



Sycamore 8 Trail Race

Des Moines, IA

Dec. 6, 2014

33 at start and cloudy

Results by Cal Murdock

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

PLACE	CLASS	FINISHER	TIME
PLACE	PLACE		
1	OpM	Scott Johnson, 32, Ames, IA	44:57
2	1 M30	Chris Nealy, 34, West Des Moines, IA	45:40
3	1 M20	Ben Lindell, 28, West Des Moines, IA	46:18
4	2 M20	Dan Jensen, 22, Urbandale, IA	46:20
5	3 M20	Patric Carruthers-Green, 29, Des Moines, IA	47:22
6	2 M30	Toby Moore, 33, Waukee, IA	47:28
7	3 M30	Sean Severe, 30, Des Moines, IA	47:55
8	4 M30	Jack Johnson, 34, West Des Moines, IA	48:03
9	4 M20	Ross Megargel, 29, West Des Moines, IA	48:59
10	5 M30	John Havenga, 31, Honiara, Guadal	49:24
1	OpW	Flannery Cerbin-Bohach, 27*, Decorah, IA	49:25
11	6 M30	Matt Timmins, 37, Newton, IA	50:44
12	5 M20	Taylor Marvin, 27, Johnston, IA	51:38
13	7 M30	Eric Moffitt, 32, Des Moines, IA	51:50
14	6 M20	Cory Edwards, 29, West Des Moines, IA	51:51
15	7 M20	Zach Hill, 29, Iowa City, IA	51:52
16	8 M30	Joe Riesberg, 37, Johnston, IA	51:59
17	1 M40	Matt Scotton, 45, Newton, IA	52:29
18	2 M40	Chad Roethler, 41, Urbandale, IA	52:37
19	3 M40	Tony Oberman, 47, Clive, IA	52:59
20	1 JrM	Seth Nostrala, 16, Indianola, IA	53:01
21	9 M30	Chris Keller, 35, Waukee, IA	53:07
22	8 M20	Trevor Muchow, 28, Ankeny, IA	53:25
23	10 M30	Brian Petersen, 30, Ankeny, IA	53:30
24	11 M30	Jeffrey Matthews, 32, Des Moines, IA	53:36
25	1 M50	Jeff Anker, 51, Polk City, IA	54:03
26	12 M30	Aaron Wheelock, 34, Des Moines, IA	54:07
27	13 M30	Mike McGinn, 33, Johnston, IA	54:45
28	4 M40	Geoff Graham, 47, Waukee, IA	54:58
29	5 M40	Jason Hahn, 44, Des Moines, IA	55:11
30	6 M40	Brian Palmer, 46, Des Moines, IA	55:17
31	7 M40	Darvish Shadravan, 46, Ankeny, IA	55:26
32	14 M30	Jared Kroese, 30, Des Moines, IA	55:28
2	1 W20	Erica Lensink, 28*, Des Moines, IA	55:41
33	2 M50	Paul Grinvalds, 56, West Des Moines, IA	55:53
34	3 M50	Rick Scharff, 52, West Des Moines, IA	56:40
35	8 M40	Brian Benjamin, 49, Perry, IA	56:47
36	15 M30	Justin Hyde, 36, Des Moines, IA	56:57

37	16 M30	Phillip Cox, 33, Ankeny, IA	57:05
38	9 M40	Patrick Ryherd, 48, Newell, IA	57:16
39	17 M30	Tom Handorf, 38, Gladbrook, IA	57:22
40	10 M40	Timothy Bergan, 49, Colfax, IA	57:28
41	11 M40	Dan Blondowski, 40, Clive, IA	57:51
42	18 M30	Jason Mason, 34, Des Moines, IA	57:56
43	4 M50	Jeff Perry, 54, Bondurant, IA	58:05
44	19 M30	Tyler Smith, 30, Des Moines, IA	58:10
45	12 M40	Doug Staudt, 46, Urbandale, IA	58:11
46	20 M30	Mike Kunert, 35, Des Moines, IA	58:13
47	9 M20	Anthony Burton, 22, Indianola, IA	58:25
3	1 W40	Shelley Goodell, 47*, Clive, IA	58:30
4	2 W20	Kristin Kindred, 24*, Des Moines, IA	58:32
48	5 M50	David Caris, 55, Des Moines, IA	58:33
49	13 M40	Todd Bindel, 47, West Des Moines, IA	58:46
50	6 M50	Bruce Drummond, 56, Des Moines, IA	58:55
5	1 W30	Rachel Hoyer, 39*, Johnston, IA	58:59
51	14 M40	Dan Crew, 46, West Des Moines, IA	59:00
52	7 M50	Dick Danger, 50, Clive, IA	59:05
53	21 M30	Brent Osborne, 39, Des Moines, IA	59:06
54	8 M50	John Ross, 52, Ottumwa, IA	59:09
55	15 M40	Colby Penn, 42, Altoona, IA	59:14
56	9 M50	Mark Iles, 51, Clive, IA	59:14
57	10 M20	Blake Arney, 29, Des Moines, IA	59:29
58	10 M50	Mike Palmer, 55, Jefferson, IA	59:57
59	22 M30	Matthew Stodden, 35, Des Moines, IA	59:57
60	11 M50	Jeff Weeks, 55, Des Moines, IA	59:59
6	2 W40	Dana Plew, 47*, Urbandale, IA	1:00:00
7	1 W50	Dana Kramer, 52*, Urbandale, IA	1:00:32
61	16 M40	Karl Overton, 47, Des Moines, IA	1:00:50
62	17 M40	Dennis Haney, 46, Clive, IA	1:00:52
63	18 M40	Dave Garcia, 43, Knoxville, IA	1:00:56
64	19 M40	Rick Glowacki, 46, Waukee, IA	1:00:56
8	2 W30	Robyn Clevenger, 35*, West Des Moines, IA	1:01:02
65	12 M50	Duke Reichardt, 55, Clive, IA	1:01:13
66	13 M50	Charlie Neibergall, 50, Urbandale, IA	1:01:16
67	14 M50	Rob Hentzen, 53, West Des Moines, IA	1:01:20
68	23 M30	Justin Grodnitzky, 39, Ames, IA	1:01:21
69	20 M40	David Orth, 49, Ames, IA	1:01:27
70	15 M50	Mike Mathewson, 55, Pella, IA	1:01:40
71	24 M30	Todd Schemper, 39, Des Moines, IA	1:01:43
72	25 M30	Brad Bach, 34, Des Moines, IA	1:01:55
73	26 M30	Rob Peterson, 36, Urbandale, IA	1:01:57
74	21 M40	Scott Funk, 47, Iowa City, IA	1:02:05
75	27 M30	John Harrell, 32, West Des Moines, IA	1:02:05
76	22 M40	Mark Lowe, 48, West Des Moines, IA	1:02:10
77	16 M50	Joe Dupre, 50, Pella, IA	1:02:20
78	23 M40	David Mable, 49, Urbandale, IA	1:02:35
79	17 M50	Dave Endres, 51, West Des Moines, IA	1:02:44
80	1 M60	Roger Heinle, 64, Whiting, IA	1:02:50
9	3 W40	Beth Palmer, 46*, Des Moines, IA	1:02:53
10	4 W40	Kelly Sorensen, 44*, West Des Moines, IA	1:03:08
81	24 M40	Brian Terhark, 46, Clive, IA	1:03:13
82	2 JrM	Jacob Stephenson, 15, Farnhamville, IA	1:03:50
83	25 M40	Colin Witt, 40, Des Moines, IA	1:03:56
84	18 M50	Justin Nostrala, 50, Indianola, IA	1:03:56
85	26 M40	Mark Drake, 42, West Des Moines, IA	1:04:00
11	3 W30	Missy Henry, 35*, Des Moines, IA	1:04:23
86	27 M40	John Buzzoni, 41, Polk City, IA	1:04:26
87	28 M30	Travis Kasch, 39, Urbandale, IA	1:04:29
12	1 JrW	Addie Dannewitz, 16*, Grimes, IA	1:04:42

88	28 M40	Brian Peppenger, 45, Grimes, IA	1:04:43
89	29 M30	Jim Mitchell, 39, Fairfield, IA	1:04:43
90	30 M30	Casey Carlson, 34, Ankeny, IA	1:04:57
13	4 W30	Jodi Carlson, 33*, Ankeny, IA	1:04:57
91	29 M40	Jason Maasdam, 42, Knoxville, IA	1:05:40
14	5 W30	Jennifer Sprung, 31*, Perry, IA	1:05:52
15	6 W30	Susanne Kennedy, 38*, Des Moines, IA	1:05:57
16	1 W60	Kathi Dellaca, 62*, Windsor Heights, IA	1:06:04
17	5 W40	Marzia Benson, 45*, Des Moines, IA	1:06:08
18	6 W40	Andrea Corcoran, 45*, Des Moines, IA	1:06:16
19	7 W30	Kate Clark, 37*, Des Moines, IA	1:06:16
20	7 W40	Mary Ducar, 45*, Ankeny, IA	1:06:26
21	2 W50	Dale Finnegan, 52*, Waukee, IA	1:06:56
92	30 M40	Eric Pack, 47, Urbandale, IA	1:06:59
93	19 M50	Randy Westman, 55, Russell, IA	1:07:07
22	8 W40	Annika Cornelisse, 42*, Des Moines, IA	1:07:13
94	31 M40	Scott Mills, 43, Des Moines, IA	1:07:19
95	31 M30	Michael Armstrong, 36, Central City, IA	1:07:31
23	2 JrW	Hannah Snodgrass, 16*, Indianola, IA	1:07:43
24	8 W30	Cheryl Dralle, 37*, Urbandale, IA	1:07:53
96	32 M40	Kevin Sporer, 44, Ankeny, IA	1:07:54
25	3 W20	Lindsey Borgomainerio, 22*, Indianola, IA	1:08:22
26	9 W40	Mindy Ward, 40*, Huxley, IA	1:08:28
97	32 M30	Aaron Fuller, 33, Knoxville, IA	1:08:28
27	10 W40	Ann Vlahakis, 46*, Ankeny, IA	1:08:35
98	33 M30	Daryl Miller, 35, Des Moines, IA	1:08:46
28	11 W40	Laura Belin, 45*, Windsor Heights, IA	1:08:48
99	33 M40	Eric Kinman, 44, Des Moines, IA	1:08:55
100	11 M20	Kevin Arens, 26, West Des Moines, IA	1:08:57
101	34 M40	Mike Eilers, 45, Indianola, IA	1:09:03
29	3 W50	Bobbi Snodgrass, 52*, Indianola, IA	1:09:21
102	35 M40	Tim Meggers, 47, Grimes, IA	1:09:51
30	4 W50	Cindy Deprenger, 54*, Monroe, IA	1:10:06
103	34 M30	Anthony Weber, 30, Greenfield, IA	1:10:27
31	9 W30	Kedra Hamilton, 34*, Nevada, IA	1:10:33
104	36 M40	Jen Jacobs, 43, West Des Moines, IA	1:10:33
32	12 W40	Kristin Adkins, 45*, Brooklyn, IA	1:10:39
105	35 M30	Nathan Mundy, 32, Des Moines, IA	1:10:57
33	4 W20	Katheine Bach, 29*, Des Moines, IA	1:11:23
34	10 W30	Mindy Moore, 39*, West Des Moines, IA	1:11:26
106	2 M60	Daniel Bach, 62, Ankeny, IA	1:11:30
107	12 M20	David Adams, 23, West Des Moines, IA	1:11:36
108	37 M40	Doug Deden, 45, Omaha, NE	1:11:49
35	5 W20	Amy Vos, 23*, Des Moines, IA	1:12:02
36	5 W50	Beth Lori, 54*, Ankeny, IA	1:12:15
109	20 M50	Mike Stanley, 57, Clive, IA	1:12:42
37	11 W30	Heather Spong, 38*, Pella, IA	1:12:42
38	13 W40	Patty Williams, 44*, Urbandale, IA	1:13:00
39	6 W50	Heather Stilborn, 52*, Clive, IA	1:13:22
40	14 W40	Kristie Harrold, 45*, Waukee, IA	1:13:58
41	12 W30	Emily Zach, 35*, Des Moines, IA	1:14:00
110	13 M20	Eric Bentzinger, 29, Des Moines, IA	1:14:18
111	38 M40	Joel Jackman, 44, Des Moines, IA	1:14:18
112	39 M40	Karl Nolin, 46, West Des Moines, IA	1:14:27
113	40 M40	Adam Jerdee, 41, West Des Moines, IA	1:14:35
42	13 W30	Kimberly Schreck, 34*, Adel, IA	1:14:45
43	6 W20	Carrie Patz, 28*, Ames, IA	1:15:17
114	14 M20	Aaron Patz, 28, Ames, IA	1:15:17
115	21 M50	Walter Resch, 54, Oakdale, MN	1:15:18
116	36 M30	Mike Moretz, 30, Ankeny, IA	1:15:20
117	41 M40	Kyle Brown, 40, Des Moines, IA	1:15:21

118	37 M30	Michael Peverill, 35, Ankeny, IA	1:15:30
119	15 M20	Tyler Trecker, 27, Bondurant, IA	1:15:37
44	7 W20	Maggie Perry, 25*, Bondurant, IA	1:15:37
45	15 W40	Melinda Nye, 41*, Ankeny, IA	1:15:38
120	42 M40	Mike Pollmann, 40, Des Moines, IA	1:17:45
46	7 W50	Stacy Lang, 50*, Clive, IA	1:17:47
121	3 JrM	Otto Gunderson, 14, Des Moines, IA	1:17:53
122	22 M50	Joe Gunderson, 55, Des Moines, IA	1:17:58
47	16 W40	Deb Anderson, 45*, Des Moines, IA	1:18:32
48	17 W40	Kelly Richards, 45*, Ankeny, IA	1:18:34
123	43 M40	Jon Hobbs, 45, Des Moines, IA	1:18:36
124	44 M40	Eric Larson, 46, Des Moines, IA	1:18:47
49	14 W30	Christina Littler, 36*, Cedar Rapids, IA	1:19:20
125	38 M30	Nate Rollene, 38, Pella, IA	1:19:22
50	8 W50	Ruth Comer, 53*, Chariton, IA	1:19:26
126	23 M50	Ted Herselius, 58, Norwalk, IA	1:19:28
127	4 JrM	Isaac Littler, 14, Cedar Rapids, IA	1:19:42
51	9 W50	Annette Resch, 52*, Oakdale, MN	1:19:43
128	16 M20	Lance Eysink, 26, Pella, IA	1:19:55
52	8 W20	Katie Brandstatter, 29*, West Des Moines, IA	1:20:16
129	39 M30	Joe Brandstatter, 32, West Des Moines, IA	1:20:16
53	9 W20	Amelia Borgomainerio, 24*, Des Moines, IA	1:20:52
130	45 M40	Eric Conrad, 44, Des Moines, IA	1:21:52
54	18 W40	Jodi Jones, 40*, West Des Moines, IA	1:22:09
55	19 W40	Tiffany Kragnes, 41*, Fayette, IA	1:22:10
131	40 M30	Mark Lenning, 33, Goldfield, IA	1:23:02
132	3 M60	Brad Shipman, 60, Altoona, IA	1:23:03
133	17 M20	Dan Faas, 26, Marshalltown, IA	1:23:58
134	41 M30	Anthony Nurre, 37, West Des Moines, IA	1:25:29
56	15 W30	Heather Hunter, 39*, Ankeny, IA	1:25:42
57	16 W30	Courtney Donaldson, 38*, Urbandale, IA	1:25:46
135	18 M20	Todd Carroll, 27, Clive, IA	1:26:20
136	19 M20	Justin Funk, 28, Ankeny, IA	1:27:00
58	10 W20	Breanna Severin, 20*, Des Moines, IA	1:27:50
137	24 M50	Greg Ronald, 55, West Des Moines, IA	1:28:21
138	42 M30	Matt Lenning, 35, Roland, IA	1:29:15
139	46 M40	Brian Schmitz, 44, Des Moines, IA	1:30:44
140	43 M30	Todd Lincoln, 37, Ankeny, IA	1:31:21
59	20 W40	Jennifer Santiago, 43*, Ankeny, IA	1:35:05
60	21 W40	Deanna Breeding, 47*, Des Moines, IA	1:35:07
141	25 M50	Don Breeding, 52, Des Moines, IA	1:35:07
142	44 M30	Chris Cleveland, 34, Nevada, IA	1:37:15
143	45 M30	Brian Donaldson, 35, Urbandale, IA	1:43:21
144	46 M30	Joseph Donaldson, 37, Urbandale, IA	1:43:22
61	10 W50	Pam Hugen, 59*, West Des Moines, IA	1:47:53
145	47 M30	Huy Huynh, 33, Urbandale, IA	1:49:20
146	4 M60	Rollin Perry, 75, Cedar Falls, IA	2:03:54

* indicates females

2 finishers among Males (no age given)

4 finishers among Men Under 20

19 finishers among Men 20 - 29

47 finishers among Men 30 - 39

46 finishers among Men 40 - 49

25 finishers among Men 50 - 59

4 finishers among Men 60 & Up

2 finishers among Women Under 20

10 finishers among Women 20 - 29

16 finishers among Women 30 - 39

21 finishers among Women 40 - 49

10 finishers among Women 50 - 59
1 finishers among Women 60 & Up
147 male finishers
60 female finishers
207 total finishers

Return to [home page](#).