

Iowa Running & Triathlon Race Results 1999-2021

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Jan	Feb.	March	April
		Colon Cancer Awareness Run '20, Cedar Rapids	
	Burry Scurry '21 '20 '19 '17 '16 '15 '14 '13 '12, '11 Clinton	Shamrock Shuffle '20 '19 '18 '17 '16 '15 '14, Iowa City	YMCA Red Flannel Run, 21, '20 '19 '18 '17 '16 '15 '14 '13 '12 '11 DSM
	Rosey Cheeks Run '21 '20 '19 '17 '13 '12 '11, Story City	JRC Scholaeship 5K, Johnston '16	Toreador Trot '14 '13, Boone
	YMCA Red Flannel Y TRI '21 DSM	Leprecaun Chase '19 '18 '17 '16 '15 '14 '13, Des Moines	Prairie of Miracles 5k '17, Cedar Rapids

<u>Frostbite Footrace '20</u> <u>'19 '18 '17, '16 '15, 14</u> <u>'13 '11</u>		<u>Hawkeye 50K & 25K</u> <u>'13, Solon</u>	<u>Red Shamrock Run</u> <u>'19 '18 '17 '16 '15 '14,</u> <u>Iowa City</u>
	<u>Frozen Frolic ' 21</u> <u>'20, DSM</u>	<u>Frosty Nose, Cold</u> <u>Toes '18 '17 '16,</u> <u>Monroe</u>	<u>Chamber Chill '18 '17</u> <u>'16 '15, Ankeny</u>
<u>Amana Freezer Fest</u> <u>Run '20 '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11</u>	<u>Rockwell Collins</u> <u>Biathlon '12 '11</u>	<u>Lucky Run '19 '18 '17</u> <u>'16 '15 14, '13, North</u> <u>Liberty</u>	<u>April Fools 5K '18 '17</u> <u>'16 '14 '13 '12 '11</u> <u>Waterloo</u>
<u>Chamburrr Scurry '20</u> <u>'18 17, '16 '15 '14 '13,</u> <u>Marshalltown</u>	<u>Buena Vista Univ. Tri</u> <u>'12</u>	<u>Gaelic Gallop,</u> <u>Dyersville '21. '20 '19</u> <u>'17 '16 '15 '14 '13 '12</u> <u>'11</u>	<u>Hayes Hustle,</u> <u>Muscatine '19 '18 '17</u> <u>'16 '15 '13 '12 '11</u>
<u>Icebreaker Tri '11</u> <u>WDM</u>	<u>Corridor Running</u> <u>FreezerFest 5K Run</u> <u>'20 '19 '18 '17 '16 '14</u> <u>'13 '12 '11 Marion</u>	<u>Des Moines St</u> <u>Paddy's Day 5K '21</u> <u>'20 (run in July) '19 '18</u> <u>'17</u>	<u>Panther Pride,</u> <u>Williamsburg '21 '19</u> <u>'18 '17 '16 '15 '14 '13</u> <u>'12</u>
<u>Tri Melon Indoor Tri</u> <u>'19 '17 '16 '15 '13 '12</u> <u>'11 Muscatine</u>	<u>Trek the Trails '12</u> <u>Ames</u>	<u>Shamrock Shuffle</u> <u>'21 '20 '19, Council</u> <u>Bluff</u>	<u>Loop the Lake '21</u> <u>'19 '18 '17 '16 '15 '14</u> <u>'13 '12 '11 Des</u> <u>Moines</u>
			<u>Center Trail 4M &</u> <u>8M. DSM</u>
<u>Univ. of Okoboji</u> <u>Winter Games Races</u> <u>'12 '11</u>	<u>My Tri '12,</u> <u>Marshalltown</u>	<u>CASI St Patricks Day</u> <u>5k, QC '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11</u> <u>Quad Cities</u>	<u>Springville Hill</u> <u>Climb '19 '18 '17 '16</u> <u>'15 '14 '13 '12,</u> <u>Pleasant Hill</u>
<u>Iowa Snowshoe</u> <u>Championships '12</u> <u>'11, Cedar Falls</u>	<u>Ft. Dodge Indoor Tri</u> <u>'11 '10</u>	<u>Round the Loch Run</u> <u>'19 '18 '16 '15 '12</u> <u>'11 Emmetsburg</u>	<u>Pot of Gold Half & 5,</u> <u>'17, University Park</u>
<u>Iowa Games 5k,</u> <u>Grinnell, '20,</u> <u>Dubuque '18 17 '16.</u> <u>'15, '14. '13 '12 '11</u>	<u>Chili Chase '20 ;19</u> <u>'18, '17 '16 '15 '13 '11</u> <u>Davenport</u>	<u>UIVA Challenge '16</u> <u>'15 '14 '13 '12, Iowa</u> <u>City</u>	<u>Run for Kayla '15,</u>
			<u>Western Dubuque</u> <u>5K, '21</u>
			<u>Blazing 10K Invite,</u> <u>DSM, 21 (Sun)</u>
		<u>Spring EQUINOX</u> <u>5K, Davenport '16</u>	<u>Beer & Bagel Run '19</u> <u>'18 '17 '16, Granger</u>
		<u>Motor Mill Trail,</u> <u>Elkader '18</u>	<u>Great Plains 10, Des</u> <u>Moines '17</u>

		<u>March For Malawi</u> <u>'12, Ames</u>	<u>Fight for Air Climb</u> <u>'19 '18 '17 '16 '15 '14</u> <u>'13 '12 '11 Des</u> <u>Moines</u>
		<u>Run D.C to D.C, '15,</u> <u>Davenport</u>	<u>Go the Distance for</u> <u>Crime</u> <u>Victims 5k '19 '17 '16</u> <u>14 '12 '11 Marion, IA.</u>
		<u>1 Mile Time Trial,</u> <u>Cedar Falls '17</u>	<u>Beaverdale Spring</u> <u>Run & Walk '16 '15,</u> <u>Des Moines</u>
			<u>Hope Run '12, Des</u> <u>Moines</u>
		<u>St. Pats. Fun Run,</u> <u>'21, Waukon</u>	<u>Pam Pray 4 Mile '19,</u> <u>Clinton</u>
		<u>Moving 4 Maggie 1</u> <u>Mile Virtual,</u> <u>Anamosa '20</u>	<u>Live Healthy Iowa</u> <u>5K, Hiawatha '19 '18</u> <u>'17 '16 '15, '14 '13 '12</u> <u>'11, Hiawatha,</u>
		<u>Buddy Run '12,</u> <u>Davenport</u>	<u>Friendly Son's '19 '18</u> <u>'17 '16 '15 '14 '13 '12</u> <u>'11</u>
		<u>WDTF 5K, Epworth</u> <u>'19 '17</u>	<u>Doc Dash '19 '18 '17</u> <u>'16 '15 '14 '13 '12,</u> <u>Iowa City</u>
		<u>Pot of Gold Shared</u> <u>Half & 5K 21. '19 .</u> <u>'18 Oslaloosa</u>	<u>Run 4 Missions 19 '18</u> <u>'17 '15 ,Altoona '14</u> <u>'13, Des Moines</u>
		<u>Bunny Hop '18 '15</u> <u>'13, Dubuque</u>	<u>Chamber Challenge,</u> <u>'16 Missouri Valley</u>
		<u>March Out the</u> <u>Madness '12, Tipton</u>	
		<u>Prairie of Miracle '17</u> <u>'16 '15, Cedar.Rapids</u>	<u>Bonnie & Clyde Fest</u> <u>5 Mile '19, Stuart</u>
		<u>Jersey Freeze 5k 21,</u> <u>'19, Monroe</u>	<u>Live Healthy Iowa</u> <u>'15, West Liberty</u>
		<u>Spring Thaw, Sioux</u> <u>City '18 '17 '16, '13</u> <u>'11</u>	<u>Live Healthy Iowa '16</u> <u>, '15, Osage</u>
		<u>Cold Run for Warm</u> <u>Meals '19</u>	<u>Live Healthy Iowa</u> <u>'15, Waukee</u>

		<u>Iowa Trail Runs Series '19 '18, Madrid</u>	<u>Live Healthy Iowa '15, Storm Lake</u>
			<u>Hawkeye 50K & 25K '19 '18 '17 '16 '15, Solon, IA,</u>
			<u>Live Healthy Iowa '15, Bondurant</u>
			<u>Live Healthy Iowa, '15, Dike</u>
			<u>Live Healthy Iowa '15, Decorah</u>
			<u>Live Healthy Iowa 15, Carroll</u>
			<u>DoughNut Run '19 '18 '17 '16 '15 '14 '13 '12 '11 Ames</u>
			<u>Brain Injury Alliance Run, Rock & Roll '19 16 '13, Iowa City</u>
			<u>Grahlman 5k & 10k,m Clive '18</u>
			<u>HTC Bunny Hop '17 15, West Point</u>
			<u>Iowa Speedway 8K '15 '13 '12 '11</u>
			<u>Shamrock Shuffle '13 '11 Cedar Falls</u>
			<u>Brett Smith Memorial Run '16 '15, Solon</u>
			<u>In My Boots 5k '19 '18 '17 '16 '15 '14, Boone</u>
			<u>Iowa Heart 5K Run '18 '17, Des Moines</u>
			<u>Donut Dash '19 '18, Waterloo</u>
			<u>Sugar Bottom Trail '21 '19, Solon</u>
			<u>Dash for Cash, Washington '11</u>

			<u>Aids Walk/Run '15 '11 Des Moines</u>
			<u>Gene Van Wyk Meml Race '19, '11 Pella</u>
			<u>Maria House-Teresa Shelter '11</u>
			<u>Dam to Downtown '18 '17 '16 '15 '14 '13 '12 '11 Iowa City</u>
			<u>Full Moon 5K '14, Charles City</u>
			<u>Bolt for the Heart 5k '19, Winterset</u>
			<u>SCAVMA Scamper '21 '19 '18 '17 '16 '15 '14 '13 '12, Ames</u>
			<u>Saints Scuttle '12, Clinton</u>
			<u>Y2Y-2016 Time- Prediction '16, Ceadr Rapids</u>
			<u>Serve Our Youth '13, Des Moines</u>
			<u>Musco 5K '13, Coralville</u>
			<u>Osprey 5K '12 '11, '09 Indianola</u>
			<u>Run for Autism '18 '13, Pleasant Valley</u>
			<u>Regent Run 5K '16 '15, Waterloo</u>
			<u>Battle for Breath '12, Fairbank</u>
			<u>Marion Marathon Race '14 '13, Marion</u>
			<u>Mug Chug '12, Iowa City</u>

			<u>5th Judicial District '12, WDM</u>
			<u>Run for Renewal 5K, Davenport IA '14 '13 '12 '11</u>
			<u>Easter Egg Scramble '19 '18 '17 '16 '15 '14, 13, Davenport</u>
			<u>Court to Court '12 '11 '10, DM</u>
			<u>Ankeny in Action'11, Ankeny</u>
			<u>Earth Day in the Junction '15 '14 '13 '12 '11 WDM</u>
			<u>Kids for Congo 5K '11, Boone</u>
			<u>Bubba Shuffle '12 '11, Denison</u>
			<u>Choose Blue for Autism 5k '17, Storm Lake</u>
			<u>Get Your Rear in Gear 13, Centerville</u>
			<u>Faith for Kayla '15, Burlington</u>
			<u>Green 5K '19 '18 '17 '16 '15 (old CARE Run) '14 '13 '12 '11 '10, Waukee</u>
			<u>Give it Away 5K '17, Des Moines</u>
			<u>Charity Water 5K '11, Marion</u>
			<u>Kewash Trail Races '21 '19 '18 '17, Washington</u>
			<u>The Gambler Half & 5K '15, /14 '13 '12 '11 Council Bluffs</u>

			<u>Barb Schlachter</u> <u>Victims of Climate</u> <u>'17, Ia City</u>
			<u>Growl Prowl '18 '17</u> <u>'16 '15 '14 '13 '12,</u> <u>Marion</u>
			<u>Blues for Greens,</u> <u>Earthday 5K, Des</u> <u>Moines</u>
			<u>Earth Day 5K, Clear</u> <u>Lake '21 '20 '19 '18</u> <u>'17 '16 '15 '14 '13 '12</u> <u>'11</u>
			<u>Warrior Challenge,</u> <u>Iowas City '18</u>
			<u>PiSigmaEpsilon,</u> <u>Cedar Falls</u>
			<u>Race4Kel , Indianola</u>
			<u>Live United 5K /14</u> <u>'13, Oskaloosa</u>
			<u>Kirkwood 5K '11 ,</u> <u>Cedar Rapids</u>
			<u>Drake Relays on the</u> <u>Roads '21 '19 '18 '17</u> <u>'16 '15 '14 '13 '12 '11</u>
			<u>Kick the Can 5K,</u> <u>Waterloo</u>
			<u>Epilepsy 5k, '15 Iowa</u> <u>City</u>
			<u>Grand Blue Mile '19</u> <u>'18 '17 '16. '15 '14 '13</u> <u>'12 '11, DM</u>
			<u>75 Heartland Relay</u> <u>'14, Blanchard</u>
			<u>5K 4 K9s Run '13 '12</u> <u>'11, Marion</u>
			<u>Live United 5K '13,</u> <u>Mahaska Cty</u>
			<u>Joan Wilson 5K '12</u> <u>'11, Le Mars</u>

			<u>BooneCrusher Adv.</u> <u>'12, Boone</u>
			<u>Make a Diff for</u> <u>Autism '19, '18, '17,</u> <u>Dubuque</u>
			<u>Quasky Church 5K</u> <u>'11, Quasqueton, IA.</u>
			<u>Gilda's Run for</u> <u>Laughs, Bettendorf</u> <u>'18 '17 '16 '15 '13 '12</u> <u>'11</u>
			<u>Hy Vee Half & 5K,</u> <u>Ft.Dodge '17 '16 '15</u> <u>'14, '13</u>
			<u>Jones County</u> <u>Coalition, Anamosa</u> <u>'19 '18</u>
			<u>Bremwood Run for</u> <u>the Kids 5K</u>
			<u>Corpuscle Shuffle,</u> <u>Bettendorf '18</u>
			<u>Autism Puzzle Run</u> <u>'17 '16, Creston</u>
			<u>Run for the Trees,</u> <u>Madrid '19</u>
			<u>A Race to Inspire 5K</u> <u>Bettendorf '19</u>
			<u>Corridor Mall to</u> <u>Mall '15 '14, '11</u>
			<u>200 Heartland Relay</u> <u>'14, Winterset</u>
			<u>UNI Triathlon, C.F.</u> <u>'19</u>
			<u>CRANDIC Marathon,</u> <u>C.R. to I.C '19 . '18</u>
			<u>River Run, IA. City</u> <u>'18 '17 '16 '15 '14 '13</u> <u>'12 '11</u>

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<u>May</u>	<u>June</u>	<u>July</u>	<u>August</u>
<u>Klompfen Classic</u> <u>'21 '19 '18 '17 '16</u> <u>'15 '13 '12 '11 Pella</u>	<u>Village NW Unlimited</u> <u>Benefit Run, Walk & Roll</u> <u>'19 '18 '17 '16 '15 '14 '12</u> <u>Sheldon, IA</u>		<u>Panorama Days</u> <u>Run '21 '19 '18 '17</u> <u>'13 '12 '11, Panora</u>
<u>Heart Dash @ Dusk</u> <u>'19, DSM</u>	<u>DAM to DSM '19</u>	<u>Marengo 5K '21</u>	<u>Battle of the Burbs</u> <u>5K, Clive '21 '19</u> <u>'18 '17 '16 '15,</u> <u>Urbandale</u>
<u>McKenzie Brown,</u> <u>Central City '18</u>	<u>DAM to DAM '18 '17 '16</u> <u>'15 '14 '13, '12 '11 previous</u> <u>years</u>	<u>Creston July 4th</u> <u>Races '21 '19 '18</u> <u>'17 '16 '15 '14</u>	<u>Run for SMA '16</u> <u>'14 '13, Cascade</u>
<u>SIOUXperman Tri</u> <u>'19 '18 '17 '16 '15</u> <u>'12 '11 Sioux</u> <u>Center</u>	<u>Scandinavian Days '19, '18,</u> <u>'17, '16, '15, '14, '13</u> <u>Story City</u>	<u>Freedom Run 4th</u> <u>Races '18 '17 '16 '15</u> <u>'14 '13 '12 '11,</u> <u>Gowrie</u>	<u>Run in the Sun '21</u> <u>'20 '19 '18 '17 '16</u> <u>'15 '14 '13, '12 '11,</u> <u>Oskaloosa</u>
	<u>Blue Grass Days '19 '18 '17</u> <u>'16 '15, '13 '12 '11, Blue</u> <u>Grass</u>	<u>Miller Run 5K '12</u> <u>'10, Perry</u>	<u>Urbandale Dash 5k</u> <u>'17 '16 '15 '14</u>
<u>Lake Cornelia 5K</u> <u>'18 '15 '12 '11, '06</u> <u>Clarion</u>	<u>Relief Sale Trail Run,</u> <u>I.C.'18</u>	<u>Rip Roar Kids</u> <u>Triathlon, Quad</u> <u>Cities '17</u>	<u>Carlisle</u> <u>"OUTBACK"</u> <u>Challenge '19 '17</u>
<u>Ganzo's Cinco de</u> <u>Mayo 5K '21 '19</u> <u>'18 '17 '16,</u> <u>Davenport</u>	<u>5K4K9's Run '16 '15 '14,</u> <u>Marion</u>	<u>Sully Freedom</u> <u>Run '21 '20 '19 '18</u> <u>'17 '16 '15 '14 '13</u> <u>'12 '11</u>	<u>Run for Blood '17</u> <u>'16 '15 '14 '13 '12,</u> <u>Des Moines</u>
<u>Nacho Ordinary 5K</u> <u>'15 '13, Davenport</u>	<u>Run for the Hills '13 '12,</u> <u>Bettendorf</u>	<u>Riverbend Rally</u> <u>'21 '19 '18 '17 '16</u> <u>'14 '13 '12 '11,</u> <u>Iowa Falls</u>	<u>Twin Lakes Tri &</u> <u>Du, '21 '20 '19 '18</u> <u>'17 '16 '15 '14 '13</u> <u>'11 Manson</u>
<u>Pilot Knob Trail</u> <u>Run '15, '14 '13</u> <u>Forest City</u>	<u>St. Joseph Fun Days, '21</u> <u>'19, Marion</u>	<u>Earlham</u> <u>Firecracker 5K '19</u> <u>'18 '17 '16 '15 '14</u> <u>'13 '12 '11</u>	<u>Adkins</u> <u>Watermelon Run</u> <u>'21 '19 '18 '17 '16</u> <u>'14 '13 '12 '11</u>
<u>IDDC Colon</u> <u>Cancer Awareness</u> <u>Run '17 '16 '15 '14</u> <u>'13 Clive</u>	<u>Singlespeed Mile, Waterloo</u>	<u>Ames "5 on the</u> <u>Fourth '21 '20 '19</u> <u>'18 '17 '16 '15 '14</u> <u>'12 '11 '10 '09 '08</u> <u>'06 '05"</u>	<u>Ethan's Tractor Run</u> <u>'15 '14 '11</u>

<u>Palmer N8k Race</u> <u>'12 '11 Davenport</u>	<u>Run Your Buns Off '15, '13</u> <u>'12 '11 Ackley</u>	<u>Harry Gardner 5K</u> <u>'14 '13 '12 '11,</u> <u>Toledo</u>	(MAMM) Monroe Annual; '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 Mini- Marathon
<u>MCSD Race 4</u> <u>Schools' '19, '18,</u> <u>Muscatine</u>	<u>Corpuscle Shuffle '19,</u> <u>Bettendorf</u>	<u>Knoxville PD</u> <u>Freedom Run '19</u>	Iowa (Shamrock) Irish Fest '21 '19 '18 '17 '16 '15 '14 '13 '12 '11, Waterloo
<u>Christine Grant 5K</u> <u>R/W for Women</u> <u>Build '18 '17 '16</u> <u>'15, Ia City</u>	<u>IDT 5K '15 '14, Iowa City</u>	Urbandale 4th of July '21 '19 '18 '17 '16 '15 '14 '13 '12 '11	Run for the Cob, '21 '19 '18 '13 '11 Esterville
<u>Give it Away 5K</u> <u>'16, '15 '14 '13, Des</u> <u>Moines</u>	<u>Color the Quads '13,</u> <u>Bettendorf</u>	Charley Western Firecracker Races, '21 '19 '18 ; '17 '16 '15 '14, Charles City	Town & Country Days '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 Epworth
Red Shoe Run '21 '20 '19 '18 '17 '16 '15, '14, IA City '13 '12 '11	<u>Hope for Haiti '16, Anamosa</u>	<u>On Run for</u> <u>Education '17 '16</u> <u>'15 or City of</u> <u>Maples 4th of July</u> <u>'13 '12 '11 Osage</u>	<u>Cannonball Pump N</u> <u>Run '18 '17 '16 '15</u> <u>'13 '12 '11 Winterset</u>
	GiGi's Playhouse Super Hero Run '21 '19 '18 '17 '16 '15 '14 '13, Bettendorf, IA	Pulpit to Pulpit '21 '19, Decorah	Waubonsie Trail 10 Hour '21 '20 Hamburg
<u>Bear Stampede '18</u> <u>'17 '16 '15 '14 '13</u> <u>'12, West Branch</u> <u>'11, Muscatine</u>	<u>Run to End Epilepsy '19, '18</u> <u>'17 '16, Iowa City</u>	AMVETS Pt. 37 Heros Run '21 '19 '18 '17, Central City	Kraut Route '21, Lisbon '19 '18 '17 '16 '14 '13 '12 '11
<u>Clot Trot '17, West</u> <u>Des Moines</u>	<u>Pound the Ground '16 '15, '</u> <u>'14 '13, Marion - Cedar</u> <u>Rapids</u>	Earlville Fireworks 5K '21 '16 '14 '13 '12 '11	Camp Courageous Tri '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 '10,
<u>Superhero 5k '15,</u> <u>Des Moines</u>	<u>June Bug Jog '14, Knoxville</u>	<u>Grandview</u> <u>Freedom Run '12,</u> <u>Grandview</u>	<u>Dubuque Youth Tri</u> <u>'11</u>
Iron Horse Half, Wapsi Trail '21 '19 '18, Riceville	<u>Rhubarb Run 5K '19,</u> <u>Manchester</u>	Fifth Season 8K & 5K '21 '19 '18 '17 '16 '15 '14 '13 '12 '11	<u>Halo 5K, Bettendorf</u> <u>'18 '17</u>
TriByKnight Triathlon '21 Waverly	<u>Ledges 5k Trial Run '21 '20,</u> <u>Boone</u>	Star Spangled Spectacular's '21, Storm Lake	<u>Fire Fighter 5K '19,</u> <u>Marble Rock</u>

<u>Iowa Able 10K Run '16 '15, Ames</u>	<u>Miles for Monte '13, Williamsburg</u>	<u>Firecracker 5K '19, Des Moines</u>	<u>Sunset 5K '12 '11 '10, Ankeny</u>
Des Moines Women's 5K '21 '19	<u>Mustang Madness '10 '09, Bettendorf</u>	<u>Greater 8 Regional Health Center '20</u>	<u>Mines of Spain Trail '16, Dubuque</u>
Des Moines Womens Half '21 '20 Virt '18, '17 Des Moines	<u>Iowa Run for Epilepsy</u>	Waukee 4th of July Races '21 '19 '18 '17 '16 '15 '14 '13 '12 '11	<u>Army Challenge Mud Run 5K '17 '16 '15 '14 '13 '12, Marion</u>
CBRC 24 HR Relay '21 '19 '18 '17 '16 '15 '14 '13 '11 Eldridge	PigMan Sprint Tri '21 '20 '19 '18 '17 '16 '15 '14 '13 '12 '11	Dysart Firecracker 5K '21 '19 '18 '17 '16 '15 '14 '13 '12	<u>That Dam/Skunk Run, Humboldt '18 '17 '16 '15 '14 '13 '12 '11</u>
<u>Jones County K9 Run '12, Anamosa</u>	<u>Paws and Effect Service Dog People Jog '15 '14, DM</u>	Firecracker 5K '21 '19 '18 '17 '16 '14 '13 '12 '11 Webster City	<u>Weimarunner K9 5K '19 '18 '17 '13 '12, W.D.M</u>
<u>Bleed Purple Win Gold '13 '12 '11, Oelwein</u>	<u>The BIG Run '17, Bettendorf</u>	<u>Flying Anvil 5K '15 '14 '13, Chariton</u>	<u>Pirate Dash '12 '11 Alburnett</u>
<u>Backbone Trail Run '19, Strawberry Point</u>	<u>Red's Ale House '19, North Liberty</u>	Exira Road Run '21 '20 '19 '18, Exira '17 '16 '15 '13 '12 '11	<u>C P-U Foundation 5K, Center Point '19 '18</u>
<u>West Liberty Run for the Schools '11</u>	<u>Dragon Warrior Run '16, Johnston</u>	Faj Squad 5K & 1 Mile '21 '19,, Dubuque	<u>Diva Dash DSM 19, 18, 17</u>
Full Moon 5k '21 '17 '16 '15, Charles City	Boone County Hospital" Trestle" Duathlon & Races '21 '19 '18 '17 '16 '15 '14. Madrid	Clear Lake Freedom 5K '21	<u>Dog Days Tri, Belmond '18 '16 '12 '11</u>
<u>NE Iowa Food Bank (Virtual 5K '19)</u>		<u>Virtual Firecracker 4, '20 Brennan</u>	<u>Riverside Hope 5K, '19, '18, '17 Ames</u>
<u>Dirty Hawk Mudder '13, Iowa City</u>		<u>A Midsummer Night's Run '19 '18, Ames</u>	<u>Balloon Challenge '15 '14, Indianola</u>
<u>GMC Wolverine 5K'13, Union Grove</u>	<u>Twilight Run - Robins Roundup '18 '17 '16 '15' 14, Robins</u>	<u>Independence Day 5K '11 Cedar Falls</u>	<u>Back Road Half Mara & 5k '19 '18 '17 '16,, '14, Amana</u>
<u>Hy-Vee Kids Road Races '14, Cedar Falls</u>	<u>Holiday Lake Tri '14 '13 '12 '11 Brooklyn</u>	<u>Firecracker 5k '17 '16 '15, Harpers Ferry</u>	<u>Team Tiffany 5K '19, Ryan</u>

<u>Run for the Ripple '14, Marion</u>	<u>Conrad Dash & Splash '18 '17 '15 '13, '11</u>		<u>Clot Trot Races, Hiawatha '17</u>
<u>Girls on the Run '16 '15, '14, Cedar Rapids</u>	x	<u>Firecracker Run '14 '11 Belmond</u>	<u>Wapsi Trail Runs '19 '18 '17 '16 '15 '14 '13 '12 '11 , Riceville</u>
<u>Mothers Day Runs '17 '16, Des Moines</u>	<u>Accel Triathlon '15 '14 '13, Cedar Falls</u>	<u>Freedom 5K '18 '17, Buffalo</u>	
<u>Mary's Meals 5k & 10k, '21 '19 '18 '17, DSM</u>	<u>ChildServe Run '16 '15 '14 '12 '11 Johnston</u>	<u>St.Paddy's Day Run, Des Moines -'20 Postponed from March</u>	<u>Durant Dusk Hustle '21 '19 '18 '17 '16 '15 '14 '13 '09, Durant</u>
<u>Mothers Day 5k '17 '16, Marion</u>	<u>Grandview Gallop '17 '16 '15 '14 '13 '12 '11 Dubuque</u>	<u>Starr's Cave Trail Run '11 Burlington</u>	<u>Sweet Corn Festival, Adel '21 '20 '19 '18 '17 '16 '15 '14 '13 '12</u>
<u>May Day 5K '12 '11 Bondurant</u>	<u>Iowa City Duathlon '14 '13, Iowa City</u>		<u>TarHeel Days '16 '11 '10, Union</u>
<u>Run Like a Fox '12 '11 Perry</u>	<u>Ding Dong Dash '21 '19 '18 '17 '16 '15 '13 '12. Jefferson</u>	<u>Alternatives' First Steps 5K'14, Waterloo</u>	<u>Mayhem Run '12, Sioux City</u>
<u>Cinco Du Mayo Duathlon '08, Davenport</u>	<u>Marathon to Marathon '17 '16 '15 '14 '13 '12 '11 Storm Lake</u>	<u>Highland Fun Fest '16 '15,, Highlandville</u>	<u>Phil Kruger Mem. '11 '10, Dike</u>
<u>Race fot Hope, DSM '21</u>	<u>Bernard Picnic Run '21 '16 '15 '14 '13 '12 '11 '10, Bernard</u>		<u>RipRoar Kids Tri '21 '20 '19 '17 '16, '15, Johnston</u>
<u>Beat the Street 8K '12 '11 , Nevada</u>	<u>Race to Paradise 5K,'21 -- My Waterloo Days '17 '16 '15 '14 '13 '12 '11</u>	<u>Tri in July '16 '14 '13 '12 '11 Sigourney</u>	<u>Maxwell Old Settlers Run '15 '14 '13 '12 '11</u>
<u>Summer Daze Tri '13 '12 '11 Newton</u>	<u>Lace Up, Leash Up, Line Up 5k/10k '13, Clear Lake</u>	<u>Iowa Valley FA Boosters 5K'15</u>	<u>Run for the Flood '13 '12 '11 Cedar Rapids</u>
<u>Market to Market Relay '20 '19 '18 '17 '16 '15 '14 '13, Jefferson - D.M.</u>	<u>The Ridge Run '21, Garwin</u>	<u>Lake Geode Tri, Danville '14 '12 '11</u>	<u>Hy Vee Kids Road Races '14, Sioux City</u>
<u>Sleepy Hollow Mud Run '13 '12, D.M.</u>	<u>Old Stone Arch Trail 5K '13, Shelby</u>	<u>Small Heroes '19 '18 , Cause, Cascade</u>	<u>Team Fergalicious 5K '13 '12, West Branch</u>

<u>Iowa Trail Run Series, Coralville '18</u>	<u>Run 4 The Kids '17, Johnston</u>	<u>Heritage Days '19 '18 '17 '16 '15 '14 '13 '12 Mt Vernon</u>	<u>WDM Fall Into Soccer 5K</u>
<u>Wapsi-Great Western Line Run/Walk & Bike '18</u>	<u>Guinea Gallop '12 Decorah</u>	<u>Lake Red Rock Balloon Races '21 '19 '18 '17 '16 '14 '13 '12,</u>	<u>Pioneer Valley Days '12, Sargeant Bluff</u>
<u>John Deere 5K, Waterloo '19</u>	<u>Jace Race '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 New Sharon</u>	<u>Duesey Days '21 '19 '18 '17 '16 '15 '14 '13 '12, Garner</u>	<u>Ionia Days 5K '11, Ionia</u>
<u>LaceUp for Learning '16 '15 '14 '13 '12 '11 Cedar Rapids</u>	<u>Clarion Fest 5K '17 '15 '12 '11</u>	<u>Go Crush IT 5K '19 '18 '14 '13, Rockford</u>	<u>Sparty Party Booster Club 5K '21, Solon</u>
<u>Stamazing Race '17 '16, Des Moines</u>	<u>Grinnell Games Road Races '19 '16 '15 '14 '12 Grinnell, Trail '15,</u>	<u>Pomeroy Fun Run '13, Pomeroy</u>	<u>4.10 Dash, Knoxville '19 '18</u>
<u>RuNorWalk, Norwalk '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Break the Silence on Ovarian Cancer '19 '17 '16 '15 '14 '13 '12 '11 '10, D.M</u>	<u>Accel Triathlon '19 '18 '17 '16, Waterloo</u>	<u>Springville Extreme Quarry 6K Run '19 '18 '17 '16 '15 '14 '13, Springville</u>
<u>I Did It 5K at the Y '12, Wellman</u>	<u>LiveFIT / TBK Awareness '21, Bettendorf</u>	<u>Rip Roar Kids Tri, WDM '21 '19 '18 '17 '16, Des Moines Pinky Swear Kids Tri,'15, West Des Moines Hy-Vee Kids Fit Triathlon '13 '12, Des Moines</u>	<u>Buffalo Stampede 5K Trail '18 , '17 Coggon</u>
<u>Grundy Center Track & Field Days 5K '13</u>	<u>Capital City Pride, DSM '19 '18</u>	<u>Grimes Farm Race '18 '14 '13 '12 '11</u>	<u>Panther Pride Tri '12 '10, Iowa Falls</u>
<u>Ottumwa Race for the Cure '19 '18 '17 '16 '15 '13 '12 '11</u>	<u>CIARAD Prairie '17 '16 '15 '14 '13 '12 '11 Prairie City</u>		<u>Bluff Creek Tri & Aquabike '21 '19 '18 '17 '14 '13 '12 '11 Boone</u>
<u>Let Me Run 5K '19, Cedar Rapids</u>	<u>Dash for Hope '19, Independence</u>	<u>Old Roundhouse Trail Days '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 Elma</u>	<u>Traer Winding Stairs Festival '15 '14 '13 '12</u>
<u>Run Like a Mother '19 '17 '16 '15 '14 '13 '11, Cedar Falls</u>	<u>Festival in the Park, Clarion '18</u>	<u>HyVee Kid's Tri '11, Waterloo</u>	<u>Cedar Valley Trails Fest '12 '11 'Cedar Falls</u>

<u>Race for Hope DSM - Brain Tumor R/W '20 '19 '18 '17 '16 '15 '13, Des Moines</u>	<u>Run to Exile '21</u> ('20(Sept) '19 '18 '17 '16 '15 '14 '13, <u>Des Moines</u>	<u>Shelly Bridgewater 5K '17, Coralville</u>	<u>Camanche Classic '16 '15 '14 '12 '11</u>
<u>Lake McBride Duathlon '14 '13</u>	<u>Iowa Senior Olympics '15 '14, Clive</u>	<u>Midnight Madness</u> '21 '19 '18 '17 '16 '15 '14 '13 '12 '11	
<u>Sioux City Race for the Cure '12 '11</u>	<u>Winthrop 5k Run '18 '17</u>	<u>Moonlight Chase</u> '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 <u>Eldridge,IA</u>	<u>Sweet Corn Run for St. Jude '18 '17 '16 '15 '14 '13 '12 '11 Cedar Rapids</u>
<u>Furry 5K '21 '20</u> '18 '17 '15 '14 '13, <u>Cedar Falls</u>	<u>Run Free 5K '19, Adel</u>	<u>Thanksgiving in July Turkey Trot '10 '18 '17 '15,</u>	
<u>LiveFIT with Lupus, LeClaire '18</u>	<u>Finish Strong 5K '13 '12Johnston</u>	<u>CAM-TRI Tri U23 &Jr American Champs '17 '16, WDM</u>	<u>Tug Fest 5K Run '12 '11 '10, LeClaire, IA.</u>
<u>Picathlon Tri '19 '18 '17 '16 '15 '14 '13 '12, Waukee</u>	<u>Grinnell Warrior Trail Run '17 '16 '15</u>	<u>Flatland Youth Tri</u> '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 '10, W.D.M.	
<u>Raiders Racing for Life '16 '14 '13 '12 '11, Anamosa</u>	<u>Get Up and Move '21, Dyersville</u>	<u>Ankeny Summerfest 5K '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Run the Bases 5K '18 '17, Waterloo</u>
<u>Mary's Meals '19, Hiawatha</u>	<u>IFD Race For Dan, Indianola '11</u>	<u>Dubuque Duathlon '14 '13 '12 '11 '10</u>	<u>Britt Hobo Days 5k & 10k '18 '17 '16 '15 '14</u>
<u>Strides for Autism '17 '16 '14 '13, Camanche</u>	<u>Van Horne Music Fest '12 '11</u>	<u>Beat the Heat 10K, Wabash Trace '17 '16 '15 '14</u>	<u>Sweet Corn Fest '19 '18 '17 '16 '15 '14 '13 '12, West Point</u>
<u>MVRA Trail Run '17 '14 '13, previous years results, Durango</u>	<u>Grimes Governors Fun Days '21 '19 '18 '17 '15 '14 '13 '12 '11</u>	<u>Iowa Games Tri & Du '21 '20 '19 '18 '16 '15 '14 '13 '12</u>	
<u>Dirty Duck Muck Run '16 '15 '14, Manchester</u>	<u>Hope Run for Hospice '19 '18 '17 '16 '14 '13 '12 '11 '10 '09, Ames</u>		<u>Pinky Swear Kids Tri '16 '15 - Quad Cities'14'</u>
<u>Quad City Distance Classic</u> '21 '19, '18 '17 '16 '15 '13 '12 '11	<u>Sacred Heart Run for the Son '16, Spencer</u>	<u>River's Edge 10K '17 '16, Waterloo</u>	<u>Running for a Reason '15, Marshalltown</u>

<u>Woofin' It 5K '16 '15 '14 '13 '12 Clive, IA</u>	<u>Heritage Days '19 '18 '17 '16 , '15 '14 '13 '11 '10 '09 '08, Rock Rapids</u>	<u>White Rock Conser. 50K& 50M '21 '20 '19</u>	<u>Sugar Bottom Trail Run '18, Solon</u>
	<u>Nishna Valley Family YMCA Races '15 , Atlantic</u>	<u>Dylan Campbell Fund 5K, Oxford</u>	<u>Swim the Bridge '17 '16, '13 '12, '11, Saylorsville</u>
<u>Colors of Hope '13 Amanda the Panda, DM</u>	<u>Good Ol' Days, Evansdale</u>	<u>Waters Edge Tri'15 '13 '11 Algona</u>	<u>Atlantic Festival 5k & 2mile '18 '17</u>
<u>LincolnHighway '11 '10, Lisbon</u>	<u>Viking Pump Run '13 '12, Cedar Falls</u>	<u>Xterra Sugar Bottom '14 '13, North Liberty</u>	
<u>Jog for Joe 5K '11, WDM</u>	<u>Rubarb Run, Manchester '19 '18</u>	<u>Plainfield Days 5K '12</u>	<u>Ankeny YMCA Road Races '15 '14 '13 '11</u>
<u>Southern Prairie YMCA Run '13 , Creston</u>	<u>Keota Fun Run '14 '13 '12 '11</u>		
<u>Aruna 5k Run '19, DSM</u>	<u>ISF MUD RUN '15 '13 '12 '11 DM</u>	<u>Kid's Against Hunger '12, C.R</u>	<u>Kemin Journey Run 5K '15 '14 '13, Des Moines</u>
<u>WHAMM '17 '16 '15 '14 '13 '12 '11</u>	<u>Waters Edge Tri '12, Ames</u>	<u>Give a Hoot 5K, '14 '13, '12, Waverly</u>	<u>Morgan Creek XC Run '18 '16 '15 '14 '13, Palo</u>
<u>Reverse RETTS'13, Ryan</u>	<u>Quad City Tri '19 '18 '17 '16 '15 '14 '13 '12 '11 Davenport</u>	<u>Kosama Warrior Run '12, DM</u>	<u>Smile BIG 5K '14 '13 '12, Janesville</u>
<u>ICA Zero Hunger, '19, Ames</u>		<u>Royal Rec 5K Fun Run/Walk, Royal</u>	<u>Strongest Kid We Know '18, Bettendorf</u>
<u>Victory Dash '11, Davenport</u>	<u>Rhino Rampage '13 Tortoise Trot 5K '12, Des Moines</u>	<u>Ottumwa's County 4 H run</u>	<u>Jordan's Joy Mud Run '13, Long Grove</u>
<u>LiveFIT with Lupus '17 '16 '15, '14, Le Claire, IA</u>	<u>Fly Like An Eagle '18 '17 '15, Eagle Groves</u>	<u>xIowa Games Results</u>	<u>Rock Valley Run '19 '18 '17 '16 '13 '12, Rock Valley</u>
<u>Tutu Run '11, Cedar Rapids</u>		<u>Thunderbolt 5K '13, Woodward</u>	<u>Iowa NF 5k, Iowa City '18 '16</u>
<u>Get Moving for Healthy Kids '17 '15 '14 '13 '12, Iowa City</u>	<u>Alive and Running 5K '18 '17 '16 '15 '14 '13 '12, Dunkerton</u>	<u>Crossroads Youth Tri, DeWitt '21 '19</u>	<u>H.A.W.K. 5K, Tipton</u>

	<u>Larry Jarvis Memorial '21, Ottumwa</u>	<u>Crossroads Tri '21</u> <u>'19 '16 '14 '13 '12</u> <u>'11 Dewitt</u>	<u>El Kahir Shrine 5k,</u> <u>Hiawatha '16</u>
<u>Run "With" the Police '19 '18 '17 '16 '15, Des Moines</u>	<u>Party in Pink 5k and 1 mile '21, Vinton</u>	<u>Four (4) Season Fest '19 '18 '17 '16</u> <u>15 14 '13 '12 '11</u> <u>'10, Polk City</u>	<u>Shawn Engeldinder 5K '12, Ankeny</u>
<u>Marion Arts Fest 5K '18 '17 '16 '15</u> <u>'14 '13 '12 '11</u> <u>Marion, IA '02x</u>	<u>Prediction Race '14 '13,</u> <u>Cedar Falls</u>	<u>Summerfest Cardinal Trot '15</u> <u>'11, Radcliffe</u>	<u>Tri-T-Trot, Monticello</u>
<u>Great River Bridge Race, Burlington</u> <u>'19 '18 '17 '14 '13</u> <u>'12 '11</u>	<u>Bridges Run for Our Future '21, Storm Lake</u>	<u>Univ. of Okoboji Games Mar, Half, 10K & Tri, '19 '18</u> <u>'17 '16 '15 '14 '13</u> <u>'12</u>	<u>Columbus Junction XC Run '12</u>
<u>Clinton County Autism</u>	<u>June Jamboree '13,</u> <u>Knoxville</u>	<u>Kevin Young Memorial</u>	<u>I am Strong 5K Mudventure '13,</u> <u>Long Grove</u>
<u>Lincoln Highway Bridge Days '19 '16</u> <u>'15 '09, Tama</u>	<u>Festival in the Park, Clarion</u> <u>'18</u>	<u>MAX 5K '15,</u> <u>Waverly</u>	<u>Alzheimer's 1/2 Marathon & 5K '20</u> <u>'19 '18 '17 '16 '15</u> <u>'14 '13, Dubuque, IA.</u>
<u>Great Strides for C.F '17 '16 '14 . '12 '11 '10, WDM</u>	<u>Paul Skeffington '21 '19 '18</u> <u>'17 '16 '15 '14 '13 '12 '11</u> <u>DeWitt, IA</u>	<u>Junction Jugglefest '17 '15 '14, '13 '12,</u> <u>Lisbon</u>	
<u>Tulip Festival '21</u> <u>'17 '16 '14 '12</u> <u>'11 Orange City</u>	<u>"Sasquacentennial" 5Km 16,</u> <u>Colfax</u>		<u>Watermelon Stampede, Muscatine '21</u> , <u>'20 '19 '18 '17 '16</u> <u>'12 '11</u>
<u>Food Truck 5K '19,</u> <u>Cedar Falls</u>	<u>Runnin With the Law Tri '18</u> <u>'17 '16 '13, Mason City.</u>	<u>Rise Fest Pedal, Paddle, Run Adv. '12, Sheldon</u>	<u>Breakaway Days 5K, Denver '15 '14 '13 '11</u>
<u>Gladiator Run '17</u> <u>'12, Boone</u>	<u>Leistikow Family 5K '12 '11,</u> <u>Readlyn</u>	<u>Quad Cities Youth Tri '11</u>	<u>The Dam Duathlon '14 '13, Coralville</u>
<u>Sunderbruch B&B Trail Races '14,</u> <u>Davenport</u>			<u>Dunlap Dusthlon '16 '15 '14 '13 '12 '11, Dunlap</u>
<u>RunZing '13 '12, West Des Moines</u>	<u>Sat. Uncommon Games '14,</u> <u>Bettendorf</u>	<u>Puckerbrush 5k '19</u> <u>'18 '17 '16 '15 '14</u> <u>'13, Forest City</u>	<u>Storm Lake Triathlon '21 '19</u> <u>'18 '17 15 '14 '12</u>

<u>Let Me Run 5K, Cedar Rapids '18</u>	<u>State Center Rose Festival '19 '17 '15 '13 '12 '11 State Center</u>	<u>Jon Tumilson Go Crush It, '17 Rockford</u>	<u>Officer Assistance 5K '17, Cedar Falls</u>
<u>WCVB MUD Run '14 '12 '11 '10, Waterloo</u>	<u>Good Egg Days '21, Stuart</u>	<u>Rustic Run '21 '20 '13 '12 '11, Lost Nation</u>	<u>No Mans Land Trench Run '17 '16, Camp Dodge</u>
<u>Run for Ronald '11 Des Moines</u>		<u>Walcott Days 5K '21 '19 '18 '17 '16 '15 '14, Walcot</u>	<u>Cascade Canter '11 '09 '08 '07 '06 '05 '04 '03</u>
<u>Run the Ripple '13, Marion.</u>	<u>Cascade 5K '09, Cascade</u>	<u>Solon Beef Days '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Bandits Race to Home 5K '21 '19 '18 '17 '16 '15, '14 '13 Davenport</u>
<u>Hickory Grove Tri - Du - Aquabike '18 '17 '16 '15 '14 '13 '12 '11 formerly CyMan</u>	<u>Fri. Uncommon Games '14,</u>	<u>New Hampton Triathlon '11</u>	<u>Hartman Eco-Tri, Black Hawk County '13 '12 '11</u>
<u>RUN Country 5k '21 '20, Nevada</u>	<u>Alden Days 5K '15 '14 '13 '12 '11</u>	<u>Friends & Neighbors 5K '11 Woodward</u>	<u>Nordstroms Direct Dash '13, Cedar Rapids</u>
	<u>Van Horn Music Fest '14</u>	<u>Flash 5K for Legal Aid '11, Cedar Falls</u>	<u>Pigman Half Tri '15 '14 '13 '12 '11</u>
<u>Iowa Cubs 5 Mile '11 Des Moines</u>		<u>Clive Running Fest '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 '</u>	<u>Fort Dodge Dodgers Alumni 5K '12</u>
<u>Even Hope Walks 5K, Des Moinesx</u>	<u>Grump Days 5K & Half '13, Readlyn</u>	<u>West Liberty Youth 5K '11</u>	<u>Scheel's Shoes that Fit '13 '11 WDM</u>
<u>Sunderbruch B&B Trail, Dav.</u>	<u>Kinderfest'09, Manning</u>	<u>Running Wild in Allison '12</u>	<u>One Hill of a Run '10, Des Moines</u>
<u>YWCA Race Against Racism '21, Davenport</u>	<u>Run 4 Troops Marathon '18 '17 '16 '14, '13, Dubuque</u>	<u>Run for River Hills '11 '10, Cedar Falls</u>	<u>Have a Heart Run '14, West Des Moines</u>
		<u>Run 4 Fun XC 5K '21, Iowa City</u>	
<u>Cleats for Feet '12, Ames</u>	<u>Downtown Dash '14 '13 '12 Mt. Pleasant</u>	<u>Clover Dash 5K '21 '19 '18 '17 '16, Des Moines</u>	<u>Friends N Neighbors, Woodward '12</u>

<u>CRFD 5K Run '21</u> <u>'19 '18 '17 '16 '15</u> <u>'14 '13 '12 '11</u> <u>Cedar Rapids</u>		<u>Summer Scorchers</u> <u>12Hr Run/Relay</u>	<u>Eager Beaver Run,</u> <u>'19 '18 '17 '16 '15</u> <u>'14 '13 '12 Wilton</u>
Run Loess Races 1/2 Mara & 5K '19 '18, '17 '16, Council <u>Bluffs</u>	<u>Flower Power Run '12 '11</u> <u>Des Moines.</u>	<u>Have a Heart for</u> <u>Kid's '16 '15 '14 '13.</u> <u>West Des Moines</u>	<u>Aiming for a Cure</u> <u>'17 '16 '15 '14 '13</u> <u>'12, Palo</u>
<u>Booneville</u> <u>Backroads Ultra</u> 50K, 100K 100 Mile '20 '19 '18 '17 '16 '15 14 <u>Booneville</u>	<u>Lungevity Breathe Deep 5K</u> <u>'15, WDM</u>	<u>Jasper County Fair</u> <u>5K '19 '18, Colfax</u>	<u>Titan Mob Run '17</u> <u>'16 '15 '14, Adel</u>
<u>Wild Five,</u> <u>Bettendorf '13 '12</u> <u>'11</u>	<u>Greg Harris Memorial '13</u> <u>'11 Eagle Grove</u>	<u>Amazing Grace</u> <u>Lemonade 5K '21</u> <u>'19 '17, Ames</u>	
<u>Cap City 5K '12</u> <u>'11, Polk City</u>	<u>St. Malachy's Steeplechase</u> <u>'11 '10, Muscatine</u>	<u>Iowa Games XC,</u> <u>Ames '21, '19 18</u>	<u>Run for Your Life</u> <u>'18 '17 '16 '15 '13</u> <u>'12 '11 '10 '09, Des</u> <u>Moines</u>
<u>Cowboy 5K '15,</u> <u>Dayton</u>	<u>Xterra Sugar Bottom Trail,</u> <u>Run '13, Norty Liberty</u>	<u>Taste of Hope 5K</u> <u>'21 '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11</u> <u>WDM</u>	
	<u>Hanging Rock 5K '16,</u> <u>Redfield</u>	<u>Max XC 5K '13,</u> <u>Waverly</u>	<u>Loop the Lake,</u> <u>Cedar Falls</u>
John Wayne Race 5K '19 '18 '17 '16 '14 '13 '12, '11, <u>Winterset</u>	<u>Hymn Sing Hustle Race '12</u> <u>'11 '10</u>	<u>Have Heart for</u> <u>Marfan '15 '14 '13</u> <u>'12 '11 '10 '09,</u> <u>Pleasant Hill</u>	
	<u>Hog Wild Days '14 '13 '12</u> <u>'11 Hiawatha</u>	<u>Lake Pahoja</u> <u>Triathlon & 5K '13</u> <u>'12, '11, Rock</u> <u>Rapids</u>	
<u>RWC North Star</u> <u>Triathlon & 5K '13</u> <u>'11 Esterville</u>		<u>Walker Pickle Days</u> <u>'19 '18 '17 '16, '15</u> <u>'14 '13 '12 '11</u> <u>Walker</u>	<u>Get Your Rear in</u> <u>Gear '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11,</u> <u>WDM</u>
	<u>Heritage Festival 5K '16,</u> <u>New Providence</u>	<u>Balloon Days '12</u> <u>'11 Inianola</u>	<u>Iowa State Fair Blue</u> <u>Ribbon 5K '16 '15</u> <u>'14 '13 '12 '11 '10,</u> <u>DM</u>

<u>Stu Nevermann</u> <u>'21 '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11</u> <u>Mason City</u>	<u>Timber City Adventure Race</u> <u>'19</u>	<u>Pine Lake Trail Run</u> <u>'14 '13 '12 '11 '09</u> <u>'08 '07 '06 '05,</u> <u>Eldora</u>	<u>Run Luly 5K, North</u> <u>Liberty '18 '17 '16</u> <u>'15</u>
	<u>Microbrew Mile & 6K '14,,</u> <u>Quad Cities</u>	<u>Hy-Vee Kids Road</u> <u>Races '14, Dubuque</u>	<u>Run with the River</u> <u>5k '19 '18 '17 '16,</u> <u>Rock Falls</u>
<u>Freedom Run '11,</u> <u>Williamsburg</u>		<u>Shed your Threads</u> <u>'17 '15,, Elkader</u> <u>'10</u>	<u>Black Squirrel</u> <u>Triathlon '14 '13 '12</u> <u>'11</u>
<u>Mile After Mile</u> <u>'15, Ankeny</u>	<u>CHD 5K & 1M '13 '08</u> <u>Pocahontas</u>	<u>Go Crush It 5K'</u> <u>21, Rockford</u>	<u>John Deere 5k</u> <u>Run/Walk '21 '19</u> <u>'17 '16 '14 '12 '11,</u> <u>Waterloo</u>
<u>E.F.5K '11</u> <u>Parkersburg</u>	<u>Story County Freedom Run</u> <u>'20 '19 '18 '17 '16 '15 '14</u>	<u>Bix 7 '21 -'19 '18</u> <u>'17, 16, 15, 14, 13,</u> <u>'12 '11,</u> <u>DAVENPORT.</u>	<u>Muscle Up Obstacle</u> <u>Run '17 '16 '14,</u> <u>Spragueville</u>
<u>Clear Lake</u> <u>Triathlon '21 '20</u> <u>'19 '18 '17</u>	<u>XIsland Days 5k '15 '14 '13</u> <u>'12 '11 '10, Fairbank</u>	<u>Hy-Vee Iron Kids</u> <u>Tri '14 '11, C.R.</u>	
<u>Y Run 5K & 10K,</u> <u>Keokuk '18</u>	<u>Buffalo Stampede '15,</u> <u>Coggon</u>	<u>Tall Corn Days 5K</u> <u>'19 '17 '15 '14 '13</u> <u>'12 '11 Sioux</u> <u>Rapids</u>	<u>Palo Fun Days</u> <u>Run '21 '19 '16 12</u> <u>'11</u>
<u>QC Senior</u> <u>Olympics</u>	<u>Steventon's Kids's Tri '10,</u> <u>7-10 . .11-14 '08, Bettendorf</u>	<u>Janesville Days 5K</u> <u>'14 '13 '12</u> <u>Janesville</u>	<u>Buddy Walk for</u> <u>Downs Syndrome</u> <u>'11, Ankeny</u>
<u>Downtown Dash</u> <u>'15</u>	<u>Dragon Warrior, Johnson '17</u>	<u>Pilot Knob Trail</u> <u>Race 15K '09 '08</u>	<u>College Clash Dash</u> <u>5K, DeWitt '15</u>
<u>The 6Ks of</u> <u>Summer,'16, Iowa</u> <u>City</u>	<u>Rodeo Days Gallop & Trot</u> <u>5K '13 '12 '11 Edgewood</u>	<u>Harvest Dreams '12</u> <u>'11 Urbandale</u>	
<u>Outrun the Rays 5K</u> <u>'19 '18 '17, '16 '15</u> <u>'14 Peosta</u>	<u>Burlington Youth Triathlon</u> <u>'18 '15 '14 '13 '12</u>	<u>Elvelopet Nordic</u> <u>Fest Run '21 '19</u> <u>'18 '17 '16 '15 '14</u> <u>'13 '12 '11 Decorah</u>	<u>Mineral Springs</u> <u>Run '11 '10, Colfax</u>
	<u>Rascal Run '13, Iowa City</u>	<u>Pioneer Days '21</u> <u>'13, Milford</u>	<u>Beating Hearts</u> <u>Run,Sioux Center</u> <u>'15</u>
		<u>Xterra Sugar</u> <u>Bottom Tri '12 '11</u> <u>'10, North Liberty</u>	<u>Green 5K, North</u> <u>Liberty '15</u>

	<u>U of Iowa Varsity Club 5K '12, Iowa City</u>	<u>Pinky Swear Kids Triathlon '16, Des Moines</u>	<u>Running Wild '10 '09, Louisa County</u>
	<u>For Our Future, Storm Lake '20 '19 '18 '17 '16</u>	<u>Ankeny Kids Tri '21 '20 '19 '18 '17 '16 '15 '14 '13 '12</u>	<u>Hiawatha Fireman's Run '18 '17</u>
	<u>Kael Man 5K Run/Walk '17 '16 '15 , '14, Ames</u>	<u>HyVee Kids Road Races '14, - Ames</u>	<u>Aspen Warrior Fire Run '12, Sleepy Hollow, Des Moines</u>
	<u>Another Dam Race 5k '13 '12, Nashua</u>	<u>Swisher 5K Walk & Run '21 '19 '18 '17 '16 '15 '13 '12 '11</u>	<u>Fairgrounds 5K '16, Des Moines</u>
	<u>Davenport Duathlon '11</u>	<u>Altoona 150 5k '18</u>	<u>Lace Up for Literacy '13, Indianola</u>
		<u>Pigman Tri & Iowa HS State Triathlon Champs '20</u>	<u>Donnor Dash '19 '18 '16, North Liberty</u>
	<u>Palo Fire Department Jog & Jam 4 Mile '18 '17 '16</u>	<u>Storm the Lake Tri '16, Storm Lake</u>	<u>Lacona Celebration 5K '12, Lacona</u>
	<u>Carlisle 4th of July Race '19 '18 '11 '10</u>	<u>Bluff Creek Tri '16, '15, Ogdon</u>	<u>Cascade Hometown Days ' 21 '19 '18</u>
	<u>Trekman Big Woods Tri,</u>	<u>Mackenzie Lown 5 K '18 '16 '15 '14 '13, Oxford, Iowa</u>	<u>Huxley Prairie Fest '19 '18 '17 '16 '15 '14 '13 '12</u>
	<u>Fairfax USA Days 5K '21 '19, '18 '17 '16</u>	<u>Run in the Sun '17 '12 '11, Oskaloosa</u>	
	<u>Hy-Vee KidsFit Races '14, Davenport</u>	<u>Zearing Days 5K, 19</u>	
	<u>Coralville 4th FEST 5k '21 '18 '17</u>	<u>First Responders Bring in Backup Tri '21, Northwood</u>	<u>Panther Prowl '21 '19 '14 '13 '12 '11 Monticello</u>
	<u>Roundhouse 5K '21 '19 '18 '17, New Providence</u>		<u>Amana Rundtour Duathlon '13 '12 '11</u>
	<u>Ogden Fun Days '16</u>		<u>Lone Tree Fun Run '18 '17 '16 '15 '14 '13 '12</u>
	<u>West Union Tri '17 '16 '14 '13 '12 '08</u>		<u>Dam to Backpacket '18 '16 '15 '14, '13,</u>

			<u>Corralville</u>
	<u>Have a Heart, WDM '17</u>		
	<u>A Midsummers Night Run '21 '20, Ames</u>		<u>Fire Fest 5K, DM</u>
	<u>Pocahontas 5K '14, Pocahontas</u>		<u>Charles City School 2 School 5k '17'16</u>
	<u>Firecracker 5K '18 '17 '16 '15 '14 '13 '12 '11 '10, Pleasantville</u>		<u>Mayors Run for the Trails '21 '19 '18 '17 '15 '14, '13, Johnston</u>
	<u>Mossman Family Run '14, Winthrop</u>		
	<u>Copper Creek Tri '17 '16 '15 '14 '13 '12 '11 Pleasant Hill</u>		<u>Trojan Dash '12, Fairfield</u>
	<u>Party in Pink Races '19 '18 '17 '16 '14, Vinton</u>		<u>Hawk - Jag 5K '19 '18, Ankeny</u>
	<u>Rip Roar Kids Tri '21 '19 '18 '17 '15, Cedar Rapids</u>		<u>Willas Dady Run for Shelter 16, C.R.</u>
	<u>Sturgess Falls Races '21 '19 '18 '17 '16 '15 '13 '12 '11</u>		<u>Glo Run Night Race 5k '18,</u>
	<u>FAJ Squad 5K Run, '19 '18 '17, Dubuque</u>		<u>Kid's Against Hunger '11, Cedar Rapids</u>
	<u>Nishna Valley Triathlon '18</u>		<u>Dallas Center Fall Fest '19 '18 '17 '16</u>
	<u>Harper's Ferry Firecracker 5K '18,</u>		<u>Warrior Run-Fire '12, Sleepy Hollow</u>
	<u>Ames Triathlon '21</u>		<u>Lincoln Highway Dash '20 '19, 18. Nevada</u>
			<u>Ding Dong Dash 20, Jefferson</u>
			<u>Kewash Trail Races '20 '19 '18 '17, Washington</u>
			<u>Beads Lake Restoration Run '18 '17 '16 '14 '13 '11</u>
			<u>Grinnell Triathlon '19 '18</u>

			<u>OUCH Research Run '12 '11, Q.C.</u>
			<u>Hy Vee Kids Tri '14 '12 '11, WDM</u>
			<u>Challenge Mud Run '14, '13, Adel</u>
			<u>Hero Hustle Sprint Tri, Manchester '20 '19 '17 '16</u>
			<u>Seawall to Seawall, Clear Lake '13 '12 '11</u>
			<u>Rugged Toad Adventure Race '15, Janesville</u>
			<u>Step Up 5K & Half & 5K '19 '18 '17 '16 '15 '14 '13 '12 (Jump Right in and Run) '11 Storm Lake</u>
			<u>Madrid Labor Day Races '19 '18 '17 '16 '15 '14 '13 '12 '11</u>

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**Race results from 1999 through 2010 have
being transfered to page 2**

<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>
	<u>Princeton 5K '20, Princeton</u>	<u>Miles in the Maze '20 '19 '18, Iowa City</u>	
<u>Booneville Backroads Ultra</u>	<u>WR Elite 5K '20, Des Moines</u>	<u>Iowa Trail Runs Series - Center Trails, DSM '19</u>	<u>Bloomfield Ugly Sweater Run '20- Virtual</u>
<u>Madrid Labor Day Races '19 '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Gladiator Assault 5K '17, Boone</u>	<u>Nippy Hippie 5K, Altoona '19 '18 '17 '16 '15 '14</u>	<u>Jingle Bell Run/Walk for Arthritis '19 (Windsor Heights) '18 '17 '16 '15 '14 '13, W. Des Moines '12, Waukee</u>

	<u>GRRR Great River Road Race '19, Burlington</u>	<u>Hillbilly Hike Half & 10K '20 '19 '18 '17 '16 '15 '14, Indianola</u>	<u>Valhalla Trail 20K '19 '18 '17 '16, Solon</u>
<u>Step Up 5K & Half & 5K '19 '18 '17 '16 '15 '14 '13'12 (Jump Right in and Run) '11</u>	<u>TimberTrek '19 '18 '17 '16 '15 '14 '12 '11 Amana</u>	<u>Chamber Charity Virtual 5k, Altooma.'19</u>	<u>Sycamore 8 Trail Run '19 '18 '17 '16 '15, '14 '13 '12 '11</u>
<u>Captain Midnight's Run '16 '15 '14 '13 '12 '11Cystic Fibrosis, Ames</u>	<u>Especially for You '19 '18, '17 '16 '15 '14 '13 '12 '11</u>	<u>Gingerbread Run for Adoption '18, Ankeny</u>	<u>YMCA Jingle Jam Races '14 '13 '12 '11 Des Moines</u>
	<u>RUN Country 5k '20, Nevada</u>		
<u>Noah's Ark Daycare Family Run/Walk '17, Sutherland</u>	<u>Red Heel Run '15 '14 '13, Osage</u>	<u>Iowa Trail Runs Series - Center Trails, DsM</u>	<u>Jingle Bell Run '11, Indianola</u>
<u>Weenee Run '15 '14, Blainstown '13 '12,</u>	<u>John's Baby Steps '20 '19 '18 '17 '16 '15 '14 '13 '12 '11, Adel</u>	<u>Let Me Run, Cedar Rapids '19 '18 '17</u>	<u>Ugly Xmas Sweater '19 '18 '17, LeClaire</u>
<u>Yellow River Trail Run '20</u>	<u>Coralville Woodpecker Trail Run '19</u>	<u>Coca Cola Classic '20 '19 '18 '17 '16 '12 '11 Sioux City</u>	<u>Ugly Seater 5K '19, Bloomfield</u>
<u>Uncommon Figge Finale '15, Davenport</u>	<u>SuperHero Run '18 '17, Grinnell</u>		<u>Ugly Sweater Run '18, La Crosse</u>
<u>We Run Glow Run, North Liberty '16 '15 '14 '13 '12</u>	<u>Run for the Pumpkins '18 '17 '16 '15 '14 '13 '12 '11 Anamosa</u>	<u>RCC Run in the Woods '19 '18 '17 '16 '15 '14 '13 '12, '11 Earlham</u>	<u>Jingle Bell Run for Arthritis '13 '12, Iowa City</u>
<u>New Bo Fest '20 '19 '18 '17 '16 '15 '14 '13 '12 '11 '10, Cedar Rapids, IA.</u>	<u>Tornado Alley Run '16 '14 '13, '12, '11</u>	<u>KNSA Turkey Trot, Cedar Rapids '16</u>	<u>Jingle Bell Run for Arthritis '19 '18 '17 '16 '15, '13, Davenport</u>
<u>Regal Run '15, Iowa City</u>	<u>Swiss Valley Trail Run '17 '16, Preosta</u>	<u>Red Kettle Run '15 '14 '13, D.M.</u>	<u>Tour de Lights '17 '16 '15 '14 '13 '10, Vinton</u>
	<u>Harvest Half Marathon '20, Sioux Center</u>		
<u>Firetrucker 5Keg Run '16, Ankeny</u>	<u>GiGi's Playhouse Super Hero Run '19 '18 '17 '16 '15 '14 '13, Bettendorf, IA</u>	<u>Hoka One One Postal Nationals '18, P.V.</u>	<u>Great Santa Run '12, West Des Moines</u>

<u>Rich Dellaca Pump & Run '11 previous</u>	<u>12:1 Run Half, 10K & 5K '18 '17 '16 '15 '13 '12 '10, Danville</u>	<u>Race for Wellness '11, Marion</u>	
<u>Des Moines Tri '16 '15 (Hy Vee 5150 Tri) '14 '13 '12 '11 Des Moines</u>	<u>Healthy Hearts, Healthy Minds '14 Chariton</u>	<u>Pump & Run '11, Spirit Lake</u>	<u>SCI Jingle Bell Rock n Run '13 '12, DM</u>
<u>Sheldon Labor Day Race '15 '14 '13 '12</u>	<u>Dance Marathon 5k '16, Iowa City</u>	<u>Pleasant Creek Trail Run, Palo '20 '19 '18 '17 '16</u>	<u>Holiday Hustle '13, Williamsburg</u>
<u>Trestle Hustle '20</u>	<u>Nana Jana XC Run '14 '13 '12 '11, Knoxville</u>	<u>Dirty Du Srint '18</u>	<u>Jingle Bell Run 12 '11, Ames</u>
<u>Run with Carl '19 '18 '17 '16 '15 '14 '13 '12 '11 Bettendorf, IA</u>	<u>Grand View Viking 5K '16 '15 '14 '13 '12 '11</u>	<u>Dirty Du Sprint Solo & Relay '16 '15 '14 '13 08, DSM</u>	<u>AIB Jingle Jog '13 '12 Des Moines</u>
<u>Skunk River Stampede '20 Ollie</u>	<u>Pink Ribbon Run '20 '19 '18 '17 '16 '15 '14 '13 '12 '11 10, Cedar Falls</u>	<u>Dirty Duathlon Full '18</u>	<u>Hawkeye 50K & 25K, Lake McBride</u>
<u>Youth Sprint Tri, Emmetsburg</u>	<u>Stinkfoot 5K '14 '13 '12 '11 - Altoona</u>	<u>Patriots 5K</u>	
<u>Run DMU '15 '14 '13 '12x'11, Des Moines</u>	<u>SOS 5K Run ;17 '16, Marion</u>	<u>Race for Wellness'11, Marion</u>	
<u>I.T.R.S. Centrer Trails, DSM '20</u>	<u>Run for the Least '18, Lisbon</u>	<u>Cutting Edge Fitness Turkey Trot '11 Clear Lake</u>	
	<u>Elma Festival Races '12 '11 '10</u>	<u>Patriot's Run, Marion '15 '14, Marion</u>	
<u>Mustang Gallop 12 Cedar Rapids</u>	<u>Blogger Dash 5K, Iowa City '14</u>		
<u>PCGS Back to School Dash '13, Pella</u>	<u>Blood Sweat & Beers 5k - Des Moines '19 '18 '17 '16</u>	<u>Fairview Farm Runs '12 '11 '10, Cedar Rapids</u>	
<u>GAAR Adv. Race '16 '14 '12 '11 Ames</u>	<u>Genesis Fall Foot Race, '14 Davenport</u>	<u>Black Hawk College 5k Hustle '18 '15, Bettendorf</u>	
<u>Run for VIVA '13 '12 '11, Bettendorf</u>	<u>Coe Homecoming Run '16 '15</u>		
<u>Healthy Heroes 5K '18, Sioux Center,</u>	<u>Make A Wish Iowa Walk/Run for Wishes '17 '16 '15 '14 '13,</u>	<u>Return of the Turkey Trot '19 '18 '16 '15 '14 '13 '12 '11, Marion</u>	

	<u>Davenport</u>		
<u>Pufferbilly Days '19 '18 '17 '16 '15 '14 '13 '12'11-10K Boone</u>	<u>Old Capital Mile '14 (President's Mile) '13, Iowa City</u>		
<u>Royal Wentworth Run,, '14 Mason City</u>	TriByNight Tri '20 '19 '18 '17 '16 '15 '13, Waverly (normally in May)	<u>Beverly Trail Run '18, Marion</u>	
<u>Park to Park '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Halloween Hustle 5k & 10k '16, North Liberty</u>	<u>Hot Chocolate 5K and 5 Mile Race '18 '17 '16 '15 '14 '13 '12 '11 '10, D.M</u>	
<u>Pathway's to Pella 5k '15</u>	<u>Monstor Dash '17,Grinnell</u>	<u>Turkey River T T '12 '11, Cresco</u>	
	<u>Walk for Wishes '17, Davenport</u>	<u>Roland Turkey Trot 5K '12</u>	
<u>Wabash Trace Trail '20 '19 '18 '17 '16 '15 '14 '13 '12, Shenandoah</u>	<u>Running Village 50K '16 '15 '13, Cedar Falls</u>	<u>More Than Conquerors '12, Newton</u>	
<u>Maffitt H20 Race '14 Cummings</u>	<u>Mary's Meals '14, West Des Moines</u>	<u>Girls on the Run '16 '15 '14 '13 '12, Iowa City</u>	
<u>Run for the House '14 '13, Marshalltown - pdf</u>	<u>Run for the Roses '20 virtual '19 '18 '17 '16 '15 '14 '13 '12 '11 Ames</u>	<u>Wild About the Child '11, St.Charles</u>	
<u>Dash to Bash Epilepsy '17, Cedar Falls</u>	<u>Happy Haunts 5K '19, Cedar Falls</u>	<u>Run for the Red '14 '12 '11, DeWitt</u>	
	<u>4H Camp Get Verticle Adv. '12, Luther</u>	<u>Gobble Wobble '13 '12 Mt Pleasant</u>	
	<u>Above & Beyond Adventure Tri '17, DSM</u>		
<u>LeMars Sprint Tri '20 '19 '18 '17 '16 '15 '14 '13 '12, '11 '09</u>	<u>Covered Bridge Fest '19 '18 '15 '14 '13 '12 '11 '10 '09 '08 '07 '06 '05 '04 '03 - '01 Winterset</u>	<u>Living History Farms Off Road Race '19 '18 '17 '16 '15 '14 '13 '12 '11 Urbandale</u>	
<u>CyMan Triathlon '20, Bondurant</u>	<u>K 9-5K Run & Dog Walk '16 '14 '13, Oskaloosa</u>	<u>Heartland Open 5k '19, Johnston</u>	

<u>Willis United Way 5K '13, Clive</u>	<u>Lacey Keosauqua Fall 5k '16 '13 '12 '11</u>	<u>Survivor Cross '13, '12, Urbandale</u>	
<u>Flying Pig Duathlon '19 '18 '17, Washington</u>	<u>Ripple Run 5k '18,, Toledo</u>	<u>Montgomery YMCA Turkey Trot '16, Red Oak</u>	
<u>SCCS Family Fun Run '13, Sioux Center</u>	<u>Warrior Trail 5k '17, Inwood</u>	<u>Prediction Turkey Trot '13 '12, Knoxville</u>	
<u>FNB Fall Fun Fest 5K '19, Fairfield</u>	<u>Driftless Half & 5K '20 '19 '18, Lansing</u>	<u>Cedar Rapids - Turkey Trot 5k '19 '18 '17 '16 '15</u>	
<u>Steve Lynn Memorial R/W '16, '14., Ames</u>	<u>Blessed John Pumpkin Festival '15 '14 '13, Cedar Rapids</u>	<u>Wahlert Turkey Trot '19 '18 '17 '16 '15 '14 '13 '12 '11, Dubuque</u>	
	<u>Flaughless 5k, Vinton '16 '15</u>	<u>Scott County Turkey Trot '19 '18 '17 '16 '15 '14 '13 '12 '11, Davenport</u>	
<u>Run for the Health of It '17, Albia</u>	<u>Glow for Hope, Mason City '15</u>	<u>Des Moines Turkey Trot '19 '18 '17 '16 '15</u>	
<u>Houser Hustle 5K '14 '13 '12, Council Bluffs</u>	<u>Stepping Stones '11 Knoxville</u>	<u>Legends of the Fall '19 '18 '17 '16 '15 '14 '13 '12 '11, Iowa City</u>	
<u>Recovery & Wellness 5K '19, Ames</u>	<u>Above & Beyond Adventure Race '18 '16, Des Moines</u>	<u>Track Friday '14, Iowa City</u>	
<u>Your Life Matters ;19 Knoxville</u>	<u>Ponseti Races '13 '10, Iowa City</u>	<u>Orange City Turkey Trot '18 '17 '14</u>	
<u>Trashmore Dash '19 '16 '15 '14, Cedar Rapids</u>	<u>Run for a Vet '12, Dubuque</u>	<u>Trestle Turkey Trot '14 '13 '12, Woodward</u>	
	<u>Trick or Treat Trot '13, Cedar Falls</u>	<u>NEIFP Turkey Trot '18 '17, Cedar Falls</u>	
<u>Running With Convoy '13, Des Moines</u>	<u>Indian Hills Homecoming 5K '14 Ottumwa</u>	<u>Holiday Lights '14, Decorah</u>	
<u>Marketplace Stampede 3K '13, Iowa City</u>	<u>Indian Summer Classic '19 '18 '17 '16 '15 '14 '13 '11, Solon</u>	<u>Turkey Trot '19, -Cedar Falls</u>	
<u>Peoples Clinic 5K '13, Waterloo</u>	<u>Paws in the Park '14, Ames</u>	<u>Friends of Aaron Micheal '18 '17 '16. '15 '14, WDM</u>	

<u>Clinton Half Marathon '19 '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Run Like a Girl '12, Des Moines</u>		
<u>Iowas Best Dam Tri '15 '14 '13, '12 Coralville</u>	<u>Team Breast Friends Run '15,</u>	<u>Stuffed Turkey Ultra '19, Granger</u>	
<u>Queen's 5K Romp '19, Carson</u>	<u>Columbus Days Festival '18,</u>	<u>Cedar Falls Trurkey Trot '20</u>	
<u>JUMP 3.4 Mile Run/Walk '13, Pella</u>	<u>Husky Hustle '17, Marion</u>	<u>Butterball 5M, Davenport '20</u>	
<u>Kerrie Orozco Meml 5K '18 '17 '16, C.B</u>		<u>Hungry Turkey Half & 5K '19 '18 '17 '16, Des Moines</u>	
<u>Hopkinton Annual 5K '14</u>		<u>Winter Wonderloo 5K, Waterloo '20 '19</u>	
<u>Trojan Dash '13. Fairfield</u>			
<u>Run 3 for 30 5K, '14, Bettendorf</u>	<u>Iowa Trail Runs Series '20 '19 - Annett Nature Center</u>		
<u>Osborne Off Road '11, Elkader</u>	<u>Run Against Violence '18, Dubuque</u>		
<u>Rock n Run for Metro Arts '14 '13 '12, Des Moines</u>	<u>Lime Creek Timber Trot '20 - - - '12, Mason City</u>		
<u>Rural Employment Alternatives '13 '12, Conroy</u>	<u>Blogger 5K '13, Iowa City</u>		
<u>Clot Trot '16 '15, Central City</u>	<u>Farm Mud Crawl 5K '17, Ottumwa</u>		
<u>Race for Hiope '19, Sioux City</u>	<u>Run with the Bull '19 '17, Davenport</u>		
<u>Forever Young '17 '16 '15 '13 '12, Evansdale</u>	<u>Waterloo Schools Foundation Trick or Treat 5k '15 '14</u>		
<u>Run to Exile '20(Sept)</u>	<u>Race Around Webster '19, Urbandale</u>		
<u>Get Moving for Healthy Kids '19,, N.Liberty</u>	<u>Doctors Dash [18 Davenport</u>		

<u>June Nylen Cancer</u> <u>Ctr Hope Race '18 '17</u> <u>'16 '15 '14 '13. Sioux</u> <u>City, IA</u>	<u>Harvest Moon Run</u> <u>'12, Danville</u>		
	<u>Runner's Flat Trails</u> <u>Races '18'17</u>		
<u>Spartan Fund Races</u> <u>'14 '13, '12 '11 '10 '09</u> <u>'08 '07 Solon</u>	<u>Monster Madness '11,</u> <u>Ames</u>		
<u>Coralville Trail Run</u> <u>20</u>	<u>Atkins Mem'l Union</u> <u>Hall 5K '20</u>		
<u>Dubuque Benefit</u> <u>Classic '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11</u>	<u>Pewterman</u> <u>Pentathlon '12, Cedar</u> <u>Rapids</u>		
<u>Kerrie Orozcol 5K</u> <u>'19, Council Bluffs</u>	<u>Sleepy Hollow</u> <u>Zombie Run '12, Des</u> <u>Moines</u>		
<u>Hy-Vee Kids Fit Road</u> <u>Races '14, Spirit Lake</u>	<u>Linmar Growl Prowl</u> <u>'10</u>		
<u>Pilot Knob Trail race</u> <u>'19, Forest City</u>	<u>Panther Pacer 5K '12,</u> <u>Cedar Falls</u>		
<u>Wildcat Den 50K '19</u> <u>'18 '15 '14 '13 '12 '11</u> <u>Muscatine</u>	<u>Mellon Sisters Run</u> <u>'18 '16, '15 '14 '13 '12</u> <u>'11, Dubuque</u>		
<u>Best Dam Run '20</u> <u>'19 '18 '17 '16 '15 '13</u> <u>Waverly</u>	<u>Sprint Double</u> <u>Duathlon</u>		
<u>Willis Dady Run ;19</u> <u>'18, Cedsr Rapids</u>	<u>Run 4 UNI '19 '18 '17</u> <u>'16. Cedar Falls</u>		
<u>PHA 5K and Kids</u> <u>PHun Run '14, Cedar</u> <u>Rapids</u>	<u>Indee Zombie Run '16</u> <u>'15 '14 '13,</u> <u>Independence</u>		
<u>Southern Prairie</u> <u>YMCA 5K R/W</u> <u>Balloon Chase '18 '17</u> <u>'16 '13 '12 '11 Creston</u>	<u>Great Pumpkin Chase</u> <u>'19 '17 '16 '15 '14 '13,</u> <u>'12, Manchester</u>		
<u>Robert's Run '19 '18</u> <u>'17 '16 '15 '14, '13,</u> <u>Mason City</u>	<u>Olympic Double</u> <u>Duathlon '13, Anita</u>		
<u>Beaverdale</u> <u>Beaverdash '19 '18 '17</u> <u>'16 '15 '14 '12 Des</u>	<u>Freaky 5K '14 '13 '12,</u> <u>Oskaloosa</u>		

<u>Moines - no longer timed</u>			
<u>Coe Homecoming Run '14, '13, '12, Cedar.Rapids.</u>	<u>Run for the Schools '19 '18 '17 '16 '15 '14 '13 '12 '11 Iowa City</u>		
<u>Halfway to St.Pats '19 '18 '17, Bettendorf</u>	<u>Haunted Hollow '17, Urbandale</u>		
<u>Bee Amazing Trail Run '14, Cedar Rapids</u>	<u>Loess Hills Monster '11, Glenwood</u>		
<u>Waukee Ten '18 '17, Waukee</u>	<u>St Joes Charger Challenge 5K '11,</u>		
<u>SAU Killer Bee 5K '15 '14, '13 '12, Davenport</u>	<u>Strides For Rides 5K'17, Iowa City</u>		
<u>DMACC Alumni Run '19, Ankeny</u>	<u>Tri by Knight '20</u>		
<u>Flap Jack Run (formerly Run, Rock, Stroll) '15 '14 '13 '12 '11 -10K, 5K, -Des Moines</u>	<u>ZTA Race for the Cure '20 '19 '18 '17 '16 '15 '14 '13 '12 '11 Iowa City</u>		
<u>Nancy Kapheim Meml Classic '14 '12 '11 Quad Cities</u>	<u>Monster Dash '17 '16 Saydel</u>		
<u>Get the Lead Out '11, Dubuque</u>	<u>Monster Dash ;18 '16, Polk City</u>		
<u>Off the Beaten Path Trail Run '19 '18 '17 '16 '14 '13 '12, Grinnell</u>	<u>Abana Banji '11, Ames</u>		
<u>Katies Crusaders</u>	<u>CBRC Pumpkin Dash '19 '17 '16 '15 , '14, Davenport</u>		
<u>Capital Pursuit '19 '18 '17 '16 '15 '14 '13 '12 '11 Des Moines</u>	<u>Marengo Fall Festival Run '17</u>		
<u>Run as One for Taylor '20 '19 '18 '17, Winterset</u>	<u>Grant Wheeler '15 '14 '13 '12 '11, Cedar Falls</u>		

<u>Garret's Path 5K,</u> <u>Burlington '16 '15 '14</u> <u>'13, Burlington</u>	Des Moines Marathon 'virtual '20 '19 '18 '17 '16 '15 '14 '13 '12 '11		
<u>Catch the Clover '11,</u> <u>Sioux Center</u>	<u>USRA Council Bluffs</u> <u>Half Marathon '12 '11</u>		
<u>Hunger Run '19,</u> <u>Altoona</u>	<u>Save Our Seniors Fun</u> <u>Run '18 '15 '14,</u> <u>Marion</u>		
<u>Run, Walk, Roll '12</u> <u>'11, Indianola</u>	<u>Haunted Hustle '14</u> <u>'13, Iowa City</u>		
<u>Hopkinton 5k '15</u>	<u>Spooky Scamper '15</u> <u>'14 '13 '12, Mason</u> <u>City</u>		
<u>Run for the Least '19,</u> <u>18, '17 '16 '15, Lisbon</u>	<u>Pathway's 5k '15 '13</u> <u>'12, Waterloo</u>		
<u>Green Run '12 '11</u>	<u>Aquin Little Angel</u> <u>Run, '14,</u>		
<u>Oktemberfest Race</u> <u>'16 ;'15 '14 '13 '12 '11</u> <u>Marshalltown</u>	<u>NCC Thunder Run</u> <u>'16 '15 '14 '13 '12,</u> <u>Sheldon</u>		
<u>TriHawks Tri '11Iowa</u> <u>City</u>	<u>Run to Cure K-9</u> <u>Cancer - ISU '15</u>		
<u>Flaughless 5K '14,</u> <u>Vinton</u>	<u>Iowa's Longest</u> <u>Marathon. Marion-</u> <u>Iowa City '14</u>		
<u>Peregrine Charities</u> <u>Kids Triathlon. '11,</u> <u>Cedar Falls</u>	Evergreen Lane History Hustle 5K '20 '19 Nevada		
<u>Wild Boar Challenge</u> <u>'19 '18 '17 '16 15, '14,</u> <u>'12, Winterset</u>	Equalizer 6 & 24 Hour Run '20 '19 '18 '17 '16 '15 '12 '11		
<u>Prairie Ridge</u> <u>Wellness 5k '19,</u> <u>Mason City</u>	<u>Hawkeye Fallout '19,</u> <u>Solon</u>		
<u>Lucas County Healthy</u> <u>Hearts '12, Chariton</u>	<u>Spooktacular</u> <u>Booathlon '18 '15,</u> <u>Ft. Madison</u>		
<u>Purple Stride Iowa '19</u> <u>'18,</u>	<u>Haunted Hollow, '17</u>		

<u>Applefest 5k/10k '17 '16 '15 '14 '13 '12 '10, Ft Dodge</u>	<u>Muddy Monster '12 '11</u>		
<u>Z.A.G.R.A.T.A. 5K '11 Cedar Rapids</u>			
<u>AWARE 5k by BVRMC '19 '18 '17 '16 '15 '14 '13, Storm Lake, IA</u>	<u>Downtown 2K '13, Iowa City</u>		
<u>PI Mile 5K '19 '18 '17, Ames</u>	<u>Blue Sky Run '12, Ames</u>		
<u>Gary Vermeer Run '13 '12 '11, Pella</u>	<u>Brant's Great Pumpkin Race '16 '15 '14 '13 '12 '11 ,Earlham</u>		
<u>The Brew Mile '13, Des Moines</u>	<u>Lagomarcino's Cocoa Beano '18 '17 '16 '15 '14, Davenport</u>		
<u>Glo Run '17 '16, Cedar Rapids</u>	<u>Race for the Cure '18 '17 '16 '15 '14 '13 '12 '11 Des Moines</u>	o	
<u>Johnston Schhools Centennial Purple Run '14</u>	<u>S A Catch the Shield '16, Iowa City</u>		
<u>Hillbilly Hot Foot 5k '13, Maquoketa</u>	<u>5 Sullivan Brothers Race '20 '19 '17 '16 '15 '14 '12 '11 '10 '09, Waterloo</u>		
<u>Blood Sweat Beers 5k '17 '16 '15, Carroll</u>	<u>Trick or Trot, Walcott '17</u>		
<u>Hayden's Hope Warrior Run '14, Mason City</u>	<u>Three Rivers Trail Run, Humboldt '17 '15, '13, Humboldt</u>		
<u>Tutor Trot for Jobs '12, Waterloo</u>	<u>Grandma'a House Trail Run '18 '16, WDM</u>		
<u>Cy Man Tri'19 '18 '17 '16 '15 '14 '13 '12 '11Bondurant</u>	<u>Spooky 1 Mile, Ankeny '17</u>		
<u>Quad Cities Mara 1/2, 5K '19 '18 '17 '16 '15 '14</u>	<u>Spooktacular Booathlon '19, Ft.Madison</u>		

<u>Ely Fall Fest '18 '17</u> <u>'16 '15 '14 '13 '12 '11</u> <u>'10, Ely</u>	<u>Food Run 5k & 10k</u> <u>'18, Iowa City</u>		
<u>Apple Gallop.</u> <u>Montezuma '16 '15</u> <u>'10, Monti</u>	<u>Hot Cider Hustle 5k</u> <u>'19 '18, '17, WDM</u>		
<u>Serving Our Seniors</u> <u>'19, Marion</u>	<u>Halloween Hustle '19,</u> <u>Dysart</u>		
<u>Pancake Day Fun Run</u> <u>'19 '18, Centerville</u>			
<u>Step Up for Down</u> <u>Syndrome 5K</u> <u>Run/Walk '18, '17,</u> <u>Cedar Rapids</u>			
<u>Back the Blue Pump</u> <u>N Run '19 '18 '17,</u> <u>Ames</u>			
<u>Believe Guatemala</u> <u>Cocoa '17, Creston</u>			
<u>Zero Prostate Cancer</u> <u>Run '19, DSM</u>			
<u>Mercy Pancake Days</u> <u>'19 '16 '15 '14 '13 '12</u> <u>'11, Centerville</u>			
<u>Jester Park Trail</u> <u>Run '20</u>			
<u>Kickoff for Kinnick</u> <u>'18 '17 '16 '15 '14,</u> <u>Iowa City</u>			
<u>Swamp Fox '19 '18</u> <u>'17 '16 '15 '14 '13 '12</u> <u>'11 Marion</u>			
<u>Loop de Loop Half</u> <u>Mara '19 '18 '17 '16</u> <u>'15 '14 '13 '12,</u> <u>Decorah</u>			
<u>ZERO Prostate</u> <u>Cancer '18 '17 '16 '15,</u> <u>Des Moines</u>			
<u>Remembrance Run</u> <u>'20 '19 '18 '17 '16 '15</u> <u>'14 '13 '12, '11, West</u>			

<u>Des Moines</u>			
<u>Gladiator Assault-6M</u> <u>'17, Boone</u>			
<u>Run Toyota '19, Cedar</u> <u>Rapids</u>			

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