

Urbandale Independence Day, William Courtney 5 km

Urbandale, IA

July 4, 2009

cool and rainy

Results by Michael Franke

[Kids results here](#)

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	FINISHER	TIME	PACE
	PLACE			
1	1	M30 Patrick Riley, 36, Des Moines, IA	16:35	5:20
2	1	M14 Drew Jackson, 15, Johnston, IA	16:36	5:20
3	1	M19 Chris Nealy, 29, Des Moines, IA	16:39	5:21
4	2	M14 Elijah Horton, 16, Runnells, IA	17:09	5:31
5	2	M19 Ben Schornack, 19, Urbandale, IA	17:32	5:38
6	2	M30 Shawn Miller, 37, Des Moines, IA	17:43	5:42
7	3	M14 Joel Moss, 18, Liverpool, NY	17:45	5:43
8	3	M19 Jacob Flaws, 22, Carlisle, IA	17:47	5:43
9	4	M14 Mason Walters, 16, Urbandale, IA	17:49	5:44
10	5	M14 Drew Prescott, 16, Urbandale, IA	17:50	5:44
11	4	M19 Jon Kalvig, 27, West Des Moines, IA	17:58	5:47
12	5	M19 Sean McVeigh, 27, Newton, IA	18:21	5:54
13	6	M14 Grant Wierson, 14, Urbandale, IA	18:27	5:56
14	3	M30 John Anthofer, 37, Urbandale, IA	18:30	5:57

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

15	6	M19 John Dean, 23, Washington, DC	18:40	6:00
16	4	M30 Derrick Flippin, 31, West Des Moines, IA	18:47	6:02
17	5	M30 Tag Noel, 33, Windsor Heights, IA	18:55	6:05
18	6	M30 Chad Marchant, 30, Ankeny, IA	18:58	6:06
19	1	M50 Paul Grinvalds, 51, West Des Moines, IA	19:00	6:07
20	7	M19 Timothy Marinez, 21, Bondurant, IA	19:01	6:07
21	1	M40 Ed Tormey, 45, Indianola, IA	19:02	6:07
22	2	M40 Michael Ross, 43, Clive, IA	19:05	6:09
23	8	M19 Seth Brewer, 26, Des Moines, IA	19:10	6:10
1	1	W30 Jenny Schulze, 36*, Clive, IA	19:11	6:10
24	7	M14 Jesse Davenport, 16, Altoona, IA	19:13	6:11
25	3	M40 Chris Burgess, 41, Urbandale, IA	19:16	6:12
26	4	M40 Mike Rieks, 41, Urbandale, IA	19:17	6:12
27	8	M14 Derek Puffett, 16, Mitchellville, IA	19:19	6:13
28	7	M30 Mike Larson, 31, Des Moines, IA	19:23	6:14
29	8	M30 Steve Houg, 34, West Des Moines, IA	19:36	6:18
30	5	M40 Kevin Cline, 43, Grimes, IA	19:41	6:20
31	9	M30 Scott Heisler, 34, West Des Moines, IA	19:42	6:20
32	9	M14 Adam Logan, 15, Des Moines, IA	19:43	6:21
33	10	M14 Maxwell Holle, 16, Oskaloosa, IA	19:43	6:21
34	9	M19 Joe McGargill, 28, West Des Moines, IA	19:45	6:21
2	1	W19 Yelena Nanaziashvili, 28*, Clive, IA	19:46	6:21

35	10	M30	Matt Wilson, 33, Madrid, IA	19:57	6:25
36	2	M50	3Sticks McBride, 53, Des Moines, IA	19:59	6:26
37	11	M30	Russ Flug, 35, Waukee, IA	20:10	6:29
38	10	M19	Aaron Moore, 19, Bloomington, IL	20:18	6:32
39	3	M50	Richard Cullwell, 50, Highlands Ranch, CO	20:21	6:33
	3	1	W14 Serena Goetzl, 15*, Urbandale, IA	20:24	6:34
40	6	M40	Jeff Farrell, 45, Urbandale, IA	20:25	6:34
41	7	M40	Patrick Mattingly, 40, Johnston, IA	20:27	6:35
42	4	M50	Steve Harper, 51, Urbandale, IA	20:32	6:36
	4	2	W30 Carrie Van Quathem, 37*, Urbandale, IA	20:36	6:38
	5	2	W14 Kate Maxcy, 15*, West Des Moines, IA	20:38	6:38
43	11	M14	Alex Kane, 15, Urbandale, IA	20:45	6:41
	6	3	W30 Angie Neville, 39*, Bondurant, IA	20:50	6:42
	7	2	W19 Stephanie Mortenson, 27*, Urbandale, IA	20:54	6:44
44	1	M12	Quinn Lafrentz, 13, Urbandale, IA	21:00	6:45
	8	1	W12 Abigail Vaughan, 12*, Des Moines, IA	21:03	6:46
45	12	M14	Ryan Miller, 15, Urbandale, IA	21:08	6:48
	9	2	W12 Kate Smith, 12*, Ankeny, IA	21:12	6:49
46	13	M14	Evan Headley, 17, Urbandale, IA	21:13	6:49
10	1	W40	Tami Prescott, 42*, Urbandale, IA	21:15	6:50
47	12	M30	Rich Miller, 31, West Des Moines, IA	21:22	6:53
48	13	M30	Jason Hahn, 38, Des Moines, IA	21:24	6:53
49	5	M50	David Miller, 57, Urbandale, IA	21:25	6:54
50	8	M40	Joe Knight, 47, Spring Green, WI	21:27	6:54
51	11	M19	Eric Tange, 28, Urbandale, IA	21:28	6:54
52	14	M30	Todd Willemsen, 31, Prairie Village, KS	21:32	6:56
11	3	W19	Nicole Wilson, 20*, Urbandale, IA	21:33	6:56
53	9	M40	Chris Admussen, 45, Urbandale, IA	21:34	6:56
54	12	M19	James Sannon, 20, Bondurant, IA	21:36	6:57
55	15	M30	Tony Guerra, 37, Ankeny, IA	21:37	6:57
56	16	M30	Jim Turner, 32, Urbandale, IA	21:39	6:58
57	13	M19	Brent Allen, 28, Johnston, IA	21:39	6:58
58	6	M50	Del Lasswell, 52, Urbandale, IA	21:40	6:58
59	14	M14	Zack Schornack, 16, Urbandale, IA	21:41	6:59
60	10	M40	Ian Bradley, 40, Johnston, IA	21:42	6:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

61	17	M30	Matt Jackson, 32, Des Moines, IA	21:49	7:01
12	2	W40	Beth Schweizer, 43*, Urbandale, IA	21:50	7:01
62	7	M50	Rick Hagan, 59, Urbandale, IA	21:54	7:03
13	4	W19	Stephanie Gray, 26*, Ankeny, IA	21:58	7:04
63	14	M19	Shane Gray, 29, Urbandale, IA	22:01	7:05
64	15	M14	Quinn Prescott, 14, Urbandale, IA	22:06	7:07
65	15	M19	Joseph Weisz, 27, Ankeny, IA	22:13	7:09
66	16	M19	Daniel McGuire, 23, Urbandale, IA	22:15	7:10
67	17	M19	Almir Beganovic, 20, Urbandale, IA	22:17	7:10
68	18	M30	Able Mahafffey, 30, Altoona, IA	22:18	7:10
69	16	M14	Joe Amadeo, 14, Des Moines, IA	22:27	7:13
70	19	M30	Brian Geiken, 30, Des Moines, IA	22:33	7:15
71	20	M30	James Beal, 39, Urbandale, IA	22:40	7:18
72	21	M30	Tony Wagner, 33, Urbandale, IA	22:42	7:18
73	11	M40	Erik Swee, 43, Urbandale, IA	22:43	7:19
74	22	M30	Eric Camper, 37, Des Moines, IA	22:44	7:19
75	1	JrM	Alex Smith, 11, Urbandale, IA	22:45	7:19
76	23	M30	John Jackovin, 35, Johnston, IA	22:49	7:20
77	18	M19	Wade Siskow, 26, Ames, IA	22:50	7:21
78	12	M40	John Wahlert, 44, Urbandale, IA	22:56	7:23
79	24	M30	Ross Jensen, 34, Johnston, IA	22:59	7:24
80	17	M14	Matt Zinselmeier, 15, Grimes, IA	23:07	7:26

14	3	W14 Allie Brees, 17*, Urbandale, IA	23:07	7:26
81	8	M50 Paul Brees, 51, Urbandale, IA	23:08	7:27
82	19	M19 Mike Snowden, 23, Mitchellville, IA	23:09	7:27
83	25	M30 Thad Douglas, 36, Mitchellville, IAKS	a	
			23:10	7:27
84	9	M50 Dan Keller, 55, Dallas Center, IA	23:11	7:28
15	5	W19 Cassidy Lyons, 22*, Des Moines, IA	23:13	7:28
16	4	W30 Beth McDonald, 36*, Prole, IA	23:14	7:28
17	4	W14 Miranda Reid, 15*, West Des Moines, IA	23:16	7:29
85	13	M40 Jeffrey Dimon, 47, Urbandale, IA	23:17	7:30
86	26	M30 Matt Gardner, 39, Urbandale, IA	23:21	7:31
18	6	W19 Sonja Brandt, 28*, Urbandale, IA	23:21	7:31
19	5	W30 Sara Bridie, 35*, Clarinda, IA	23:22	7:31
87	27	M30 Joe Willey, 34, Urbandale, IA	23:22	7:31
88	2	M12 Jerry Richards, 12, Urbandale, IA	23:23	7:31
20	7	W19 Nicole Herrold, 27*, Urbandale, IA	23:23	7:32
89	10	M50 Kirk Tibbetts, 54, Urbandale, IA	23:24	7:32
90	11	M50 Skip Mable, 52, Leola, PA	23:25	7:32
91	2	JrM Michael Vanriessen, 10, Urbandale, IA	23:26	7:32
21	5	W14 Emily Benson, 15*, Urbandale, IA	23:27	7:33
92	12	M50 John Meyer, 53, West Des Moines, IA	23:27	7:33
93	28	M30 Dominick Villotti, 34, Urbandale, IA	23:27	7:33
94	20	M19 Michael Mertz, 22, Urbandale, IA	23:28	7:33
22	6	W30 Stacy Berenguel, 30*, Des Moines, IA	23:30	7:34
95	29	M30 Matt Waller, 35, Urbandale, IA	23:31	7:34
23	8	W19 Ali Meyer, 19*, West Des Moines, IA	23:34	7:35
96	1	M60 Roy Ney, 60, Des Moines, IA	23:38	7:36
97	3	JrM Cadd Friedrichsen, 10, Urbandale, IA	23:41	7:37
24	9	W19 Brittanie Waddell, 23*, Peachtree Cutyt, GA	23:42	7:38
98	14	M40 Todd Schweizer, 42, Urbandale, IA	23:43	7:38
99	13	M50 Greg Young, 53, Clive, IA	23:44	7:38
100	4	JrM Erik Miller, 11, Urbandale, IA	23:45	7:39
101	30	M30 Jack Haynes, 39, Johnston, IA	23:47	7:39
102	5	JrM Nick Waller, 11, Urbandale, IA	23:48	7:39
103	3	M12 Sam Amadeo, 12, Des Moines, IA	23:51	7:40
104	31	M30 Scot Freschi, 36, West Des Moines, IA	23:58	7:43
25	6	W14 Mary Rowley, 17*, Urbandale, IA	24:02	7:44
105	6	JrM Grant Acoymo, 11, Ankeny, IA	24:04	7:45
106	18	M14 Will Admussen, 14, Urbandale, IA	24:06	7:45
107	32	M30 Donnie Stratton, 38, Elkhart, IA	24:07	7:46
26	7	W30 Shelley McIntyre, 34*, Des Moines, IA	24:08	7:46
27	8	W30 Trudy Hancock, 33*, Urbandale, IA	24:08	7:46
28	1	JrW Madeline Bradley, 11*, Johnston, IA	24:10	7:47
108	15	M40 David Vanderlinden, 40, Johnston, IA	24:10	7:47
109	16	M40 Bill Olson, 44, Urbandale, IA	24:14	7:48
110	14	M50 Bob Grote, 55, West Des Moines, IA	24:15	7:48
29	3	W12 Elle Grote, 13*, West Des Moines, IA	24:17	7:49
111	21	M19 Tommy Curtis, 25, Des Moines, IA	24:17	7:49
30	9	W30 Mary Nelson, 30*, Grimes, IA	24:18	7:49
31	10	W30 Melinda Christensen, 35*, Des Moines, IA	24:20	7:50
112	33	M30 Mike Sisco, 32, Clive, IA	24:23	7:51
113	19	M14 Logan Dean, 14, Johnston, IA	24:23	7:51
114	22	M19 Daniel Becker, 23, Des Moines, IA	24:26	7:52
115	4	M12 Mike Eppink, 13, Urbandale, IA	24:29	7:53
116	34	M30 Mark Hollingworth, 36, Urbandale, IA	24:34	7:54
117	23	M19 Michael Kaduce, 22, Urbandale, IA	24:35	7:55
32	10	W19 Allison Wunsch, 23*, Urbandale, IA	24:39	7:56
118	17	M40 Michael Rhode, 40, Urbandale, IA	24:39	7:56
119	7	JrM Tyler Vaughan, 8, Norwalk, IA	24:42	7:57
33	11	W19 Andrea Sturdevant, 19*, Urbandale, IA	24:42	7:57
34	12	W19 Kathryn Sandi, 27*, Waukee, IA	24:44	7:58
35	13	W19 Melissa Gourley, 28*, Urbandale, IA	24:48	7:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

120	24	M19	Josh Ludwig, 26, Urbandale, IA	24:51	8:00
121	25	M19	Ryab Gameridnger, 23, Grimes, IA	24:52	8:00
122	18	M40	James Arthur, 45, Des Moines, IA	24:53	8:00
123	8	JrM	X Schulte, 11, Ankeny, IA	24:58	8:02
124	19	M40	Gerard Amadeo, 43, Des Moines, IA	25:00	8:03
36	11	W30	Jane Angstman, 38*, Clive, IA	25:03	8:03
125	20	M40	Daniel Angstman, 45, Waukee, IA	25:03	8:04
37	12	W30	Jodi Douglas, 33*, Altoona, IA	25:03	8:04
126	35	M30	Douglas Nichol, 39, Des Moines, IA	25:04	8:04
127	21	M40	Jerry Gowey, 48, Urbandale, IA	25:05	8:04
128	22	M40	Jim Holle, 42, Oskaloosa, IA	25:05	8:04
38	7	W14	Jenise Collier, 17*, Urbandale, IA	25:14	8:07
39	8	W14	Erica Wenig, 18*, Des Moines, IA	25:14	8:07
129	36	M30	Michael White, 37, Urbandale, IA	25:15	8:07
130	37	M30	Nate Haggard, 31, Urbandale, IA	25:15	8:07
40	9	W14	Larissa Hadley, 17*, Urbandale, IA	25:21	8:09
131	38	M30	Richard Mullins, 38, Tampa, FL	25:24	8:10
41	10	W14	Elizabeth Benson, 17*, Urbandale, IA	25:24	8:10
42	11	W14	Sara Oakes, 15*, Waukee, IA	25:25	8:11
132	23	M40	Brian Haag, 44, Urbandale, IA	25:27	8:11
133	15	M50	Al Hildestad, 59, Des Moines, IA	25:33	8:13
134	16	M50	Mark Borseth, 54, Johnston, IA	25:37	8:15
135	17	M50	John Leonhart, 58, Urbandale, IA	25:37	8:15
43	14	W19	Ashley Kephart, 20*, Pella, IA	25:37	8:15
136	24	M40	Darrel Mullins, 41, Urbandale, IA	25:38	8:15
44	15	W19	Amanda Aten, 29*	25:38	8:15
137	39	M30	Phil Stover, 39	25:39	8:15
45	12	W14	Kayla Smith, 17*, Bondurant, IA	25:39	8:15
46	13	W30	Jenny Price, 30*, Clive, IA	25:40	8:16
138	25	M40	Ted Redenius, 40, Grimes, IA	25:41	8:16
139	26	M40	Tom Clegg, 47, Urbandale, IA	25:45	8:17
47	3	W40	Sue Strain, 43*, Urbandale, IA	25:47	8:18
48	16	W19	Katie Buzynski, 23*, West Des Moines, IA	25:50	8:19
49	17	W19	Elizabeth Campbell, 23*, West Des Moines, IA	25:50	8:19
140	26	M19	John Petersen, 29, West Des Moines, IA	25:51	8:19
141	27	M19	Jon Hutchinson, 28, Clive, IA	25:54	8:20
142	5	M12	Andy Saigh, 13, West Des Moines, IA	25:55	8:20
50	4	W40	Deborah Dean, 42*, Johnston, IA	25:55	8:20
143	18	M50	Tim Saigh, 53, West Des Moines, IA	25:56	8:21
144	40	M30	Matt Fitzgerald, 30, Urbandale, IA	25:57	8:21
145	27	M40	Brian Moylan, 48, Urbandale, IA	25:59	8:22
51	13	W14	Meredith Layman, 14*, Pleasant Hill, IA	26:10	8:25
52	18	W19	Aubrey Villotti, 29*, Urbandale, IA	26:11	8:26
53	19	W19	Bailey Zaun, 20*, Urbandale, IA	26:16	8:27
146	28	M40	Brad Zaun, 47, Urbandale, IA	26:16	8:27
54	14	W14	Allison Haag, 17*, Urbandale, IA	26:17	8:27
147	41	M30	Brian Donaldson, 30, Clive, IA	26:20	8:28
148	28	M19	Pat Boberg, 26, Grimes, IA	26:22	8:29
55	15	W14	Emily Linscheid, 16*, Johnston, IA	26:22	8:29
149	29	M40	Chris Runde, 45, Clive, IA	26:25	8:30
150	42	M30	Matt Montavon, 30, Oskaloosa, IA	26:25	8:30
151	20	M14	Mp Grewall, 14, Urbandale, IA	26:27	8:31
152	29	M19	Jordan Jensen, 29, Grimes, IA	26:27	8:31
56	4	W12	Jessi Carver, 12*, Urbandale, IA	26:28	8:31
153	6	M12	Sloan Vanderzwaag, 13, Johnston, IA	26:28	8:31
57	16	W14	Sami Steinmeyer, 18*, Urbandale, IA	26:29	8:31
58	14	W30	Tami Hansen, 39*, Urbandale, IA	26:32	8:32
59	5	W40	Nancy Linscheid, 42*, Johnston, IA	26:35	8:33
60	15	W30	Tricia Hingst, 39*, West Des Moines, IA	26:36	8:33

61	6	W40 Kay Kemp, 40*, Urbandale, IA	26:42	8:36
62	16	W30 Michelle Sidwell, 31*, West Des Moines, IA	26:43	8:36
63	7	W40 Lisa McCubbin, 46*, Des Moines, IA	26:44	8:36
64	17	W30 Robin Dickson, 32*, Des Moines, IA	26:45	8:37
154	19	M50 Larry Sidwell, 56, West Des Moines, IA	26:46	8:37
65	17	W14 Jenna Darsee, 16*, Urbandale, IA	26:49	8:38
66	18	W30 Jessica Willemsen, 30*, Prairie Village, KS	26:52	8:39
155	30	M40 Andrew Smith, 48, Colfax, IA	26:52	8:39
67	1	W50 Paula Dierenfeld, 54*, Johnston, IA	26:53	8:39
156	30	M19 Kyle VenHuizen, 23, West Des Moines, IA	26:54	8:39
68	20	W19 Brianne Moylan, 19*, Urbandale, IA	26:56	8:40
69	21	W19 Alex Hudson, 19*, Urbandale, IA	26:58	8:41
157	31	M19 Dan Boyce, 28, Urbandale, IA	27:00	8:41
70	5	W12 Madison Pettit, 13*, Adel, IA	27:02	8:42
158	43	M30 Eric Jaskolka, 38, West Des Moines, IA	27:02	8:42
159	31	M40 Chris Bourne, 41, Urbandale, IA	27:09	8:44
160	9	JrM Ian Dean, 10, Johnston, IA	27:11	8:45
161	20	M50 Darwin Schmig, 52, Des Moines, IA	27:12	8:45
162	32	M40 Jeff Logan, 43, Urbandale, IA	27:13	8:45
163	44	M30 Lindsey Bakker, 33, Urbandale, IA	27:18	8:47
164	21	M50 Bob Overstreet, 58, Des Moines, IA	27:21	8:48
71	19	W30 Mary Jackovin, 37*, Urbandale, IA	27:22	8:48
165	33	M40 Chris Mortenson, 45, Waukee, IA	27:25	8:49
72	18	W14 Rachel Moylan, 16*, Urbandale, IA	27:27	8:50
73	20	W30 Stephanie Davis, 30*, Urbandale, IA	27:30	8:51
166	21	M14 Corey Ferguson, 15, Urbandale, IA	27:37	8:53
167	34	M40 Wayne Ostergaard, 46, Des Moines, IA	27:43	8:55
168	22	M50 Rich Hudnut, 55, Vanmeter, IA	27:50	8:57
169	23	M50 Mark Wierson, 53, Urbandale, IA	27:50	8:57

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

170	24	M50 Dan Duwelis, 50, Des Moines, IA	27:58	9:00
171	35	M40 Craig Linscheid, 41, Johnston, IA	27:58	9:00
74	6	W12 Nicole Benson, 13*, Urbandale, IA	28:05	9:02
172	45	M30 Jonathan Russell, 33, Urbandale, IA	28:09	9:04
75	7	W12 Autumn Hunt, 12*, Urbandale, IA	28:10	9:04
173	36	M40 Brad Ortmeier, 45, Urbandale, IA	28:10	9:04
174	37	M40 Bill Fellows, 48, Urbandale, IA	28:12	9:04
175	32	M19 Bret Nelson, 29, Grimes, IA	28:14	9:05
76	8	W40 Jane Smith, 43*, Ankeny, IA	28:20	9:07
176	33	M19 Eric Downing, 27, Ankeny, IA	28:20	9:07
77	21	W30 Melissa O'Connor, 35*, Johnston, IA	28:21	9:07
177	22	M14 Jordan Sabus, 16, Urbandale, IA	28:24	9:08
78	9	W40 Jackie Cacciatore, 46*, Urbandale, IA	28:33	9:11
178	7	M12 Brady Kluesner, 12, Urbandale, IA	28:34	9:12
179	46	M30 Aaron Siskow, 30, Urbandale, IA	28:37	9:13
79	19	W14 Gina Haag, 15*, Urbandale, IA	28:37	9:13
180	8	M12 Tommy Zinselmeier, 12, Grimes, IA	28:39	9:13
181	38	M40 Chris Zinselmeier, 47, Grimes, IA	28:41	9:14
80	22	W19 Elizabeth Albright, 25*, Johnston, IA	28:55	9:18
81	10	W40 Tammy Even, 41*, Urbandale, IA	29:02	9:21
82	23	W19 Stephanie Mahaffey, 29*, Altoona, IA	29:04	9:21
83	11	W40 Margaret Long, 46*, Des Moines, IA	29:05	9:21
84		Beth Hudson*, Urbandale, IA	29:05	9:22
182	25	M50 Gary Young, 50, Johnston, IA	29:06	9:22
85	22	W30 Courtney Donaldson, 33*, Clive, IA	29:06	9:22
86	12	W40 Michelle Crow, 41*, Urbandale, IA	29:08	9:23
183	39	M40 Nick Crow, 40, Urbandale, IA	29:09	9:23
87	23	W30 Mandy Shepherd, 31*, Urbandale, IA	29:10	9:23

88	13	W40	Deb Baker, 48*, Urbandale, IA	29:16	9:25
89	14	W40	Kathy Schramm, 41*, Clive, IA	29:19	9:26
184	9	M12	Shane Burgess, 12, Urbandale, IA	29:22	9:27
185	47	M30	Paul Jazmines, 34, Broomfield, CO	29:22	9:27
186	10	M12	Zach Nieland, 12, Urbandale, IA	29:24	9:27
90	15	W40	Nancy Thome, 47*, Elk Run Hts, IA	29:25	9:28
91	2	JrW	Anne Nieland, 4*, Urbandale, IA	29:28	9:29
187	40	M40	Alan Kemp, 48, Urbandale, IA	29:30	9:30
92	24	W30	Susan Mears, 37*, Urbandale, IA	29:32	9:30
188	26	M50	Bill Wenig, 50, Des Moines, IA	29:41	9:33
93	24	W19	Stephanie Riggins, 29*, Windsor Heights, IA	29:43	9:34
189	41	M40	Chad Christensen, 40, Des Moines, IA	29:46	9:35
94	16	W40	Lisa Bourne, 44*, Urbandale, IA	29:48	9:35
190	42	M40	Sam Watson, 42, Des Moines, IA	29:52	9:37
191	23	M14	Lukas Steffensmeyer, 14, Urbandale, IA	29:55	9:38
192	43	M40	Calvin Hansen, 46, West Des Moine, IA	29:59	9:39
95	25	W30	Jennifer Eubanks, 37*, Des Moines, IA	30:03	9:40
96	25	W19	Tina Hansen, 24*, E. Greenbush, NY	30:08	9:42
193	27	M50	Michael Buxton, 52, Villa Park, CA	30:10	9:42
194	48	M30	Joshua Burke, 34, Urbandale, IA	30:14	9:44
97	26	W30	Melinda Kuennen, 32*, West Des Moines, IA	30:15	9:44
98	27	W30	Kari Dressen, 36*, Urbandale, IA	30:17	9:45
99	26	W19	Sara Wientzen, 27*, Decorah, IA	30:17	9:45
195	49	M30	Tony Dressen, 38, Urbandale, IA	30:18	9:45
196	10	JrM	Charlie Cacciatore, 11, Urbandale, IA	30:21	9:46
100	28	W30	Jessica Brase, 35*, Des Moines, IA	30:22	9:46
197	2	M60	Dennis Montavon, 60, Effingham, IL	30:29	9:49
101	17	W40	Annie Creighton, 42*, Johnston, IA	30:43	9:53
198	44	M40	William Safris, 43, Johnston, IA	30:44	9:53
102	27	W19	Ashley Ferguson, 20*, Urbandale, IA	30:44	9:54
199	45	M40	Kenneth Harkin, 43, Urbandale, IA	30:46	9:54
103	28	W19	Jackie Cannon, 29*, Urbandale, IA	30:53	9:56
104	29	W30	Jamie Jackson, 33*, Des Moines, IA	30:53	9:56
200	50	M30	Rod Knebel, 33, West Des Moines, IA	30:57	9:58
201	3	M60	Denzel Busick, 63, Urbandale, IA	30:59	9:58
105	30	W30	Rebecca Weite, 32*, Broomfield, CO	31:01	9:59
106	31	W30	Bridget Kasik, 30*, Des Moines, IA	31:02	9:59
202	28	M50	James Wilson, 56, Urbandale, IA	31:02	9:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

107	8	W12	Anna Rasmussen, 12*, Johnston, IA	31:03	10:00
108	9	W12	Sarah Kromminga, 12*, Johnston, IA	31:05	10:00
203	51	M30	Jeff Lindsey, 31, West Des Moines, IA	31:05	10:00
109	32	W30	Anya Watson, 30*, Des Moines, IA	31:05	10:00
204	52	M30	Chris Beach, 32, Grimes, IA	31:10	10:02
110	29	W19	Cindy Thacker, 29*, Clive, IA	31:12	10:02
111	18	W40	Carol Hemphill, 44*, Urbandale, IA	31:18	10:04
112	1	W60	Breta Westlund, 69*, Urbandale, IA	31:23	10:06
205	53	M30	William Heard, 38, Urbandale, IA	31:25	10:06
206	11	JrM	Hayden Friedrichsen, 8, Urbandale, IA	31:29	10:08
113	19	W40	Jeanette Even, 45*, Gilbertville, IA	31:35	10:10
114	20	W40	Lori Slack, 46*, Urbandale, IA	31:37	10:10
115	30	W19	Jenna Gale, 24*, Des Moines, IA	31:39	10:11
116	2	W50	LuAnn Ostergaard, 50*, Des Moines, IA	31:44	10:13
117	31	W19	Lindsey MacAllister, 29*, Des Moines, IA	31:46	10:13
118	21	W40	Carla Schimelfennig, 48*, Bondurant, IA	31:55	10:16
207	29	M50	Richard Martinez, 53, Nevada, IA	32:06	10:20
208	30	M50	Mike Henson, 51, Urbandale, IA	32:07	10:20
119	32	W19	Audra Becker, 21*, Washburn, IA	32:13	10:22

120	33	W30	Angie Dante, 35*, Urbandale, IA	32:23	10:25
121	34	W30	Lacey Schiesl, 30*, Urbandale, IA	32:27	10:27
122	22	W40	Erin Hafner, 48*, Urbandale, IA	32:42	10:31
123	23	W40	Donna Buxton, 47*, Villa Park, CA	32:45	10:32
124	35	W30	Alaina Small, 30*, Urbandale, IA	32:48	10:33
125	33	W19	Kelsey Gillespie, 26*, Urbandale, IA	32:50	10:34
209	34	M19	Mike Gillespie, 27, Urbandale, IA	32:50	10:34
126	36	W30	Bonnie Christensen, 38*, Des Moines, IA	33:03	10:38
127	24	W40	Lisa Derry, 46*, Urbandale, IA	33:25	10:45
128	20	W14	Jessica Derry, 16*, Urbandale, IA	33:28	10:46
129	34	W19	Nicole Derry, 19*, Urbandale, IA	33:28	10:46
130	3	W50	Christine Keller, 55*, Dallas Center, IA	33:47	10:52
210	35	M19	Tanner Ludwig, 24, Urbandale, IA	33:47	10:52
211	31	M50	Rick Ludwig, 53, Urbandale, IA	33:47	10:52
212	46	M40	Chris Sabus, 41, Urbandale, IA	33:48	10:53
213	47	M40	Tony Gale, 49, Des Moines, IA	33:51	10:53
131	25	W40	Leann Stubbs, 46*, Des Moines, IA	33:54	10:55
132	26	W40	Tracy Sabus, 41*, Urbandale, IA	33:55	10:55
133	10	W12	Sandra Kromminga, 12*, Johnston, IA	34:04	10:58
214	36	M19	Wei-erh Chen, 24, Des Moines, Ia Ia	34:05	10:58
215	37	M19	Dante Berry-Smythe, 19, Ladson, SC	34:09	10:59

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

134	37	W30	Bobbi Hutchinson, 32*, Clive, IA	34:10	11:00
216	54	M30	Luke Schiesl, 30, Urbandale, IA	34:12	11:00
135	35	W19	Lauren Harper, 21*, Urbandale, IA	34:14	11:01
136	38	W30	Heather Bruno, 33*, Johnston, IA	34:18	11:02
137	11	W12	Morgan Holle, 13*, Oskaloosa, IA	34:29	11:06
138	39	W30	Margaret Berry, 39*, San Francisco, CA	34:48	11:12
217	48	M40	Chris James, 43, West Des Moines, IA	34:49	11:12
218	24	M14	Tom Nieland, 14, Urbandale, IA	34:51	11:13
219	49	M40	Scott Richards, 47, Urbandale, IA	34:55	11:14
139	40	W30	Jennifer Cunningham, 36*, Urbandale, IA	35:30	11:25
140	41	W30	Katie Miner, 32*, Waukee, IA	35:30	11:26
141	42	W30	Bridget Brewer, 35*, Waukee, IA	35:31	11:26
142	27	W40	Caron Osberg, 43*, Urbandale, IA	35:33	11:26
143	28	W40	Margo Kromminga, 44*, Johnston, IA	35:46	11:31
144	29	W40	Karen Admussen, 45*, Urbandale, IA	36:10	11:38
145	43	W30	Venessa Uhl, 33*, Dallas Center, IA	36:11	11:39
146	44	W30	Julie Glick, 35*, Des Moines, IA	36:15	11:40
147	45	W30	Janet Carrigan, 36*, Urbandale, IA	36:24	11:43
220	11	M12	Benjamin Linscheid, 12, Johnston, IA	36:42	11:49
148	21	W14	Kayla Linscheid, 14*, Johnston, IA	36:42	11:49
149	30	W40	Kristin Phillips, 41*, Urbandale, IA	36:59	11:54
150	46	W30	Emily Phillips, 34*, Urbandale, IA	36:59	11:54

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

151	36	W19	Breanne Ludwig, 26*, Urbandale, IA	37:17	12:00
152	4	W50	Jan Lovett, 57*, Granger, IA	37:33	12:05
221	4	M60	Tom Buroker, 67, Des Moines, IA	37:34	12:05
153	37	W19	Julie Comes, 29*, Urbandale, IA	37:34	12:05
222	32	M50	Clarence Hudson, 59, Urbandale, IA	37:35	12:06
223	33	M50	Scott Dennis, 56, Urbandale, IA	37:36	12:06

154	47	W30	Melissa Bird, 30*, Des Moines, IA	37:39	12:07
224	50	M40	Bill Courtney, 49, Des Moines, IA	37:40	12:07
225	51	M40	Dan Kuester, 47, Urbandale, IA	37:44	12:09
155	22	W14	Krista Gale, 18*, Des Moines, IA	37:45	12:09

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

226	52	M40	Woody Little, 40, Bouton, IA	41:23	13:19
156	31	W40	Terri Murray, 42*, Johnston, IA	41:24	13:19
157	48	W30	Stacy Kluesner, 39*, Urbandale, IA	41:46	13:26
227	55	M30	Eric Snedeker, 34, Des Moines, IA	16:35	5:20
158	49	W30	Amy Schatz, 32*, Ankeny, IA		:00
159	5	W50	Sam Erwin, 52*, West Des Moines, IA		:00
160	38	W19	Casey Fett, 29*, Ankeny, IA		:00
161	39	W19	Stephanie Norton, 24*, Ankeny, IA		:00
162	2	W60	Charlotte Hurley, 62*, Urbandale, IA		:00
163	32	W40	Anne James, 42*, West Des Moines, IA		:00
164	6	W50	Teri Norton, 50*, Ankeny, IA		:00
165	40	W19	Amy Devries, 29*, Altoona, IA		:00

"*" indicates females

11 finishers among Men 11 & Under
 11 finishers among Men 12 - 13
 24 finishers among Men 14 - 18
 37 finishers among Men 19 - 29
 55 finishers among Men 30 - 39
 52 finishers among Men 40 - 49
 33 finishers among Men 50 - 59
 4 finishers among Men 60 & Up
 2 finishers among Women 11 & Under
 11 finishers among Women 12 - 13
 22 finishers among Women 14 - 18
 40 finishers among Women 19 - 29
 49 finishers among Women 30 - 39
 32 finishers among Women 40 - 49
 6 finishers among Women 50 - 59
 2 finishers among Women 60 & Up
 227 male finishers
 165 female finishers
 392 total finishers

[Top](#)

Return to [home page](#)