

YMCA JINGLE JAM**Southside Ymca, Des Moines, IA.****Dec. 5, 2009****Overall Results**Age group results [here](#)

Overall	Age						
1	1	Jonathan	Estabrook	Ankeny	M	35	16:51.5
2	1	Keith	Abels	Ogden	M	48	17:52.3
3	1	John	Neer	Des Moines	M	30	18:14.6
4	2	Chad	Marchant	Ankeny	M	30	19:06.7
5	2	Ed	Tormey	Indianola	M	45	19:11.8
6	2	Darin	Dowling	Des Moines	M	36	19:23.6
7	1	Todd	Bindel	West Des Moines	M	42	19:37.0
8	2	Todd	Neumann	Johnston	M	41	19:50.3
9	3	Kyle	Weuve	Urbandale	M	44	19:52.7
10	3	Tom	Mertz	Urbandale	M	37	19:57.0
11	1	Paul	Kolsrud	Des Moines	M	28	20:26.0
12	4	Mike	Ham	Winterset	M	39	20:31.0
13	3	Jeremy	Dyvig	Waukee	M	33	20:45.5
1	1	Jayne	Anderson	Des Moines	F	30	20:52.6
14	5	David	Larson	West Des Moines	M	37	20:56.5
2	1	Quinn	Prescott	Urbandale	F	14	20:56.9
15	2	Zach	Wignall	Creston	M	17	21:00.3
16	1	Mike	Snowden	Mitchellville	M	23	21:08.5
3	1	Emily	Wignall	Creston	F	14	21:09.6
17	6	Shane	Scharer	Des Moines	M	35	21:26.4
4	1	Jennifer	Redd	Ames	F	28	21:30.7
18	3	Jeff	Feder	Norwalk	M	48	21:35.5
19	4	George	Stock	Ankeny	M	40	21:37.5
5	1	Tami	Prescott	Urbandale	F	43	21:39.0
6	2	Kristin	Hecht	Des Moines	F	28	22:12.0
20	5	Brian	Vance	Des Moines	M	40	22:12.4
21	7	Tony	Guerra	Ankeny	M	37	22:25.1
22	2	Dustin	Albrecht	Ames	M	24	22:28.6
23	3	Noah	Schmitt	Des Moines	M	11	22:31.5
24	6	Karl	Overton	Des Moines	M	42	22:32.5
26	8	Michael	Guge	West Des Moines	M	38	22:36.2
7	2	Kate	Klein	Ankeny	F	31	22:36.4
25	1	Andrew	Hazer	Columbia	M	60	22:37.4
27	1	Tom	Farr	Des Moines	M	57	23:03.6
8	3	Angie	Heim	Norwalk	F	34	23:04.6
9	1	Nancy	Willert	Nevada	F	53	23:07.3
28	2	Tommy	Curtis	Altoona	M	26	23:09.6
29	7	Stuart	Ault	Altoona	M	44	23:10.4
10	4	Shelley	McIntyre	Des Moines	F	34	23:19.5
11	2	Melinda	Ellwanger	Des Moines	F	44	23:20.8
12	3	Ellen	Middleswart	Urbandale	F	44	23:23.2
30	4	Caleb	Sander	Newton	M	16	23:28.7
31	1	Jack	Thompson	Norwalk	M	50	23:32.5
13	3	Shannon	Brown	Norwalk	F	26	23:32.7
14	4	Kimberly	Stewart	Des Moines	F	41	23:34.0
32	2	Art	Millikin	Hedrick	M	57	23:37.6
33	4	Jeff	Smith	Indianola	M	48	23:40.0
34	9	Eric	Camper	Des Moines	M	38	23:50.1

35	3	Dean	Schlader	Des Moines	M	28	23:51.1
36	10	Mike	DeFrancisco	Altoona	M	39	23:54.7
37	2	Jim	Matthews	Baxter	M	69	24:06.3
15	1	Rose	Wignall	Creston	F	49	24:08.0
38	8	Troy	Knight	Monroe	M	40	24:09.3
16	2	Amber	McCool	Des Moines	F	18	24:10.0
39	4	Evan	Petig	Grinnell	M	33	24:12.9
17	5	Megan	Zach	Des Moines	F	30	24:15.4
40	11	Matt	Brennecke	Polk City	M	39	24:25.5
41	5	Doug	Vinsand	Des Moines	M	31	24:35.4
18	1	Jane	Schmitt	Des Moines	F	37	24:37.9
42	4	Jason	Baum	Clive	M	25	24:40.5
19	2	Mary	Cooper	Des Moines	F	54	24:59.2
43	5	Andy	Smith	Colfax	M	49	25:03.0
20	6	Shashawna	Beneke	Ankeny	F	30	25:03.4
44	12	David	Smith	Urbandale	M	35	25:11.6
21	3	Julia	Batten	Carlisle	F	53	25:12.6
45	6	Glen	Dippold	Clive	M	48	25:18.1
22	8	Andrea	Irving	Chariton	F	30	25:21.1
23	7	Beth	Volkamer	Ankeny	F	34	25:21.1
24	9	Jennifer	Williams	Chariton	F	30	25:22.0
46	6	Nicholas	Irving	Chantry	M	30	25:22.7
26	5	Tina	Bauman	Exline	F	43	25:23.0
47	2	Darwin	Schmig	Des Moines	M	52	25:23.2
25	6	Deb	Safford	Norwalk	F	44	25:30.4
48	7	Geoff	Safford	Norwalk	M	48	25:39.6
49	5	Ledg	Downs	Van Meter	M	12	25:40.0
50	8	Michael	Harper	West Des Moines	M	49	25:40.9
51	9	Todd	Monson	Minburn	M	46	25:43.2
52	3	Dennis	Schrodt	Prole	M	51	25:47.5
27	3	Elizabeth	Bauman	Exline	F	16	26:01.4
53	7	Jason	Lyons	Urbandale	M	32	26:04.6
28	2	Tracy	Bedford	Des Moines	F	36	26:09.3
29	7	Maribeth	Wright	Norwalk	F	44	26:12.6
30	2	Sally	Finder-Koziol	Altoona	F	46	26:17.1
31	3	Linda	DeFrancisco	Altoona	F	35	26:25.4
32	4	Sarah	OBrien	Des Moines	F	35	26:26.7
33	10	Jill	Kolars	Ankeny	F	33	26:32.2
34	4	Larissa	Hadley	Urbandale	F	17	26:33.0
35	5	Caren	Knight	Monroe	F	39	26:34.7
36	4	Joni	Shepherd	Indianola	F	27	26:38.5
54	13	Morgan	Streeter	Des Moines	M	38	26:43.7
55	3	Jacob	Duehlmeyer	Des Moines	M	22	26:49.7
56	5	Ryan	Spence	Des Moines	M	25	26:58.6
37	11	Sara	Cutler	Carlisle	F	34	27:03.9
57	14	Aaron	Hohl	Des Moines	M	35	27:04.9
38	1	Julie	Ausborn	Des Moines	F	23	27:06.9
39	4	Kim	Abbey	Boone	F	53	27:21.9
40	5	Heidi	Dauffenbach	West Des Moines	F	26	27:27.9
41	6	Kolice	Koester	West Des Moines	F	39	27:28.3
58	15	Terry	Merfeld	Des Moines	M	39	27:29.0
42	8	Lora	Ault	Altoona	F	44	27:37.6
43	7	Stacey	Haviland	West Des Moines	F	36	27:38.0
59	3	Dan	Bomar	West Des Moines	M	61	27:40.3
44	3	Sherri	Huff	Winterset	F	47	27:41.2
60	9	James	Allen	Waukee	M	42	27:42.2

45	8	Michelle	Hurlburt	West Des Moines	F	39	27:43.9
61	16	Terry	Hurlburt	West Des Moines	M	35	27:55.4
62	6	Boone	Russo	Des Moines	m	14	27:57.2
46	6	Lisa	Bunnell	Cedar Rapids	F	27	27:57.6
47	7	Abby	Pudenz	Des Moines	F	27	27:59.2
48	5	Amber	Knight	Monroe	F	12	28:06.5
63	6	Corey	Philips	Des Moines	M	27	28:06.8
49	6	Amanda	Knight	Monroe	F	14	28:08.7
50	9	Jennifer	Downs	Van Meter	F	38	28:09.5
64	8	Cameron	Moyer	Papillion	M	30	28:12.0
51	12	Dana	Moyer	Papillion	F	30	28:14.7
65	4	Anthony	Nizzi	Pleasant Hill	M	24	28:15.1
66	3	Neil	Olson	Boone	M	59	28:18.6
52	9	Lori	Miller	Norwalk	F	41	28:36.3
67	7	Jacob	Snowden	Mitchellville	M	25	28:41.9
53	13	Shanlyn	Doll	Adel	F	30	28:50.3
54	10	Vicki	Campos-Dimmer	Des Moines	F	39	28:51.0
55	11	Kim	Sapp	Des Moines	F	39	28:52.3
56	14	Nicole	Albrecht	Evansdale	F	30	28:53.0
68	17	Cory	Clevenger	Urbandale	M	38	28:53.5
57	8	Shannon	Brady	Ankeny	F	26	28:55.1
58	1	Lois	Gilmore	Janesville	F	79	28:56.2
69	18	Chad	Nichol	Newton	M	38	28:59.3
59	2	Stephani	Jacobs	West Des Moines	F	24	29:00.1
60	15	Tiffany	Roberts	Winterset	F	33	29:02.1
61	10	Angie	Lauer	Lorimor	F	43	29:03.5
62	11	Jodi	Neumann	Johnston	F	40	29:14.2
63	12	Michelle	Silliman	Winterset	F	42	29:16.5
64	9	Nicole	Essink	Altoona	F	29	29:18.4
65	16	Trina	Radske-Suchan	Waukee	F	34	29:20.1
70	19	Tim	Suchan	Waukee	M	37	29:33.2
71	7	Connor	Noonan	Ankeny	M	14	29:33.5
66	12	Janet	Lose	Des Moines	F	36	29:33.8
67	7	Danielle	Broadbent	Prole	F	14	29:35.3
68	17	Kelley	Hinnen	Ankeny	F	31	29:37.5
69	13	Melinda	Allen	Waukee	F	41	29:39.9
72	10	Chad	Christensen	Des Moines	M	40	29:41.2
70	8	Keri	Pope	Indianola	F	19	29:44.0
71	9	Amber	Walker	Prole	F	19	29:48.2
72	4	Rebecca	Van Baale	Newton	F	48	29:51.8
73	13	Traci	Kauffman	Des Moines	F	38	29:53.2
74	10	Kristen	Hanson	Des Moines	F	27	29:53.5
75	11	Tori	Dunham	Pleasant Hill	F	26	29:55.5
76	12	Alisha	Harper	Prole	F	25	29:57.6
73	8	Jack	Noonan	Ankeny	M	10	30:04.0
77	14	Shanda	Noonan	Ankeny	F	39	30:04.3
78	13	Kimberly	Hawkins	Waukee	F	26	30:05.1
74	10	Daniel	McCool	Des Moines	M	48	30:05.5
79	10	Anna	Dotts	Des Moines	F	12	30:26.7
80	11	Jade	Gibson	Des Moines	F	13	30:28.5
75	11	Kirk	Gibson	Des Moines	M	41	30:31.4
81	15	Angela	Vandekamp	Knoxville	F	35	30:31.8
82	18	Teresa	Bjork	Madrid	F	32	30:35.6
83	3	Katie	Olson	Des Moines	F	24	30:40.4
76	8	Greg	Hegerty	West Des Moines	M	27	30:44.4
77	9	Justin	Crippen	Carlisle	M	26	30:51.3

84	14	Amanda	Uthe	Urbandale	F	28	30:54.3
85	14	Tina	Brennecke	Polk City	F	40	30:58.2
86	19	Bridget	Gallagher	Des Moines	F	30	30:59.5
87	15	Cindy	Monohan	Clive	F	43	31:06.4
88	16	Tj	Hudspeth	Clive	F	37	31:07.9
89	17	Danielle	Andersen-Jepesen	Boone	F	35	31:11.2
90	16	Michelle	Goodman	WDM	F	43	31:14.3
91	5	Sarah	Harmeyer	West Des Moines	F	46	31:19.2
92	4	Stacey	Adams	Ames	F	24	31:19.4
93	18	Sandy	Stevens	Waukee	F	35	31:21.6
94	19	Alysia	Peich	Des Moines	F	35	31:23.3
95	20	Robin	Wastenev	Des Moines	F	35	31:27.5
96	20	Andrea	Quam	Urbandale	F	34	31:34.8
97	21	Jessica	O'Mara	Windsor Heights	F	36	31:35.1
98	2	Jean	Kristensen	West Des Moines	F	61	31:40.4
99	22	Bonnie	Christensen	Des Moines	F	38	31:49.8
100	15	Megan	Melton	West Des Moines	F	26	32:04.6
101	23	Lydia	Holm	West Des Moines	F	37	32:15.7
102	5	Leslie	Keilig	Moravia	F	24	32:16.6
78	5	Sara	Ellerbroek	West Des Moines	M	23	32:17.3
103	12	Erin	Marshall	Des Moines	F	14	32:34.6
104	24	Julie	Anderson-Suddarth	Winterset	F	36	32:38.7
79	20	Eric	Wildman	Indianola	M	35	32:39.4
105	21	Mandy	Carroll	Des Moines	F	34	32:46.0
106	17	Becky	Dotts	Des Moines	F	44	32:51.6
107	22	Justean	Allen	Waukee	F	34	32:53.9
108	25	Deborah	Garner	Des Moines	F	36	33:05.5
109	6	Katherine	Say	Pleasant Hill	F	23	33:11.8
110	18	Sherri	Broadbent	Prole	F	44	33:24.1
111	7	Jessica	Hummel	Indianola	F	23	33:28.1
112	16	Jackie	Westhoff	Des Moines	F	27	33:28.3
113	16	Jessica	Hanson	Des Moines	F	29	33:28.9
114	17	Ruthie	Jackson	Des Moines	F	29	33:29.2
80	9	Gregory	Jackson	Des Moines	M	31	33:39.9
115	18	Melissa	Bartecki	Carol Stream	F	29	33:40.3
116	19	Kara	Smith	Urbandale	F	28	33:41.1
117	1	Marilyn	Arends	West Des Moines	F	58	33:43.5
118	23	Melissa	O'Neil	Des Moines	F	30	33:44.5
119	5	Kim	Hill	Des Moines	F	50	33:49.8
120	26	Stacy	Ham	Winterset	F	38	33:58.2
81	21	Jeremial	Rife	Urbandale	M	35	34:05.6
121	6	Shannon	Holz	Cumming	F	46	34:26.2
122	24	Katie	Ross	Reasnor	F	30	34:27.1
123	25	Rachel	Jackson	Urbandale	F	33	34:33.6
82	4	Donald	Judisch	Clive	M	72	34:35.1
83	9	Josh	Ingham	Urbandale	M	11	34:37.4
124	8	Amanda	Duffield	Des Moines	F	20	34:38.3
125	26	Emily	Williams-Bousky	Des Moines	F	30	34:39.5
126	19	Rebecca	Ingham	Urbandale	F	40	34:50.7
127	20	Rosalyn	De Haan	West Des Moines	F	25	34:55.7
84	10	Kobey	Embrey	Norwalk	M	9	35:05.2
128	21	Beth	Mensing	Des Moines	F	29	35:06.1
129	27	Shelly	Hall	Boone	F	32	35:06.8
85	4	Jeff	Ibbel	OP	M	54	35:11.3
130	22	Alicia	Embrey	Norwalk	F	29	35:22.6
131	13	Victoria	Dotts	Des Moines	F	14	35:51.3

132	23	Danielle	Philips	Des Moines	F	25	35:56.0
86	22	Jason	Ackerman	Spencer	M	35	36:07.7
133	24	Melissa	Chrystal	West Des Moines	F	28	36:22.3
134	14	Samantha	Dotts	Des Moines	F	17	36:33.9
87	11	Jim	Popp	Waukee	M	46	36:41.5
88	5	Steve	Jacobs	West Des Moines	M	54	36:41.5
89	11	Dexter	Scott	Des Moines	M	19	37:12.8
135	20	Tamara	Loughren	Ames	F	43	37:34.4
136	27	Amy	Van Duyn	West Des Moines	F	35	37:39.2
90	10	Justin	Embrey	Norwalk	M	28	37:40.6
137	7	Jennfier	Schroeder	Des Moines	F	46	37:43.2
91	23	Troy	Vandekamp	Knoxville	M	35	37:44.4
138	3	Char	Coon	Urbandale	F	62	37:50.5
139	28	Melissa	Junkins	Clive	F	39	37:56.5
140	21	Dawn	Reece	Pleasant Hill	F	42	37:58.4
141	28	Alexis	Henning	Clive	F	34	37:58.6
92	5	Gary	Sheldon	West Des Moines	M	65	38:01.6
142	29	Tanya	Hardy		F	38	38:05.1
143	8	Jane	Eagan	Ames	F	46	39:08.1
144	29	Suzanne	Coen	Des Moines	F	31	39:48.5
145	25	Angela	Miller	Ankeny	F	29	40:11.2
146	15	Megan	Pope	Indianola	F	19	40:28.5
147	26	Angela	Beckel	Clive	F	27	40:29.0
93	6	Ryan	Bunnell	Ames	M	22	41:19.6
148	27	Staci	Bennett	Des Moines	F	25	41:55.1
94	24	Paxton	Bennett	Des Moines	M	35	43:18.4
149	22	Julie	Osweiler	Des Moines	F	42	43:35.3
150	16	Alexa	Lappe	Carlisle	F	8	43:35.6
95	12	Larry	Lappe	Carlisle	M	45	44:44.0
151	30	Shannon	Bunnell	Des Moines	F	32	44:44.4
152	30	Becky	Ketelsen - Popp	Waukee	F	36	44:48.7
153	28	Karen	Ackerman	Spencer	F	28	44:49.0
154	31	Melissa	Snell	Osceola	F	37	44:50.8
155	29	Jerilyn	Syferd	Ankeny	F	25	45:07.9
156	32	Michelle	Snell	Des Moines	F	39	45:08.2
157	30	Emily	Koehn	Ankeny	F	25	45:49.3

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