



SEPTEMBER 26, 2009

Hosted by:



Race Conditions: 65 degrees, Humidity 76%, Winds Calm.

2009 Women's Results:

Women 19 and under						Age Grp	Overall
Gender	Age	City	Bib#	Time	Place	Place	
F	12	Des Moines	151	00:23'18"27	1	13	
F	13	Adel	292	00:26'50"74	2	48	
F	13	Ankeny	193	00:32'51"58	3	145	
F	11	Des Moines	148	00:33'10"87	4	150	
F	14	West Des Moines	177	00:33'38"87	5	158	
F	10	Johnston	365	00:39'29"01	6	225	
F	10	Windsor Heights	345	00:40'51"96	7	235	
F	10	Urbandale	388	00:48'54"23	8	258	
F	9	Jefferson	294	00:50'31"74	9	263	

Women 20-29						Age Grp	Overall
Gender	Age	City	Bib#	Time	Place	Place	
F	24	West Des Moines	245	00:24'25"71	1	25	
F	27	Ankeny	106	00:25'20"65	2	31	
F	20	Des Moines	369	00:25'21"20	3	32	
F	24	Ankeny	402	00:25'32"37	4	33	
F	23	Des Moines	170	00:25'39"46	5	34	
F	21	Des Moines	190	00:26'10"61	6	41	
F	24	West Des Moines	297	00:27'09"06	7	49	
F	24	Urbandale	216	00:28'41"87	8	72	
F	24	West Des Moines	261	00:29'22"18	9	81	
F	26	Grimes	114	00:29'29"81	10	83	
F	24	Ankeny	167	00:29'45"81	11	90	
F	26	Ankeny	352	00:30'28"65	12	97	
F	29	Ankeny	322	00:30'44"93	13	103	
F	23	West Des Moines	200	00:30'52"17	14	107	
F	25	Prole	139	00:30'52"96	15	108	
F	27	Des Moines	105	00:30'54"84	16	109	
F	27	Waukee	302	00:31'36"64	17	115	
F	29	Urbandale	201	00:31'41"21	18	119	

Janelle	Buxton	F	26	Des Moines	397	00:32'00"14	19	122
Sandra	Foster	F	26	West Des Moines	166	00:32'02"77	20	126
Jacki	Rittenhouse	F	28	West Des Moines	306	00:32'03"62	21	127
Megan	Frank	F	25	West Des Moines	188	00:32'07"46	22	128
Steph	Weltzin	F	24	Nashua	310	00:32'14"99	23	130
Shannon	Rees	F	22	Guthrie Center	361	00:32'16"96	24	131
Emily	Schettler	F	21	Indianola	260	00:32'19"62	25	133
Danielle	Seim	F	25	Johnston	103	00:32'22"42	26	136
Annie	Wilson	F	29	Colo	129	00:32'23"86	27	137
Sara	Schyvinck	F	29	Grimes	147	00:32'25"83	28	139
Mary	Schwab	F	29	Des Moines	330	00:32'28"40	29	140
Ayden	Ollivier	F	26	Johnston	187	00:33'02"65	30	147
Fran	Beavers	F	26	West Des Moines	409	00:33'53"54	31	163
Kelli	DeVore	F	28	West Des Moines	205	00:33'58"05	32	164
Sarah	Bartine	F	28	Urbandale	108	00:34'02"36	33	166
Morgan	Curtis	F	26	Roland	121	00:34'37"18	34	174
Nicole	Essink	F	29	Altoona	354	00:34'47"71	35	176
Kelli	Brus	F	28	Ankeny	249	00:35'00"46	36	179
Autumn	Luce	F	27	Des Moines	116	00:35'12"24	37	183
Rebecca	Nosbisch	F	29	Runnells	301	00:35'13"54	38	185
Ellen	Chaussee	F	28	West Des Moines	194	00:35'21"78	39	189
Stacy	Shipman	F	21	Urbandale	127	00:35'27"24	40	192
Brienna	Jordan	F	23	Des Moines	135	00:35'52"96	41	196
Amber	Weber	F	22	Ankeny	211	00:36'05"30	42	198
Susan	Langman	F	26	Waukee	382	00:36'30"46	43	203
Jessica	Hanson	F	29	Des Moines	192	00:36'35"17	44	204
Jenny	Robertson	F	28	Des Moines	413	00:36'36"43	45	205
Megan	Gute	F	23	Ankeny	287	00:37'37"99	46	211
Jennifer	Wojtowicz	F	26	Des Moines	296	00:37'38"65	47	212
Rachel	Arvidson	F	29	Urbandale	387	00:37'39"74	48	214
Jackie	Westhoff	F	27	Des Moines	191	00:38'59"58	49	220
JoAnn	Van Vleet	F	25	Urbandale	160	00:39'34"58	50	227
Joanna	Schoel	F	26	Indianola	125	00:41'04"84	51	237
Jill	VanDenBerg	F	27	Des Moines	164	00:41'06"18	52	238
Nicole	Heinkel	F	26	Des Moines	174	00:41'48"43	53	240
Lisa	Klopfenstein	F	26	Des Moines	380	00:42'59"27	54	242
Kathryn	Balke	F	26	Ankeny	232	00:43'04"24	55	243
Cathy	Nelson	F	27	Knoxville	242	00:43'08"74	56	244
Heather	Billups	F	25	West Des Moines	331	00:43'15"74	57	245
April	Bonar	F	25	Waukee	265	00:46'47"90	58	251
Shealon	Welder	F	20	Woodward	196	00:48'44"56	59	256
Jennifer	O'Brien	F	29	Des Moines	350	00:50'34"39	60	264
Emily	Cleek	F	20	Des Moines	197	00:52'53"65	61	267
Holly	D'Anna	F	20	Des Moines	198	00:52'58"87	62	268
Kelly	Evert	F	29	Cumming	152	00:56'01"55	63	277
Brooke	Kelley	F	28	Carlisle	400	00:57'30"37	64	282

Women 30-39		Gender	Age	City	Bib#	Time	Age Grp Place	Overall Place
Kiersten	Hathaway	F	33	Panora	401	00:20'16"33	1	2
Colleen	Webb	F	32	Des Moines	377	00:20'16"84	2	3
Allison	Rhymer	F	34	Des Moines	252	00:24'49"24	3	25
Adriane	Tiedens	F	33	Polk City	233	00:28'02"74	4	59
Carroll	Nelson	F	30	Waukee	230	00:28'15"37	5	63
Kim	Wilken	F	32	Omaha	110	00:28'17"55	6	64
Sarah	Paoli	F	30	Des Moines	240	00:28'19"43	7	66
Lori	Drafahl	F	37	Johnston	353	00:28'20"24	8	67
SANDRA	BRUINEKOOL	F	37	WEST DES MOINES	220	00:28'47"87	9	74
Deborah	Humpal	F	32	Des Moines	398	00:28'55"46	10	75
Shannon	Buttz	F	33	Waukee	226	00:29'07"14	11	77
Colleen	Kelly	F	33	Des Moines	202	00:29'08"99	12	78
Chandra	Bartleman	F	32	Polk City	386	00:29'23"84	13	82
Kay	Johnson	F	38	Des Moines	222	00:29'37"21	14	84
Beth	Chapman	F	35	West Des Moines	405	00:30'15"99	15	93
Shar	Nevenhoven	F	38	West Des Moines	246	00:30'20"58	16	95
Mindla	white	F	37	Altoona	223	00:30'23"74	17	96
Stephanie	Olsen	F	32	Altoona	163	00:30'38"64	18	101
Laura	Hamilton	F	32	Urbandale	215	00:30'58"14	19	110
Nicole	Rowe	F	31	Des Moines	406	00:31'13"74	20	113
Sarah	LeVere	F	39	Des Moines	372	00:31'29"14	21	114
Kristi	Palla	F	32	West Des Moines	157	00:31'47"24	22	120
Krista	Morton	F	39	Indianola	236	00:32'01"55	23	124
Maegan	Sturtz	F	31	Granger	312	00:32'02"18	24	125
Mandy	Shepherd	F	31	Urbandale	339	00:32'20"40	25	134
Pam	Davis	F	31	West Des Moines	109	00:32'36"78	26	143
Jamie	Adams	F	31	Urbandale	367	00:32'45"68	27	144
Staci	Braun	F	39	Van Meter	342	00:32'55"71	28	146
Julia	Bartczak	F	38	Manhattan	299	00:33'04"96	29	149
HEATHER	KAUFFMAN	F	33	Adair	169	00:33'28"42	30	155
Tiffany	Roberts	F	33	Winterset	364	00:33'34"68	31	157
LISA	BAKER	F	33	DES MOINES	123	00:33'44"11	32	160
Jennifer	Van Auken	F	33	West Des Moines	204	00:34'06"96	33	167
Christine	Mellencamp	F	34	Adel	288	00:34'07"84	34	168
Maureen	McCartan	F	31	Ames	373	00:34'33"43	35	171
Michelle	Russell	F	36	Johnston	376	00:34'34"55	36	172
Colleen	Nicholls	F	38	Waukee	126	00:34'35"18	37	173
Tiffany	Tolman	F	36	Urbandale	150	00:34'42"90	38	175
Sara	Gratny	F	30	Earlham	131	00:35'07"93	39	181
Brenda	Carr	F	37	Peoria	300	00:35'14"02	40	186
Rachelle	Beals	F	32	Ankeny	366	00:35'29"30	41	193
Hope	Shafer	F	36	Grimes	303	00:35'41"33	42	194
Missy	Kennedy	F	33	des moines	136	00:35'52"18	43	195
Stacy	Ham	F	38	Winterset	137	00:36'08"08	44	199
Teri	Meers	F	35	Mingo	370	00:36'12"83	45	200

Talia	Farmer	F	32	Waukee	237	00:36'19"78	46	201
Jennie	Wilson	F	32	Perry	343	00:36'20"55	47	202
Paula	Beitz	F	35	Dexter	375	00:37'10"78	48	207
CRYSTAL	DOIG	F	39	ANKENY	159	00:37'36"68	49	209
Stephanie	Cox	F	34	West Des Moines	241	00:37'42"87	50	215
Josie	Grams	F	30	Ankeny	257	00:37'59"65	51	216
Shannon	Payne	F	35	earlham	243	00:39'16"65	52	221
Nicole	Teel	F	34	Ankeny	250	00:39'22"99	53	223
Cynthia	Lettington	F	34	West Des Moines	207	00:39'26"96	54	224
Katie	Cook	F	35	Johnston	279	00:39'36"06	55	229
Lynnette	Richey	F	37	Altoona	329	00:40'21"14	56	231
Abi	Jensen	F	31	Colo	112	00:40'39"81	57	232
Cathy	Bormann	F	30	Urbandale	393	00:40'52"74	58	236
Melissa	Norton	F	31	Urbandale	262	00:41'46"74	59	239
Heidi	Van Ravenhorst	F	34	West Des Moines	318	00:42'13"93	60	241
Sara	Kalous	F	31	Des Moines	179	00:44'36"71	61	246
Beth	Stokes	F	39	Johnston	258	00:45'56"93	62	247
Tami	Ryerson	F	38	Winterset	362	00:46'16"02	63	249
Janis	Gandy	F	35	Johnston	422	00:46'58"99	64	253
Melissa	Elder	F	37	Waukee	355	00:47'39"11	65	254
Jonna	Nelson	F	34	Waukee	360	00:48'13"14	66	255
Kristina	Lambert	F	37	Altoona	335	00:52'42"65	67	266
Kathy	Lambert	F	37	Altoona	334	00:53'42"74	68	269
Tina	Haase	F	32	Lincoln	298	00:55'58"15	69	275
Emily	Peterson	F	32	Des Moines	414	00:57'29"83	70	281

							Age Grp	Overall
Women 40-49		Gender	Age	City	Bib#	Time	Place	Place
Hilary	Manning	F	40	Des Moines	118	00:26'43"87	1	45
Melinda	Hanrahan	F	44	Urbandale	181	00:27'50"95	2	57
Monica	Jessen	F	47	West Des Moines	176	00:29'17"84	3	80
Amy	Brooks	F	40	Des Moines	417	00:29'37"96	4	85
Coreen	Sweeney	F	44	Clive	141	00:30'31"69	5	99
Julie	Mertz	F	43	Grimes	371	00:30'35"43	6	100
Amy	Wormsley	F	40	Urbandale	320	00:31'40"18	7	117
Ann	Appleseth	F	40	Panora	340	00:31'40"71	8	118
Lori	Fosse	F	45	Bondurant	235	00:32'00"99	9	123
Jan	Moore	F	46	West Des Moines	259	00:32'24"90	10	138
Michelle	Goodman	F	43	West Des Moines	317	00:32'31"98	11	141
Sarah	Harmeyer	F	46	West Des Moines	384	00:32'32"65	12	142
Connie	Cochran	F	43	Leighton	161	00:33'40"02	13	159
sherry	triplett	F	44	Ankeny	162	00:33'46"05	14	162
Angie	Kinsey	F	40	Winterset	304	00:35'22"43	15	190
Chrisann	Funk	F	44	Ankeny	154	00:36'47"11	16	206
Moni	Freeman	F	48	St. Charles	344	00:37'35"99	17	208
Joan	Christie	F	42	Glendale	374	00:37'37"23	18	210
Rhonda	Robel	F	45	Des Moines	122	00:38'41"59	19	218

Frosty	TeKippe	F	44	Earlham	209	00:39'17"43	20	222
Taena	Fowler	F	45	Johnston	224	00:39'31"93	21	226
Mary	Senne	F	44	Lincoln	143	00:39'35"34	22	228
Laura	Utter	F	40	Clive	295	00:40'44"40	23	233
Gina	Robinson	F	49	Winterset	282	00:46'17"77	24	250
Linda	Laughery	F	45	Guthrie Center	263	00:46'48"18	25	252
Patti	Welder	F	45	Woodward	195	00:48'45"02	26	257
Tomilie	Ulsh	F	44	urbandale	183	00:49'20"84	27	260
Janelle	Hall	F	49	Jefferson	293	00:50'27"84	28	262
Lisa	Sheehy	F	42	Adel	146	00:55'37"26	29	272
Teresa	Tobin	F	43	Nashua	321	00:55'58"55	30	276
Lisa	Cockrum	F	44	Osage	144	00:58'25"21	31	286

Women 50 and over		Gender	Age	City	Bib#	Time	Age Grp Place	Overall Place
Connie	Dellaca-Hill	F	52	Altoona	172	00:27'20"96	1	51
Donna	Gallt	F	61	Ames	337	00:35'57"43	2	197
Mia	Palla	F	60	Ankeny	358	00:37'39"23	3	213
Carole	Weltha	F	56	Patterson	411	00:38'46"37	4	219
Cathy	Allen	F	53	Winterset	285	00:46'12"52	5	248
Cynda	Quigley	F	53	Johnston	264	00:51'37"08	6	265
Vickie	Kellar	F	51	Des Moines	326	00:54'49"87	7	270
Diana	DeWald	F	53	West Des Moines	316	00:55'38"27	8	273
Maxine	Rooney	F	81	Ankeny	324	00:57'19"11	9	280
Jane	Aldrich	F	59	Oelwein	416	00:57'55"08	10	285

2009 Men's Results:

Men 19 and under		Gender	Age	City	Bib#	Time	Age Grp Place	Overall Place
Tyler	Coder	M	16	Clive	308	00:19'19"33	1	1
Austin	Dunbar	M	14	Van Meter	219	00:21'31"81	2	4
Jeffrey	Jessen	M	18	West Des Moines	178	00:22'54"90	3	8
Caleb	Andrews	M	12	Urbandale	379	00:22'56"65	4	9
Nathan	Davis	M	16	Clarion	392	00:23'06"33	5	11
Johnny	Coder	M	13	Clive	307	00:23'25"87	6	15
Nathan	Schmitt	M	11	West Des Moines	396	00:23'36"72	7	18
Griffin	McEniry	M	14	Urbandale	378	00:24'00"30	8	20
Nicholas	Woslager	M	19	Roland	420	00:24'08"02	9	22
Trevor	Schmitt	M	13	West Des Moines	395	00:24'13"65	10	23
Joshua	Lynd	M	13	Urbandale	309	00:25'55"93	11	35
Brad	Haupts	M	15	Waukee	390	00:26'03"78	12	37
Eric	Wright	M	18	Earlham	338	00:26'33"74	13	43
TYLER	BRUINEKOOL	M	9	WEST DES MOINES	221	00:27'22"55	14	52
matthew	ulsh	M	19	urbandale	185	00:27'41"68	15	56
Jacob	Waddle	M	13	Earlham	283	00:28'18"68	16	65

Jake	Brennecke	M	13	Polk City	333	00:28'21"01	17	68
Mitchell	Schnoes	M	14	West Des Moines	357	00:29'05"49	18	76
Tucker	Mitchell	M	11	Urbandale	356	00:29'12"68	19	79
SHANE	KARAS	M	14	DES MOINES	124	00:30'29"11	20	98
Tallyn	Holtmyer	M	17	Des Moines	423	00:33'20"71	21	154
John	Temple	M	14	Des Moines	421	00:38'24"74	22	217

							Age Grp	Overall
Men 20-29		Gender	Age	City	Bib#	Time	Place	Place
James	Morgan	M	28	Stuart	328	00:22'09"17	1	6
Ryan	Grenko	M	23	Des Moines	171	00:23'05"09	2	10
Casey	Sheffield	M	29	Winterset	203	00:23'50"58	3	19
Paul	Espey	M	28	Des Moines	104	00:24'49"68	4	26
Clay	Hansen	M	27	West Des Moines	254	00:26'07"08	5	40
Jesse	Rittenhouse	M	28	West Des Moines	305	00:27'23"86	6	53
Zach	Hauser	M	23	West Des Moines	189	00:28'09"65	7	61
Daric	Kaestner	M	25	Colo	130	00:28'24"24	8	70
Robert	Ulsh	M	22	urbandale	217	00:28'42"78	9	73
Brian	Beavers	M	26	West Des Moines	412	00:29'39"52	10	86
Scott	Anderson	M	27	Ames	314	00:29'42"05	11	88
Matt	Bral	M	27	West Des Moines	276	00:30'02"46	12	91
Ryan	Lloyd	M	29	Ankeny	336	00:30'45"96	13	104
Corey	Langman	M	29	Waukee	381	00:31'01"98	14	111
Caleb	Pike	M	27	Des Moines	175	00:31'39"68	15	116
Chris	Verlengia	M	26	Johnston	186	00:33'03"27	16	148
Josue	Miranda	M	27	Grimes	115	00:33'13"58	17	151
Jace	McDaniel	M	29	West Des Moines	351	00:33'44"96	18	161
Kyle	Cunningham	M	29	West Des Moines	206	00:34'01"49	19	165
Erich	Brus	M	27	Ankeny	248	00:34'59"36	20	178
Tim	Beavers	M	28	Arlington Heights	410	00:35'06"01	21	180
Steven	Hartkopf	M	22	Urbandale	128	00:35'10"43	22	182
Anthony	Weber	M	25	Greenfield	208	00:35'14"58	23	187
Kelly	Foster	M	27	West Des Moines	165	00:35'19"02	24	188
Levi	Hansen	M	28	Colo	113	00:40'50"08	25	234

							Age Grp	Overall
Men 30-39		Gender	Age	City	Bib#	Time	Place	Place
Mike	Ham	M	38	Winterset	138	00:21'59"21	1	5
George	Stock	M	39	Ankeny	347	00:23'17"14	2	12
Nate	Tierney	M	32	Otley	311	00:23'20"14	3	14
Kevin	Sporer	M	38	Ankeny	419	00:23'34"93	4	17
Tad	McDowell	M	39	Ottumwa	418	00:24'04"68	5	21
Travis	Remsburg	M	30	Radcliffe	120	00:24'14"77	6	24
Terrence	Clark	M	38	Des Moines	132	00:25'09"62	7	29
Mark	Ramos	M	38	des moines	363	00:26'02"50	8	36
Rob	Wadle	M	34	Clive	349	00:26'04"84	9	39
Chism	Orr	M	30	Winterset	315	00:26'17"70	10	42

Josh	Lieberman	M	32	Des Moines	348	00:26'44"62	11	46
Aaron	Rothrock	M	30	Ankeny	107	00:27'51"87	12	58
Bruce	Johnson	M	33	Des Moines	253	00:28'12"05	13	62
Chad	Bormann	M	30	Urbandale	394	00:28'21"96	14	69
Steve	Pope	M	32	Des Moines	319	00:29'41"02	15	87
Steve	Rooney	M	39	Ankeny	323	00:29'44"62	16	89
Nick	Wallace	M	31	West Des Moines	275	00:30'11"96	17	92
Rob	Chapman	M	38	West Des Moines	404	00:30'16"81	18	94
Jeff	Teel	M	36	Ankeny	251	00:30'41"52	19	102
Michael	Young	M	35	Des Moines	341	00:30'46"74	20	105
Keith	Wilken	M	35	Earlham	111	00:30'50"68	21	106
Jason	Rowe	M	31	Des Moines	407	00:31'12"51	22	112
Anders	Hagberg	M	30	Ames	399	00:31'59"58	23	121
Bill	Austin	M	39	Johnston	140	00:32'18"46	24	132
John	Buttz	M	33	Waukee	227	00:34'23"11	25	169
Jeff	Essink	M	31	Altoona	359	00:34'48"30	26	177
Michael	Luce	M	36	Des Moines	117	00:35'12"84	27	184
Jason	Elliott	M	34	Des Moines	180	00:35'26"46	28	191
Scott	Gojkovich	M	34	Urbandale	244	00:39'39"37	29	230
Scott	Arvidson	M	34	Urbandale	389	00:48'56"05	30	259
Matthew	Padgett	M	31	Des Moines	229	00:57'11"65	31	279
Brian	Dunn	M	39	Carlise	403	00:57'50"48	32	283

							Age Grp	Overall
Men 40-49		Gender	Age	City	Bib#	Time	Place	Place
Dave	Schoes	M	49	West Des Moines	156	00:22'22"61	1	7
Corey	Carr	M	40	Ankeny	158	00:23'30"58	2	16
Dennis	Gruver	M	46	Earlham	284	00:24'58"65	3	27
Mark	Hanrahan	M	40	Urbandale	182	00:25'06"90	4	28
Mark	Manning	M	41	Des Moines	325	00:25'20"14	5	30
Mark	Nevenhoven	M	42	West Des Moines	247	00:26'48"86	6	47
Eric	Funk	M	44	Ankeny	155	00:27'16"99	7	50
Shawn	Deist	M	40	Ankeny	149	00:27'34"84	8	55
Ted	Redenius	M	41	Grimes	346	00:28'30"30	9	71
Sam	Billiar	M	49	johnston	145	00:32'21"40	10	135
Phillip	Sabotin	M	44	West Des Moines	290	00:33'14"99	11	152
Jim	Norland	M	45	Des Moines	225	00:33'19"62	12	153
Mark	Rehberg	M	41	Waukee	368	00:34'24"11	13	170
Ron	TeKippe	M	43	Earlham	210	00:50'20"74	14	261
Tom	Little	M	45	Des Moines	327	00:54'50"36	15	271
Tim	Evert	M	40	Cumming	153	00:56'02"52	16	278
Jim	Peterson	M	40	Des Moines	415	00:57'54"02	17	284

							Age Grp	Overall
Men 50 and over		Gender	Age	City	Bib#	Time	Place	Place
John	Sorensen	M	51	West Des Moines	391	00:26'04"14	1	38
Jerry	Hill	M	57	Altoona	173	00:26'40"84	2	44

Ron	Ackerman	M	54	Ames	218	00:27'33"02	3	54
Terry	Smith	M	55	Osceola	385	00:28'05"93	4	60
Jack	Matthews	M	65	Stuart	271	00:32'13"18	5	129
Roger	Richert	M	56	Anita	313	00:33'32"68	6	156
gerald	dewald	M	60	west des moines	332	00:55'39"96	7	274

Official race timing ended at the 1 hour mark. Some walkers completed after the official timing stopped.

Total Registered Participants: 320