liz	Waukee	Miller	25:44.9
F50	1	Chong	West Des Moines	Schwartz	28:58.6
	2	Susan	Cedar Rapids	Wenthe	30:22.1