

Urbandale 4th of July 5 km

Urbandale, IA

July 4, 2006

Cool and Sunny

Results by Michael Franke

[Awards in 5K](#)

[Silvey Kids 1M Awards](#)

[Silvey Kids Overall](#)

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

| PLACE | CLASS PLACE | FINISHER | TIME |
|-------|-------------|---|-------|
| 1 | 1 M19 | Chris Lawson, 21, West Des Moines, IA | 16:02 |
| 2 | 2 M19 | Joe Hall, 28, Golden, CO | 16:55 |
| 3 | 1 M40 | Loran Storts, 41, Clive, IA | 17:26 |
| 4 | 1 M30 | Joe Marshall, 38, Granger, IA | 17:34 |
| 5 | 3 M19 | Jordan Seaberg, 19, Des Moines, IA | 17:35 |
| 6 | 2 M40 | Bill Ford, 41, Polk City, IA | 17:41 |
| 1 | 1 W30 | Melind Courage-Carlberg, 32*, Urbandale, IA | 18:10 |
| 7 | 1 M14 | Kyle Selsor, 17, Winterset, IA | 18:13 |
| 8 | 2 M30 | John Anthofer, 34, Urbandale, IA | 18:26 |
| 2 | 1 W14 | Stephanie Mundt, 15*, Urbandale, Ia | 18:27 |
| 9 | 4 M19 | Kent Carlson, 27, Des Moines, IA | 18:29 |
| 10 | 3 M40 | Paul Sparks, 47, Bloomington, IN | 18:30 |
| 11 | 5 M19 | Corey Holthaus, 26, Urbandale, IA | 18:33 |
| 12 | 2 M14 | Jake Sutton, 15, West Des Moines, IA | 18:36 |
| 13 | 3 M14 | Brett Rosauer, 15, Urbandale, IA | 18:44 |
| 14 | 3 M30 | Shawn Miller, 34, Des Moines, IA | 18:47 |
| 15 | 4 M40 | Greg Natvig, 46, Tucson, AZ | 18:58 |
| 16 | 1 M50 | 3Sticks McBride, 50, Des Moines, IA | 19:02 |
| 17 | 4 M30 | Mike Rieks, 38, Urbandale, IA | 19:09 |
| 18 | 4 M14 | Gage Sitzmann, 14, West Des Moines, IA | 19:16 |
| 19 | 1 M11 | Tyler Christians, 13, Urbandale, IA | 19:18 |
| 20 | 5 M30 | Tim Hart, 38, Johnston, IA | 19:28 |
| 21 | 5 M40 | Steve Kelly, 43, Urbandale, IA | 19:35 |
| 22 | 5 M14 | Ryan George, 16, Urbandale, IA | 19:40 |
| 23 | 6 M14 | Logan McCool, 18, Des Moines, IA | 19:43 |
| 24 | 6 M40 | Steve Sikkink, 45, Des Moines, IA | 19:44 |
| 25 | 7 M40 | Doug Adams, 44, Urbandale, IA | 19:50 |
| 26 | 8 M40 | Steve Harms, 40, West Des Moines, IA | 19:55 |
| 27 | 6 M30 | Gabriel Lohf, 30, Urbandale, IA | 19:59 |
| 28 | 7 M14 | Dane Seaberg, 17, Des Moines, IA | 20:01 |
| 29 | 7 M30 | John Urban, 38, Johnston, IA | 20:03 |
| 30 | 9 M40 | Brian Willem, 44, Urbandale, IA | 20:04 |
| 31 | 8 M14 | Brent Westphal, 17, Urbandale, IA | 20:10 |
| 32 | 10 M40 | Dan Gustafson, 43, West Des Moines, IA | 20:13 |
| 33 | 8 M30 | Brian Mark, 37, Shwanee, KS | 20:19 |
| 34 | 11 M40 | Jeff Farrell, 42, Urbandale, IA | 20:22 |
| 35 | 9 M14 | Timothy Martinez, 18, Bondurant, IA | 20:29 |
| 36 | 2 M50 | David Miller, 54, Urbandale, IA | 20:31 |
| 37 | 3 M50 | Rick Hagan, 56, Urbandale, IA | 20:31 |
| 38 | 12 M40 | Randy Kallem, 40, Des Moines, IA | 20:50 |
| 39 | 10 M14 | Soren Thompson, 14, Frisco, TX | 20:50 |
| 3 | 2 W30 | Tami Prescott, 39*, Urbandale, IA | 20:52 |
| 40 | 13 M40 | Tim Lefler, 40, West Des Moines, IA | 21:00 |
| 41 | 9 M30 | Patrick Mattingly, 37, Van Meter, IA | 21:01 |
| 42 | 4 M50 | Mark Borseth, 51, Johnston, IA | 21:02 |

| | | | |
|----|----|---|-------|
| 43 | 14 | M40 Paul Brees, 48, Urbandale, IA | 21:03 |
| 44 | 10 | M30 George Stock, 36, Des Moines, IA | 21:06 |
| 45 | 6 | M19 Boy Van Heuvelen, 21, Des Moines, IA | 21:07 |
| 4 | 3 | W30 Stephanie Groathouse, 34*, Urbandale, IA | 21:09 |
| 46 | 11 | M14 Eric Thompson, 14, Frisco, TX | 21:13 |
| 47 | 7 | M19 Kory Ross, 19, Urbandale, IA | 21:13 |
| 48 | 8 | M19 Justin Steggerda, 19, Johnston, IA | 21:14 |
| 49 | 9 | M19 Marcus Cavanaugh, 19, Ankeny, IA | 21:14 |
| 5 | 1 | W40 Courtney Zaharis, 43*, Hopkinton, MA | 21:15 |
| 50 | 15 | M40 Bill Olson, 41, Urbandale, IA | 21:17 |
| 51 | 2 | M11 Ryan Miller, 12, Urbandale, IA | 21:20 |
| 6 | 2 | W14 Katie Engquist, 17*, Colorado Springs, CO | 21:22 |
| 52 | 11 | M30 Michael Mosier, 37, Mableton, GA | 21:35 |
| 7 | 3 | W14 Nicole Wilson, 17*, Urbandale, Ia | 21:36 |
| 53 | 10 | M19 Jim Turner, 29, Urbandale, IA | 21:37 |
| 54 | 5 | M50 Kirk Tibbetts, 51, Urbandale, IA | 21:38 |
| 55 | 6 | M50 Randy Mundt, 50, Urbandale, Ia | 21:40 |
| 56 | 12 | M14 Joshua Sparks, 15, Bloomington, IN | 21:45 |
| 57 | 7 | M50 Dan Keller, 52, Urbandale, IA | 21:46 |
| 58 | 16 | M40 Dale Christians, 40, Urbandale, IA | 21:49 |
| 8 | 1 | W11 Carolyn Evans, 11*, Urbandale, IA | 21:50 |
| 9 | 4 | W14 Sami Steinmeyer, 15*, Urbandale, IA | 22:13 |
| 59 | 12 | M30 Bill Kallestad, 35, Des Moines, IA | 22:13 |
| 60 | 8 | M50 Steven Benton, 56, West Des Moines, IA | 22:14 |
| 61 | 11 | M19 Joe Wickard, 23, Iowa City, IA | 22:14 |
| 62 | 12 | M19 Grant Hilton, 26, Clive, IA | 22:15 |
| 63 | 17 | M40 Brian Castile, 42, Des Moines, IA | 22:15 |
| 10 | 2 | W40 Carla Stoner, 43*, West Des Moines, IA | 22:17 |
| 64 | 18 | M40 Lou Yacinich, 43, Des Moines, IA | 22:18 |
| 11 | 4 | W30 Jayna Gossling, 35*, Johnston, IA | 22:20 |
| 12 | 5 | W14 Aanna Lamers, 17* | 22:23 |
| 13 | 6 | W14 Erica Weirich, 17*, Johnston, IA | 22:24 |
| 65 | 9 | M50 Bob Layton, 50, Urbandale, IA | 22:25 |
| 66 | 19 | M40 Erik Swee, 40, Urbandale, IA | 22:27 |
| 67 | 20 | M40 Marty McDonald, 45, Urbandale, IA | 22:29 |
| 68 | 3 | M11 Taylor Nordgren, 13, Urbandale, IA | 22:30 |
| 69 | 13 | M30 Chase McCool, 30, Des Moines, IA | 22:31 |
| 70 | 13 | M19 Able Mahaffey, 27, Altoona, IA | 22:32 |
| 14 | 1 | W19 Melissa Gerrard, 26*, West Des Moines, IA | 22:35 |
| 15 | 5 | W30 Meghan Schumacker, 31*, Altoona, IA | 22:35 |
| 16 | 2 | W19 Tara Hall, 26*, Golden, CO | 22:36 |
| 71 | 14 | M19 Ross Hilton, 24, Des Moines, IA | 22:37 |
| 72 | 21 | M40 Jim Engquist, 48, Colorado Springs, CO | 22:37 |
| 17 | 6 | W30 Ami Bolles, 33*, Waukee, IA | 22:38 |
| 18 | 7 | W14 Megan Willem, 14*, Urbandale, IA | 22:38 |
| 73 | 22 | M40 Mark Johnston, 49, West Des Moines, IA | 22:44 |
| 74 | 14 | M30 Bill Hall, 38, Annandale, NJ | 22:47 |
| 75 | 13 | M14 Ryan Goetzl, 17, Urbandale, IA | 22:48 |
| 76 | 10 | M50 Alan Gross, 52, Des Moines, IA | 22:50 |
| 77 | 11 | M50 Bobby Dickerson, 52, Des Moines, IA | 22:51 |
| 78 | 15 | M30 Dwight Rastetter, 35, Johnston, IA | 22:53 |
| 19 | 3 | W40 Karla Richards, 47*, Urbandale, IA | 22:56 |
| 79 | 16 | M30 Jeff Fitch, 33, West Des Moines, IA | 22:59 |
| 80 | 15 | M19 Brian Schroeder, 22, Urbandale, IA | 23:01 |
| 81 | 23 | M40 Erik Luthens, 41, Urbandale, IA | 23:03 |
| 20 | 3 | W19 Samantha Wickard, 20*, Iowa City, IA | 23:03 |
| 82 | 14 | M14 Jeremy Franklin, 15, West Des Moines, IA | 23:04 |
| 83 | 12 | M50 Bill Deter, 59, Johnston, IA | 23:06 |
| 84 | 17 | M30 Paul Drake, 31, Urbandale, IA | 23:08 |
| 85 | 1 | M60 Jim Matthews, 66, Baxter, IA | 23:09 |
| 86 | 16 | M19 Keith Vorhoff, 26, Des Moines, IA | 23:11 |
| 87 | 13 | M50 John Leonhart, 55, Urbandale, IA | 23:15 |
| 88 | 24 | M40 Jim Kirby, 45, West Des Moines, IA | 23:20 |
| 89 | 18 | M30 Kenneth Bernstein, 38, Des Moines, IA | 23:22 |
| 21 | 8 | W14 Emily Twedt, 15*, Urbandale, IA | 23:23 |

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|-----|----|-----|--|-------|
| 90 | 25 | M40 | Mark Courter, 49, Urbandale, IA | 23:24 |
| 91 | 14 | M50 | Mike Harvey, 51, Urbandale, IA | 23:28 |
| 92 | 17 | M19 | Michael Mertz, 19, Urbandale, IA | 23:31 |
| 22 | 7 | W30 | Jacqueline Harms, 37*, West Des Moines, IA | 23:34 |
| 23 | 4 | W19 | Jessica Brown, 20*, Ames, IA | 23:36 |
| 93 | 15 | M14 | Nevin Conlon, 18, Urbandale, IA | 23:41 |
| 94 | 26 | M40 | Mike Conlon, 44, Urbandale, IA | 23:41 |
| 95 | 15 | M50 | John Meyer, 57, Mindoro, WI | 23:43 |
| 96 | 27 | M40 | Chris Runde, 42, Clive, IA | 23:46 |
| 24 | 4 | W40 | Nola Seaberg, 44*, Des Moines, IA | 23:51 |
| 97 | 19 | M30 | Michael Flint, 35, Ankeny, IA | 23:51 |
| 25 | 2 | W11 | Serena Goetzl, 12*, Urbandale, IA | 23:52 |
| 98 | 18 | M19 | Walter Charakupa, 28, Urbandale, IA | 23:55 |
| 99 | 16 | M14 | Mathias Kautto, 15, Rochester, MN | 23:56 |
| 26 | 9 | W14 | Anne Ruebbelke, 17*, Johnston, IA | 24:01 |
| 100 | 20 | M30 | Mike Smith, 30, Grimes, IA | 24:04 |
| 101 | 17 | M14 | Andrew Meek, 14, Urbandale, IA | 24:09 |
| 102 | 19 | M19 | Aaron Siskow, 27, Urbandale, IA | 24:09 |
| 103 | 4 | M11 | Drew Prescott, 13, Urbandale, IA | 24:12 |
| 104 | 21 | M30 | Kevin Monk, 30, Urbandale, IA | 24:14 |
| 27 | 5 | W40 | Carla Steele, 48*, Des Moines, IA | 24:16 |
| 105 | 28 | M40 | Dale Stephens, 44, Urbandale, IA | 24:20 |
| 28 | 10 | W14 | Alyssa Frakes, 16*, Urbandale, IA | 24:26 |
| 106 | 18 | M14 | Sam Jochum, 14, Des Moines, IA | 24:26 |
| 107 | 22 | M30 | Blair Smith, 36, Des Moines, IA | 24:33 |
| 108 | 23 | M30 | Michael Rhode, 37, Urbandale, IA | 24:38 |
| 109 | 24 | M30 | Jason Sims, 31, Urbandale, IA | 24:38 |
| 29 | 5 | W19 | Melissa Stowe, 28*, Urbandale, IA | 24:44 |
| 30 | 8 | W30 | Tracy Sabus, 38*, Urbandale, IA | 24:47 |
| 110 | 29 | M40 | Gerard Amadeo, 40, Des Moines, IA | 24:48 |
| 111 | 30 | M40 | Joseph Henry, 49, Des Moines, IA | 24:50 |
| 112 | 16 | M50 | Steve Siegel, 52, Urbandale, IA | 24:51 |
| 31 | 6 | W40 | Kristy Cain, 47*, Urbandale, IA | 24:52 |
| 113 | 31 | M40 | Dale Knoshaug, 44, Des Moines, IA | 24:52 |
| 114 | 32 | M40 | Gary Thompson, 42, Urbandale, IA | 24:53 |
| 32 | 6 | W19 | Erica Simbro, 26*, Des Moines, IA | 24:57 |
| 115 | 25 | M30 | Chris Vlahakis, 39, Ankeny, IA | 24:57 |
| 116 | 33 | M40 | Gregory Dockum, 46, Des Moines, IA | 24:58 |
| 117 | 34 | M40 | Dan Angstman, 42, Clive, IA | 24:59 |
| 118 | 35 | M40 | Sean Smith, 43, Urbandale, IA | 24:59 |
| 119 | 26 | M30 | Lance Beving, 30, Urbandale, IA | 24:59 |
| 120 | 5 | M11 | Andrew Keech, 11, Johnston, IA | 25:00 |
| 121 | 36 | M40 | Todd Keech, 40, Johnston, IA | 25:00 |
| 122 | 20 | M19 | Pete Jones, 29, Urbandale, IA | 25:00 |
| 33 | 7 | W19 | Darci Robertson, 24*, West Des Moines, IA | 25:01 |
| 123 | 27 | M30 | Mike Scar, 34, Des Moines, IA | 25:01 |
| 124 | 17 | M50 | Dick Mullen, 53, Urbandale, IA | 25:03 |
| 34 | 7 | W40 | Mary Thompson, 42*, Frisco, TX | 25:04 |
| 125 | 18 | M50 | Gregory Meek, 58, Urbandale, IA | 25:05 |
| 126 | 37 | M40 | Nels Engblom Sr., 43, Grimes, IA | 25:07 |
| 127 | 21 | M19 | Greg Steiber, 25, Denver, CO | 25:07 |
| 128 | 19 | M50 | Scott Dennis, 53, Urbandale, IA | 25:08 |
| 129 | 28 | M30 | Curt Stamp, 39, Des Moines, IA | 25:08 |
| 35 | 8 | W40 | Catherine Engblom, 43*, Grimes, IA | 25:11 |
| 130 | 38 | M40 | Mark Hansing, 49, Urbandale, IA | 25:11 |
| 36 | 8 | W19 | Danielle Johnson, 19*, Ankeny, IA | 25:14 |
| 37 | 3 | W11 | Bailey Eppard, 11*, Johnston, IA | 25:15 |
| 131 | 39 | M40 | Doug Eppard, 41, Johnston, IA | 25:16 |
| 132 | 22 | M19 | Tim Murphy, 24, Clive, IA | 25:20 |
| 133 | 40 | M40 | Larry Anderson, 43, Urbandale, IA | 25:21 |
| 134 | 41 | M40 | Michael Cook, 41, Urbandale, IA | 25:28 |
| 135 | 29 | M30 | Sam Whitehead, 38, Johnston, IA | 25:29 |
| 136 | 42 | M40 | Mark Walter, 43, Urbandale, IA | 25:29 |
| 38 | 9 | W19 | Melissa McMullen, 29*, North Liberty, IA | 25:32 |
| 137 | 30 | M30 | Ted Bolles, 35, Waukee, IA | 25:36 |

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|-----|----|-----|---|-------|
| 39 | 9 | W30 | Jane Angstman, 35*, Clive, IA | 25:36 |
| 40 | 9 | W40 | Carla Madson, 42*, Urbandale, IA | 25:47 |
| 41 | 11 | W14 | Emilia Gaps, 15*, Des Moines, IA | 25:47 |
| 138 | 31 | M30 | Mark Dephillips, 32, Urbandale, IA | 25:47 |
| 42 | 1 | W50 | Paula Dierenfeld, 52*, Johnston, IA | 25:49 |
| 43 | 10 | W30 | Tricia Hingst, 36*, West Des Moines, IA | 25:50 |
| 44 | 4 | W11 | Casey Hinders, 11*, Hayden Lake, ID | 25:51 |
| 139 | 43 | M40 | John Gaps, 47, Des Moines, IA | 25:52 |
| 45 | 10 | W19 | Karla MeucciI, 24*, Bothel, WA | 25:53 |
| 46 | 11 | W19 | Lindsay Thomas, 25*, Minneapolis, MN | 26:06 |
| 140 | 44 | M40 | Marty Marren, 42, Johnston, IA | 26:14 |
| 47 | 12 | W14 | Erin McCool, 16*, Des Moines, IA | 26:17 |
| 141 | 32 | M30 | Brad Marner, 35, Des Moines, IA | 26:21 |
| 142 | 33 | M30 | Lindsey Bakker, 30, Urbandale, IA | 26:21 |
| 143 | 45 | M40 | Andrew Hall, 41, Des Moines, IA | 26:22 |
| 144 | 20 | M50 | Chris Drumm, 56, Polk City, IA | 26:31 |
| 145 | 23 | M19 | Matthew Dahms, 22, Johnston, IA | 26:32 |
| 146 | 1 | JrM | Jerry Richards, 9, Urbandale, IA | 26:39 |
| 48 | 11 | W30 | Heather Jacobus, 37*, Des Moines, IA | 26:40 |
| 147 | 34 | M30 | William Staplin, 37, Des Moines, IA | 26:42 |
| 148 | 46 | M40 | Darwin Schmig, 49, Des Moines, IA | 26:49 |
| 49 | 12 | W19 | Sarah Leventhal, 20*, Urbandale, IA | 26:51 |
| 149 | 47 | M40 | Gary Young, 47, Johnston, IA | 26:56 |
| 50 | 13 | W14 | Amber McCool, 14*, Des Moines, IA | 27:00 |
| 150 | 48 | M40 | Jerry Gowey, 45, Urbandale, IA | 27:04 |
| 51 | 14 | W14 | Bailey Zaun, 16*, Urbandale, IA | 27:05 |
| 151 | 24 | M19 | Rajat Saboo, 22, Urbandale, IA | 27:06 |
| 152 | 49 | M40 | Brad Zaun, 44, Urbandale, IA | 27:06 |
| 52 | 15 | W14 | Elizabeth Benson, 14*, Urbandale, IA | 27:08 |
| 153 | 50 | M40 | Bill Courtner, 46, Des Moines, IA | 27:14 |
| 53 | 16 | W14 | Mary Rowley, 14*, Urbandale, IA | 27:14 |
| 54 | 17 | W14 | Amanda Dolan, 14*, West Des Moines, IA | 27:16 |
| 154 | 25 | M19 | Chris Truman, 26, New Virginia, IA | 27:21 |
| 155 | 21 | M50 | Jim Jordan, 50, Pennington, NJ | 27:23 |
| 156 | 22 | M50 | Jim Wilson, 53, Urbandale, Ia | 27:30 |
| 55 | 12 | W30 | Kelli Brockmann, 30*, West Des Moines, IA | 27:36 |
| 157 | 35 | M30 | Douglas Hodgson, 36, Urbandale, IA | 27:39 |
| 158 | 36 | M30 | Todd Jacobus, 39, Des Moines, IA | 27:41 |
| 159 | 23 | M50 | Bob Overstreet, 55, Des Moines, IA | 27:43 |
| 56 | 2 | W50 | Mary Gross, 53*, Des Moines, IA | 27:45 |
| 57 | 13 | W19 | Annalise Johnson, 23*, Ankeny, IA | 27:49 |
| 160 | 51 | M40 | Bob Marmon, 48, Urbandale, IA | 27:55 |
| 58 | 3 | W50 | Janece Mollhoff, 50*, Ashland, NE | 28:00 |
| 59 | 18 | W14 | Felicia Hoover, 17*, Urbandale, IA | 28:03 |
| 161 | 2 | M60 | Gene Harding, 75, Des Moines, IA | 28:05 |
| 60 | 13 | W30 | Lori Keech, 39*, Johnston, IA | 28:06 |
| 61 | 19 | W14 | Alyssa Burcham, 16*, Johnston, IA | 28:10 |
| 62 | 14 | W30 | Anne Rivett, 39*, Johnston, IA | 28:19 |
| 63 | 15 | W30 | Ellen Kyhl, 39*, Johnston, IA | 28:22 |
| 64 | 16 | W30 | Cynnamon Brown, 30*, West Des Moines, IA | 28:23 |
| 65 | 17 | W30 | Michele Dahlen, 32*, Wdm, IA | 28:23 |
| 66 | 20 | W14 | Nikki Gustafson, 15*, Urbandale, IA | 28:30 |
| 67 | 5 | W11 | Kayla Miles, 13*, Urbandale, IA | 28:30 |
| 162 | 52 | M40 | John Wahlert, 41, Urbandale, IA | 28:31 |
| 68 | 6 | W11 | Amber Wahlert, 13*, Urbandale, IA | 28:32 |
| 69 | 10 | W40 | Cindy Brun, 45*, Des Moines, IA | 28:36 |
| 163 | 26 | M19 | Adam Lendt, 24, Des Moines, IA | 28:36 |
| 164 | 24 | M50 | Greg Racette, 55, Urbandale, IA | 28:43 |
| 70 | 21 | W14 | Brianna Johnson, 16*, Ankeny, IA | 28:47 |
| 165 | 25 | M50 | Kevin Cunningham, 54, Des Moines, IA | 28:48 |
| 71 | 14 | W19 | Jen Miner, 23*, Altoona, IA | 28:49 |
| 72 | 18 | W30 | Renee Fickbohm, 32*, Johnston, IA | 29:28 |
| 166 | 26 | M50 | Merrill Morris, 51, Clive, IA | 29:30 |
| 167 | 37 | M30 | Brian Lazear, 35, Johnston, IA | 29:34 |
| 73 | 11 | W40 | Carla Schimelfenig, 45*, Bondurant, IA | 29:39 |

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|-----|----|-----|---|-------|
| 74 | 1 | W60 | Breta Westlund, 66*, Urbandale, IA | 29:41 |
| 168 | 27 | M50 | Clarence Hudson, 56, Urbandale, IA | 29:43 |
| 169 | 53 | M40 | Daniel McCool, 44, Des Moines, IA | 29:51 |
| 170 | 27 | M19 | Jared Jabolonski, 24, Urbandale, IA | 29:52 |
| 171 | 54 | M40 | Alan Kemp, 45, Urbandale, IA | 30:08 |
| 75 | 4 | W50 | Dee Wittmack, 59*, Urbandale, IA | 30:17 |
| 172 | 38 | M30 | Chad Christensen, 37, Des Moines, IA | 30:38 |
| 173 | 55 | M40 | Kenneth Harkin, 40, Urbandale, IA | 30:52 |
| 76 | 12 | W40 | April Marmon, 43*, Urbandale, IA | 30:53 |
| 77 | 15 | W19 | Teresa Balduchi, 29*, Des Moines, IA | 30:53 |
| 174 | 56 | M40 | John Marmon, 45, Urbandale, IA | 30:54 |
| 175 | 3 | M60 | Ruben Rullan, 65, Urbandale, IA | 30:57 |
| 78 | 19 | W30 | Renee Carver, 35*, Urbandale, IA | 30:57 |
| 176 | 39 | M30 | Matt Carver, 34, Urbandale, IA | 31:06 |
| 79 | 20 | W30 | Sue Golightly, 39*, Johnston, IA | 31:07 |
| 177 | 57 | M40 | Dj Golightly, 41, Johnston, IA | 31:08 |
| 178 | 4 | M60 | Ken Yeutsy, 65, Urbandale, IA | 31:27 |
| 80 | 7 | W11 | Kelly Woodard, 12*, Van Meter, IA | 31:35 |
| 179 | 40 | M30 | David Cohen, 33, West Des Moines, IA | 31:44 |
| 180 | 28 | M50 | Steve Wickard, 54, Duluth, MN | 31:51 |
| 181 | 58 | M40 | John Verhulst, 49, Urbandale, IA | 31:55 |
| 81 | 13 | W40 | Tracy Shawn, 42*, Johnston, IA | 32:01 |
| 82 | 21 | W30 | Ingrid Guttin, 34*, Ankeny, IA | 32:03 |
| 182 | 41 | M30 | Thomas Stein, 37, Des Moines, IA | 32:06 |
| 183 | 6 | M11 | Charlie Engblom, 13, Grimes, IA | 32:16 |
| 83 | 22 | W30 | Christie Woodyard, 33*, Altoona, IA | 32:18 |
| 84 | 23 | W30 | Carla Bean, 35*, Indianola, IA | 32:21 |
| 184 | 42 | M30 | Adam Claypool, 34, Des Moines, IA | 32:23 |
| 85 | 14 | W40 | Julie Engelken, 42*, Des Moines, IA | 32:33 |
| 86 | 16 | W19 | Julie Kistenmacher, 24*, Urbandale, IA | 32:47 |
| 87 | 17 | W19 | Lane McMullen, 28*, North Liberty, IA | 33:08 |
| 88 | 8 | W11 | Isabella Engblom, 11*, Grimes, IA | 33:09 |
| 89 | 18 | W19 | Lauren Lemon, 19*, Urbandale, IA | 33:11 |
| 90 | 19 | W19 | Rachel Betts, 26*, West Des Moines, IA | 33:16 |
| 185 | 28 | M19 | Todd Hoffman, 28, West Des Moines, IA | 33:18 |
| 186 | 29 | M50 | Jim Garwood, 59, Urbandale, IA | 33:27 |
| 91 | 24 | W30 | Diane Dinan, 39*, Urbandale, IA | 33:38 |
| 92 | 25 | W30 | Jennifer Eubanks, 34*, Des Moines, IA | 34:07 |
| 93 | 20 | W19 | Susan Young, 29*, Urbandale, IA | 34:45 |
| 187 | 7 | M11 | Kris Finzel, 11, Van Meter, IA | 35:01 |
| 188 | 30 | M50 | Ric Martinez, 50, Nevada, IA | 35:02 |
| 94 | 21 | W19 | Patricia Palmer, 26*, Des Moines, IA | 35:08 |
| 95 | 15 | W40 | Brenda Safranski, 46*, Urbandale, IA | 35:11 |
| 96 | 26 | W30 | Bonnie Christensen, 35*, Des Moines, IA | 35:20 |
| 97 | 27 | W30 | Girl Stevens, 34*, Urbandale, IA | 35:33 |
| 98 | 22 | W19 | Kelly Roecker, 25*, Urbandale, IA | 35:40 |
| 99 | 28 | W30 | Suzanne Mickelson, 32*, Madrid, IA | 35:40 |
| 100 | 29 | W30 | Sandy Henry, 39*, Johnston, IA | 35:43 |
| 101 | 23 | W19 | Sara Parker, 24*, Des Moines, IA | 35:44 |
| 102 | 16 | W40 | Cathy Evans, 42*, Urbandale, IA | 35:48 |
| 103 | 30 | W30 | Jill Sterling, 30*, Urbandale, IA | 36:37 |
| 189 | 43 | M30 | Chris Sterling, 33, Urbandale, IA | 36:38 |
| 104 | 31 | W30 | Carrie Oconnor, 33*, Des Moines, IA | 36:43 |
| 190 | 44 | M30 | Patrick Sullivan, 30, Dallas, TX | 37:15 |
| 191 | 5 | M60 | John Sullivan, 67, Urbandale, IA | 37:15 |
| 105 | 17 | W40 | Jody Leventhal, 45*, Urbandale, IA | 37:34 |
| 192 | 59 | M40 | Marc Hollander, 48, Urbandale, IA | 38:47 |
| 193 | 60 | M40 | Gus Rotstein, 44, Des Moines, IA | 39:26 |
| 106 | 18 | W40 | Tammy Hollander, 45*, Urbandale, IA | 39:28 |
| 107 | 32 | W30 | Brooke Jones, 32*, Urbandale, IA | 39:29 |
| 194 | 6 | M60 | Willian Oxley, 75, Urbandale, IA | 40:29 |

"*" indicates females

1 finishers among Men 10 & Under

7 finishers among Men 11 - 13

18 finishers among Men 14 - 18

28 finishers among Men 19 - 29
44 finishers among Men 30 - 39
60 finishers among Men 40 - 49
30 finishers among Men 50 - 59
6 finishers among Men 60 & Up
8 finishers among Women 11 - 13
21 finishers among Women 14 - 18
23 finishers among Women 19 - 29
32 finishers among Women 30 - 39
18 finishers among Women 40 - 49
4 finishers among Women 50 - 59
1 finishers among Women 60 & Up
194 male finishers
107 female finishers
301 total finishers

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