

Urbandale Independence Day 5 km

Urbandale, IA

July 3, 2004

70 Degrees; 100% Humidity

Other results in PDF format. Link here for 'Free' Acrobat application to print



[Awards Winners](#)

[Kids 1 Mile](#)

[Kids .7 Mile](#)

Results by Michael Franke([contact in case of possible errors](#))

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

CLASS	PLACE	FINISHER	TIME	PACE			
	1	Jon Rathje, 26, Urbandale, IA	16:35	5:20			
	2	Joe Hall, 26, Golden, CO	16:46	5:24			
	3	Paul Barrett, 20, Marshalltown, IA	17:08	5:31			
	4	Sam Bailin, 15, Urbandale, IA	17:16	5:33			
	5	Seth Comfort, 23, West Des Moines, IA	17:49	5:44			
	6	Kevin Kooienga, 18, Urbandale, IA	17:53	5:45			
	7	Adrian Terrones, 29, Gurnee, IL	18:11	5:51			
	8	Shawn Miller, 32, Des Moines, IA	18:25	5:56			
Pace:	6:00	7:00	8:00	9:00	10:00	11:00	Top
	9	Morris Horstman, 38, Urbandale, IA	18:39	6:00			
	10	Kevin Otte, 44, Clive, IA	18:56	6:05			
	11	John Anthofer, 32, Urbandale, IA	19:05	6:09			
	12	Joe Thunte, 17, Johnston, IA	19:09	6:10			
	13	Michael Rieks, 36, West Des Moines, IA	19:15	6:12			
	1	Cassi Sokol, 16*, Urbandale, IA	19:17	6:12			
	14	Bob Layton, 47, Urbandale, IA	19:25	6:15			
	2	Michelle Sokol, 20*, Urbandale, IA	19:33	6:17			
	15	Eric Holt, 18, Johnston, IA	19:43	6:21			
	16	Caleb Brown, 24	19:45	6:21			
	17	Dan Gustafson, 41, West Des Moines, IA	19:48	6:22			
	18	Matthew Coffey, 14, Urbandale, IA	19:48	6:22			
	19	Mike Carmody, 34, Brentwood, TN	19:54	6:24			
	20	Tim Hart, 36, Johnston, IA	19:55	6:25			
	21	Mike Tanner, 13, Altoona, IA	20:01	6:26			
	3	Nicole Wilson, 15*, Urbandale, IA	20:10	6:29			
	22	Nate Smith, 28, Urbandale, IA	20:23	6:34			
	4	Stephanie Mundt, 13*, Urbandale, IA	20:24	6:34			
	5	Angie Matlack, 21*, Des Moines, IA	20:30	6:36			
	6	Sami Steinmeyer, 13*, Urbandale, IA	20:31	6:36			
	23	Randy Kallem, 38, Des Moines, IA	20:34	6:37			
	24	John Kromminga, 39, Johnston, IA	20:38	6:38			
	25	Matthew Vanhuevelen, 19, Urbandale, IA	20:40	6:39			
	26	Austin Boehm, 16, Urbandale, IA	20:41	6:39			
	27	Paul Brees, 46, Urbandale, IA	20:51	6:43			
	28	Dale Christians, 38, Urbandale, IA	20:52	6:43			
	29	Brian Willem, 42, Urbandale, IA	21:01	6:46			
	30	Steven McKibben, 43, Clive, IA	21:14	6:50			
	7	Jennifer Smith, 35*, Waukee, IA	21:21	6:52			
	31	Doug Farrell, 37, Urbandale, IA	21:28	6:54			

8	2	Steph Groathouse, 32*	21:30	6:55
32	3	Derek Keast, 14	21:37	6:57
33	7	Lou Yacinich, 41, Urbandale, IA	21:43	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
34	11	Dave Mable, 39, Urbandale, IA	21:51	7:02
35	12	Brady Buresh, 32	21:52	7:02
36	8	Steve Kelly, 41, Urbandale, IA	22:00	7:05
37	9	Randy Mundt, 48, Urbandale, IA	22:06	7:07
9	3	Katie O'Keefe, 15*, Urbandale, IA	23:03	7:25
38	10	Ken Wunsch, 44, Urbandale, IA	23:04	7:25
10	3	Tara Hall, 24*, Golden, CO	23:11	7:28
39	13	Greg Eekhoff, 32, Johnston, IA	23:21	7:31
11	4	Allison Wunsch, 18*, Urbandale, IA	23:24	7:32
40	11	Doug Bakker, 42, Urbandale, IA	23:32	7:34
41	12	Dave Kester, 40, Urbandale, IA	23:32	7:34
12	4	Jessica Fink, 21*, Des Moines, IA	23:34	7:35
42	9	Paul Drake, 29, Urbandale, IA	23:42	7:38
13	5	Jenna Bergeson, 16*, Urbandale, IA	23:48	7:39
43	14	Jeffrey Sullivan, 38, Bloomfield, MI	23:49	7:40
44	13	Kent McMillen, 47, Waukee, IA	23:50	7:40
45	6	Nicholas Fox, 15, Madrid, IA	23:53	7:41
46	4	Barrett Fellows, 14, Urbandale, IA	23:55	7:42
47	15	Daniel Field, 39, Urbandale, IA	23:58	7:43
14	3	Alyssa Frakes, 14*, Urbandale, IA	24:05	7:45
15	6	Jennifer Ohrt, 15*, Urbandale, IA	24:08	7:46
16	1	Di Brockway, 42*, Urbandale, IA	24:12	7:47
17	3	Penny Luthens, 38*, Urbandale, IA	24:13	7:47
18	4	Stephanie Longnecker, 32*, Clive, IA	24:21	7:50
19	5	Kathie Reis, 36*, Urbandale, IA	24:22	7:50
48	1	Bruce Bernard, 54, Urbandale, IA	24:30	7:53
49	16	Michael Ryan, 38	24:32	7:54
20	5	Kimberly Assman, 26*, Waukee, IA	24:33	7:54
21	2	Nancy Campbell, 40*, Adel, IA	24:33	7:54
22	4	Sierra Waddell, 13*, Urbandale, IA	24:34	7:54
23	5	Maggie Conlon, 13*, Urbandale, IA	24:34	7:54
24	6	Emily Twedt, 13*, Urbandale, IA	24:34	7:54
50	10	Andy Marske, 27, Urbandale, IA	24:34	7:54
51	17	John Wahlert, 39, Urbandale, IA	24:37	7:55
52	18	Gerard Amadeo, 38, Des Moines, IA	24:38	7:55
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top				
53	14	Ron Jensen, 48, Urbandale, IA	24:52	8:00
54	19	Michael Pfeifer, 32, Urbandale, IA	24:53	8:00
25	7	Kathleen Willem, 15*, Urbandale, IA	24:54	8:01
26	8	Erika Ehlers, 17*, Urbandale, IA	24:58	8:02
55	1	Neil Conlon, 11, Urbandale, IA	24:59	8:02
56	15	Mike Conlon, 42, Urbandale, IA	24:59	8:02
27	7	Gail Dooley, 14*, Urbandale, IA	25:00	8:03
28	9	Katie Jensen, 16*, Urbandale, IA	25:00	8:03
57	16	Scott Slater, 43, Ankeny, IA	25:01	8:03
29	3	Kristy Cain, 45*, Urbandale, IA	25:03	8:04
58	11	Pete Jones, 27, Urbandale, IA	25:14	8:07
59	2	Mark Iwig, 53, Johnston, IA	25:28	8:12
60	12	Benjamin Krambeck, 29, Des Moines, IA	25:36	8:14
30	6	Darice Pamperin, 35*, Clive, IA	25:42	8:16
61	20	Michael Rhode, 35	25:45	8:17
31	4	Catherine Engblom, 41*, Grimes, IA	25:49	8:19
62	17	Bob Vanderlinden, 43, Urbandale, IA	25:52	8:19
32	7	Cara Herr, 30*	25:55	8:20
33	8	Melanie Ryan, 36*	25:55	8:20
34	6	Jennifer Krambeck, 29*, Des Moines, IA	25:58	8:21
63	21	Brad Zaun, 39, Urbandale, IA	26:04	8:23
64	18	Gregory Dockum, 44, Des Moines, IA	26:05	8:24
65	22	Tim Elliot, 30	26:06	8:24

35	7	Rachel Olsson, 19*, Urbandale, IA	26:12	8:26
66	19	Bill Courtney, 44, Urbandale, IA	26:12	8:26
67	2	Jordan Sabus, 11, Urbandale, IA	26:13	8:26
68	3	Isaac Olson, 10, Urbandale, IA	26:15	8:27
69	23	Bill Olson, 39, Urbandale, IA	26:15	8:27
70	20	Patrick Walter, 43, Urbandale, IA	26:21	8:29
36	5	Deanne Mundt, 42*, Urbandale, IA	26:22	8:29
71	3	Steve Siegel, 50, Urbandale, IA	26:23	8:29
72	4	Evan Culbert, 10, Johnston, IA	26:27	8:31
73	24	Jim Sutter, 30, Urbandale, IA	26:30	8:32
37	8	Megan Willem, 12*, Urbandale, IA	26:31	8:32
74	25	Matt Smith, 38, Urbandale, IA	26:31	8:32
38	6	Deb Conlon, 42*, Urbandale, IA	26:32	8:32
39	9	Tracy Sabus, 36*, Urbandale, IA	26:34	8:33
40	7	Karen Temple, 45*, Johnston, IA	26:35	8:33
41	10	Valerie Thompson, 34*, Urbandale, IA	26:36	8:34
42	8	Haddi Bergstrom, 23*, Urbandale, IA	26:38	8:34
43	9	Alyssa Boehm, 14*, Urbandale, IA	26:40	8:35
44	8	Juliane Ross, 43*, Clive, IA	26:41	8:35
45	9	Janan Felts, 28*, Urbandale, IA	26:47	8:37
75	4	Clarence Hudson, 53, Urbandale, IA	26:48	8:37
76	21	Mark Hansing, 47	26:49	8:38
77	5	Alex Richards, 11, Urbandale, IA	26:53	8:39
46	9	Kara Richards, 45*	27:03	8:42
78	26	Andrew Young, 31, Des Moines, IA	27:04	8:42
79	13	Ryan Gourley, 19, Johnston, IA	27:22	8:48
47	10	Jill Powers, 24*	27:25	8:49
80	14	Brian Powers, 26	27:30	8:51
48	11	Annie Rivett, 37*, Johnston, IA	27:42	8:55
49	10	Christie Scott, 18*, West Des Moines, IA	27:45	8:56
81	22	Nels Engblom, 41, Grimes, IA	27:47	8:56
50	11	Chelsea Harrison, 15*, Urbandale, IA	27:48	8:57
51	12	Paula Wagner, 34*, Urbandale, IA	27:48	8:57
52	1	Carolyn Evans, 9*, Urbandale, IA	27:48	8:57
82	23	Mark Courter, 47, Urbandale, IA	27:51	8:58

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53	13	Dawn Farrell, 30*, Urbandale, IA	28:05	9:02
83	24	Bob Culbert, 41, Johnston, IA	28:21	9:07
84	25	Steve Haefner, 45, West Des Moines, IA	28:25	9:09
85	5	Bill Pattinson, 55	28:29	9:10
54	10	Karla Richards, 45*, Urbandale, IA	28:38	9:13
86	6	Jim Bergeson, 52, Urbandale, IA	28:39	9:13
87	26	Patrick Kirchner, 43, Urbandale, IA	28:41	9:14
88	27	Kevin Pay, 41, Urbandale, IA	28:50	9:17
55	11	Paula Dierenfeld, 49*, Johnston, IA	28:52	9:17
56	14	Angie Doyle-Scar, 32*, Des Moines, IA	28:53	9:18
89	7	James Wilson, 51, Urbandale, IA	28:59	9:20
90	28	Robert Mable, 47, Leola, PA	29:03	9:21
91	27	Tim Roszhart, 33, Urbandale, IA	29:04	9:21
57	15	Stacey Roszhart, 30*, Urbandale, IA	29:04	9:21
58	16	Kathi Anderson, 33*, Urbandale, IA	29:26	9:28
59	11	Kerry Graham, 27*	29:27	9:29
60	12	Betsy Peterson, 46*, Perry, IA	29:45	9:34
61	1	Dee Wittmack, 57*, Urbandale, IA	29:47	9:35
62	12	Angie Young, 27*	30:07	9:41
63	13	Cara Rainey, 26*	30:13	9:43
92	28	Kenneth Harkin, 38, Johnston, IA	30:16	9:44
93	8	Thomas Evans, 50	30:30	9:49
94	1	Tom Olsson, 60, Urbandale, IA	30:37	9:51
95	6	Colin Creighton, 8	30:42	9:53
64	17	Renee Carver, 33*, Urbandale, IA	30:43	9:53
65	2	Linda Strohbeck-Bergeso, 50*, Urbandale, IA	30:47	9:54
66	2	Megan Fellows, 11*, Urbandale, IA	30:47	9:54

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96	29	Bill Fellows, 43, Urbandale, IA	31:21	10:05
97	29	James Robinson, 36, Johnston, IA	31:29	10:08
98	7	Armand Mendoza, 15, Des Moines, IA	31:33	10:09
67	18	Trudi Rayman, 37*, Urbandale, IA	31:33	10:09
68	19	Laura Tobey, 36*, Urbandale, IA	31:34	10:09
99	30	Mike Moller, 46, Urbandale, IA	31:45	10:13
100	9	Todd Evans, 51, Urbandale, IA	31:56	10:17
101	31	Jeff Harrison, 44, Urbandale, IA	31:57	10:17
102	5	Nels Engblom, 13, Grimes, IA	32:09	10:21
69	13	Phyllis Gilland, 46*, West Des Moines, IA	32:34	10:29
70	14	Heather Morris, 29*, Des Moines, IA	33:01	10:37
71	20	Connie Howat, 37*, Urbandale, IA	33:09	10:40

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72	15	Jamie Nelson, 25*, Urbandale, IA	35:23	11:23
103	7	David Richards, 11	36:23	11:43
73	16	Natasha Armstrong, 24*, Urbandale, IA	36:24	11:43
74	3	Kathy Fejes, 50*, Des Moines, IA	36:28	11:44
104	10	Jim Creighton, 59, Des Moines, IA	36:48	11:51
105	2	John Sullivan, 65, Urbandale, IA	36:49	11:51

"*" indicates females

7 finishers among Men 11 & Under
 5 finishers among Men 12 - 14
 7 finishers among Men 15 - 18
 14 finishers among Men 19 - 29
 29 finishers among Men 30 - 39
 31 finishers among Men 40 - 49
 10 finishers among Men 50 - 59
 2 finishers among Men 60 & Up
 2 finishers among Women 11 & Under
 9 finishers among Women 12 - 14
 11 finishers among Women 15 - 18
 16 finishers among Women 19 - 29
 20 finishers among Women 30 - 39
 13 finishers among Women 40 - 49
 3 finishers among Women 50 - 59
 105 male finishers
 74 female finishers
 179 total finishers

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