

# Urbandale 4th of July 4th '07 5 km

Urbandale, IA

July 4, 2007

Warm and Sunny

Results by Michael Franke

Results by [Michael Franke](#)

[Youth race results are here \(pdf\)](#)

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.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1	M19 Tj Tollakson, 26, Urbandale, IA	16:22	5:16
2	1	M14 Andrew Barrett, 15, Des Moines, IA	17:42	5:42
3	2	M14 Kyle Selsor, 18, Winterset, IA	17:43	5:42
1	1	W14 Stephanie Mundt, 16*, Urbandale, IA	17:47	5:43
2	1	W30 Kiersten Hathaway, 31*, Panora, IA	17:54	5:45
4	1	M40 Steve Pohlmeier, 41, Urbandale, IA	17:58	5:47
5	3	M14 Brett Rosauer, 16, Urbandale, IA	18:00	5:48
6	1	M30 Gabriel Lohf, 31, Urbandale, IA	18:02	5:48
3	1	W19 Ashley Tousley, 23*, West Des Moines, IA	18:06	5:49
7	2	M19 Chris Nealy, 27, Des Moines, IA	18:12	5:51
8	4	M14 Jake Sutton, 16, West Des Moines, IA	18:13	5:52
9	2	M30 John Anthofer, 35, Urbandale, IA	18:15	5:52
10	5	M14 Chris Miller, 16, Des Moines, IA	18:16	5:53
11	6	M14 Brent Westphal, 18, Urbandale, IA	18:18	5:53
12	3	M30 Jon Lindaman, 30, Windsor Heights, IA	18:19	5:54
13	7	M14 Mason Walters, 14, Urbandale, IA	18:20	5:54
14	2	M40 Tom Penningroth, 40, Urbandale, IA	18:26	5:56
15	4	M30 Patrick Hennis, 32, Ankeny, IA	18:31	5:58
16	1	M50 Bob Layton, 51, Urbandale, IA	18:32	5:58
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17	3	M19 Tyler McCurdy, 27, West Des Moines, IA	18:51	6:04
18	5	M30 Shawn Miller, 35, Des Moines, IA	19:01	6:07
19	8	M14 Tyler Christians, 14, Urbandale, IA	19:12	6:11
20	9	M14 Drew Prescott, 14, Urbandale, IA	19:35	6:18
21	3	M40 Steve Kelly, 44, Urbandale, IA	19:36	6:18
22	6	M30 Jim Turner, 30, Urbandale, IA	19:40	6:20
23	2	M50 Mark Movic, 50, Des Moines, IA	19:51	6:23
24	4	M40 Jeff Perry, 46, Bondurant, IA	19:52	6:23
25	10	M14 Dane Seaberg, 18, Des Moines, IA	19:54	6:24
26	7	M30 Chris Siewert, 36, Urbandale, IA	19:58	6:25
27	3	M50 3Sticks McBride, 51, Des Moines, IA	20:01	6:26
28	11	M14 Ryan George, 17, Urbandale, IA	20:06	6:28
29	4	M19 Rex Gray, 27, West Des Moines, IA	20:06	6:28
30	8	M30 Mike Fraizer, 36, West Des Moines, IA	20:14	6:31
31	9	M30 Neal Groteluschen, 35, West Des Moines, IA	20:15	6:31
32	10	M30 Bennett Paxton, 33, West Des Moines, IA	20:17	6:32
33	5	M19 Logan McCool, 19, Des Moines, IA	20:22	6:33
34	5	M40 John Kromminga, 42, Johnston, IA	20:24	6:34
35	11	M30 Jason Zdunich, 38, Dallas Center, IA	20:25	6:34
36	6	M40 Dan Gustafson, 44, West Des Moines, IA	20:30	6:36

37	6	M19 Timothy Martinez, 19, Bondurant, IA	20:34	6:37
38	12	M30 Blair Phipps, 32, Pleasant Hill, IA	20:39	6:39
39	12	M14 Asam Schwartz, 16, Urbandale, IA	20:39	6:39
40	13	M30 Jason Wentworth, 36, Urbandale, IA	20:41	6:39
41	7	M40 Jeff Farrell, 43, Urbandale, IA	20:48	6:42
42	14	M30 Devin Miller, 35, Ankeny, IA	20:50	6:42
43	7	M19 Robert Robison, 23, Johnston, IA	20:50	6:42
44	4	M50 Kirk Tibbetts, 52, Urbandale, IA	20:51	6:43
4	1	W40 Carla Stoner, 44*, West Des Moines, IA	20:52	6:43
45	15	M30 Tim Gootee, 37, Urbandale, IA	20:54	6:44
46	8	M19 Andrew Trentmann, 20, Urbandale, IA	20:55	6:44
47	5	M50 Rick Hagan, 57, Urbandale, IA	20:59	6:45
48	13	M14 Ryan Goetzl, 18, Urbandale, IA	21:01	6:46
49	16	M30 Patrick Mattingly, 38, Van Meter, IA	21:04	6:47
50	14	M14 Iv Githens, 15, Johnston, IA	21:14	6:50
51	9	M19 Matthew Overton, 25, Ankeny, IA	21:20	6:52
5	2	W14 Mo Madison, 14*, Urbandale, IA	21:23	6:53
6	3	W14 Sami Steinmeyer, 16*, Urbandale, IA	21:26	6:54
7	2	W19 Bethany Baker, 24*, Waukee, IA	21:27	6:54
8	3	W19 Christina Dehamer, 26*, Overland Park, KS	21:35	6:57
52	17	M30 Tony Dressen, 36, Urbandale, IA	21:40	6:58
53	6	M50 David Miller, 55, Urbandale, IA	21:41	6:59
54	18	M30 Tony Wagner, 31, Urbandale, IA	21:43	6:59
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55	10	M19 Collin Forst, 19, Urbandale, IA	21:47	7:00
56	11	M19 Ryan Johnson, 29, West Des Moines, IA	21:48	7:01
57	8	M40 Paul Brees, 49, Urbandale, IA	21:49	7:01
58	19	M30 Jason Marcel, 32, Des Moines, IA	21:51	7:02
59	15	M14 Lucas Brightwell, 16, Des Moines, IA	21:54	7:03
60	7	M50 Dennis Wheeler, 57, Urbandale, IA	21:55	7:03
9	4	W14 Nicole Wilson, 18*, Urbandale, IA	21:56	7:03
61	20	M30 Kirk Ojendyk, 33, Urbandale, IA	21:56	7:04
62	9	M40 Jim Kirby, 47, West Des Moines, IA	21:57	7:04
63	12	M19 Dave Burgett, 19, Urbandale, IA	21:57	7:04
64	13	M19 Rex Gray, 27, West Des Moines, IA	21:57	7:04
65	21	M30 Steve Price, 38, Johnston, IA	22:00	7:05
66	1	M60 Joe Keefer, 60, Des Moines, IA	22:03	7:06
10	4	W19 Audrey Bell, 27*, Ankeny, IA	22:05	7:06
67	14	M19 Able Mahaffey, 28, Altoona, IA	22:07	7:07
11	2	W30 Lori Drafaahl, 34*, Urbandale, IA	22:10	7:08
68	10	M40 Erik Swee, 41, Urbandale, IA	22:11	7:08
12	3	W30 Angie Veenstra, 31*, Urbandale, IA	22:11	7:08
69	11	M40 Yacinish, 43, Urbandale, IA	22:14	7:09
70	8	M50 Mark Borseth, 52, Johnston, IA	22:17	7:10
71	16	M14 Colin McDonald, 16, Urbandale, IA	22:25	7:13
72	1	M12 Ryan Miller, 13, Urbandale, IA	22:27	7:13
73	15	M19 Eric Saxton, 22, West Des Moines, IA	22:31	7:15
74	12	M40 Jim Engquist, 49, Colorado Springs, CO	22:34	7:16
75	13	M40 Dale Christians, 41, Urbandale, IA	22:35	7:16
76	16	M19 Brian Schulz, 22, Des Moines, IA	22:36	7:16
13	5	W14 Megan Willem, 15*, Urbandale, IA	22:37	7:17
77	17	M19 Rudi Heinrich, 29, Evensville, IN	22:42	7:18
14	6	W14 Reilly Zlab, 17*, Urbandale, IA	22:43	7:18
78	18	M19 Mike Mertz, 20, Urbandale, IA	22:47	7:20
79	22	M30 David Quirino, 35, Amarillo, TX	22:51	7:21
15	4	W30 Sara Biris, 34*, Des Moines, IA	22:51	7:21
80	14	M40 Mike Novelli, 49, Urbandale, IA	22:52	7:21
81	9	M50 Dan Keller, 53, Dallas Center, IA	22:56	7:23
16	5	W30 Nadine Woods, 34*, Urbandale, IA	22:56	7:23
82	15	M40 Marty McDonald, 46, Des Moines, IA	22:57	7:23
83	19	M19 Sam Root, 28, Ankeny, IA	23:03	7:25
84	23	M30 Kevin Wilson, 30, Polk City, IA	23:03	7:25
85	17	M14 Samuel Jochum, 15, Des Moines, IA	23:04	7:25
17	5	W19 Allison Wunsch, 21*, Urbandale, IA	23:05	7:26

18	6	W19 Trisha Joseph, 27*, West Des Moines, IA	23:06	7:26
86	10	M50 Shane Dooley, 51, Urbandale, IA	23:06	7:26
87	20	M19 Brett Peterson, 27, Ankeny, IA	23:07	7:26
88	24	M30 Juan Jaramillo, 31, Pittsburgh, PA	23:07	7:26
89	11	M50 Dick Mullen, 54, Urbandale, IA	23:09	7:27
90	21	M19 Joe Wickard, 24, Iowa City, IA	23:11	7:28
91	25	M30 Paul Schneider, 36, Urbandale, IA	23:12	7:28
92	16	M40 John Wahlert, 42, Urbandale, IA	23:12	7:28
93	26	M30 Jeff Wieland, 37, Johnston, IA	23:18	7:30
94	22	M19 Anne Yoder, 25	23:18	7:30
95	27	M30 Darren Sickerson, 32, Urbandale, IA	23:18	7:30
96	17	M40 Kelly Broderick, 45, Dallas Center, IA	23:22	7:31
19	7	W14 Katie Engquist, 18*, Colorado Springs, CO	23:27	7:33
20	7	W19 Abby Green, 20*, Johnston, IA	23:28	7:33
21	8	W19 Nicole Riesselman, 20*, Des Moines, IA	23:31	7:34
97	12	M50 Alan Gross, 53, Des Moines, IA	23:31	7:34
98	18	M40 Troy Vaughan, 43, Des Moines, IA	23:33	7:35
99	23	M19 Michael Kaduce, 20, Urbandale, IA	23:33	7:35
100	2	M12 Grant Wierson, 13, Urbandale, IA	23:37	7:36
101	28	M30 Kevin Monk, 31, Urbandale, IA	23:38	7:36
	22	8 W14 Emily Twedt, 16*, Urbandale, IA	23:41	7:37
102	13	M50 William Wedeking, 52, Des Moines, IA	23:47	7:39
103	24	M19 Aaron Siskow, 28, Urbandale, IA	23:49	7:40
104	19	M40 Kevin Croft, 40, West Des Moines, IA	23:50	7:40
	23	6 W30 Terri Price, 39*, Johnston, IA	23:50	7:40
105	29	M30 Dan Polson, 36, Des Moines, IA	23:53	7:41
	24	1 W12 Serena Goetzl, 13*, Urbandale, IA	23:57	7:42
106	30	M30 Paul Drake, 32, Urbandale, IA	23:57	7:42
	25	9 W14 Molly Applegate, 15*, Urbandale, IA	23:58	7:43
107	20	M40 Glen Dippold, 44, Clive, IA	23:59	7:43
108	31	M30 Wade Den Hartog, 33, Des Moines, IA	24:05	7:45
	26	1 JrW Abigail Vaughan, 10*, Des Moines, IA	24:06	7:45
109	25	M19 Curtis Wohlford, 19, Lenexa, KS	24:07	7:45
110	3	M12 Bach Boals, 13, Cedar Falls, IA	24:07	7:46
111	21	M40 Brian Haag, 42, Urbandale, IA	24:08	7:46
112	22	M40 Mike Conlon, 45, Urbandale, IA	24:10	7:47
113	1	JrM Christian Bengtson, 11, Chariton, IA	24:12	7:47
	27	2 W40 Susan Skinner, 48*, Des Moines, IA	24:17	7:49
114	23	M40 Rod Klein, 44	24:18	7:49
115	26	M19 Jonathan Blayer, 28, West Des Moines, IA	24:22	7:50
116	4	M12 Nathan Smith, 13, Belmont, IA	24:25	7:51
117	2	JrM Adam Smith, 11, Belmont, IA	24:27	7:52
118	24	M40 Donald Radtke, 41, West Des Moines, IA	24:29	7:53
	28	9 W19 Katie Jo Burgett, 19*, Urbandale, IA	24:33	7:54
119	25	M40 Daniel Angstman, 43, Waukee, IA	24:33	7:54
	29	7 W30 Tricia Hingst, 37*, West Des Moines, IA	24:34	7:54
120	14	M50 Carl Voss, 59, Urbandale, IA	24:34	7:54
	30	10 W19 Teri Root, 27*, Ankeny, IA	24:36	7:55
121	27	M19 Chase McCool, 21, Des Moines, IA	24:41	7:57
122	15	M50 John Meyer, 51, West Des Moines, IA	24:42	7:57
123	32	M30 Michael Rhode, 38, Urbandale, IA	24:44	7:57
124	33	M30 Douglas Nichol, 37, Des Moines, IA	24:45	7:58
125	28	M19 Nevin Conlon, 19, Urbandale, IA	24:46	7:58
126	29	M19 Jeremy Lyddon, 26, Urbandale, IA	24:47	7:58
127	18	M14 Spencer Wohlford, 16, Lenexa, KS	24:47	7:58
	31	8 W30 Tami Draper, 37*, Des Moines, IA	24:47	7:58
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	32	2 W12 Emily Benson, 13*, Urbandale, IA	24:54	8:01
	33	10 W14 Elizabeth Benson, 15*, Urbandale, IA	24:58	8:02
128	5	M12 Blake Heikes, 13, Johnston, IA	25:07	8:05
129	26	M40 Andrrew Kahl, 43, Des Moines, IA	25:08	8:05
	34	3 W40 Kris Robson, 41*, Urbandale, IA	25:10	8:06
	35	9 W30 Jane Angstman, 36*, Clive, IA	25:13	8:07
130	27	M40 Ken Wnnsch, 47, Urbandale, IA	25:23	8:10

131	34	M30	Mark Williams, 32, Des Moines, IA	25:28	8:12
36	11	W19	Dulcia Hahn, 22*, Des Moines, IA	25:29	8:12
132	28	M40	Gary Thompson, 43, Urbandale, IA	25:29	8:12
133	29	M40	Brian Moylan, 45, Urbandale, IA	25:33	8:13
134	30	M40	Mark Walter, 44, Urbandale, IA	25:34	8:14
37	3	W12	Renee Reichenbacher, 13*, Des Moines, IA	25:34	8:14
135	31	M40	Chris Runde, 43, Clive, IA	25:36	8:14
136	30	M19	Jordan Jensen, 27, Ankeny, IA	25:38	8:15
38	12	W19	Jill McGargill, 26*, West Des Moines, IA	25:38	8:15
39	10	W30	Renee Fickbohm, 33*, Johnston, IA	25:39	8:15
137	32	M40	Mark Kay, 46, Johnston, IA	25:46	8:17
138	16	M50	John Ottley, 51, Johnston, IA	25:49	8:19
139	33	M40	Thomas Guillaume, 48, Urbandale, IA	25:52	8:19
40	4	W12	Breanne Riesberg, 13*, Johnston, IA	25:53	8:20
140	17	M50	Greg Meek, 59, Urbandale, IA	25:56	8:21
141	3	JrM	Brandon Wenddell, 10, Urbandale, IA	26:06	8:24
142	31	M19	Jake Jobe, 19, Winterset, IA	26:07	8:24
143	34	M40	Jerry Gowey, 46, Urbandale, IA	26:09	8:25
144	19	M14	Michael Gonzales, 15, Des Moines, IA	26:10	8:25
41	13	W19	Darbie McMahon, 25*, Urbandale, IA	26:12	8:26
145	18	M50	Larry Zahm, 51, Des Moines, IA	26:15	8:27
146	35	M30	Bruce Johnson, 32, Urbandale, IA	26:19	8:28
42	11	W30	Allison Rhymer, 32*, Urbandale, IA	26:19	8:28
147	4	JrM	Quinn Lafrentz, 11, Urbandale, IA	26:21	8:29
43	11	W14	Chelsea Chapko, 14*, Johnston, IA	26:21	8:29
44	5	W12	Carolyn Evans, 12*, Urbandale, IA	26:22	8:29
148	5	JrM	Mitchell Boals, 11, Cedar Falls, IA	26:40	8:35
45	14	W19	Allie Mackey, 21*, Johnston, IA	26:40	8:35
149	35	M40	Michael Farrell, 40, Johnston, IA	26:44	8:36
46	12	W30	Lisa Krugler, 34*, Des Moines, IA	26:45	8:36
47	6	W12	Gina Haag, 13*, Urbandale, IA	26:52	8:39
150	32	M19	Ross Hilton, 25, Clive, IA	26:53	8:39
48	12	W14	Maggie Perry, 18*, Bondurant, IA	26:54	8:39
151	36	M30	Jason Sims, 32, Urbandale, IA	27:03	8:42
49	13	W30	Erica Polson, 35*, Des Moines, IA	27:04	8:43
152	36	M40	Chis Admussen, 43, Urbandale, IA	27:06	8:43
50	15	W19	Katie Ochanpaugh, 27*, Grimes, IA	27:13	8:45
51	16	W19	Stacy Berenguel, 28*, Des Moines, IA	27:16	8:46
153	19	M50	John Leonhart, 56, Urbandale, IA	27:17	8:47
154	20	M50	Scott Dennis, 54, Urbandale, IA	27:18	8:47
155	37	M40	Jerry Cihota, 40, Urbandale, IA	27:19	8:47
52	14	W30	Valerie Thompson, 37*, Urbandale, IA	27:20	8:48
156	21	M50	Mark Courter, 50	27:20	8:48
157	38	M40	Bill Olson, 42, Urbandale, IA	27:21	8:48
158	37	M30	Mark Coady, 38, Urbandale, IA	27:22	8:48
53	13	W14	Kathleen Willem, 18*, Urbandale, IA	27:24	8:49
54	14	W14	Alyssa Frakes, 17*, Urbandale, IA	27:25	8:49
55	15	W30	Heather Jacobus, 38*, Des Moines, IA	27:27	8:50
159	39	M40	John Marmon, 46, Urbandale, IA	27:29	8:51
160	22	M50	Raymond Wenddell, 50, Urbandale, IA	27:30	8:51
56	1	W50	Cheryl Obal, 50*, Waukee, IA	27:31	8:51
161	6	JrM	Justin Bunkers, 11, Des Moines, IA	27:40	8:54
162	23	M50	Steve Siegel, 53, Urbandale, IA	27:42	8:55
57	17	W19	Gina Schlosser, 25*, Grimes, IA	27:45	8:56
163	7	JrM	Shane Burgess, 10, Urbandale, IA	27:46	8:56
164	38	M30	Chris Burgess, 39, Urbandale, IA	27:47	8:56
58	18	W19	Ellen Brockmann, 26*, Johnston, IA	27:47	8:56
165	40	M40	Dan McCool, 45, Des Moines, IA	27:47	8:56
166	39	M30	Jacob Duncalf, 30, Urbandale, IA	27:50	8:57
167	24	M50	Mark Wierson, 52, Urbandale, IA	27:50	8:57
59	15	W14	Emily Linscheid, 14*, Johnston, IA	27:51	8:58
60	4	W40	Nancy Linscheid, 40*, Johnston, IA	27:51	8:58
61	19	W19	Amy Jungmann, 21*, Ames, IA	27:53	8:58
168	33	M19	Mark Jungmann, 24, Ames, IA	27:53	8:58
62	20	W19	Megan Racette, 23*, Urbandale, IA	27:54	8:59

169	34	M19 Ryan Omvig, 23, Urbandale, IA	27:54	8:59
63	5	W40 Anne Rivett, 40*, Johnston, IA	27:55	8:59
64	6	W40 Melanie Hall, 40*, Urbandale, IA	27:56	8:59
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170	8	JrM Jerry Richards, 10, Urbandale, IA	27:57	9:00
65	21	W19 Emily Hoffman, 27*, Des Moines, IA	28:00	9:00
66	22	W19 Mary Tesdall, 28*, Urbandale, IA	28:00	9:01
67	7	W40 Elaine Kay, 45*, Johnston, IA	28:01	9:01
68	16	W30 Roxanne Riesberg, 30*, Urbandale, IA	28:02	9:01
171	40	M30 Chad Reinke, 36, Ankeny, IA	28:08	9:03
172	41	M40 Andy Hall, 42, Des Moines, IA	28:09	9:04
173	42	M40 Dan Duwelius, 48, Des Moines, IA	28:12	9:04
69	17	W30 Becky Coady, 35*, Urbandale, IA	28:13	9:05
174	43	M40 Brian Burgett, 44, Urbandale, IA	28:16	9:06
70	7	W12 Kelly Woodard, 13*, Van Meter, IA	28:28	9:10
71	18	W30 Amy Nichols, 39*, Urbandale, IA	28:31	9:10
72	19	W30 Laura Kroeger, 38*, West Des Moines, IA	28:31	9:11
73	16	W14 Haley Augustson, 15*, Athens, WV	28:33	9:11
74	20	W30 Mary Jackovin, 35*, Urbandale, IA	28:35	9:12
75	21	W30 Amber Mordini, 33*, Polk City, IA	28:40	9:13
76	8	W40 Cindy Brun, 46*, Des Moines, IA	28:44	9:15
77	9	W40 Desiree Reichenbacher, 45*, Des Moines, IA	28:45	9:15
175	25	M50 Jim Wilson, 54, Urbandale, IA	28:48	9:16
78		Jo Arbuckle*, Des Moines, IA	28:52	9:17
79	10	W40 Karen Grifffee, 44*, Athens, WV	28:53	9:18
176	20	M14 Brianne Moylan, 16	28:58	9:19
80	22	W30 Tracy Whisler, 36*, Grimes, IA	28:58	9:19
81	11	W40 Ann Fagerlind, 42*, Peosta, IA	28:59	9:19
177	35	M19 Kyle Venhuizen, 21, Urbandale, IA	28:59	9:20
178	9	JrM Porte Erickson, 8, Des Moines, IA	29:02	9:21
179	10	JrM Nathan Maly, 10, West Des Moines, IA	29:06	9:22
82	23	W30 Jamie Jackson, 31*, Des Moines, IA	29:08	9:22
83	24	W30 Debra Scorpiniti, 39*, West Des Moines, IA	29:10	9:23
180	41	M30 David Ripperger, 36, Des Moines, IA	29:11	9:23
84	25	W30 Cristi Flynn, 36*, Urbandale, IA	29:12	9:24
85	23	W19 Steph Mahaffey, 27*, Altoona, IA	29:18	9:26
86	24	W19 Lisa Cain, 27*, Urbandale, IA	29:21	9:27
181	26	M50 Tom Seaberg, 54, Des Moines, IA	29:22	9:27
87	25	W19 Stephanie Davis, 28*, Urbandale, IA	29:23	9:27
88	26	W30 Susan Young, 30*, Urbandale, IA	29:23	9:27
89	26	W19 Jennifer Anderson, 28*, Altoona, IA	29:24	9:28
182	21	M14 Dylan Eilertson, 14, Clive, IA	29:25	9:28
183	36	M19 Justin Harnden, 27, Urbandale, IA	29:26	9:28
90	27	W19 Ann Munzenmaier, 27*, Stevens Point, WI	29:28	9:29
91	17	W14 Jenna Darsee, 14*, Urbandale, IA	29:29	9:29
92	2	W50 Michele Soria, 50*, Clive, IA	29:29	9:29
93	3	W50 Mary Gross, 54*, Des Moines, IA	29:29	9:29
94	4	W50 Colleen Dooley, 50*, Urbandale, IA	29:30	9:30
184	11	JrM Henry Pohlmeier, 10, Urbandale, IA	29:30	9:30
95	28	W19 Nichole Reves, 27*, Grimes, IA	29:32	9:30
185	6	M12 Logan Wohlford, 12, Lenexa, KS	29:38	9:32
186	44	M40 Scott Wohlford, 45, Lenexa, KS	29:38	9:32
187	12	JrM Brennen Wohlford, 9, Lenexa, KS	29:38	9:32
188	7	M12 Kris Finzel, 12, Van Meter, IA	29:38	9:32
96	29	W19 Carla Stodgel, 24*, Des Moines, IA	29:40	9:33
189	2	M60 Ken Yeutsy, 66, Urbandale, IA	29:41	9:33
97	12	W40 Tammy Berenguel, 47*, Des Moines, IA	29:42	9:33
190	45	M40 Kenneth Harkin, 41, Urbandale, IA	29:43	9:34
98	13	W40 Carla Madison, 43*, Urbandale, IA	29:46	9:35
191	42	M30 Neil Hancock, 31, Urbandale, IA	29:50	9:36
99	14	W40 Diane Dinan, 40*, Urbandale, IA	29:51	9:36
100	18	W14 Allison Haag, 15*, Urbandale, IA	29:55	9:37
192	3	M60 Warren Luckner, 60, Lincoln, NE	29:56	9:38
193	46	M40 Marty Marren, 43, Johnston, IA	29:59	9:39

194	43	M30 Nick Villotti, 32, Urbandale, IA	30:04	9:41
101	30	W19 Aubrey Villotti, 27*, Urbandale, IA	30:05	9:41
195	27	M50 Grag Racette, 56, Urbandale, IA	30:09	9:42
102	31	W19 Savana Smith, 24*, Urbandale, IA	30:10	9:42
196	37	M19 Chris Truman, 27, New Virginia, IA	30:10	9:42
103	15	W40 Lisa Bourne, 42*, Urbandale, IA	30:11	9:43
104	27	W30 Beth Burke, 30*, Madrid, IA	30:13	9:43
105	16	W40 Sue Golightly, 40*, Johnston, IA	30:19	9:45
197	47	M40 Dj Golightly, 43, Johnston, IA	30:22	9:46
106	28	W30 Erin Pearce, 31*, Urbandale, IA	30:22	9:46
198	48	M40 Bill Courtney, 47, Des Moines, IA	30:24	9:47
199	49	M40 Gerald Amadeo, 41, Des Moines, IA	30:24	9:47
107	29	W30 Kimberly Sapp, 36*, Des Moines, IA	30:26	9:48
200	22	M14 Jordan Iliff, 17, Cumming, IA	30:31	9:49
108	19	W14 Rachel Johnson, 17*, West Des Moines, IA	30:31	9:49
109	17	W40 Vicki Westphal, 45*, Urbandale, IA	30:33	9:50
201	44	M30 Michael Marren, 30, Clive, IA	30:42	9:53
110	18	W40 Margaret Long, 44*, Des Moines, IA	30:47	9:54
111	19	W40 Beth Schoening-Hudson, 49*, Urbandale, IA	30:51	9:56
202	28	M50 Clarence Hudson, 57, Urbandale, IA	30:51	9:56
203	50	M40 Randy Klein, 47, Atlantis, FL	30:53	9:56
112	5	W50 Janet Trentmann, 55*, Urbandale, IA	30:56	9:57
204	38	M19 Jeremy Ripperger, 25, Des Moines, IA	31:01	9:59
205	51	M40 Christopher Paul, 47	31:03	9:59
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113	32	W19 Holly Ann Russell, 27*, Urbandale, IA	31:03	10:00
206	45	M30 Johathan Russell, 31, Urbandale, IA	31:08	10:01
114	20	W40 Cathy Evans, 43*, Urbandale, IA	31:10	10:02
115	21	W40 Beth Leib, 45*, Urbandale, IA	31:10	10:02
116	30	W30 Susan Mears, 35*, Urbandale, IA	31:11	10:02
207	29	M50 Todd Evans, 54, Urbandale, IA	31:12	10:02
117	22	W40 Sandy Henry, 40*, Johnston, IA	31:12	10:03
118	20	W14 Alison Meyer, 17*, West Des Moines, IA	31:15	10:03
119	31	W30 Teresa Volcheck, 38*, West Des Moines, IA	31:15	10:03
208	46	M30 Jeff Volcheck, 38, West Des Moines, IA	31:27	10:07
120	23	W40 Diane Gaulke, 45*, Des Moines, IA	31:36	10:10
209	39	M19 Justin Venn, 21, Winterset, IA	31:40	10:11
121	33	W19 Melissa Lloyd, 19*, Iowa City, IA	31:40	10:11
122	34	W19 Naomi Kenimer, 21*, Iowa City, IA	31:40	10:12
123	24	W40 Carol Hemphill, 42*, Urbandale, IA	31:41	10:12
124	32	W30 Rhonda Berry, 39*, Johnston, IA	31:49	10:14
125	35	W19 Leslie Nagel, 27*, Ankeny, IA	31:49	10:14
126	33	W30 Dawn Farrell, 33*, Urbandale, IA	31:53	10:15
210	23	M14 Josh Engelken, 16, Des Moines, IA	32:00	10:18
211	40	M19 Eric Downing, 26, Des Moines, IA	32:01	10:18
212	47	M30 Brad Johnson, 37, Urbandale, IA	32:02	10:18
127	25	W40 Melody Slack, 44*, Urbandale, IA	32:14	10:22
128	6	W50 Christine Hildreth, 55*, Johnston, IA	32:14	10:22
129	1	W60 Patsy Mattas, 60*, Des Moines, IA	32:21	10:24
130	21	W14 Rachel Moylan, 14*, Urbandale, IA	32:21	10:25
131	26	W40 Carla Schimelfenig, 46*, Bondurant, IA	32:21	10:25
132	36	W19 Katie McQuiston, 19*, Urbandale, IA	32:22	10:25
133	27	W40 Julie Engelken, 43*, Des Moines, IA	32:22	10:25
213	48	M30 Brad Beaman, 32, Urbandale, IA	32:30	10:27
214	30	M50 Steve Wickard, 55, Duluth, GA	32:37	10:30
215	41	M19 Tim Murphy, 25, Des Moines, IA	32:39	10:31
134	28	W40 Cindy Blay, 41*, Ankeny, IA	32:41	10:31
135	34	W30 Jennifer Cunningham, 34*, Urbandale, IA	32:43	10:32
136	2	JrW Madeline Boal, 11*, Cedar Falls, IA	32:44	10:32
137	22	W14 Nickie Klein, 15*, Jupiter, FL	32:45	10:32
138	37	W19 Mandy Sheperd, 29*, Urbandale, IA	32:50	10:34
139	35	W30 Michelle Bunkers, 37*, Des Moines, IA	33:00	10:37
140	36	W30 Stephanie Painovich, 37*, West Des Moines, IA	33:02	10:38

141	38	W19	Meredith Macquigg, 26*, Des Moines, IA	33:07	10:39
142	23	W14	Mary Rowley, 15*, Urbandale, IA	33:12	10:41
143	24	W14	Nikki Gustafson, 16*, Urbandale, IA	33:12	10:41
144	37	W30	Kim Forrester, 30*, Ankeny, IA	33:20	10:43
145	39	W19	Wendy Walker, 23*, Chicago, IL	33:24	10:45
216	31	M50	Ric Martinez, 51, Bondurant, IA	33:36	10:49
146	2	W60	Breta Westlund, 67*, Urbandale, IA	33:40	10:50
147	29	W40	Cahty Kerr, 40*, Johnston, IA	33:43	10:51
148	38	W30	Kenna Dixson, 36*, Grimes, IA	33:50	10:53
149	40	W19	Julia Andrew, 23*, Ankeny, IA	33:53	10:54
217	42	M19	Thomas Griffin, 21, Ankeny, IA	33:53	10:54
150	41	W19	Skye Olson, 26*, Johnston, IA	33:54	10:55
151	25	W14	Amanda Klein, 17*, Jupiter, FL	34:01	10:57
152	30	W40	Donna Buxton, 45*, Villa Park, CA	34:07	10:59
153	42	W19	Erin McKeown, 24*, West Des Moines, IA	34:08	10:59

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154	26	W14	Jasmine White, 16*, Des Moines, IA	34:16	11:01
155	39	W30	Wendi Harris, 34*, Davenport, IA	34:17	11:02
218	13	JrM	Frank Gargano, 10, Las Vegas, NV	34:31	11:06
156	43	W19	Melissa Shirk, 25*, Urbandale, IA	34:34	11:08
157	31	W40	Nancy Thome, 45*, Waterloo, IA	34:38	11:09
158	40	W30	Victoria McQuerry, 38*, West Des Moines, IA	34:43	11:10
159	41	W30	Donna Maly, 38*, West Des Moines, IA	34:56	11:14
160	44	W19	Jonay Trentmann, 25*, Urbandale, IA	35:01	11:16
161	45	W19	Emily Hubbard, 23*, West Des Moines, IA	35:01	11:16
162	42	W30	Sarah Rasmussen, 31*, Urbandale, IA	35:14	11:20
163	32	W40	Judy Schmitz, 40*, Altoona, IA	35:17	11:21
164	33	W40	Jeanette Even, 43*, Gilbertville, IA	35:20	11:22
165	7	W50	Everlue Harris, 53*, Davenport, IA	35:38	11:28
166	43	W30	Lori Quirino, 34*, Amarillo, TX	35:41	11:29
167	44	W30	Julia Beaman, 31*, Urbandale, IA	35:42	11:29
168	34	W40	Nancy Agan, 44*, Des Moines, IA	35:42	11:29
169	35	W40	Kathy Stopes, 40*, Urbandale, IA	35:47	11:31
170	46	W19	Amanda Baumert, 21*, West Des Moines, IA	35:49	11:31
171	47	W19	Cari Cunningham, 27*, Urbandale, IA	35:58	11:35
172	8	W50	Marilyn Smith, 53*, Urbandale, IA	36:03	11:36
173	45	W30	Bonnie Christensen, 36*, Des Moines, IA	36:07	11:37
219	49	M30	Chad Christensen, 38, Des Moines, IA	36:07	11:37

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174	46	W30	Asha Shekar, 39*, Johnston, IA	37:50	12:11
175	36	W40	Margo Kromminga, 42*, Johnston, IA	37:58	12:13
176	37	W40	Polly Maly, 41*, West Des Moines, IA	39:17	12:38
177	38	W40	Johnnetta Long, 41*, Des Moines, IA	39:28	12:42
178	27	W14	Monique Oakley, 15*, Des Moines, IA	39:29	12:42
179	47	W30	Michelle Champion, 34*, Des Moines, IA	39:52	12:50
180	48	W19	Kati Larson, 24*, Urbandale, IA	40:06	12:54

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220	4	M60	William Oxley, 76, Urbandale, IA	40:24	13:00
181	48	W30	Bridget Brewer, 33*, Waukee, IA	40:35	13:04
221	50	M30	Eric Snedeker, 32, Des Moines, IA	42:28	13:40
182	39	W40	Mary Wells, 42*, Des Moines, IA	42:35	13:42

"\*" indicates females

13 finishers among Men 11 & Under

7 finishers among Men 12 - 13

23 finishers among Men 14 - 18

42 finishers among Men 19 - 29

50 finishers among Men 30 - 39

51 finishers among Men 40 - 49

31 finishers among Men 50 - 59

4 finishers among Men 60 & Up

2 finishers among Women 11 & Under

7 finishers among Women 12 - 13

27 finishers among Women 14 - 18  
49 finishers among Women 19 - 29  
48 finishers among Women 30 - 39  
39 finishers among Women 40 - 49  
8 finishers among Women 50 - 59  
2 finishers among Women 60 & Up  
221 male finishers  
182 female finishers  
403 total finishers

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