

AIMING FOR A CURE
5K and 10K Run/Walk
August 24, 2013
Palo, Iowa

5K RUNNER RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
1	1/10	Adam Millikin	Center Point	IA	17	M	19:34	6:18
2	1/21	Troy Riley	Morrison	IL	46	M	20:38	6:39
3	2/10	Adison Steinford	Atkins	IA	13	M	21:01	6:46
4	1/16	Jordan Neighbor	Center Point	IA	20	M	21:01	6:46
5	3/10	Cade Saeugling	Cedar Rapids	IA	14	M	21:02	6:47
6	2/16	Blake TUPLE	Cedar Rapids	IA	30	M	21:30	6:56
7	4/10	Jacob Schmitt	Winthrop	IA	15	M	21:32	6:56
8	2/21	Matt Ironside	Swisher	IA	40	M	21:42	7:00
9	3/16	Kyle Smith	Hiawatha	IA	26	M	22:41	7:19
10	4/16	Justin Sands	Cedar Rapids	IA	32	M	22:43	7:19
11	5/16	Zachary Koch	Cedar Rapids	IA	30	M	22:43	7:19
12	6/16	Michael Fannin	Urbana	IA	18	M	22:58	7:24
13	3/21	Robb Wessels	Cedar Rapids	IA	35	M	23:06	7:27
14	5/10	Austin Neighbor	Center Point	IA	16	M	23:18	7:30
15	4/21	Kyle Schminke	Shellsburg	IA	46	M	24:07	7:46
16	1/10	Mark Smith	Eldora	IA	55	M	24:46	7:59
17	6/10	Jamie Cousins	Cedar Rapids	IA	16	M	24:49	8:00
18	5/21	Ryan Wetlaufer	Cedar Falls	IA	40	M	24:52	8:01
19	1/19	Melissa Mundell	Cedar Rapids	IA	36	F	24:57	8:02
20	7/16	Aaron Sackett	Center Point	IA	21	M	25:37	8:15
21	6/21	Casey Estling	Urbana	IA	36	M	25:58	8:22
22	8/16	Jon Sackett	Center Point	IA	24	M	26:05	8:24
23	7/21	Matt Hayes	Cedar Rapids	IA	35	M	26:08	8:25
24	7/10	Noah Dierks	Marion	IA	13	M	26:26	8:31
25	1/16	Kolby Sackett	Center Point	IA	23	F	26:41	8:36
26	1/3	Jenna Neighbor	Center Point	IA	13	F	26:43	8:36
27	8/10	John Eden	Vinton	IA	17	M	27:36	8:53
28	9/10	Riley Ries	Vinton	IA	16	M	28:06	9:03
29	2/10	Scott Millikin	Center Point	IA	50	M	28:07	9:03
30	1/7	Hannah Ironside	Swisher	IA	9	F	28:09	9:04
31	8/21	Rodney Hartwig	Cedar Rapids	IA	43	M	28:10	9:04
32	2/3	Karly Millikin	Center Point	IA	13	F	28:38	9:13
33	2/16	Lindsey Gapinski	Dubuque	IA	28	F	28:41	9:14
34	3/16	Kassie Docker	Cedar Rapids	IA	30	F	28:42	9:15
35	2/19	Kristin Neighbor	Center Point	IA	44	F	28:44	9:15
36	3/10	Randy Bachman	Cedar Rapids	IA	56	M	28:47	9:16
37	3/19	Kelly Hutchcroft	Cedar Rapids	IA	36	F	28:51	9:18
38	9/21	Rod Budzinski	Marion	IA	43	M	29:05	9:22
39	3/3	Sierra Dougherty	Coggon	IA	15	F	29:31	9:30
40	4/19	Michele Flagel	Shellsburg	IA	40	F	29:48	9:36
41	4/16	Naomi Dunning	Cedar Rapids	IA	32	F	29:49	9:36
42	10/21	Gary McDonnell	Dubuque	IA	44	M	29:51	9:37
43	11/21	Mark Dierks	Marion	IA	47	M	30:32	9:50
44	4/10	Gale Rowden	Shellsburg	IA	51	M	30:42	9:53
45	5/16	Emily Andrews	Center Point	IA	32	F	30:43	9:53
46	5/19	Pam Schneider	Marion	IA	47	F	30:55	9:57
47	9/16	Ben Blood	Marion	IA	31	M	31:03	10:00
48	10/16	Dan Penz	Cedar Rapids	IA	26	M	31:37	10:11
49	6/16	Janisse Pietri	Marion	IA	25	F	31:40	10:12
50	7/16	Jenna Carlson	Cedar Rapids	IA	25	F	31:45	10:14
51	12/21	Scott Neighbor	Center Point	IA	46	M	31:53	10:16

52	11/16	Terry McGowan	Palo	IA	30 M	31:55	10:17
53	1/5	Sam Schilling	Edgewood	IA	9 M	32:05	10:20
54	2/5	Will McDonnell	Dubuque	IA	11 M	32:08	10:21
55	5/10	Russ Brandt	Center Point	IA	50 M	32:20	10:25
56	12/16	Cody Nie	Marion	IA	24 M	32:21	10:25
57	13/21	Michael Sells	Center Point	IA	42 M	32:22	10:25
58	8/16	Angie Brekke	Palo	IA	29 F	32:30	10:28
59	6/19	Michele Grudzinski	Anamosa	IA	39 F	32:40	10:31
60	14/21	Bill Grudzinski	Anamosa	IA	44 M	32:40	10:31
61	6/10	Tim Anderson	Delhi	IA	52 M	32:49	10:34
62	13/16	Adam Miller	Cedar Rapids	IA	29 M	33:12	10:41
63	2/7	Gracie Ironside	Swisher	IA	10 F	33:22	10:45
64	7/19	Amy Adams	Cedar Rapids	IA	38 F	33:32	10:48
65	1/2	Deb Ironside	Cedar Rapids	IA	60 F	33:35	10:49
66	9/16	Neha Bhasin	North Liberty	IA	33 F	34:18	11:03
67	3/7	Maggie Ironside	Swisher	IA	7 F	34:30	11:07
68	14/16	Corey McAfee	Palo	IA	33 M	34:35	11:08
69	10/10	Austin Gleason	Cedar Rapids	IA	14 M	34:45	11:11
70	10/16	Haley Paige	Shellsburg	IA	32 F	35:05	11:18
71	11/16	Shawnell Blattler	Shellsburg	IA	31 F	35:07	11:18
72	8/19	Michele Deutmeyer	Anamosa	IA	41 F	35:19	11:22
73	3/5	Matt Behnke	Marion	IA	12 M	35:27	11:25
74	9/19	Debby Behnke	Marion	IA	42 F	35:39	11:29
75	10/19	Stephanie Leff	Cedar Rapids	IA	39 F	35:59	11:35
76	4/7	Abbey Leff	Cedar Rapids	IA	10 F	35:59	11:35
77	15/21	Kenny Slaton	Fairfax	IA	44 M	36:11	11:39
78	11/19	Peggy Schilling	Edgewood	IA	42 F	36:14	11:40
79	7/10	Mike Dougherty	Coggon	IA	50 M	36:20	11:42
80	5/7	Jaalah Schmidt	Cedar Rapids	IA	12 F	36:32	11:46
81	12/19	Christina Slaton	Fairfax	IA	42 F	37:28	12:04
82	6/7	Emma Slings	Palo	IA	8 F	37:29	12:04
83	12/16	Melinda Slings	Palo	IA	33 F	37:33	12:05
84	13/19	Latreasha Cook	Danville	KY	46 F	37:43	12:09
85	14/19	Amy Sells	Center Point	IA	42 F	38:05	12:16
86	16/21	Russell Behnke	Marion	IA	43 M	39:24	12:41
87	15/19	Ronda Emerson	Cedar Rapids	IA	47 F	40:01	12:53
88	8/10	Howard Cook	Danville	KY	56 M	40:15	12:58
89	4/5	Adam Gleason	Cedar Rapids	IA	12 M	40:47	13:08
90	17/21	Brian Gleason	Cedar Rapids	IA	39 M	40:51	13:09
91	13/16	Denise Welte	Atkins	IA	26 F	41:07	13:14
92	2/2	Lesia Caspers	Vinton	IA	51 F	41:20	13:19
93	18/21	Brett Caspers	Vinton	IA	46 M	41:52	13:29
94	19/21	Dan Lubben	Marion	IA	48 M	41:59	13:31
95	14/16	Mickala Anderson	Marion	IA	32 F	42:28	13:41
96	16/19	Carolyn Siebrecht	Cedar Rapids	IA	36 F	43:42	14:04
97	15/16	Lisa Gleason	Cedar Rapids	IA	34 F	43:53	14:08
98	17/19	Judy Lubben	Marion	IA	47 F	43:57	14:09
99	15/16	Dj Lubben	Marion	IA	20 M	44:16	14:15
100	7/7	Abigail Schilling	Edgewood	IA	4 F	54:33	17:34
101	5/5	Jake Schilling	Edgewood	IA	7 M	54:58	17:42
102	20/21	Bob Schilling	Edgewood	IA	38 M	55:09	17:45
103	18/19	Samantha Ironside	Swisher	IA	36 F	58:46	18:55
104	9/10	Tony Stadheim	Unknown	UN	99 M	1:00:33	19:30
105	16/16	Peter Schmitt	Ames	IA	26 M	1:02:02	19:58
106	16/16	Katie Sackett	Cedar Rapids	IA	26 F	1:06:10	21:18
107	10/10	Greg Gauley	Walker	IA	52 M	1:13:59	23:49
108	19/19	Kim Erbes	Cedar Rapids	IA	48 F	1:15:51	24:25
109	21/21	Cody Estling	Center Point	IA	37 M	1:17:50	25:03

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	68	Adam Millikin	Center Point	IA	17	M	19:34	6:18
2	129	Troy Riley	Morrison	IL	46	M	20:38	6:39
3	110	Adison Steinford	Atkins	IA	13	M	21:01	6:46
4	72	Jordan Neighbor	Center Point	IA	20	M	21:01	6:46
5	91	Cade Saeugling	Cedar Rapids	IA	14	M	21:02	6:47
6	131	Blake Tuwle	Cedar Rapids	IA	30	M	21:30	6:56
7	157	Jacob Schmitt	Winthrop	IA	15	M	21:32	6:56
8	141	Matt Ironside	Swisher	IA	40	M	21:42	7:00
9	107	Kyle Smith	Hiawatha	IA	26	M	22:41	7:19
10	92	Justin Sands	Cedar Rapids	IA	32	M	22:43	7:19
11	57	Zachary Koch	Cedar Rapids	IA	30	M	22:43	7:19
12	30	Michael Fannin	Urbana	IA	18	M	22:58	7:24
13	120	Robb Wessels	Cedar Rapids	IA	35	M	23:06	7:27
14	148	Austin Neighbor	Center Point	IA	16	M	23:18	7:30
15	94	Kyle Schminke	Shellsburg	IA	46	M	24:07	7:46
16	108	Mark Smith	Eldora	IA	55	M	24:46	7:59
17	22	Jamie Cousins	Cedar Rapids	IA	16	M	24:49	8:00
18	152	Ryan Wetlaufer	Cedar Falls	IA	40	M	24:52	8:01
19	85	Aaron Sackett	Center Point	IA	21	M	25:37	8:15
20	156	Casey Estling	Urbana	IA	36	M	25:58	8:22
21	87	Jon Sackett	Center Point	IA	24	M	26:05	8:24
22	43	Matt Hayes	Cedar Rapids	IA	35	M	26:08	8:25
23	145	Noah Dierks	Marion	IA	13	M	26:26	8:31
24	125	John Eden	Vinton	IA	17	M	27:36	8:53
25	126	Riley Ries	Vinton	IA	16	M	28:06	9:03
26	70	Scott Millikin	Center Point	IA	50	M	28:07	9:03
27	42	Rodney Hartwig	Cedar Rapids	IA	43	M	28:10	9:04
28	153	Randy Bachman	Cedar Rapids	IA	56	M	28:47	9:16
29	136	Rod Budzinski	Marion	IA	43	M	29:05	9:22
30	137	Gary McDonnell	Dubuque	IA	44	M	29:51	9:37
31	144	Mark Dierks	Marion	IA	47	M	30:32	9:50
32	130	Gale Rowden	Shellsburg	IA	51	M	30:42	9:53
33	12	Ben Blood	Marion	IA	31	M	31:03	10:00
34	155	Dan Penz	Cedar Rapids	IA	26	M	31:37	10:11
35	74	Scott Neighbor	Center Point	IA	46	M	31:53	10:16
36	135	Terry McGowan	Palo	IA	30	M	31:55	10:17
37	147	Sam Schilling	Edgewood	IA	9	M	32:05	10:20
38	140	Will McDonnell	Dubuque	IA	11	M	32:08	10:21
39	14	Russ Brandt	Center Point	IA	50	M	32:20	10:25
40	158	Cody Nie	Marion	IA	24	M	32:21	10:25
41	98	Michael Sells	Center Point	IA	42	M	32:22	10:25
42	39	Bill Grudzinski	Anamosa	IA	44	M	32:40	10:31
43	4	Tim Anderson	Delhi	IA	52	M	32:49	10:34
44	123	Adam Miller	Cedar Rapids	IA	29	M	33:12	10:41
45	66	Corey McAfee	Palo	IA	33	M	34:35	11:08
46	36	Austin Gleason	Cedar Rapids	IA	14	M	34:45	11:11
47	6	Matt Behnke	Marion	IA	12	M	35:27	11:25
48	103	Kenny Slaton	Fairfax	IA	44	M	36:11	11:39
49	25	Mike Dougherty	Coggon	IA	50	M	36:20	11:42
50	7	Russell Behnke	Marion	IA	43	M	39:24	12:41
51	20	Howard Cook	Danville	KY	56	M	40:15	12:58
52	35	Adam Gleason	Cedar Rapids	IA	12	M	40:47	13:08
53	37	Brian Gleason	Cedar Rapids	IA	39	M	40:51	13:09
54	19	Brett Caspers	Vinton	IA	46	M	41:52	13:29
55	61	Dan Lubben	Marion	IA	48	M	41:59	13:31
56	62	Dj Lubben	Marion	IA	20	M	44:16	14:15

57	149	Jake Schilling	Edgewood	IA	7	M	54:58	17:42
58	143	Bob Schilling	Edgewood	IA	38	M	55:09	17:45
59	109	Tony Stadheim	Unknown	UN	99	M	1:00:33	19:30
60	95	Peter Schmitt	Ames	IA	26	M	1:02:02	19:58
61	34	Greg Gauley	Walker	IA	52	M	1:13:59	23:49
62	29	Cody Estling	Center Point	IA	37	M	1:17:50	25:03

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
=====	=====	=====	=====	==	=====	=	=====	=====
1	146	Melissa Mundell	Cedar Rapids	IA	36	F	24:57	8:02
2	89	Kolby Sackett	Center Point	IA	23	F	26:41	8:36
3	71	Jenna Neighbor	Center Point	IA	13	F	26:43	8:36
4	49	Hannah Ironside	Swisher	IA	9	F	28:09	9:04
5	69	Karly Millikin	Center Point	IA	13	F	28:38	9:13
6	33	Lindsey Gapinski	Dubuque	IA	28	F	28:41	9:14
7	24	Kassie Docker	Cedar Rapids	IA	30	F	28:42	9:15
8	73	Kristin Neighbor	Center Point	IA	44	F	28:44	9:15
9	46	Kelly Hutchcroft	Cedar Rapids	IA	36	F	28:51	9:18
10	26	Sierra Dougherty	Coggon	IA	15	F	29:31	9:30
11	31	Michele Flagel	Shellsburg	IA	40	F	29:48	9:36
12	27	Naomi Dunning	Cedar Rapids	IA	32	F	29:49	9:36
13	134	Emily Andrews	Center Point	IA	32	F	30:43	9:53
14	97	Pam Schneider	Marion	IA	47	F	30:55	9:57
15	80	Janisse Pietri	Marion	IA	25	F	31:40	10:12
16	17	Jenna Carlson	Cedar Rapids	IA	25	F	31:45	10:14
17	15	Angie Brekke	Palo	IA	29	F	32:30	10:28
18	40	Michele Grudzinski	Anamosa	IA	39	F	32:40	10:31
19	48	Gracie Ironside	Swisher	IA	10	F	33:22	10:45
20	1	Amy Adams	Cedar Rapids	IA	38	F	33:32	10:48
21	47	Deb Ironside	Cedar Rapids	IA	60	F	33:35	10:49
22	10	Neha Bhasin	North Liberty	IA	33	F	34:18	11:03
23	50	Maggie Ironside	Swisher	IA	7	F	34:30	11:07
24	78	Haley Paige	Shellsburg	IA	32	F	35:05	11:18
25	11	Shawnell Blattler	Shellsburg	IA	31	F	35:07	11:18
26	23	Michele Deutmeyer	Anamosa	IA	41	F	35:19	11:22
27	5	Debby Behnke	Marion	IA	42	F	35:39	11:29
28	60	Stephanie Leff	Cedar Rapids	IA	39	F	35:59	11:35
29	59	Abbey Leff	Cedar Rapids	IA	10	F	35:59	11:35
30	151	Peggy Schilling	Edgewood	IA	42	F	36:14	11:40
31	93	Jaalah Schmidt	Cedar Rapids	IA	12	F	36:32	11:46
32	102	Christina Slaton	Fairfax	IA	42	F	37:28	12:04
33	104	Emma Slings	Palo	IA	8	F	37:29	12:04
34	105	Melinda Slings	Palo	IA	33	F	37:33	12:05
35	21	Latreasha Cook	Danville	KY	46	F	37:43	12:09
36	99	Amy Sells	Center Point	IA	42	F	38:05	12:16
37	28	Ronda Emerson	Cedar Rapids	IA	47	F	40:01	12:53
38	127	Denise Welte	Atkins	IA	26	F	41:07	13:14
39	18	Les Caspers	Vinton	IA	51	F	41:20	13:19
40	3	Mickala Anderson	Marion	IA	32	F	42:28	13:41
41	100	Carolyn Siebrecht	Cedar Rapids	IA	36	F	43:42	14:04
42	38	Lisa Gleason	Cedar Rapids	IA	34	F	43:53	14:08
43	63	Judy Lubben	Marion	IA	47	F	43:57	14:09
44	150	Abigail Schilling	Edgewood	IA	4	F	54:33	17:34
45	52	Samantha Ironside	Swisher	IA	36	F	58:46	18:55
46	88	Katie Sackett	Cedar Rapids	IA	26	F	1:06:10	21:18
47	132	Kim Erbes	Cedar Rapids	IA	48	F	1:15:51	24:25

FEMALE AGE GROUP RESULTS 1 - 12

Place	No.	Name	City	St	Age	S	Time	Pace
1	49	Hannah Ironside	Swisher	IA	9	F	28:09	9:04
2	48	Gracie Ironside	Swisher	IA	10	F	33:22	10:45
3	50	Maggie Ironside	Swisher	IA	7	F	34:30	11:07
4	59	Abbey Leff	Cedar Rapids	IA	10	F	35:59	11:35
5	93	Jaalah Schmidt	Cedar Rapids	IA	12	F	36:32	11:46
6	104	Emma Slings	Palo	IA	8	F	37:29	12:04
7	150	Abigail Schilling	Edgewood	IA	4	F	54:33	17:34

MALE AGE GROUP RESULTS 1 - 12

Place	No.	Name	City	St	Age	S	Time	Pace
1	147	Sam Schilling	Edgewood	IA	9	M	32:05	10:20
2	140	Will McDonnell	Dubuque	IA	11	M	32:08	10:21
3	6	Matt Behnke	Marion	IA	12	M	35:27	11:25
4	35	Adam Gleason	Cedar Rapids	IA	12	M	40:47	13:08
5	149	Jake Schilling	Edgewood	IA	7	M	54:58	17:42

FEMALE AGE GROUP RESULTS 13 - 17

Place	No.	Name	City	St	Age	S	Time	Pace
1	71	Jenna Neighbor	Center Point	IA	13	F	26:43	8:36
2	69	Karly Millikin	Center Point	IA	13	F	28:38	9:13
3	26	Sierra Dougherty	Coggon	IA	15	F	29:31	9:30

MALE AGE GROUP RESULTS 13 - 17

Place	No.	Name	City	St	Age	S	Time	Pace
1	68	Adam Millikin	Center Point	IA	17	M	19:34	6:18
2	110	Adison Steinfeld	Atkins	IA	13	M	21:01	6:46
3	91	Cade Saeugling	Cedar Rapids	IA	14	M	21:02	6:47
4	157	Jacob Schmitt	Winthrop	IA	15	M	21:32	6:56
5	148	Austin Neighbor	Center Point	IA	16	M	23:18	7:30
6	22	Jamie Cousins	Cedar Rapids	IA	16	M	24:49	8:00
7	145	Noah Dierks	Marion	IA	13	M	26:26	8:31
8	125	John Eden	Vinton	IA	17	M	27:36	8:53
9	126	Riley Ries	Vinton	IA	16	M	28:06	9:03
10	36	Austin Gleason	Cedar Rapids	IA	14	M	34:45	11:11

FEMALE AGE GROUP RESULTS 18 - 34

Place	No.	Name	City	St	Age	S	Time	Pace
1	89	Kolby Sackett	Center Point	IA	23	F	26:41	8:36
2	33	Lindsey Gapinski	Dubuque	IA	28	F	28:41	9:14
3	24	Kassie Docker	Cedar Rapids	IA	30	F	28:42	9:15
4	27	Naomi Dunning	Cedar Rapids	IA	32	F	29:49	9:36
5	134	Emily Andrews	Center Point	IA	32	F	30:43	9:53
6	80	Janisse Pietri	Marion	IA	25	F	31:40	10:12

7	17	Jenna Carlson	Cedar Rapids	IA	25	F	31:45	10:14
8	15	Angie Brekke	Palo	IA	29	F	32:30	10:28
9	10	Neha Bhasin	North Liberty	IA	33	F	34:18	11:03
10	78	Haley Paige	Shellsburg	IA	32	F	35:05	11:18
11	11	Shawnell Blattler	Shellsburg	IA	31	F	35:07	11:18
12	105	Melinda Slings	Palo	IA	33	F	37:33	12:05
13	127	Denise Welte	Atkins	IA	26	F	41:07	13:14
14	3	Mickala Anderson	Marion	IA	32	F	42:28	13:41
15	38	Lisa Gleason	Cedar Rapids	IA	34	F	43:53	14:08
16	88	Katie Sackett	Cedar Rapids	IA	26	F	1:06:10	21:18

MALE AGE GROUP RESULTS 18 - 34

Place	No.	Name	City	St	Age	S	Time	Pace
1	72	Jordan Neighbor	Center Point	IA	20	M	21:01	6:46
2	131	Blake Tuwle	Cedar Rapids	IA	30	M	21:30	6:56
3	107	Kyle Smith	Hiawatha	IA	26	M	22:41	7:19
4	92	Justin Sands	Cedar Rapids	IA	32	M	22:43	7:19
5	57	Zachary Koch	Cedar Rapids	IA	30	M	22:43	7:19
6	30	Michael Fannin	Urbana	IA	18	M	22:58	7:24
7	85	Aaron Sackett	Center Point	IA	21	M	25:37	8:15
8	87	Jon Sackett	Center Point	IA	24	M	26:05	8:24
9	12	Ben Blood	Marion	IA	31	M	31:03	10:00
10	155	Dan Penz	Cedar Rapids	IA	26	M	31:37	10:11
11	135	Terry McGowan	Palo	IA	30	M	31:55	10:17
12	158	Cody Nie	Marion	IA	24	M	32:21	10:25
13	123	Adam Miller	Cedar Rapids	IA	29	M	33:12	10:41
14	66	Corey McAfee	Palo	IA	33	M	34:35	11:08
15	62	Dj Lubben	Marion	IA	20	M	44:16	14:15
16	95	Peter Schmitt	Ames	IA	26	M	1:02:02	19:58

FEMALE AGE GROUP RESULTS 35 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	146	Melissa Mundell	Cedar Rapids	IA	36	F	24:57	8:02
2	73	Kristin Neighbor	Center Point	IA	44	F	28:44	9:15
3	46	Kelly Hutchcroft	Cedar Rapids	IA	36	F	28:51	9:18
4	31	Michele Flagel	Shellsburg	IA	40	F	29:48	9:36
5	97	Pam Schneider	Marion	IA	47	F	30:55	9:57
6	40	Michele Grudzinski	Anamosa	IA	39	F	32:40	10:31
7	1	Amy Adams	Cedar Rapids	IA	38	F	33:32	10:48
8	23	Michele Deutmeyer	Anamosa	IA	41	F	35:19	11:22
9	5	Debby Behnke	Marion	IA	42	F	35:39	11:29
10	60	Stephanie Leff	Cedar Rapids	IA	39	F	35:59	11:35
11	151	Peggy Schilling	Edgewood	IA	42	F	36:14	11:40
12	102	Christina Slaton	Fairfax	IA	42	F	37:28	12:04
13	21	Latreasha Cook	Danville	KY	46	F	37:43	12:09
14	99	Amy Sells	Center Point	IA	42	F	38:05	12:16
15	28	Ronda Emerson	Cedar Rapids	IA	47	F	40:01	12:53
16	100	Carolyn Siebrecht	Cedar Rapids	IA	36	F	43:42	14:04
17	63	Judy Lubben	Marion	IA	47	F	43:57	14:09
18	52	Samantha Ironside	Swisher	IA	36	F	58:46	18:55
19	132	Kim Erbes	Cedar Rapids	IA	48	F	1:15:51	24:25

MALE AGE GROUP RESULTS 35 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	129	Troy Riley	Morrison	IL	46	M	20:38	6:39
2	141	Matt Ironside	Swisher	IA	40	M	21:42	7:00
3	120	Robb Wessels	Cedar Rapids	IA	35	M	23:06	7:27
4	94	Kyle Schminke	Shellsburg	IA	46	M	24:07	7:46
5	152	Ryan Wetlaufer	Cedar Falls	IA	40	M	24:52	8:01
6	156	Casey Estling	Urbana	IA	36	M	25:58	8:22
7	43	Matt Hayes	Cedar Rapids	IA	35	M	26:08	8:25
8	42	Rodney Hartwig	Cedar Rapids	IA	43	M	28:10	9:04
9	136	Rod Budzinski	Marion	IA	43	M	29:05	9:22
10	137	Gary McDonnell	Dubuque	IA	44	M	29:51	9:37
11	144	Mark Dierks	Marion	IA	47	M	30:32	9:50
12	74	Scott Neighbor	Center Point	IA	46	M	31:53	10:16
13	98	Michael Sells	Center Point	IA	42	M	32:22	10:25
14	39	Bill Grudzinski	Anamosa	IA	44	M	32:40	10:31
15	103	Kenny Slaton	Fairfax	IA	44	M	36:11	11:39
16	7	Russell Behnke	Marion	IA	43	M	39:24	12:41
17	37	Brian Gleason	Cedar Rapids	IA	39	M	40:51	13:09
18	19	Brett Caspers	Vinton	IA	46	M	41:52	13:29
19	61	Dan Lubben	Marion	IA	48	M	41:59	13:31
20	143	Bob Schilling	Edgewood	IA	38	M	55:09	17:45
21	29	Cody Estling	Center Point	IA	37	M	1:17:50	25:03

FEMALE AGE GROUP RESULTS 50 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
1	47	Deb Ironside	Cedar Rapids	IA	60	F	33:35	10:49
2	18	Lesa Caspers	Vinton	IA	51	F	41:20	13:19

MALE AGE GROUP RESULTS 50 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
1	108	Mark Smith	Eldora	IA	55	M	24:46	7:59
2	70	Scott Millikin	Center Point	IA	50	M	28:07	9:03
3	153	Randy Bachman	Cedar Rapids	IA	56	M	28:47	9:16
4	130	Gale Rowden	Shellsburg	IA	51	M	30:42	9:53
5	14	Russ Brandt	Center Point	IA	50	M	32:20	10:25
6	4	Tim Anderson	Delhi	IA	52	M	32:49	10:34
7	25	Mike Dougherty	Coggon	IA	50	M	36:20	11:42
8	20	Howard Cook	Danville	KY	56	M	40:15	12:58
9	109	Tony Stadheim	Unknown	UN	99	M	1:00:33	19:30
10	34	Greg Gauley	Walker	IA	52	M	1:13:59	23:49