

AIMING FOR A CURE  
5K and 10K Run/Walk  
August 23, 2014  
Palo, Iowa

5K RUNNER RESULTS

Place	Div/Tot	Name	City	St	Age	S	Time	Pace
1	1/11	Adison Steinfeld	Atkins	IA	14	M	19:20	6:14
2	2/11	Noah Dierks	Marion	IA	14	M	20:50	6:43
3	3/11	Kevin Ockenfels	Center Point	IA	16	M	20:51	6:43
4	4/11	Jed Wyse	Center Point	IA	14	M	20:54	6:44
5	1/20	Jeremy Hodson	Cedar Rapids	IA	37	M	21:00	6:46
6	1/5	Jordan Neighbor	Center Point	IA	21	M	21:22	6:53
7	5/11	Jamie Cousins	Cedar Rapids	IA	17	M	21:23	6:53
8	6/11	James Orr	Marion	IA	15	M	21:25	6:54
9	7/11	Seth Boss	Central City	IA	13	M	21:25	6:54
10	2/20	Robb Wessels	Cedar Rapids	IA	36	M	22:23	7:13
11	3/20	Brandon Richards	Cedar Rapids	IA	40	M	22:27	7:14
12	8/11	Austin Neighbor	Center Point	IA	17	M	22:35	7:17
13	1/7	Mark Roseberry	Center Point	IA	50	M	22:52	7:22
14	4/20	Dan McKenna	Vinton	IA	37	M	23:02	7:25
15	9/11	Garrett Ries	Robins	IA	13	M	23:02	7:25
16	1/19	Heather Jurgenson	Cedar Rapids	IA	36	F	23:11	7:28
17	2/5	Aaron Sackett	Center Point	IA	22	M	23:22	7:32
18	5/20	Mark Conzett	Cedar Rapids	IA	48	M	23:43	7:38
19	1/7	Callie Neighbor	Center Point	IA	14	F	25:07	8:05
20	2/7	Jenna Neighbor	Center Point	IA	14	F	25:54	8:20
21	6/20	Christopher Shakes	Center Point	IA	38	M	25:57	8:21
22	1/20	Whitney Bloom	Le Claire	IA	27	F	26:36	8:34
23	3/7	Morgan Barnard	Keystone	IA	16	F	26:38	8:35
24	7/20	Jeff Boss	Central City	IA	44	M	26:54	8:40
25	1/6	Curtis Erickson	Vinton	IA	10	M	27:04	8:43
26	3/5	Jon Sackett	Center Point	IA	25	M	27:10	8:45
27	2/20	Kolby Sackett	Center Point	IA	24	F	27:24	8:49
28	2/19	Susan Johnson	Cedar Rapids	IA	40	F	27:27	8:50
29	8/20	A.J. Narveson	Urbana	IA	35	M	27:45	8:56
30	3/20	Alexis Anderson	Cedar Rapids	IA	32	F	27:50	8:58
31	4/20	Carissa Brehm	Cedar Rapids	IA	27	F	27:51	8:58
32	3/19	Amy McDonnell	Dubuque	IA	43	F	27:53	8:59
33	9/20	Doug Kelley	Cedar Rapids	IA	44	M	28:02	9:02
34	4/19	Jennifer Ockenfels	Center Point	IA	47	F	28:23	9:09
35	10/11	Owen Sloop	Vinton	IA	15	M	28:24	9:09
36	10/20	Randy Schmitt	Cedar Rapids	IA	49	M	28:28	9:10
37	4/7	Sierra Dougherty	Coggon	IA	16	F	28:39	9:14
38	5/20	Jill Sadler	Cedar Rapids	IA	21	F	28:40	9:14
39	1/3	Lisa Flaherty	Fairfax	IA	51	F	28:58	9:20
40	11/20	Rod Budzinski	Marion	IA	44	M	29:10	9:24
41	11/11	Austin Gleason	Cedar Rapids	IA	15	M	29:16	9:25
42	6/20	Marie Billings	Marion	IA	30	F	29:28	9:29
43	1/6	Gracie Ironside	Swisher	IA	11	F	29:31	9:30
44	12/20	Brian Gleason	Cedar Rapids	IA	40	M	29:54	9:38
45	13/20	Mark Dierks	Marion	IA	48	M	29:58	9:39
46	4/5	Dan Pere	Cedar Rapids	IA	27	M	30:12	9:44
47	7/20	Kristi Lutz	Mt Auburn	IA	27	F	30:19	9:46
48	8/20	April Summers	Cedar Rapids	IA	28	F	30:30	9:49
49	2/6	Brooks Erickson	Vinton	IA	12	M	30:34	9:51
50	3/6	Julius Sloop	Vinton	IA	11	M	30:37	9:52
51	2/6	Hannah Ironside	Swisher	IA	10	F	30:38	9:52

52	14/20	Bill Sloop	Vinton	IA	41 M	30:38	9:52
53	4/6	Colin Flannagan	Cedar Rapids	IA	10 M	30:40	9:53
54	5/19	Brenda Wyse	Center Point	IA	43 F	31:08	10:02
55	2/7	Gale Rowden	Shellsburg	IA	52 M	31:09	10:02
56	3/6	Claire Neighbor	Center Point	IA	11 F	31:11	10:03
57	5/7	Bailey Barnard	Keystone	IA	14 F	31:21	10:06
58	9/20	Haley Paige	Shellsburg	IA	33 F	31:26	10:07
59	15/20	Gene Ries	Robins	IA	41 M	31:27	10:08
60	10/20	Shawnell Blattler	Shellsburg	IA	32 F	31:28	10:08
61	6/7	Karly Millikin	Center Point	IA	14 F	31:33	10:10
62	4/6	Maggie Ironside	Swisher	IA	8 F	31:34	10:10
63	11/20	Lila Wulfekuhle	Peosta	IA	30 F	31:37	10:11
64	3/7	Russ Brandt	Center Point	IA	52 M	31:47	10:14
65	12/20	Kate Lyon	Hiawatha	IA	33 F	31:51	10:15
66	16/20	Scott Neighbor	Center Point	IA	47 M	32:11	10:22
67	5/6	Emma Hayes	Cedar Rapids	IA	11 F	32:34	10:29
68	17/20	Matt Hayes	Cedar Rapids	IA	36 M	32:35	10:29
69	4/7	Scott Millikin	Center Point	IA	51 M	32:45	10:33
70	6/19	Sandy Likeda	Fairfax	IA	38 F	32:58	10:37
71	7/19	Sue Chapman	Fairfax	IA	46 F	32:59	10:37
72	8/19	Mandy Shakespeare	Center Point	IA	36 F	33:03	10:39
73	13/20	Ashley Thompson	North Liberty	IA	31 F	33:30	10:47
74	14/20	Dara Lipke	Cedar Falls	IA	21 F	33:33	10:48
75	15/20	Kylee Pyle	Palo	IA	21 F	33:33	10:48
76	9/19	Charol Steinford	Atkins	IA	47 F	34:27	11:06
77	5/7	Mike Dougherty	Coggon	IA	51 M	34:39	11:09
78	10/19	Michele Deutmeyer	Anamosa	IA	42 F	34:49	11:13
79	11/19	Tara Boston	Van Horne	IA	36 F	34:52	11:14
80	12/19	Shelly Sampson	Cedar Rapids	IA	48 F	34:58	11:16
81	7/7	Madison Ries	Robins	IA	16 F	35:00	11:16
82	16/20	Katie Narveson	Urbana	IA	30 F	35:53	11:33
83	5/5	Nathan Tjelmeland	Center Point	IA	26 M	36:27	11:44
84	6/7	Tim Anderson	Delhi	IA	53 M	36:43	11:50
85	6/6	Grace Ries	Robins	IA	12 F	36:48	11:51
86	13/19	Kate Ries	Robins	IA	39 F	36:50	11:52
87	17/20	Nicole Tjelmeland	Center Point	IA	24 F	36:55	11:53
88	14/19	Ronda Emerson	Cedar Rapids	IA	48 F	37:00	11:55
89	7/7	Howard Cook	Danville	KY	57 M	37:11	11:59
90	18/20	Mickala Anderson	Marion	IA	33 F	38:08	12:17
91	15/19	Lisa Gleason	Cedar Rapids	IA	35 F	38:39	12:27
92	5/6	Andrew Ahmann	Marion	IA	7 M	38:45	12:29
93	6/6	Jacob Ahmann	Marion	IA	4 M	38:46	12:29
94	18/20	Tom Ahmann	Marion	IA	37 M	38:46	12:29
95	19/20	Michelle Opperman	Palo	IA	31 F	40:20	12:59
96	16/19	Latreasha Cook	Danville	KY	47 F	41:07	13:14
97	19/20	Brian Redington	Cedar Rapids	IA	37 M	41:07	13:14
98	17/19	Nicole Redington	Cedar Rapids	IA	36 F	41:10	13:15
99	20/20	Jessica Purdie	Morristown	MN	27 F	41:34	13:23
100	18/19	Kelly Ahmann	Marion	IA	36 F	42:12	13:35
101	2/3	Tammy Dougherty	Coggon	IA	50 F	42:15	13:36
102	19/19	Marie Johansen	Elgin	IA	49 F	45:55	14:47
103	20/20	Brett Caspers	Vinton	IA	47 M	48:13	15:31
104	3/3	Lesia Caspers	Vinton	IA	52 F	48:14	15:32

MALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	376	Adison Steinfeld	Atkins	IA	14	M	19:20	6:14
2	400	Noah Dierks	Marion	IA	14	M	20:50	6:43
3	387	Kevin Ockenfels	Center Point	IA	16	M	20:51	6:43
4	334	Jed Wyse	Center Point	IA	14	M	20:54	6:44
5	205	Jeremy Hodson	Cedar Rapids	IA	37	M	21:00	6:46
6	356	Jordan Neighbor	Center Point	IA	21	M	21:22	6:53
7	339	Jamie Cousins	Cedar Rapids	IA	17	M	21:23	6:53
8	206	James Orr	Marion	IA	15	M	21:25	6:54
9	371	Seth Boss	Central City	IA	13	M	21:25	6:54
10	346	Robb Wessels	Cedar Rapids	IA	36	M	22:23	7:13
11	238	Brandon Richards	Cedar Rapids	IA	40	M	22:27	7:14
12	355	Austin Neighbor	Center Point	IA	17	M	22:35	7:17
13	230	Mark Roseberry	Center Point	IA	50	M	22:52	7:22
14	217	Dan McKenna	Vinton	IA	37	M	23:02	7:25
15	393	Garrett Ries	Robins	IA	13	M	23:02	7:25
16	210	Aaron Sackett	Center Point	IA	22	M	23:22	7:32
17	207	Mark Conzett	Cedar Rapids	IA	48	M	23:43	7:38
18	239	Christopher Shakes	Center Point	IA	38	M	25:57	8:21
19	370	Jeff Boss	Central City	IA	44	M	26:54	8:40
20	221	Curtis Erickson	Vinton	IA	10	M	27:04	8:43
21	212	Jon Sackett	Center Point	IA	25	M	27:10	8:45
22	390	A.J. Narveson	Urbana	IA	35	M	27:45	8:56
23	214	Doug Kelley	Cedar Rapids	IA	44	M	28:02	9:02
24	365	Owen Sloop	Vinton	IA	15	M	28:24	9:09
25	216	Randy Schmitt	Cedar Rapids	IA	49	M	28:28	9:10
26	232	Rod Budzinski	Marion	IA	44	M	29:10	9:24
27	229	Austin Gleason	Cedar Rapids	IA	15	M	29:16	9:25
28	208	Brian Gleason	Cedar Rapids	IA	40	M	29:54	9:38
29	201	Mark Dierks	Marion	IA	48	M	29:58	9:39
30	240	Dan Pere	Cedar Rapids	IA	27	M	30:12	9:44
31	220	Brooks Erickson	Vinton	IA	12	M	30:34	9:51
32	364	Julius Sloop	Vinton	IA	11	M	30:37	9:52
33	363	Bill Sloop	Vinton	IA	41	M	30:38	9:52
34	384	Colin Flannagan	Cedar Rapids	IA	10	M	30:40	9:53
35	223	Gale Rowden	Shellsburg	IA	52	M	31:09	10:02
36	395	Gene Ries	Robins	IA	41	M	31:27	10:08
37	332	Russ Brandt	Center Point	IA	52	M	31:47	10:14
38	354	Scott Neighbor	Center Point	IA	47	M	32:11	10:22
39	348	Matt Hayes	Cedar Rapids	IA	36	M	32:35	10:29
40	335	Scott Millikin	Center Point	IA	51	M	32:45	10:33
41	341	Mike Dougherty	Coggon	IA	51	M	34:39	11:09
42	347	Nathan Tjelmeland	Center Point	IA	26	M	36:27	11:44
43	386	Tim Anderson	Delhi	IA	53	M	36:43	11:50
44	372	Howard Cook	Danville	KY	57	M	37:11	11:59
45	380	Andrew Ahmann	Marion	IA	7	M	38:45	12:29
46	381	Jacob Ahmann	Marion	IA	4	M	38:46	12:29
47	379	Tom Ahmann	Marion	IA	37	M	38:46	12:29
48	228	Brian Redington	Cedar Rapids	IA	37	M	41:07	13:14
49	325	Brett Caspers	Vinton	IA	47	M	48:13	15:31

FEMALE RESULTS

Place	No.	Name	City	St	Age	S	Time	Pace
1	383	Heather Jurgenson	Cedar Rapids	IA	36	F	23:11	7:28
2	359	Callie Neighbor	Center Point	IA	14	F	25:07	8:05
3	357	Jenna Neighbor	Center Point	IA	14	F	25:54	8:20
4	224	Whitney Bloom	Le Claire	IA	27	F	26:36	8:34
5	327	Morgan Barnard	Keystone	IA	16	F	26:38	8:35
6	211	Kolby Sackett	Center Point	IA	24	F	27:24	8:49
7	361	Susan Johnson	Cedar Rapids	IA	40	F	27:27	8:50
8	397	Alexis Anderson	Cedar Rapids	IA	32	F	27:50	8:58
9	399	Carissa Brehm	Cedar Rapids	IA	27	F	27:51	8:58
10	226	Amy McDonnell	Dubuque	IA	43	F	27:53	8:59
11	388	Jennifer Ockenfels	Center Point	IA	47	F	28:23	9:09
12	342	Sierra Dougherty	Coggon	IA	16	F	28:39	9:14
13	368	Jill Sadler	Cedar Rapids	IA	21	F	28:40	9:14
14	345	Lisa Flaherty	Fairfax	IA	51	F	28:58	9:20
15	338	Marie Billings	Marion	IA	30	F	29:28	9:29
16	236	Gracie Ironside	Swisher	IA	11	F	29:31	9:30
17	353	Kristi Lutz	Mt Auburn	IA	27	F	30:19	9:46
18	225	April Summers	Cedar Rapids	IA	28	F	30:30	9:49
19	237	Hannah Ironside	Swisher	IA	10	F	30:38	9:52
20	333	Brenda Wyse	Center Point	IA	43	F	31:08	10:02
21	360	Claire Neighbor	Center Point	IA	11	F	31:11	10:03
22	328	Bailey Barnard	Keystone	IA	14	F	31:21	10:06
23	350	Haley Paige	Shellsburg	IA	33	F	31:26	10:07
24	351	Shawnell Blattler	Shellsburg	IA	32	F	31:28	10:08
25	336	Karly Millikin	Center Point	IA	14	F	31:33	10:10
26	234	Maggie Ironside	Swisher	IA	8	F	31:34	10:10
27	374	Lila Wulfekuhle	Peosta	IA	30	F	31:37	10:11
28	369	Kate Lyon	Hiawatha	IA	33	F	31:51	10:15
29	349	Emma Hayes	Cedar Rapids	IA	11	F	32:34	10:29
30	242	Sandy Likeda	Fairfax	IA	38	F	32:58	10:37
31	241	Sue Chapman	Fairfax	IA	46	F	32:59	10:37
32	203	Mandy Shakespeare	Center Point	IA	36	F	33:03	10:39
33	213	Ashley Thompson	North Liberty	IA	31	F	33:30	10:47
34	204	Dara Lipke	Cedar Falls	IA	21	F	33:33	10:48
35	391	Kylee Pyle	Palo	IA	21	F	33:33	10:48
36	377	Charol Steinfeld	Atkins	IA	47	F	34:27	11:06
37	209	Michele Deutmeyer	Anamosa	IA	42	F	34:49	11:13
38	352	Tara Boston	Van Horne	IA	36	F	34:52	11:14
39	344	Shelly Sampson	Cedar Rapids	IA	48	F	34:58	11:16
40	392	Madison Ries	Robins	IA	16	F	35:00	11:16
41	389	Katie Narveson	Urbana	IA	30	F	35:53	11:33
42	394	Grace Ries	Robins	IA	12	F	36:48	11:51
43	396	Kate Ries	Robins	IA	39	F	36:50	11:52
44	358	Nicole Tjelmeland	Center Point	IA	24	F	36:55	11:53
45	385	Ronda Emerson	Cedar Rapids	IA	48	F	37:00	11:55
46	337	Mickala Anderson	Marion	IA	33	F	38:08	12:17
47	366	Lisa Gleason	Cedar Rapids	IA	35	F	38:39	12:27
48	233	Michelle Opperman	Palo	IA	31	F	40:20	12:59
49	373	Latreesha Cook	Danville	KY	47	F	41:07	13:14
50	227	Nicole Redington	Cedar Rapids	IA	36	F	41:10	13:15
51	218	Jessica Purdie	Morristown	MN	27	F	41:34	13:23
52	382	Kelly Ahmann	Marion	IA	36	F	42:12	13:35
53	343	Tammy Dougherty	Coggon	IA	50	F	42:15	13:36
54	362	Marie Johansen	Elgin	IA	49	F	45:55	14:47
55	326	Lesia Caspers	Vinton	IA	52	F	48:14	15:32

FEMALE AGE GROUP RESULTS 1 - 12

Place	No.	Name	City	St	Age	S	Time	Pace
1	236	Gracie Ironside	Swisher	IA	11	F	29:31	9:30
2	237	Hannah Ironside	Swisher	IA	10	F	30:38	9:52
3	360	Claire Neighbor	Center Point	IA	11	F	31:11	10:03
4	234	Maggie Ironside	Swisher	IA	8	F	31:34	10:10
5	349	Emma Hayes	Cedar Rapids	IA	11	F	32:34	10:29
6	394	Grace Ries	Robins	IA	12	F	36:48	11:51

MALE AGE GROUP RESULTS 1 - 12

Place	No.	Name	City	St	Age	S	Time	Pace
1	221	Curtis Erickson	Vinton	IA	10	M	27:04	8:43
2	220	Brooks Erickson	Vinton	IA	12	M	30:34	9:51
3	364	Julius Sloop	Vinton	IA	11	M	30:37	9:52
4	384	Colin Flannagan	Cedar Rapids	IA	10	M	30:40	9:53
5	380	Andrew Ahmann	Marion	IA	7	M	38:45	12:29
6	381	Jacob Ahmann	Marion	IA	4	M	38:46	12:29

FEMALE AGE GROUP RESULTS 13 - 17

Place	No.	Name	City	St	Age	S	Time	Pace
1	359	Callie Neighbor	Center Point	IA	14	F	25:07	8:05
2	357	Jenna Neighbor	Center Point	IA	14	F	25:54	8:20
3	327	Morgan Barnard	Keystone	IA	16	F	26:38	8:35
4	342	Sierra Dougherty	Coggon	IA	16	F	28:39	9:14
5	328	Bailey Barnard	Keystone	IA	14	F	31:21	10:06
6	336	Karly Millikin	Center Point	IA	14	F	31:33	10:10
7	392	Madison Ries	Robins	IA	16	F	35:00	11:16

MALE AGE GROUP RESULTS 13 - 17

Place	No.	Name	City	St	Age	S	Time	Pace
1	376	Adison Steinford	Atkins	IA	14	M	19:20	6:14
2	400	Noah Dierks	Marion	IA	14	M	20:50	6:43
3	387	Kevin Ockenfels	Center Point	IA	16	M	20:51	6:43
4	334	Jed Wyse	Center Point	IA	14	M	20:54	6:44
5	339	Jamie Cousins	Cedar Rapids	IA	17	M	21:23	6:53
6	206	James Orr	Marion	IA	15	M	21:25	6:54
7	371	Seth Boss	Central City	IA	13	M	21:25	6:54
8	355	Austin Neighbor	Center Point	IA	17	M	22:35	7:17
9	393	Garrett Ries	Robins	IA	13	M	23:02	7:25
10	365	Owen Sloop	Vinton	IA	15	M	28:24	9:09
11	229	Austin Gleason	Cedar Rapids	IA	15	M	29:16	9:25

FEMALE AGE GROUP RESULTS 18 - 34

Place	No.	Name	City	St	Age	S	Time	Pace
1	224	Whitney Bloom	Le Claire	IA	27	F	26:36	8:34

2	211	Kolby Sackett	Center Point	IA	24	F	27:24	8:49
3	397	Alexis Anderson	Cedar Rapids	IA	32	F	27:50	8:58
4	399	Carissa Brehm	Cedar Rapids	IA	27	F	27:51	8:58
5	368	Jill Sadler	Cedar Rapids	IA	21	F	28:40	9:14
6	338	Marie Billings	Marion	IA	30	F	29:28	9:29
7	353	Kristi Lutz	Mt Auburn	IA	27	F	30:19	9:46
8	225	April Summers	Cedar Rapids	IA	28	F	30:30	9:49
9	350	Haley Paige	Shellsburg	IA	33	F	31:26	10:07
10	351	Shawnell Blattler	Shellsburg	IA	32	F	31:28	10:08
11	374	Lila Wulfekuhle	Peosta	IA	30	F	31:37	10:11
12	369	Kate Lyon	Hiawatha	IA	33	F	31:51	10:15
13	213	Ashley Thompson	North Liberty	IA	31	F	33:30	10:47
14	204	Dara Lipke	Cedar Falls	IA	21	F	33:33	10:48
15	391	Kylee Pyle	Palo	IA	21	F	33:33	10:48
16	389	Katie Narveson	Urbana	IA	30	F	35:53	11:33
17	358	Nicole Tjelmeland	Center Point	IA	24	F	36:55	11:53
18	337	Mickala Anderson	Marion	IA	33	F	38:08	12:17
19	233	Michelle Opperman	Palo	IA	31	F	40:20	12:59
20	218	Jessica Purdie	Morristown	MN	27	F	41:34	13:23

MALE AGE GROUP RESULTS 18 - 34

Place	No.	Name	City	St	Age	S	Time	Pace
1	356	Jordan Neighbor	Center Point	IA	21	M	21:22	6:53
2	210	Aaron Sackett	Center Point	IA	22	M	23:22	7:32
3	212	Jon Sackett	Center Point	IA	25	M	27:10	8:45
4	240	Dan Pere	Cedar Rapids	IA	27	M	30:12	9:44
5	347	Nathan Tjelmeland	Center Point	IA	26	M	36:27	11:44

FEMALE AGE GROUP RESULTS 35 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	383	Heather Jurgenson	Cedar Rapids	IA	36	F	23:11	7:28
2	361	Susan Johnson	Cedar Rapids	IA	40	F	27:27	8:50
3	226	Amy McDonnell	Dubuque	IA	43	F	27:53	8:59
4	388	Jennifer Ockenfels	Center Point	IA	47	F	28:23	9:09
5	333	Brenda Wyse	Center Point	IA	43	F	31:08	10:02
6	242	Sandy Likeda	Fairfax	IA	38	F	32:58	10:37
7	241	Sue Chapman	Fairfax	IA	46	F	32:59	10:37
8	203	Mandy Shakespeare	Center Point	IA	36	F	33:03	10:39
9	377	Charol Steinfeld	Atkins	IA	47	F	34:27	11:06
10	209	Michele Deutmeyer	Anamosa	IA	42	F	34:49	11:13
11	352	Tara Boston	Van Horne	IA	36	F	34:52	11:14
12	344	Shelly Sampson	Cedar Rapids	IA	48	F	34:58	11:16
13	396	Kate Ries	Robins	IA	39	F	36:50	11:52
14	385	Ronda Emerson	Cedar Rapids	IA	48	F	37:00	11:55
15	366	Lisa Gleason	Cedar Rapids	IA	35	F	38:39	12:27
16	373	Latreasha Cook	Danville	KY	47	F	41:07	13:14
17	227	Nicole Redington	Cedar Rapids	IA	36	F	41:10	13:15
18	382	Kelly Ahmann	Marion	IA	36	F	42:12	13:35
19	362	Marie Johansen	Elgin	IA	49	F	45:55	14:47

MALE AGE GROUP RESULTS 35 - 49

Place	No.	Name	City	St	Age	S	Time	Pace
1	205	Jeremy Hodson	Cedar Rapids	IA	37	M	21:00	6:46
2	346	Robb Wessels	Cedar Rapids	IA	36	M	22:23	7:13
3	238	Brandon Richards	Cedar Rapids	IA	40	M	22:27	7:14
4	217	Dan McKenna	Vinton	IA	37	M	23:02	7:25
5	207	Mark Conzett	Cedar Rapids	IA	48	M	23:43	7:38
6	239	Christopher Shakes	Center Point	IA	38	M	25:57	8:21
7	370	Jeff Boss	Central City	IA	44	M	26:54	8:40
8	390	A.J. Narveson	Urbana	IA	35	M	27:45	8:56
9	214	Doug Kelley	Cedar Rapids	IA	44	M	28:02	9:02
10	216	Randy Schmitt	Cedar Rapids	IA	49	M	28:28	9:10
11	232	Rod Budzinski	Marion	IA	44	M	29:10	9:24
12	208	Brian Gleason	Cedar Rapids	IA	40	M	29:54	9:38
13	201	Mark Dierks	Marion	IA	48	M	29:58	9:39
14	363	Bill Sloop	Vinton	IA	41	M	30:38	9:52
15	395	Gene Ries	Robins	IA	41	M	31:27	10:08
16	354	Scott Neighbor	Center Point	IA	47	M	32:11	10:22
17	348	Matt Hayes	Cedar Rapids	IA	36	M	32:35	10:29
18	379	Tom Ahmann	Marion	IA	37	M	38:46	12:29
19	228	Brian Redington	Cedar Rapids	IA	37	M	41:07	13:14
20	325	Brett Caspers	Vinton	IA	47	M	48:13	15:31

FEMALE AGE GROUP RESULTS 50 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
1	345	Lisa Flaherty	Fairfax	IA	51	F	28:58	9:20
2	343	Tammy Dougherty	Coggon	IA	50	F	42:15	13:36
3	326	Lesa Caspers	Vinton	IA	52	F	48:14	15:32

MALE AGE GROUP RESULTS 50 - 99

Place	No.	Name	City	St	Age	S	Time	Pace
1	230	Mark Roseberry	Center Point	IA	50	M	22:52	7:22
2	223	Gale Rowden	Shellsburg	IA	52	M	31:09	10:02
3	332	Russ Brandt	Center Point	IA	52	M	31:47	10:14
4	335	Scott Millikin	Center Point	IA	51	M	32:45	10:33
5	341	Mike Dougherty	Coggon	IA	51	M	34:39	11:09
6	386	Tim Anderson	Delhi	IA	53	M	36:43	11:50
7	372	Howard Cook	Danville	KY	57	M	37:11	11:59