

Scheels Shoes that Fit 10K

Jordan Creek Mall

August 29, 2009

60 degrees and perfect weather

Results by Cal Murdock

Click on the "pace" links to move about through the res

Use the Find option of your Web Browser to find

the performance of a specific individual.

PLACE	CLASS	FINISHER	AGE	CITY	ST	
1		Michael Aish,	33,	Arvada,	CO	3:20
2		Skyler Nesheim,	25,	Des Moines,	IA	3:20
3		Martin Popp,	26,	West Des Moines	IA	3:20
4	1	M20 Chan Yew Woo,	28,	Ames,	IA	3:20
1		Erin Moeller,	32*,	Mt Vernon,	IA	3:20
5	1	M15 Alex Libin,	19,	Clive,	IA	3:20
6	2	M15 Taylor Huseman,	16,	Manson,	IA	3:20
2		Casey Owens,	26*,	Des Moines,	IA	3:20
7	1	M30 Chad Marchant,	30,	Ankeny,	IA	3:20
8	2	M30 Gregg Hennigan,	31,	Coralville,	IA	3:20
3		Danna Kelly,	22*,	Des Moines,	IA	3:20
9	3	M30 Larry Ward,	37,	Ankeny,	IA	3:20
10	2	M20 Joseph Pecora,	24,	Des Moines,	IA	4:00
11	4	M30 Kevin Brownell,	30,	West Des Moines	IA	4:00
12	3	M20 Eric Gubbels,	24,	Ames,	IA	4:00
13	4	M20 Kyle Bown,	22,	Des Moines,	IA	4:00
14	5	M30 Justin Davis,	30,	Algona,	IA	4:00
4	1	W20 Brenda Funke,	24*			4:00
15	1	M50 Mike Goodman,	54,	Conrad,	IA	4:00
16	5	M20 Joe Klosterman,	23,	Des Moines,	IA	4:00
17	1	M40 Mark Davis,	46,	Adel,	IA	4:00
18	6	M30 Sage Arbor,	31,	Urbandale,	IA	4:00
5	2	W20 Molly Henry,	26*,	Johnston,	IA	4:00
6	3	W20 Abby Schmitz,	27*,	Norwalk,	IA	4:00
19	2	M40 Jeff Feder,	48,	Norwalk,	IA	4:00
20	3	M40 Kraig Kirkpatrick,	40,	West Des Moines	IA	4:00
21	2	M50 Pete Sandler,	54,	West Des Moines	IA	4:00
22	7	M30 Scott Koch,	31,	West Des Moines	IA	4:00
7	1	W40 Rae Letourneau,	47*,	West Des Moines	IA	4:00
23	6	M20 Derek Doebel,	27,	Ames,	IA	4:00
24	8	M30 Robert Volpri,	31,	West Des Moines	IA	4:00
25	9	M30 Daniel Blondowski,	33,	Johnston,	IA	4:00
26	3	M15 Nick Mongar,	19,	Des Moines,	IA	4:00
27	4	M40 Alan Alberto,	44,	Clive,	IA	4:00
28	7	M20 Grant Schulte,	27,	Des Moines,	IA	4:00
29	5	M40 Phil Weber,	42,	Norwalk,	IA	4:00
30	8	M20 Michael Hotze,	28,	Council Bluffs,	IA	4:00
31	10	M30 Jason Potter,	39,	West Des Moines	IA	4:00
32	11	M30 Wigi Calviello,	38,	West Des Moines	IA	4:00
33	6	M40 John Urban,	41,	Johnston,	IA	4:00
34	7	M40 Geoffrey Mattelos,	46,	West Des Moines	IA	4:00
8	4	W20 Dana Flogel,	27*,	West Des Moines	IA	4:00
35	9	M20 Trent Drake,	28,	Urbandale,	IA	4:00
9	1	W30 Wendy Hanson,	36*,	Urbandale,	IA	4:00
36	8	M40 Rob Doheny,	44,	Clive,	IA	4:00
37	9	M40 David Schnoes,	49,	West Des Moines	IA	4:00
10	5	W20 Stephanie Gray,	27*,	Ankeny,	IA	4:00
38	12	M30 Matt Otis,	30,	Johston,	IA	4:00
39	10	M20 Mark Goldsmith,	20,	Ames,	IA	4:00
11	6	W20 Trisha Vander Wilt	29*,	West Des Moines,	IA	4:00
40	10	M40 Peter Lynch,	43,	West Des Moines	IA	4:00
41	11	M40 Randy Sutton,	43,	Des Moines,	IA	4:00
42	11	M20 Almir Beganovic,	20,	Urbandale,	IA	4:00
43	12	M20 Brian Riley,	24,	Waukee,	IA	4:00
12	2	W30 Kelly Sorensen,	39*,	West Des Moines	IA	4:00
44	13	M30 Chris Keller,	30,	Waukee,	IA	4:00
45	13	M20 Paul Henning,	25,	Grimes,	IA	4:00
46	12	M40 Erik Swee,	43,	Urbandale,	IA	4:00
47	14	M30 Brian McIllece,	30,	Des Moines,	IA	4:00
48	14	M20 Ryan Richard,	25,	West Des Moines	IA	4:00
13	7	W20 Olga Beglet,	23*,	West Des Moines	IA	4:00

49	15	M20	Marc	Wilcke,	28,	Ankeny,	IA	46
14	2	W40	Janelle	Greiner,	43*,	Urbandale,	IA	46
50	16	M20	Jacob	Lindsey,	23,	Ames,	IA	46
51	17	M20	Evan	Huseman,	20,	Des Moines,	IA	46
52	15	M30	Brad	Willemsen,	32,	Des Moines,	IA	46
53	18	M20	Mathew	Mann,	28,	Des Moines,	IA	46
54	16	M30	Grant	Hilton,	30,	West Des Moines	IA	46
55	17	M30	Brian	Jones,	39,	West Des Moines	IA	46
56	18	M30	David	Guajardo,	33,	Des Moines,	IA	46
57	3	M50	Chuck	Clark,	58,	Carroll,	IA	47
58	19	M30	Eric	Camper,	37,	Des Moines,	IA	47
15	8	W20	Megan	Roth,	22*,	West Des Moines	IA	47
59	20	M30	Aaron	Johnson,	30,	Des Moines,	IA	47
60	13	M40	James	Wyble,	49,	West Des Moines	IA	47
61	1	M60	John	Schneller,	65,	West Des Moines	IA	47
16	3	W40	Theresa	McClure,	41*,	Johnston,	IA	47
62	21	M30	Casey	Niemann,	35,	Waukee,	IA	47
63	19	M20	Justin	Frerichs,	28,	Johnston,	IA	47
64	1	JrM	Jack	Fritzkunjer,	14,	Des Moines,	IA	47
65	4	M50	Kirk	Tibbetts,	54,	Urbandale,	IA	47
66	20	M20	Jason	Butler,	28,	Des Moines,	IA	48
67	21	M20	Tony	Flatness,	23,	Des Moines,	IA	48
68	5	M50	Tomas	Rodriguez,	54,	Des Moines,	IA	48
69	22	M30	Brent	Osborne,	34,	Des Moines,	IA	48
70	2	JrM	Tyler	Fugate,	11,	Des Moines,	IA	48
71	14	M40	John	Huebner,	45,	Pleasant	IA	48
17	3	W30	Cathy	Bormann,	30*,	Urbandale,	IA	48
72	15	M40	Larry	Gaston,	42,	Des Moines,	IA	48
73	22	M20	Jeff	Foster,	28,	Des Moines,	IA	48
74	23	M20	Brandon	Schmitz,	26,	Norwalk,	IA	48
18	9	W20	Megan	Recker,	26*,	West Des Moines	IA	48
75	23	M30	Brad	Sams,	34,	Ankeny,	IA	48
19	4	W30	Dena	Bierstedt,	39*,	Norwalk,	IA	48
76	16	M40	Shawn	Finney,	45,	Waukee,	IA	48
20	10	W20	Jennifer	Lyon,	20*,	Ames,	IA	49
77	24	M30	Christian	Martin,	37,	West Des Moines	IA	49
21	11	W20	Emily	Bergfeld,	27*,	Clive,	IA	49
22	12	W20	Alison	Owens,	26*,	West Des Moines	IA	49
78	25	M30	Chris	Bump,	34,	Urbandale,	IA	49
79	24	M20	Quinn	Hildman,	29,	West Des Moines	IA	49
23	5	W30	Kelly	Vowels,	31*,	Waukee,	IA	49
80	17	M40	Tracy	Hurt,	46,	Creston,	IA	49
81	26	M30	Jesse	Frederick,	34,	Nevada,	IA	49
82	25	M20	Ryan	Thompson,	28,	Norwalk,	IA	49
24	13	W20	Jessica	Savage,	27*,	West Des Moines	IA	49
25	14	W20	Kathryn	Sandie,	27*,	Waukee,	IA	49
83	18	M40	Jim	Polish,	49,	Madrid,	IA	49
26	4	W40	Nola	Seaberg,	47*,	Des Moines,	IA	49
27	6	W30	Sarah	Andersson,	35*,	West Des Moines	IA	50
84	19	M40	Craig	Anfinson,	41,	Urbandale,	IA	50
85	26	M20	Kyle	Keller,	27,	Knoxville,	IA	50
86	27	M20	Jason	Homewood,	28,	Waukee,	IA	50
87	27	M30	Michael	Berg,	34,	Urbandale,	IA	50
28	15	W20	Winton	Brooke,	29*,	Altoona,	IA	50
88	20	M40	Scott	Dean,	45,	Des Moines,	IA	50
89	21	M40	James	Arthur,	45,	Des Moines,	IA	50
90	28	M20	Nathan	Garvey,	26,	West Des Moines	IA	50
91	6	M50	Jose	Sanchez,	53,	West Des Moines	IA	50
92	28	M30	Julien	Caseli,	30,	West Des Moines	IA	50
93	29	M30	Pena	Jon,	36,	Grimes,	IA	50
29	16	W20	Meghan	Foster,	28*,	Des Moines,	IA	50
94	30	M30	Nat	Kongtahworn,	36,	Clive,	IA	50
95	31	M30	Paula	Varner,	34,	Creston,	IA	50
30	7	W30	Kristie	Smith,	34*,	Ankeny,	IA	50
96	7	M50	Bill	Parks,	56,	Des Moines,	IA	50
97	32	M30	Jasper	Andersson,	34,	West Des Moines	IA	51
31	8	W30	Carrie	Wright,	36*,	West Des Moines	IA	51
32	17	W20	Jacey	Jones,	26*,	Urbandale,	IA	51
98	29	M20	Briley	Sharping,	26,	Urbandale,	IA	51
33	18	W20	Andrea	Ridgeway,	25*,	Altoona,	IA	51
99	30	M20	Brandon	Bundt,	28,	Ankeny,	IA	51
100	33	M30	Ryan	Campbell,	30,	Waukee,	IA	51
34	19	W20	Ashley	Pringle,	23*,	Waukee,	IA	51

101	22	M40	Dan	Bachman,	45,	Waukee,	IA	5:
102	31	M20	Matt	Dohlman,	27,	Waukee,	IA	5:
103	4	M15	Steven	Hammond,	16,	West Des Moines	IA	5:
104	23	M40	Mike	Fugate,	47,	Des Moines,	IA	5:
35	20	W20	Cherie	Hauptmeier,	24*,	Des Moines,	IA	5:
105	34	M30	Craig	Nemechek,	31,	Altoona,	IA	5:
106	35	M30	Brian	Subbert,	34,	Ankeny,	IA	5:
107	24	M40	Jeff	White,	40,	Ankeny,	IA	5:
36	21	W20	Crista	Wilkening,	24*,	Grimes,	IA	5:
108	36	M30	Nick	Roerig,	30,	West Des Moines	IA	5:
109	25	M40	Anthony	Dilla,	44,	West Des Moines	IA	5:
110	32	M20	Jeremy	Rothfeld,	24,	West Des Moines	IA	5:
37	9	W30	Jennifer	Galluzzo,	39*,	West Des Moines	IA	5:
111	8	M50	Doug	Hoffman,	58,	West Des Moines	IA	5:
38	10	W30	Peggy	Hentges,	38*,	Urbandale,	IA	5:
112	33	M20	Dylan	Lampe,	24,	West Des Moines	IA	5:
113	37	M30	Jason	Badtram,	32,	Johnston,	IA	5:
114	26	M40	John	Noll,	47,	Clive,	IA	5:
39	5	W40	Darl	George,	49*,	Urbandale,	IA	5:
115	34	M20	Nathan	Christenson,	28,	West Des Moines	IA	5:
116	38	M30	Jeffrey	Steenhoek,	38,	Des Moines,	IA	5:
117	35	M20	Brian	Lewis,	22,	Des Moines,	IA	5:
118	39	M30	Kevin	Bui,	32,	Des Moines,	IA	5:
40	6	W40	Elaine	Ferin,	42*,	St.	IA	5:
119	36	M20	John	Mongar,	22,	Ames,	IA	5:
120	37	M20	Eric	Thompson,	28,	Norwalk,	IA	5:
121	40	M30	Steve	Galluzzo,	37,	West Des Moines	IA	5:
122	41	M30	Matt	Morrow,	39,	West Des Moines	IA	5:
41	22	W20	Samantha	Haas,	20*,	Des Moines,	IA	5:
42	23	W20	Katherine	Tushaud,	24*,	West Des Moines	IA	5:
123	42	M30	Andy	Fogle,	30,	Des Moines,	IA	5:
43	24	W20	Megan	Mitchell,	21*,	Pella,	IA	5:
124	38	M20	Alex	Hoffmann,	22,	Pella,	IA	5:
44	1	W50	Deb	Fritz,	50*,	Des Moines,	IA	5:
125	39	M20	Alex	Young,	22,	Bondurant,	IA	5:
45	25	W20	Lindsey	Wagner,	27*,	Ankeny,	IA	5:
46	26	W20	Audra	Wolfe,	28*,	Urbandale,	IA	5:
126	9	M50	Kevin	Huerkamp,	50,	Clive,	IA	5:
47	27	W20	Emily	Schmit,	24*,	Grimes,	IA	5:
127	43	M30	Keith	Lydon,	39,	West Des Moines	IA	5:
48	1	W15	Sara	Oakes,	16*,	Waukee,	IA	5:
128	40	M20	Clay	Hansen,	27,	West Des Moines	IA	5:
129	44	M30	Darren	Tollefson,	38,	Norwalk,	IA	5:
130	41	M20	Thomas	Meierotto,	25,	West Des Moines	IA	5:
49	2	W15	Brittany	Harris,	17*,	Anita,	IA	5:
50	28	W20	Dena	Sample,	26*,	West Des Moines	IA	5:
51	29	W20	Michelle	Hermesch,	21*,	West Des Moines	IA	5:
131	42	M20	Joshua	Ostergaard,	25,	Des Moines,	IA	5:
52	7	W40	Julia	Tentinger,	44*,	West Des Moines	IA	5:
132	43	M20	Ryan	McIntosh,	29,	Urbandale,	IA	5:
133	44	M20	John	Ridgeway,	29,	Ankeny,	IA	5:
53	8	W40	Tracy	Cheney,	46*,	West Des Moines	IA	5:
134	45	M30	Matt	Brennecke,	39,	Polk	IA	5:
135	46	M30	Tony	Brown,	35,	West Des Moines	IA	5:
54	11	W30	Sara	Gallery,	37*,	Troy	IA	5:
136	27	M40	Matt	Scaparro,	41,	Waukee,	IA	5:
137	10	M50	John	Nelson,	53,	Des Moines,	IA	5:
138	11	M50	Dennis	Howard,	55,	Des Moines,	IA	5:
55	12	W30	Melissa	Murphy,	34*,	Van	IA	5:
56	13	W30	Nikole	Pock,	35*,	Urbandale,	IA	5:
57	30	W20	Maria	Brownell,	24*,	West Des Moines	IA	5:
139	28	M40	Kelly	Streigle,	40,	Chariton,	IA	5:
140	47	M30	Adam	Gardiner,	33,	Dexter,	IA	5:
141	12	M50	Tom	Guillaume,	51,	Urbandale,	IA	5:
58	31	W20	Jessica	Boettcher,	23*,	Des Moines,	IA	5:
59	14	W30	Jen	Andersen,	30*,	West Des Moines	IA	5:
60	9	W40	Lana	Degroot,	48*,	Oskaloosa,	IA	5:
142	45	M20	Chris	Andersen,	28,	West Des Moines	IA	5:
143	46	M20	Bob	Wilt,	26,	Knoxville,	IA	5:
61	32	W20	Carrie	Cavanaugh,	22*,	Des Moines,	IA	5:
144	47	M20	Warren	Burke,	22,	Des Moines,	IA	5:
62	10	W40	Colene	Hahn,	43*,	West Des Moines	IA	5:
63	3	W15	Dana	Harris,	19*,	Anita,	IA	5:

64	15	W30	Janet	Tan,	32*,	West Des Moines	IA	54
145	48	M30	Donnie	Stratton,	38,	Elkhart,	IA	54
146	48	M20	Joseph	Goldman,	26,	Ames,	IA	54
147	49	M30	Andrew	McDowell,	33,	West Des Moines	IA	54
65	33	W20	Jessica	Chipman,	29*,	Ames,	IA	54
66	34	W20	Nicole	Oxenford,	27*,	West Des Moines	IA	54
148	50	M30	Michael	Boyles,	35,	Urbandale,	IA	54
67	16	W30	Laura	Fefchak,	38*,	Urbandale,	IA	54
68	1	W60	Anne	McIllece,	61*,	Walcott,	IA	54
149	51	M30	Ron	Dycus,	39,	Des Moines,	IA	54
150	29	M40	Paul	Sapp,	42,	Des Moines,	IA	54
151	52	M30	Scott	Jarvis,	32,	Urbandale,	IA	54
69	35	W20	Lindsey	Clausen,	25*,	Grimes,	IA	54
70	36	W20	Andrea	Thompson,	28*,	Urbandale,	IA	54
152	53	M30	Rod	Knebel,	34,	West Des Moines	IA	54
71	37	W20	Robin	Sullivan,	26*,	Pleasant Hill	IA	54
72	11	W40	Dawn	Dejong,	41*,	West Des Moines	IA	54
153	49	M20	David	Moore,	25,	Pleasant Hill	IA	54
154	2	M60	Dennis	Mills,	61,	Cedar Falls	IA	54
73	38	W20	Erica	Ruffing,	26*,	West Des Moines	IA	54
74	39	W20	Heidi	Dauffenbach,	26*,	West Des Moines	IA	54
155	30	M40	Jeff	Reece,	43,	Pleasant Hill	IA	54
156	31	M40	Wayne	Ostergaard,	46,	Des Moines,	IA	54
75	17	W30	Jenny	Peterson,	35*,	Waukee,	IA	54
157	50	M20	Brennan	Dolan,	29,	Cedar Rapids,	IA	54
76	18	W30	Dawn	Dilla,	37*,	West Des Moines	IA	54
77	40	W20	Angela	Avery,	29*,	West Des Moines	IA	54
78	41	W20	Tara	Hageman,	28*,	Polk City	IA	54
158	13	M50	David	Body,	51,	Polk City	IA	54
79	42	W20	Brenda	Funke,	24*,	Johnston,	IA	54
80	19	W30	Kelley	Harrison,	33*,	Urbandale,	IA	54
159	51	M20	Daniel	Nguyen,	22,	Des Moines,	IA	54
81	20	W30	Danna	Pins,	33*,	West Des Moines	IA	54
160	52	M20	Randy	Willey,	29,	Newton,	IA	54
82	43	W20	Kenna	Willey,	24*,	Newton,	IA	54
161	32	M40	Tim	Perrico,	46,	Waukee,	IA	54
83	21	W30	Katy	Hildman,	31*,	West Des Moines	IA	54
84	22	W30	Jennifer	Tollvier,	36*,	Waukee,	IA	54
162	33	M40	John	Beals,	47,	Des Moines,	IA	54
163	14	M50	Daniel	Ochylski,	51,	West Des Moines	IA	54
85	44	W20	Rebecca	Ryan,	25*,	Urbandale,	IA	54
86	45	W20	Annette	Hillmer,	21*,	Urbandale,	IA	54
87	46	W20	Coco	Vezina,	26*,	Des Moines,	IA	54
88	23	W30	Lisa	Schwarte,	38*,	West Des Moines	IA	54
89	47	W20	Andrea	Christenson,	29*,	West Des Moines	IA	54
90	48	W20	Steffany	Zabokrtsky,	25*,	West Des Moines	IA	54
91	24	W30	Shelby	Cork,	34*,	West Des Moines	IA	54
92	49	W20	Laura	Schlesselman,	28*,	West Des Moines	IA	54
93	25	W30	Rachel	Andrews,	33*,	West Des Moines	IA	54
94	50	W20	Amanda	Brantley,	28*,	Ankeny,	IA	54
95	26	W30	Stephanie	McFarland,	39*,	Urbandale,	IA	54
96	12	W40	Tina	Brennecke,	40*,	Polk City	IA	54
97	51	W20	Ashley	Katch,	23*,	West Des Moines	IA	54
164	54	M30	Michael	Jensen,	38,	Clive,	IA	54
165	55	M30	Matt	Mohler,	32,	West Des Moines	IA	54
166	56	M30	Jason	Prall,	30,	Des Moines,	IA	54
167	53	M20	Rj	Charlton,	29,	Des Moines,	IA	54
168	57	M30	Chad	Hamilton,	37,	Ankeny,	IA	54
169	15	M50	Gary	Stone,	56,	Clive,	IA	54
170	54	M20	Jerry	Brantley,	28,	Ankeny,	IA	54
98	13	W40	Lori	Bosley,	46*,	Slater,	IA	54
171	58	M30	Jeff	Teel,	36,	Ankeny,	IA	54
99	52	W20	Erin	McKeown,	26*,	West Des Moines	IA	54
100	53	W20	Jennifer	Livingston,	29*,	Norwalk,	IA	54
101	14	W40	Jane	Collignon,	46*,	West Des Moines	IA	54
102	27	W30	Pam	Robson,	37*,	Panora,	IA	54
103	15	W40	Sherry	Ellingson,	43*,	Clive,	IA	54
172	55	M20	Tim	Olsen,	29,	Fremont,	NE	54
173	59	M30	Kevin	Carroll,	35,	West Des Moines	IA	54
104	28	W30	Robin	Wasteney,	35*,	Des Moines,	IA	54
105	29	W30	Andrea	Quam,	34*,	Urbandale,	IA	54
106	30	W30	Stephanie	Veurink,	39*,	Clive,	IA	54
107	16	W40	Carolyn	Oakes,	43*,	Waukee,	IA	54

108	2	W50	Michelle	Cavanaugh,	50*,	Des Moines,	IA	58
109	54	W20	Michelle	Van Wyngarden,	25*,	Urbandale,	IA	58
174	56	M20	Scott	Van Wyngarden,	26,	Urbandale,	IA	58
175	57	M20	Aaron	Fuller,	28,	Knoxville,	IA	58
110	17	W40	Bene'	Zehr,	45*,	Ankeny,	IA	59
111	55	W20	Ashley	Coltrain,	23*,	West Des Moines	IA	59
112	18	W40	Jenny	Topic,	43*,	West Des Moines	IA	59
113	56	W20	Keely	Baade,	28*,	Johnston,	IA	59
114	57	W20	Emily	Harding,	25*,	Waukee,	IA	59
176	58	M20	Collin	Davison,	22,	Des Moines,	IA	59
115	58	W20	Kristin	Birocci,	23*,	Des Moines,	IA	59
116	59	W20	Nicole	Wood,	26*,	Des Moines,	IA	59
177	34	M40	David	Thelen,	48,	Des Moines,	IA	59
117	4	W15	Cassandra	Wuebker,	17*,	Gilbert,	IA	59
118	60	W20	Julia	McFarland,	28*,	Polk	IA	59
119	61	W20	Amy	Carter,	28*,	Urbandale,	IA	59
178	60	M30	Dave	Coleman,	38,	West Des Moines	IA	59
120	62	W20	Jenny	Chung,	29*,	Johnstone,	IA	1
179	35	M40	Calvin	Hansen,	46,	West Des Moines	IA	1
180	59	M20	Jason	Beuligmann,	26,	Waukee,	IA	1
181	16	M50	Mark	Carper,	52,	Des Moines,	IA	1
121	19	W40	Carol	Swegle,	48*,	West Des Moines	IA	1
182	61	M30	Cedric	Crumbly,	31,	West Des Moines	IA	1
122	3	W50	Cheryl	Obal,	52*,	Waukee,	IA	1
123	31	W30	Katrisha	Heidemann,	38*,	Granger,	IA	1
124	32	W30	Kim	Sapp,	38*,	Des Moines,	IA	1
183	62	M30	Shawn	Kyhl,	37,	Slater,	IA	1
184	36	M40	James	Romain,	43,	Des Moines,	IA	1
125	20	W40	Tracy	Harms,	43*,	Waukee,	IA	1
126	63	W20	Gina	David,	29*,	West Des Moines	IA	1
127	33	W30	Leah	Beeman,	30*,	Johnston,	IA	1
128	64	W20	Nicole	Gibson,	20*,	Bondurant,	IA	1
129	65	W20	Laura	Miller,	26*,	Ankeny,	IA	1
130	34	W30	Kristy	Potter,	38*,	West Des Moines	IA	1
131	21	W40	Lindsay	Jahde,	41*,	Anita,	IA	1
185	63	M30	Zachary	Becker,	38,	Des Moines,	IA	1
186	17	M50	Ken	Lee,	55,	Johnston,	IA	1
132	66	W20	Nicole	Duke,	27*,	Des Moines,	IA	1
133	22	W40	Rhonda	Nelson,	42*,	Ames,	IA	1
187	37	M40	Tony	Nelson,	49,	Ames,	IA	1
134	67	W20	Nichole	Brecht,	24*,	West Des Moines	IA	1
188	18	M50	Steve	Lang,	53,	Clive,	IA	1
189	64	M30	Asween	Mallick,	31,	Des Moines,	IA	1
190	19	M50	Gerald	Vlastos,	51,	West Des Moines	IA	1
135	68	W20	Callie	Condit,	27*,	West Des Moines	IA	1
136	35	W30	Erin	Beaumont,	35*,	West Des Moines	IA	1
191	60	M20	Jeffrey	Anderson,	29,	West Des Moines	IA	1
137	36	W30	Jennifer	Eubanks,	37*,	Des Moines,	IA	1
138	23	W40	Sherri	Finney,	42*,	Waukee,	IA	1
139	37	W30	Anjela	Shutts,	38*,	Des Moines,	IA	1
140	38	W30	Jill	Bartachek,	37*,	West Des Moines	IA	1
141	39	W30	Deborah	Barry,	32*,	West Des Moines	IA	1
142	40	W30	Jana	Zubrick,	34*,	Des Moines,	IA	1
143	69	W20	Ashley	Starkweather,	25*,	Norwalk,	IA	1
144	70	W20	Alica	Ronne,	23*,	West Des Moines	IA	1
145	71	W20	Ellen	Chaussee,	28*,	West Des Moines	IA	1
146	72	W20	Julie	Shaffer,	28*,	West Des Moines	IA	1
192	61	M20	Justin	Shaffer,	29,	West Des Moines	IA	1
147	41	W30	Melinda	Kuennen,	32*,	West Des Moines	IA	1
148	42	W30	Rae	Edwards,	39*,	Clive,	IA	1
193	5	M15	Matt	Flattery,	17,	West Des Moines	IA	1
194	6	M15	Scott	Oman,	16,	West Des Moines	IA	1
195	7	M15	George	Cole-Duvall,	17,	West Des Moines	IA	1
149	43	W30	Amber	Moyer,	30*,	Ames,	IA	1
150	44	W30	Rachel	Hoger,	34*,	Johnston,	IA	1
196	38	M40	Brad	Moore,	45,	Altoona,	IA	1
151	73	W20	Brendy	McKee,	23*,	Altoona,	IA	1
152	45	W30	Gabrielle	Carlson,	37*,	West Des Moines	IA	1
153	46	W30	Mary	Brown,	35*,	West Des Moines	IA	1
154	74	W20	Andrea	Steinkamp,	26*,	Norwalk,	IA	1
155	75	W20	Elena	Rodriguez,	22*,	Des Moines,	IA	1
156	76	W20	Rebecca	Claus,	27*,	Knoxville,	IA	1
157	4	W50	Luann	Ostergaard,	50*,	Des Moines,	IA	1

197	62	M20	Jason	Ostergaard,	21,	Des Moines,	IA	1
158	77	W20	Shannon	Rees,	22*,	Guthrie Center	IA	1
198	20	M50	Adele	Lozano,	51,	Urbana,	IL	1
159	78	W20	Stacia	Koenen,	25*,	West Des Moines	IA	1
199	63	M20	Jeffrey	Hart,	21,	Des Moines,	IA	1
160	47	W30	Melissa	Lipp,	37*,	West Des Moines	IA	1
161	79	W20	Amanda	Jackson,	29*,	Urbandale,	IA	1
162	5	W15	Kelcie	Freeman,	19*,	St. Charles	IA	1
163	80	W20	Jennifer	Lathrum,	20*,	St. Charles	IA	1
164	81	W20	Kathryn	Cloe,	27*,	Des Moines,	IA	1
200	21	M50	Merrill	Norris,	54,	Clive,	IA	1
165	48	W30	Amy	Crick,	31*,	Norwalk,	IA	1
166	5	W50	Jackie	Kunnen,	53*,	West Des Moines	IA	1
201	64	M20	Kendall	Connor,	24,	Des Moines,	IA	1
202	39	M40	Jay	Steffen,	44,	Ankeny,	IA	1
167	24	W40	Molly	Steffen,	43*,	Ankeny,	IA	1
203	65	M20	Jason	Eischeid,	27,	Ames,	IA	1
168	49	W30	Jennifer	Holvey,	34*,	West Des Moines	IA	1
204	40	M40	Daniel	Bergman,	47,	Ankeny,	IA	1
205	41	M40	Dean	Keyt,	42,	Adel,	IA	1
206	22	M50	Tom	Franklin,	50,	West Des Moines	IA	1
169	50	W30	Jennifer	Tallman,	31*,	Altoona,	IA	1
170	25	W40	Kimberly	Huebner,	42*,	Pleasant	IA	1
207	66	M20	Bryan	Collins,	29,	Clive,	IA	1
171	82	W20	Stephanie	Collins,	29*,	Clive,	IA	1
172	51	W30	Kari	Anderson,	35*,	West Des Moines	IA	1
173	83	W20	Brenda	Jauer,	27*,	West Des Moines	IA	1
174	84	W20	Holly	Wilmes,	26*,	Des Moines,	IA	1
208	67	M20	Jeff	Wilson,	28,	West Des Moines	IA	1
175	85	W20	Nicole	Wilson,	27*,	West Des Moines	IA	1
176	52	W30	Jennifer	Kilker,	33*,	Johnston,	IA	1
177	53	W30	Stephanie	Jakobitz,	32*,	Urbandale,	IA	1
178	54	W30	Beth	Ziegmann,	32*,	West Des Moines	IA	1
179	6	W15	Lindsay	Olsen,	18*,	Gilbert,	IA	1
180	55	W30	Susan	Black,	38*,	Johnston,	IA	1
209	65	M30	Jeff	Bennett,	31,	Ames,	IA	1
181	26	W40	Susan	Hart-Johnson,	48*,	Mitchelville,	IA	1
210	66	M30	Kaushal	Kothari,	36,	Waukee,	IA	1
182	86	W20	Jennifer	Henrickson,	29*,	Des Moines,	IA	1
183	87	W20	Courtney	Copic,	29*,	Des Moines,	IA	1
211	42	M40	Chris	James,	43,	West Des Moines	IA	1
212	3	M60	David	Holt,	60,	Urbandale,	IA	1
184	2	W60	Dennise	Hunter,	61*,	Indianola,	IA	1
185	6	W50	Rhonda	Doyle,	50*,	St. Charles	IA	1
186	27	W40	Moni	Freeman,	48*,	St. Charles	IA	1
187	88	W20	Nicole	Carlton,	25*,	West Des Moines	IA	1
213	43	M40	Hill	Dave,	45,	Ankeny,	IA	1
188	28	W40	Angel	Hill,	45*,	Ankeny,	IA	1
189	89	W20	Kathryn	Moon,	28*,	Waukee,	IA	1
214	68	M20	Joe	Moon,	29,	Waukee,	IA	1
190	7	W50	Lisa	Reicks,	50*,	Lawler,	IA	1
191	7	W15	McKenzie	Hagge,	18*,	Ankeny,	IA	1
192	90	W20	Angie	Reiners,	22*,	Atkins,	IA	1
193	91	W20	Emily	Prestemon,	21*,	Ames,	IA	1
194	56	W30	Cynthi	Collins-McKinney,	31*,	Des Moines,	IA	1
195	57	W30	Laura	Barnes,	37*,	Altoona,	IA	1
215	23	M50	Chris	Osher,	57,	Ames,	IA	1
196	29	W40	Gina	Robinson,	49*,	Winterset,	IA	1
197	8	W50	Cathy	Allen,	53*,	Winterset,	IA	1
198	30	W40	Anne	James,	42*,	West Des Moines	IA	1
199	31	W40	Diane	Morris,	47*,	Des Moines,	IA	1
200	9	W50	Dianna	Grant-Burke,	54*,	Chicago,	IL	1

* indicates females

2 finishers among Men 14 & Under

7 finishers among Men 15 - 19

68 finishers among Men 20 - 29

66 finishers among Men 30 - 39

43 finishers among Men 40 - 49

23 finishers among Men 50 - 59

3 finishers among Men 60 - 69

7 finishers among Women 15 - 19

91 finishers among Women 20 - 29

57 finishers among Women 30 - 39
31 finishers among Women 40 - 49
9 finishers among Women 50 - 59
2 finishers among Women 60 - 69
215 male finishers
200 female finishers
415 total finishers
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