



Hosted by:



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

FirstName	LastName	Gender	Age	City	Bib#	Time	Place
Tyler	Coder	M	16	Clive	308	00:19'19"33	1
Kiersten	Hathaway	F	33	Panora	401	00:20'16"33	2
Colleen	Webb	F	32	Des Moines	377	00:20'16"84	3
Austin	Dunbar	M	14	Van Meter	219	00:21'31"81	4
Mike	Ham	M	38	Winterset	138	00:21'59"21	5
James	Morgan	M	28	Stuart	328	00:22'09"17	6
Dave	Schnoes	M	49	West Des Moines	156	00:22'22"61	7
Jeffrey	Jessen	M	18	West Des Moines	178	00:22'54"90	8
Caleb	Andrews	M	12	Urbandale	379	00:22'56"65	9
Ryan	Grenko	M	23	Des Moines	171	00:23'05"09	10
Nathan	Davis	M	16	Clarion	392	00:23'06"33	11
George	Stock	M	39	Ankeny	347	00:23'17"14	12
Elizabeth	Orput	F	12	Des Moines	151	00:23'18"27	13
Nate	Tierney	M	32	Otley	311	00:23'20"14	14
Johnny	Coder	M	13	Clive	307	00:23'25"87	15
Corey	Carr	M	40	Ankeny	158	00:23'30"58	16
Kevin	Sporer	M	38	Ankeny	419	00:23'34"93	17
Nathan	Schmitt	M	11	West Des Moines	396	00:23'36"72	18
Casey	Sheffield	M	29	Winterset	203	00:23'50"58	19
Griffin	McEniry	M	14	Urbandale	378	00:24'00"30	20
Tad	McDowell	M	39	Ottumwa	418	00:24'04"68	21
Nicholas	Woslager	M	19	Roland	420	00:24'08"02	22
Trevor	Schmitt	M	13	West Des Moines	395	00:24'13"65	23
Travis	Rensburg	M	30	Radcliffe	120	00:24'14"77	24
Danielle	Farrell	F	24	West Des Moines	245	00:24'25"71	25
Allison	Rhymer	F	34	Des Moines	252	00:24'49"24	25
Paul	Espey	M	28	Des Moines	104	00:24'49"68	26
Dennis	Gruver	M	46	Earlham	284	00:24'58"65	27
Mark	Hanrahan	M	40	Urbandale	182	00:25'06"90	28
Terrence	Clark	M	38	Des Moines	132	00:25'09"62	29
Mark	Manning	M	41	Des Moines	325	00:25'20"14	30
Andrea	Rothrock	F	27	Ankeny	106	00:25'20"65	31
Ellen	O'Byrne	F	20	Des Moines	369	00:25'21"20	32

Erin	Bone	F	24	Ankeny	402	00:25'32"37	33
Lauren	Carruthers	F	23	Des Moines	170	00:25'39"46	34
Joshua	Lynd	M	13	Urbandale	309	00:25'55"93	35
Mark	Ramos	M	38	des moines	363	00:26'02"50	36
Brad	Haupts	M	15	Waukee	390	00:26'03"78	37
John	Sorensen	M	51	West Des Moines	391	00:26'04"14	38
Rob	Wadle	M	34	Clive	349	00:26'04"84	39
Clay	Hansen	M	27	West Des Moines	254	00:26'07"08	40
Lauren	Link	F	21	Des Moines	190	00:26'10"61	41
Chism	Orr	M	30	Winterset	315	00:26'17"70	42
Eric	Wright	M	18	Earlham	338	00:26'33"74	43
Jerry	Hill	M	57	Altoona	173	00:26'40"84	44
Hilary	Manning	F	40	Des Moines	118	00:26'43"87	45
Josh	Lieberman	M	32	Des Moines	348	00:26'44"62	46
Mark	Nevenhoven	M	42	West Des Moines	247	00:26'48"86	47
Madison	Pettit	F	13	Adel	292	00:26'50"74	48
Megan	Volp	F	24	West Des Moines	297	00:27'09"06	49
Eric	Funk	M	44	Ankeny	155	00:27'16"99	50
Connie	Dellaca-Hill	F	52	Altoona	172	00:27'20"96	51
TYLER	BRUINEKOOL	M	9	WEST DES MOINES	221	00:27'22"55	52
Jesse	Rittenhouse	M	28	West Des Moines	305	00:27'23"86	53
Ron	Ackerman	M	54	Ames	218	00:27'33"02	54
Shawn	Deist	M	40	Ankeny	149	00:27'34"84	55
matthew	ulsh	M	19	urbandale	185	00:27'41"68	56
Melinda	Hanrahan	F	44	Urbandale	181	00:27'50"95	57
Aaron	Rothrock	M	30	Ankeny	107	00:27'51"87	58
Adriane	Tiedens	F	33	Polk City	233	00:28'02"74	59
Terry	Smith	M	55	Osceola	385	00:28'05"93	60
Zach	Hauser	M	23	West Des Moines	189	00:28'09"65	61
Bruce	Johnson	M	33	Des Moines	253	00:28'12"05	62
Carroll	Nelson	F	30	Waukee	230	00:28'15"37	63
Kim	Wilken	F	32	Omaha	110	00:28'17"55	64
Jacob	Waddle	M	13	Earlham	283	00:28'18"68	65
Sarah	Paoli	F	30	Des Moines	240	00:28'19"43	66
Lori	Drafahl	F	37	Johnston	353	00:28'20"24	67
Jake	Brennecke	M	13	Polk City	333	00:28'21"01	68
Chad	Bormann	M	30	Urbandale	394	00:28'21"96	69
Daric	Kaestner	M	25	Colo	130	00:28'24"24	70
Ted	Redenius	M	41	Grimes	346	00:28'30"30	71
Samantha	Ulsh	F	24	Urbandale	216	00:28'41"87	72
Robert	Ulsh	M	22	urbandale	217	00:28'42"78	73
SANDRA	BRUINEKOOL	F	37	WEST DES MOINES	220	00:28'47"87	74
Deborah	Humpal	F	32	Des Moines	398	00:28'55"46	75
Mitchell	Schoes	M	14	West Des Moines	357	00:29'05"49	76
Shannon	Buttz	F	33	Waukee	226	00:29'07"14	77
Colleen	Kelly	F	33	Des Moines	202	00:29'08"99	78
Tucker	Mitchell	M	11	Urbandale	356	00:29'12"68	79

Monica	Jessen	F	47	West Des Moines	176	00:29'17"84	80
Rachel	Davies	F	24	West Des Moines	261	00:29'22"18	81
Chandra	Bartleman	F	32	Polk City	386	00:29'23"84	82
Tina	Miranda	F	26	Grimes	114	00:29'29"81	83
Kay	Johnson	F	38	Des Moines	222	00:29'37"21	84
Amy	Brooks	F	40	Des Moines	417	00:29'37"96	85
Brian	Beavers	M	26	West Des Moines	412	00:29'39"52	86
Steve	Pope	M	32	Des Moines	319	00:29'41"02	87
Scott	Anderson	M	27	Ames	314	00:29'42"05	88
Steve	Rooney	M	39	Ankeny	323	00:29'44"62	89
Lynnette	Wilson	F	24	Ankeny	167	00:29'45"81	90
Matt	Bral	M	27	West Des Moines	276	00:30'02"46	91
Nick	Wallace	M	31	West Des Moines	275	00:30'11"96	92
Beth	Chapman	F	35	West Des Moines	405	00:30'15"99	93
Rob	Chapman	M	38	West Des Moines	404	00:30'16"81	94
Shar	Nevenhoven	F	38	West Des Moines	246	00:30'20"58	95
Mindla	white	F	37	Altoona	223	00:30'23"74	96
Kristin	Compton	F	26	Ankeny	352	00:30'28"65	97
SHANE	KARAS	M	14	DES MOINES	124	00:30'29"11	98
Coreen	Sweeney	F	44	Clive	141	00:30'31"69	99
Julie	Mertz	F	43	Grimes	371	00:30'35"43	100
Stephanie	Olsen	F	32	Altoona	163	00:30'38"64	101
Jeff	Teel	M	36	Ankeny	251	00:30'41"52	102
Gina	Rooney	F	29	Ankeny	322	00:30'44"93	103
Ryan	Lloyd	M	29	Ankeny	336	00:30'45"96	104
Michael	Young	M	35	Des Moines	341	00:30'46"74	105
Keith	Wilken	M	35	Earlham	111	00:30'50"68	106
Ashley	Katch	F	23	West Des Moines	200	00:30'52"17	107
Alisha	Harper	F	25	Prole	139	00:30'52"96	108
Amanda	Espey	F	27	Des Moines	105	00:30'54"84	109
Laura	Hamilton	F	32	Urbandale	215	00:30'58"14	110
Corey	Langman	M	29	Waukee	381	00:31'01"98	111
Jason	Rowe	M	31	Des Moines	407	00:31'12"51	112
Nicole	Rowe	F	31	Des Moines	406	00:31'13"74	113
Sarah	LeVere	F	39	Des Moines	372	00:31'29"14	114
Krista	Finley	F	27	Waukee	302	00:31'36"64	115
Caleb	Pike	M	27	Des Moines	175	00:31'39"68	116
Amy	Wormsley	F	40	Urbandale	320	00:31'40"18	117
Ann	Appleseth	F	40	Panora	340	00:31'40"71	118
Melissa	Crossland	F	29	Urbandale	201	00:31'41"21	119
Kristi	Palla	F	32	West Des Moines	157	00:31'47"24	120
Anders	Hagberg	M	30	Ames	399	00:31'59"58	121
Janelle	Buxton	F	26	Des Moines	397	00:32'00"14	122
Lori	Fosse	F	45	Bondurant	235	00:32'00"99	123
Krista	Morton	F	39	Indianola	236	00:32'01"55	124
Maegan	Sturtz	F	31	Granger	312	00:32'02"18	125
Sandra	Foster	F	26	West Des Moines	166	00:32'02"77	126

Jacki	Rittenhouse	F	28	West Des Moines	306	00:32'03"62	127
Megan	Frank	F	25	West Des Moines	188	00:32'07"46	128
Jack	Matthews	M	65	Stuart	271	00:32'13"18	129
Steph	Weltzin	F	24	Nashua	310	00:32'14"99	130
Shannon	Rees	F	22	Guthrie Center	361	00:32'16"96	131
Bill	Austin	M	39	Johnston	140	00:32'18"46	132
Emily	Schettler	F	21	Indianola	260	00:32'19"62	133
Mandy	Shepherd	F	31	Urbandale	339	00:32'20"40	134
Sam	Billiar	M	49	johnston	145	00:32'21"40	135
Danielle	Seim	F	25	johnston	103	00:32'22"42	136
Annie	Wilson	F	29	Colo	129	00:32'23"86	137
Jan	Moore	F	46	West Des Moines	259	00:32'24"90	138
Sara	Schvinck	F	29	Grimes	147	00:32'25"83	139
mary	schwab	F	29	Des Moines	330	00:32'28"40	140
Michelle	Goodman	F	43	West Des Moines	317	00:32'31"98	141
Sarah	Harmeyer	F	46	West Des Moines	384	00:32'32"65	142
Pam	Davis	F	31	West Des Moines	109	00:32'36"78	143
Jamie	Adams	F	31	Urbandale	367	00:32'45"68	144
Cassie	Runyan	F	13	Ankeny	193	00:32'51"58	145
Staci	Braun	F	39	Van Meter	342	00:32'55"71	146
Ayden	Ollivier	F	26	Johnston	187	00:33'02"65	147
Chris	Verlengia	M	26	Johnston	186	00:33'03"27	148
Julia	Bartczak	F	38	Manhattan	299	00:33'04"96	149
Maggie	Norland	F	11	Des Moines	148	00:33'10"87	150
Josue	Miranda	M	27	Grimes	115	00:33'13"58	151
Phillip	Sabotin	M	44	West Des Moines	290	00:33'14"99	152
Jim	Norland	M	45	Des Moines	225	00:33'19"62	153
Tallyn	Holtmyer	M	17	Des Moines	423	00:33'20"71	154
HEATHER	KAUFFMAN	F	33	Adair	169	00:33'28"42	155
Roger	Richert	M	56	Anita	313	00:33'32"68	156
Tiffany	Roberts	F	33	Winterset	364	00:33'34"68	157
Jennifer	Jessen	F	14	West Des Moines	177	00:33'38"87	158
Connie	Cochran	F	43	Leighton	161	00:33'40"02	159
LISA	BAKER	F	33	DES MOINES	123	00:33'44"11	160
Jace	McDaniel	M	29	West Des Moines	351	00:33'44"96	161
sherry	triplett	F	44	Ankeny	162	00:33'46"05	162
Fran	Beavers	F	26	West Des Moines	409	00:33'53"54	163
Kelli	DeVore	F	28	West Des Moines	205	00:33'58"05	164
Kyle	Cunningham	M	29	West Des Moines	206	00:34'01"49	165
Sarah	Bartine	F	28	Urbandale	108	00:34'02"36	166
Jennifer	Van Auken	F	33	West Des Moines	204	00:34'06"96	167
Christine	Mellencamp	F	34	Adel	288	00:34'07"84	168
John	Buttz	M	33	Waukee	227	00:34'23"11	169
Mark	Rehberg	M	41	Waukee	368	00:34'24"11	170
Maureen	McCartan	F	31	Ames	373	00:34'33"43	171
Michelle	Russell	F	36	Johnston	376	00:34'34"55	172
Colleen	Nicholls	F	38	Waukee	126	00:34'35"18	173

morgan	curtis	F	26	Roland	121	00:34'37"18	174
Tiffany	Tolman	F	36	Urbandale	150	00:34'42"90	175
Nicole	Essink	F	29	Altoona	354	00:34'47"71	176
Jeff	Essink	M	31	Altoona	359	00:34'48"30	177
Erich	Brus	M	27	Ankeny	248	00:34'59"36	178
Kelli	Brus	F	28	Ankeny	249	00:35'00"46	179
Tim	Beavers	M	28	Arlington Heights	410	00:35'06"01	180
Sara	Gratny	F	30	Earlham	131	00:35'07"93	181
Steven	Hartkopf	M	22	Urbandale	128	00:35'10"43	182
Autumn	Luce	F	27	Des Moines	116	00:35'12"24	183
Michael	Luce	M	36	Des Moines	117	00:35'12"84	184
Rebecca	Nosbisch	F	29	Runnells	301	00:35'13"54	185
Brenda	Carr	F	37	Peoria	300	00:35'14"02	186
Anthony	Weber	M	25	Greenfield	208	00:35'14"58	187
Kelly	Foster	M	27	West Des Moines	165	00:35'19"02	188
Ellen	Chaussee	F	28	West Des Moines	194	00:35'21"78	189
Angie	Kinsey	F	40	Winterset	304	00:35'22"43	190
Jason	Elliott	M	34	Des Moines	180	00:35'26"46	191
Stacy	Shipman	F	21	Urbandale	127	00:35'27"24	192
Rachelle	Beals	F	32	Ankeny	366	00:35'29"30	193
Hope	Shafer	F	36	Grimes	303	00:35'41"33	194
Missy	Kennedy	F	33	des moines	136	00:35'52"18	195
brienna	jordan	F	23	des moines	135	00:35'52"96	196
Donna	Gallt	F	61	Ames	337	00:35'57"43	197
Amber	Weber	F	22	Ankeny	211	00:36'05"30	198
Stacy	Ham	F	38	Winterset	137	00:36'08"08	199
Teri	Meers	F	35	Mingo	370	00:36'12"83	200
Talia	Farmer	F	32	Waukee	237	00:36'19"78	201
Jennie	Wilson	F	32	Perry	343	00:36'20"55	202
Susan	Langman	F	26	Waukee	382	00:36'30"46	203
Jessica	Hanson	F	29	Des Moines	192	00:36'35"17	204
Jenny	Robertson	F	28	Des Moines	413	00:36'36"43	205
Chrisann	Funk	F	44	Ankeny	154	00:36'47"11	206
Paula	Beitz	F	35	Dexter	375	00:37'10"78	207
Moni	Freeman	F	48	St. Charles	344	00:37'35"99	208
CRYSTAL	DOIG	F	39	ANKENY	159	00:37'36"68	209
Joan	Christie	F	42	Glendale	374	00:37'37"23	210
Megan	Gute	F	23	Ankeny	287	00:37'37"99	211
Jennifer	Wojtowicz	F	26	Des Moines	296	00:37'38"65	212
Mia	Palla	F	60	Ankeny	358	00:37'39"23	213
Rachel	Arvidson	F	29	Urbandale	387	00:37'39"74	214
Stephanie	Cox	F	34	West Des Moines	241	00:37'42"87	215
Josie	Grams	F	30	Ankeny	257	00:37'59"65	216
John	Temple	M	14	Des Moines	421	00:38'24"74	217
Rhonda	Robel	F	45	Des Moines	122	00:38'41"59	218
Carole	Weltha	F	56	Patterson	411	00:38'46"37	219
Jackie	Westhoff	F	27	Des Moines	191	00:38'59"58	220

Shannon	Payne	F	35	earlham	243	00:39'16"65	221
Frosty	TeKippe	F	44	Earlham	209	00:39'17"43	222
Nicole	Teel	F	34	Ankeny	250	00:39'22"99	223
Cynthia	Lettington	F	34	West Des Moines	207	00:39'26"96	224
CeCe	Cook	F	10	Johnston	365	00:39'29"01	225
Taena	Fowler	F	45	Johnston	224	00:39'31"93	226
JoAnn	Van Vleet	F	25	Urbandale	160	00:39'34"58	227
Mary	Senne	F	44	Lincoln	143	00:39'35"34	228
Katie	Cook	F	35	Johnston	279	00:39'36"06	229
Scott	Gojkovich	M	34	Urbandale	244	00:39'39"37	230
Lynnette	Richey	F	37	Altoona	329	00:40'21"14	231
Abi	Jensen	F	31	Colo	112	00:40'39"81	232
Laura	Utter	F	40	Clive	295	00:40'44"40	233
Levi	Hansen	M	28	Colo	113	00:40'50"08	234
Caitlyn	Malloy	F	10	Windsor Heights	345	00:40'51"96	235
Cathy	Bormann	F	30	Urbandale	393	00:40'52"74	236
Joanna	Schoel	F	26	Indianola	125	00:41'04"84	237
Jill	VanDenBerg	F	27	Des Moines	164	00:41'06"18	238
Melissa	Norton	F	31	Urbandale	262	00:41'46"74	239
Nicole	Heinkel	F	26	Des Moines	174	00:41'48"43	240
Heidi	Van Ravenhorst	F	34	West Des Moines	318	00:42'13"93	241
Lisa	Klopfenstein	F	26	Des Moines	380	00:42'59"27	242
Kathryn	Balke	F	26	Ankeny	232	00:43'04"24	243
Cathy	Nelson	F	27	Knoxville	242	00:43'08"74	244
Heather	Billups	F	25	West Des Moines	331	00:43'15"74	245
Sara	Kalous	F	31	Des Moines	179	00:44'36"71	246
Beth	Stokes	F	39	Johnston	258	00:45'56"93	247
Cathy	Allen	F	53	Winterset	285	00:46'12"52	248
Tami	Ryerson	F	38	Winterset	362	00:46'16"02	249
Gina	Robinson	F	49	Winterset	282	00:46'17"77	250
April	Bonar	F	25	Waukee	265	00:46'47"90	251
Linda	Laughery	F	45	Guthrie Center	263	00:46'48"18	252
Janis	Gandy	F	35	Johnston	422	00:46'58"99	253
Melissa	Elder	F	37	Waukee	355	00:47'39"11	254
Jonna	Nelson	F	34	Waukee	360	00:48'13"14	255
Shealon	Welder	F	20	woodward	196	00:48'44"56	256
Patti	Welder	F	45	Woodward	195	00:48'45"02	257
Lilly	Arvidson	F	10	Urbandale	388	00:48'54"23	258
Scott	Arvidson	M	34	Urbandale	389	00:48'56"05	259
Tomilie	Ulsh	F	44	urbandale	183	00:49'20"84	260
Ron	TeKippe	M	43	Earlham	210	00:50'20"74	261
Janelle	Hall	F	49	Jefferson	293	00:50'27"84	262
Haley	Hall	F	9	Jefferson	294	00:50'31"74	263
Jennifer	O'Brien	F	29	Des Moines	350	00:50'34"39	264
Cynda	Quigley	F	53	Johnston	264	00:51'37"08	265
Kristina	Lambert	F	37	Altoona	335	00:52'42"65	266
Emily	Cleek	F	20	Des Moines	197	00:52'53"65	267

Holly	D'Anna	F	20	Des Moines	198	00:52'58"87	268
Kathy	Lambert	F	37	Altoona	334	00:53'42"74	269
Vickie	Kellar	F	51	Des Moines	326	00:54'49"87	270
Tom	Little	M	45	Des Moines	327	00:54'50"36	271
Lisa	Sheehy	F	42	Adel	146	00:55'37"26	272
Diana	DeWald	F	53	West Des Moines	316	00:55'38"27	273
gerald	dewald	M	60	west des moines	332	00:55'39"96	274
Tina	Haase	F	32	Lincoln	298	00:55'58"15	275
Teresa	Tobin	F	43	Nashua	321	00:55'58"55	276
Kelly	Evert	F	29	Cumming	152	00:56'01"55	277
Tim	Evert	M	40	Cumming	153	00:56'02"52	278
Matthew	Padgett	M	31	Des Moines	229	00:57'11"65	279
Maxine	Rooney	F	81	Ankeny	324	00:57'19"11	280
Emily	Peterson	F	32	Des Moines	414	00:57'29"83	281
Brooke	Kelley	F	28	Carlise	400	00:57'30"37	282
Brian	Dunn	M	39	Carlise	403	00:57'50"48	283
Jim	Peterson	M	40	Des Moines	415	00:57'54"02	284
Jane	Aldrich	F	59	Oelwein	416	00:57'55"08	285
Lisa	Cockrum	F	44	Osage	144	00:58'25"21	286

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

Total Registered Participants: 320