

# 33rd Sturgis Falls Half-Marathon (13.109 miles)

Cedar Falls, Iowa

June 26, 2011

62 and Sunny at Start

Results by Cal Murdock

5K results [here](#)

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS	FINISHER	TIME	PACE
1	OpM	Luke Demmel, 21, Marshalltown, IA	1:09:04	5:16
2	1 M25	Jonathan Ortloff, 29, North Mankato, MN	1:17:45	5:56
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
3	1 M30	Michael Western, 32, Waverly, IA	1:19:12	6:02
1	OpW	Obsie Birru, 22*, Des Moines, IA	1:19:18	6:03
4	2 M30	Andy Sayers, 33, Cedar Falls, IA	1:20:07	6:07
5	1 M14	Jakob Stoney, 18, Cedar Falls, IA	1:21:15	6:12
6	1 M19	Paul Strike, 19, Cedar Falls, IA	1:21:22	6:12
7	1 M35	Brent Boevers, 39, Waverly, IA	1:25:08	6:30
8	MM	Dale Richard, 50, Cedar Falls, IA	1:25:22	6:31
9	1 M40	Jorge Marquez, 40, Cedar Falls, IA	1:25:50	6:33
10	2 M25	Nick Sorbe, 25, Cedar Falls, IA	1:26:11	6:34
11	2 M35	Ray Millard, 35, Lenexa, KS	1:26:34	6:36
12	1 M45	Eric Busch, 45, Hiawatha, IA	1:26:42	6:37
13	2 M40	Tim Godfrey, 40, Cedar Falls, IA	1:26:51	6:38
14	3 M40	Scott Sterrett, 42, Cedar Falls, IA	1:26:52	6:38
15	3 M25	Jeff McClure, 26, Cedar Rapids, IA	1:27:03	6:38
2	1 W19	Jill Stephenson, 19*, Iowa City, IA	1:27:35	6:41
16	2 M19	Will Hansen, 21, Gladstone, MO	1:27:54	6:42
17	4 M40	Chad Krueger, 43, Cedar Rapids, IA	1:27:58	6:43
3	2 W19	Samantha Wingert, 24*, Cedar Falls, IA	1:28:20	6:44
18	4 M25	Rich Timm, 26, Waterloo, IA	1:28:46	6:46
4	1 W35	Sandra Fontaine, 35*, Peoria, AZ	1:29:09	6:48
19	2 M45	Tim Lynch, 49, Delhi, IA	1:29:57	6:52
5	MW	Eva Machuca, 41*, Cedar Fall, IA	1:30:12	6:53
6	3 W19	Maddy Becker, 19*, Cedar Rapids, IA	1:30:47	6:56
20	3 M19	Joshua Carey, 23, Waterloo, IA	1:30:48	6:56
7	4 W19	Anna Keith, 23*, Waverly, IA	1:31:03	6:57
21	3 M30	Ethan Domke, 32, Iowa City, IA	1:31:33	6:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>				
22	1 M50	Joe Smith, 52, Cedar Falls, IA	1:32:07	7:02
23	3 M45	Jeff Madsen, 49, Cedar Rapids, IA	1:32:22	7:03
24	5 M25	Jeremy Arickx, 26, Ankeny, IA	1:32:40	7:04
25	4 M19	Andrew Snyder, 21, Cedar Falls, IA	1:33:23	7:07
26	2 M50	Dan Katalinich, 50, Iowa City, IA	1:33:28	7:08
27	2 M14	Clare Brandt, 17, Rochester, MN	1:33:37	7:08
28	3 M35	Justin Stockdale, 36, Dike, IA	1:33:47	7:09
29	4 M35	John Rogers, 39, Cedar Rapids, IA	1:33:50	7:09
30	3 M50	Randy Brecht, 50, Middle Amana, IA	1:33:52	7:10
8	1 W14	Melanie Holman, 18*, Iowa City, IA	1:33:55	7:10
31	5 M35	Brian McAleer, 39, Savage, MN	1:33:58	7:10
32	5 M40	Tom Moody, 41, Cedar Falls, IA	1:34:07	7:11

33	5	M19	Troy Hageman, 21, Cedar Falls, IA	1:34:41	7:13
34	4	M45	Joe DuPre, 47, Pella, IA	1:34:42	7:13
35	6	M35	Ben Bloker, 38, Denver, IA	1:34:47	7:14
9	1	W30	Jessie Switzer, 33*, Cedar Falls, IA	1:35:11	7:16
36	6	M25	Eric Snyder, 29, Waterloo, IA	1:35:44	7:18
37	4	M30	Thomas Hesse, 34, Cedar Falls, IA	1:35:54	7:19
10	1	W40	Leticia Kukutschka, 40*, Cedar Rapids, IA	1:35:58	7:19
38	6	M19	Benjamin Lewenczuk, 20, Marion, IA	1:36:00	7:19
39	5	M30	Eric Henely, 30, Cedar Falls, IA	1:36:52	7:23
40	7	M35	Thomas Novotney, 35, Rockwell, IA	1:36:53	7:23
41	6	M30	Nathan Jacobi, 32, Northfield, MN	1:37:35	7:27
42	8	M35	Brent Beyer, 38, Waukon, IA	1:37:41	7:27
43	1	M55	Mike Skopec, 55, Traer, IA	1:37:54	7:28
11	1	W25	Kimberly Patton, 28*, North Liberty, IA	1:38:03	7:29
12	2	W30	Megan Lyons, 33*, Janesville, IA	1:38:32	7:31
44	2	M55	Randy Clarke, 59, Reinbeck, IA	1:38:54	7:33
45	9	M35	Austin Allen, 36, Cedar Rapids, IA	1:38:56	7:33
46	10	M35	David Morgan, 36, Cedar Falls, IA	1:38:57	7:33
13	2	W35	Kelly Sampson, 35*, Waverly, IA	1:39:18	7:34
47	11	M35	Shelby Buhlman, 37, Evansdale, IA	1:39:56	7:37
48	6	M40	Scott Greenwood, 43, Des Moines, IA	1:39:57	7:37
49	3	M55	Paul Glade, 56, Cedar Falls, IA	1:40:22	7:39
50	5	M45	Roger Mullinnix, 46, Iowa City, IA	1:40:38	7:41
51	7	M40	Stephen Hawtrey, 44, Mount Vernon, IA	1:40:49	7:41
52	4	M50	Matt Brandt, 50, Cedar Rapids, IA	1:41:07	7:43
53	3	M14	Kyle Corwin, 15, Dike, IA	1:41:19	7:44
14	2	W14	Dakota Tell, 16*, Epworth, IA	1:41:53	7:46
54	4	M14	Dallas Clasen, 16, Peosta, IA	1:41:54	7:46
55	7	M25	Ross Hannam, 27, Waterloo, IA	1:41:59	7:47
56	12	M35	Tom Handorf, 35, Gladbrook, IA	1:42:35	7:49
15	2	W25	Ashley Charmichael, 26*, La Porte City, IA	1:42:39	7:50
57	4	M55	Ron Martin, 55, Cedar Falls, IA	1:42:41	7:50
16	3	W35	Kandice Tjebkes, 38*, Muscatine, IA	1:42:55	7:51
58	8	M40	Pat Kress, 44, Waterloo, IA	1:43:01	7:51
59	5	M55	Nolan Morris, 55, Cedar Falls, IA	1:43:15	7:53
60	7	M30	Tom Veiseth, 31, Cedar Falls, IA	1:43:24	7:53
17	5	W19	Jillian Jackson, 22*, Roselle, IL	1:43:29	7:54
61	8	M30	Dustin Peet, 30, Cedar Rapids, IA	1:43:30	7:54
18	3	W30	Elizabeth Sutton, 30*, Cedar Falls, IA	1:43:35	7:54
62	8	M25	Nick Amelon, 25, Cedar Falls, IA	1:43:39	7:54
63	7	M19	Ben Kettler, 23, Evansdale, IA	1:43:40	7:54
64	13	M35	Rob Williams, 36, Cedar Falls, IA	1:43:50	7:55
65	6	M45	John Peters, 46, Cedar Rapids, IA	1:44:08	7:57
19	1	JrW	Molly Murphy, 4*, Dubuque, IA	1:44:13	7:57
20	3	W25	Natalie Lubbers, 26*, Gilbert, IA	1:44:24	7:58
66	9	M30	Aaron Dunkin, 33, North Liberty, IA	1:44:28	7:58
21	6	W19	Katie Wehmeyer, 24*, Iowa Falls, IA	1:44:36	7:59
22	4	W35	Jill Herold, 37*, Fort Drum, NY	1:44:40	7:59
23	4	W30	Randi Peterson, 32*, Cedar Rapids, IA	1:44:44	7:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
24	5	W35	Jen Egan Smith, 38*, Sumner, IA	1:44:50	8:00
67	14	M35	Cory Clasen, 37, Peosta, IA	1:45:08	8:01
25	5	W30	Dana Morgan, 30*, Cedar Falls, IA	1:45:11	8:01
68	9	M40	Paul Burns, 44, Iowa City, IA	1:45:12	8:01
69	5	M50	Jim Demmel, 50, Marshalltown, IA	1:45:17	8:02
26	6	W30	Stacie Burds, 34*, Epworth, IA	1:45:36	8:03
70	7	M45	Allen Malaise, 46, Waterloo, IA	1:45:42	8:04
71	10	M30	Tony Harting, 30, Cedar Falls, IA	1:45:44	8:04
72	9	M25	Curtis Wagaman, 29, Cedar Falls, IA	1:45:47	8:04
73	15	M35	Raymond Kelly, 38, Waterloo, IA	1:45:47	8:04
74	16	M35	Jamie Fens, 37, Cedar Falls, IA	1:46:05	8:06
75	17	M35	Jason Fowler, 36, Dysart, IA	1:46:14	8:06

76	6 M50	John Ketter, 52, Cedar Falls, IA	1:46:21	8:07
77	8 M19	Darius Purvis, 21, Cedar Falls, IA	1:46:37	8:08
27	7 W19	Michelle Egts, 24*, Bettendorf, IA	1:46:38	8:08
28	1 W45	Joan Burns, 46*, Iowa City, IA	1:46:40	8:08
29	6 W35	Chia-Chi Kuo-Speck, 36*, Tucson, AZ	1:46:50	8:09
78	18 M35	Adam Hoogestraat, 37, Parkersburg, IA	1:46:56	8:09
79	10 M25	Geoffrey Knoop, 25, Williamsburg, IA	1:46:57	8:09
80	1 M60	Henry Jungling, 64, Aplington, IA	1:47:00	8:10
30	1 W55	Veronica Demmel, 55*, Marshalltown, IA	1:47:05	8:10
81	6 M55	Daniel Clark, 59, Lacrosse, WI	1:47:07	8:10
82	11 M25	Benny Herrmann, 26, Iowa City, IA	1:47:10	8:10
83	8 M45	Robert Reedy, 48, Golden, CO	1:47:12	8:11
84	12 M25	Allen Mast, 28, Waterloo, IA	1:47:18	8:11
85	2 M60	Larry Walden, 64, Marshalltown, IA	1:47:23	8:11
31	7 W30	Tressa MacLennan, 30*, Cedar Falls, IA	1:47:29	8:12
86	19 M35	Chad Meyerhoff, 37, Waterloo, IA	1:47:32	8:12
32	8 W30	Mariah Hurley, 34*, Cedar Rapids, IA	1:47:48	8:13
87	11 M30	Mike Nielsen, 34, Cedar Falls, IA	1:47:57	8:14
33	7 W35	Elizabeth Paynter, 35*, Ocean Springs, MS		
			1:48:01	8:14
34	9 W30	Jessie Phillips, 31*, Marion, IA	1:48:11	8:15
88	9 M45	Craig Kress, 48, Cedar Falls, IA	1:48:17	8:16
89	9 M19	Evan Ascherl, 20, Sheldon, IA	1:48:27	8:16
90	20 M35	Tom Nagle, 35, Cedar Falls, IA	1:48:27	8:16
35	10 W30	Katie Nagle, 31*, Cedar Falls, IA	1:48:32	8:17
91	7 M50	Rusty Rustad, 54, Grafton, IA	1:48:32	8:17
92	10 M45	David Vieth, 45, Hiawatha, IA	1:48:40	8:17
36	11 W30	Summer Meyer, 32*, Cedar Falls, IA	1:48:45	8:18
37	12 W30	Becky Krieg, 33*, W Des Moines, IA	1:48:46	8:18
93	12 M30	Jeff Jensen, 32, Dike, IA	1:48:49	8:18
38	2 W40	Ann-Marie Berg, 41*, Cedar Rapids, IA	1:49:02	8:19
94	10 M40	Stacey Nelson, 41, Cedar Falls, IA	1:49:03	8:19
39	8 W19	Katie Hansen, 20*, Hudson, IA	1:49:04	8:19
40	3 W14	Hannah Garvey, 18*, Hudson, IA	1:49:04	8:19
41	2 W45	Wendy Foote, 46*, Waterloo, IA	1:49:07	8:19
95	7 M55	Craig Blanchard, 57, Cedar Falls, IA	1:49:17	8:20
96	13 M30	Gabe Berger, 32, Cedar Falls, IA	1:49:19	8:20
42	3 W40	Kathryn Godard, 40*, Macomb, IL	1:49:53	8:23
97	21 M35	Todd Bennett, 38, New Hartford, IA	1:49:53	8:23
98	1 M65	Tom Kirkwood, 67, Dyersville, IA	1:49:54	8:23
43	9 W19	Haley Patterson, 20*, Cedar Falls, IA	1:50:01	8:23
99	10 M19	Mark Iehl, 21, Cedar Falls, IA	1:50:01	8:24
100	22 M35	Dean Karl, 36, Cedar Rapids, IA	1:50:10	8:24
44	4 W25	Kara Ascherl, 26*, Cedar Falls, IA	1:50:11	8:24
101	11 M40	Kurt Austin, 44, Champaign, IL	1:50:14	8:25
102	11 M19	Garret Shelenhamer, 21, Springfield, MO	1:50:18	8:25
45	8 W35	Alecia Allen, 35*, Cedar Rapids, IA	1:50:20	8:25
103	12 M19	Jim Feimster, 21, Cedar Falls, IA	1:50:20	8:25
104	1 JrM	Philip Canfield, 13, Hudson, IA	1:50:24	8:25
46	10 W19	Melissa Hollon, 21*, Liberty, MO	1:50:31	8:26
105	13 M19	Ben Davidson, 23, Cedar Falls, IA	1:50:37	8:26
106	14 M30	Jeremy Ascherl, 30, Waterloo, IA	1:50:42	8:27
47	13 W30	Robin Brandt, 32*, Minneapolis, MN	1:50:45	8:27
107	23 M35	Juan Madigral, 39, Cedar Falls, IA	1:50:50	8:27
48	11 W19	Elsa Jehle, 20*, Cedar Falls, IA	1:50:56	8:28
49	9 W35	Megan Fereday, 37*, Cedar Falls, IA	1:50:58	8:28
50	12 W19	Alyssa Reichelt, 24*, Cedar Falls, IA	1:51:04	8:28
51	5 W25	Brittany Jungck, 28*, Waterloo, IA	1:51:19	8:29
52	3 W45	Lori Wiley, 49*, Washington, IA	1:51:29	8:30
108	11 M45	Kevin Weber, 46, Hudson, IA	1:51:35	8:31
53	1 W50	Karen Harbaugh, 51*, Manchester, IA	1:51:36	8:31
54	2 W50	Catherine Burke, 53*, Forest City, IA	1:51:43	8:31
55	4 W14	Hannah Savage, 17*, Cedar Falls, IA	1:51:54	8:32
56	5 W14	Allison Gregg, 16*, Cedar Falls, IA	1:51:54	8:32
109	12 M45	Geoff Tinker, 45, Waterloo, IA	1:51:59	8:33

110	13	M45	Mike Nyman, 47, Cedar Falls, IA	1:52:01	8:33
57	14	W30	Kristi Nielsen, 32*, Cedar Falls, IA	1:52:10	8:33
58	4	W45	Erin Davis, 47*, Davenport, IA	1:52:23	8:34
59	4	W40	Cheryl Benson, 44*, Davenport, IA	1:52:24	8:34
111	12	M40	John Martinek, 43, Coralville, IA	1:52:35	8:35
112	13	M40	Vladimir Badovinac, 42, Iowa City, IA	1:52:35	8:35
60	6	W25	Miranda Adams, 25*, Denver, IA	1:52:35	8:35
61	13	W19	Ramah Knox, 23*, Cedar Falls, IA	1:52:52	8:37
113	14	M40	Rick Nielsen, 44, Waverly, IA	1:52:53	8:37
114	15	M30	Joseph Tripp-Rieks, 31, Cedar Falls, IA	1:53:01	8:37
115	2	M65	Dwight Van Wyngarden, 69, Waterloo, IA	1:53:17	8:38
62	15	W30	Kimberly Sparks, 33*, Washburn, IA	1:53:20	8:39
63	14	W19	Kahri Heinemann, 23*, Sumner, IA	1:53:26	8:39
116	14	M19	Chance Frerichs, 22, Alexander, IA	1:53:28	8:39
117	14	M45	Mark Rocarek, 46, Vinton, IA	1:53:28	8:39
118	16	M30	Austin Lorenzen, 31, Waverly, IA	1:53:36	8:40
119	8	M50	Paul Bailey, 51, Rantoul, IL	1:53:46	8:41
120	13	M25	Andy Cook-Feltz, 28, Astoria, NY	1:53:49	8:41
64	6	W14	Katie Halloran, 16*, Cedar Falls, IA	1:53:52	8:41
121	15	M19	Tim Corcoran, 24, Davenport, IA	1:54:13	8:43
65	15	W19	Sara Mohling, 24*, Davenport, IA	1:54:13	8:43
66	16	W30	Casey Fonlay, 31*, Cedar Falls, IA	1:54:14	8:43
122	14	M25	Mark Bjorklund, 28, Cedar Falls, IA	1:54:18	8:43
67	5	W45	Jacque Bakker, 48*, Dike, IA	1:54:30	8:44
123	15	M40	Mauricio Miranda, 42, Cedar Falls, IA	1:54:32	8:44
124	16	M19	Lee Przybylski, 20, Cedar Falls, IA	1:54:47	8:45
125	17	M30	Josh Evans, 30, Cedar Falls, Ia, Ia	1:54:50	8:46
126	8	M55	Jerry Brown, 58, Evansdale, IA	1:54:52	8:46
127	17	M19	Eric Mann, 24, Marshalltown, IA	1:54:58	8:46
128	24	M35	Jesse Woods, 37, Cedar Falls, IA	1:55:05	8:47
129	15	M45	Jody Wilson, 49, La Porte City, IA	1:55:06	8:47
68	16	W19	Sarah Ellefson, 22*, Marshalltown, IA	1:55:12	8:47
130	9	M55	Dale Hendrickson, 57, Cedar Falls, IA	1:55:13	8:47
69	17	W19	Jenna Boyle, 19*, Ackley, IA	1:55:19	8:48
70	3	W50	Denise Whiting, 52*, Iowa City, IA	1:55:27	8:48
71	18	W19	Sarah Dieken, 20*, Dike, IA	1:55:32	8:49
72	4	W50	Waynette Saul, 51*, Cedar Falls, IA	1:55:35	8:49
73	19	W19	Sarah Alborn, 24*, Cedar Falls, IA	1:55:38	8:49
131	16	M45	Scott Dean, 47, Des Moines, IA	1:55:43	8:50
74	20	W19	Allie Osmundson, 24*, Marshalltown, IA	1:55:48	8:50
132	9	M50	Larry Frost, 50, Waterloo, IA	1:55:55	8:51
133	18	M30	Jeremy Northrup, 32, Cedar Falls, IA	1:55:59	8:51
134	15	M25	Robb Randall, 27, Cedar Rapids, IA	1:56:05	8:51
75	5	W40	Julie Tyler, 40*, Waterloo, IA	1:56:27	8:53
135	16	M40	Jeffrey Bell, 41, Cedar Falls, IA	1:56:29	8:53
136	17	M40	Jim Taylor, 40, La Porte City, IA	1:56:45	8:54
76	7	W25	Ashley Lubbert, 28*, Riceville, IA	1:56:51	8:55
137	17	M45	Brett Olson, 45, Cedar Falls, IA	1:56:52	8:55
77	21	W19	Katie Kraemer, 19*, Marion, IA	1:56:53	8:55
78	8	W25	Melissa Haugo, 29*, Spirit Lake, IA	1:56:54	8:55
79	17	W30	Paige Miller, 31*, Cedar Falls, IA	1:57:12	8:56
80	18	W30	Rebecca Gelhaus, 33*, Cedar Falls, IA	1:57:26	8:57
81	22	W19	Amy Zabler, 20*, Cedar Falls, IA	1:57:28	8:58
82	19	W30	Alyssa Rasmussen, 32*, Waverly, IA	1:57:36	8:58
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
83	5	W50	Beverly Diercks, 51*, Denver, IA	1:58:07	9:01
84	10	W35	Jane Boffeli, 39*, Cascade, IA	1:58:12	9:01
138	18	M45	Steve Raus, 48, Cedar Falls, IA	1:58:31	9:02
139	18	M40	Travis Ravn, 40, Cedar Falls, IA	1:58:33	9:03
140	16	M25	Kyle Blohm, 28, Reinbeck, IA	1:58:34	9:03
85	20	W30	Janae Gross, 32*, Cedar Falls, IA	1:58:44	9:03
141	19	M45	Aaron Dennis, 48, Eden Prairie, MN	1:58:49	9:04
86	21	W30	Bianca Greazel, 32*, Marshalltown, IA	1:58:55	9:04
87	9	W25	Laura Badtke, 26*, North Liberty, IA	1:59:05	9:05

142	3	M60	Robert Mayfield, 62, Cedar Falls, IA	1:59:07	9:05
143	17	M25	Anthony Rausa, 27, Waterloo, IA	1:59:20	9:06
88	23	W19	Alexa Talamo, 24*, Allen, SD	1:59:21	9:06
89	24	W19	Sarah Halloran, 20*, Cedar Falls, IA	1:59:25	9:07
144	19	M30	Ben Hinz, 30, Iowa City, IA	1:59:25	9:07
90	25	W19	Alicia Unkrich, 22*, Iowa City, IA	1:59:26	9:07
91	7	W14	Katherine Hudson, 16*, Cedar Falls, IA	1:59:27	9:07
145	10	M55	Paul James, 57, Stanley, IA	1:59:33	9:07
92	22	W30	Carrie Dieken, 34*, Cedar Falls, IA	1:59:42	9:08
93	26	W19	Amy Joens, 20*, Cedar Falls, IA	2:00:05	9:10
94	6	W40	Sara Eisenberg, 40*, Iowa City, IA	2:00:11	9:10
146	20	M30	Scott Houck, 34, Omaha, NE	2:00:14	9:10
95	8	W14	Paige Beltowski, 18*, Cedar Falls, IA	2:00:15	9:10
147	21	M30	Casey Jacobi, 30, Mason City, IA	2:00:16	9:10
96	23	W30	Jennifer Houlihan, 32*, Cedar Rapids, IA	2:00:25	9:11
97	27	W19	Erin Voss, 20*, Aplington, IA	2:00:27	9:11
148	22	M30	David Boege, 33, Cedar Falls, IA	2:00:41	9:12
149	23	M30	Joseph Bearn, 33, Miami, FL	2:00:41	9:12
98	24	W30	Jessica Turner, 31*, Cedar Falls, IA	2:00:45	9:13
150	18	M25	Rob Archibald, 28, Cedar Rapids, IA	2:00:58	9:14
151	19	M40	Jeff Goldhorn, 40, Bulverde, TX	2:01:08	9:14
152	18	M19	B J Heath, 24, Waterloo, IA	2:01:09	9:14
99	10	W25	Kara Gruber, 28*, Cedar Rapids, IA	2:01:11	9:15
100	28	W19	Carrie Johnson, 23*, Cedar Falls, IA	2:01:26	9:16
101	29	W19	Jenalee Williams, 22*, Urbandale, IA	2:01:28	9:16
102	11	W35	Dee Sallee, 38*, Hudson, IA	2:01:35	9:16
153	10	M50	Tom Murphy, 52, Cedar Falls, IA	2:01:46	9:17
103	11	W25	Jeni Gaffey, 26*, North Liberty, IA	2:02:09	9:19
154	19	M19	Matt Splittgerber, 24, Marshalltown, IA	2:02:12	9:19
155	11	M55	John Lang, 59, Waterloo, IA	2:02:22	9:20
156	11	M50	Thomas Nero, 52, Kansas City, MO	2:02:27	9:20
157	19	M25	Ryan Sallis, 28, Waterloo, IA	2:02:30	9:21
158	20	M25	Ryan Tucker, 27, Denver, IA	2:02:31	9:21
159	24	M30	Jason Decker, 32, Independence, IA	2:02:33	9:21
160	25	M30	Nick Mahoney, 31, Marion, IA	2:02:40	9:21
104	30	W19	Katie Noonan, 23*, Cedar Falls, IA	2:02:53	9:22
161	3	M65	Paul Larson, 71, Garner, IA	2:02:58	9:23
105	6	W45	Sherry Johnson, 48*, Cedar Falls, IA	2:03:03	9:23
106	31	W19	Lindsey Hillers, 20*, Cedar Falls, IA	2:03:05	9:23
162	12	M55	Michael Wagoner, 57, Iowa City, IA	2:03:17	9:24
107	7	W40	Kathleen Kemming, 43*, Wavery, IA	2:03:19	9:24
108	12	W35	Marcie Corson, 39*, Cedar Falls, IA	2:03:19	9:24
163	25	M35	Scott Yoder, 36, Grundy Center, IA	2:03:20	9:24
164	20	M40	Bill Courtney, 42, Cibolo, TX	2:03:27	9:25
165	21	M25	Owen Siebring, 25, Cedar Rapids, IA	2:03:37	9:26
109	32	W19	Sarah Bair, 19*, Hudson, IA	2:03:41	9:26
166	26	M30	Andy Pedersen, 33, Cedar Falls, IA	2:03:44	9:26
110	8	W40	Kathy Nelson, 41*, Waterloo, IA	2:03:44	9:26
111	2	W55	Charlene Helfrick, 55*, Waterloo, IA	2:03:44	9:26
112	25	W30	Kelly Larson, 31*, Hanska, MN	2:03:53	9:27
113	26	W30	Rachel Andrews, 33*, Cedar Falls, IA	2:04:07	9:28
114	7	W45	Jill Jones, 48*, Cedar Rapids, IA	2:04:11	9:28
115	12	W25	Laura Folkerts, 28*, Cedar Falls, IA	2:04:14	9:29
167	20	M19	Joshua Randall, 19, Osage, IA	2:04:21	9:29
116	13	W35	Melissa Ernzen, 36*, Epworth, IA	2:04:23	9:29
168	4	M60	Larry Mullen, 62, Cedar Falls, IA	2:04:24	9:29
117	33	W19	Heather Wiltse, 20*, Waverly, IA	2:04:25	9:29
169	21	M40	Todd Dietz, 43, Cedar Falls, IA	2:04:31	9:30
118	34	W19	Brianne Ott, 22*, Cedar Falls, IA	2:04:40	9:31
170	27	M30	Andrew Ott, 30, Cedar Falls, IA	2:04:41	9:31
119	8	W45	Suzy Freedman, 45*, Cedar Falls, IA	2:04:52	9:31
171	22	M25	Adam Nederhoff, 26, Eldora, IA	2:04:59	9:32
172	28	M30	Chris Kumpf, 34, Waterloo, IA	2:05:09	9:33
120	35	W19	Audra Becker, 23*, Washburn, IA	2:05:13	9:33
121	13	W25	Jana Copp, 27*, Cedar Falls, IA	2:05:27	9:34

122	27	W30	Michelle Lobeck, 32*, Tripoli, IA	2:05:27	9:34
123	14	W35	Laura Post, 35*, Marion, IA	2:05:29	9:34
173	26	M35	Ryan Post, 38, Marion, IA	2:05:29	9:34
174	22	M40	Ed Bennett, 44, Waterloo, IA	2:05:30	9:34
175	23	M40	Joe Sands, 43, Shell Rock, IA	2:05:36	9:35
124	28	W30	Teresa Mueller, 30*, Boone, IA	2:05:46	9:36
125	9	W40	Margaret Prophet, 40*, Cedar Falls, IA	2:05:48	9:36
176	20	M45	Randy Dieken, 49, Dike, IA	2:05:50	9:36
126	3	W55	Debi Daters, 56*, Cedar Falls, IA	2:06:00	9:37
127	2	JrW	Anna Beltowski, 13*, Cedar Falls, IA	2:06:05	9:37
128	4	W55	Pamela Wood, 56*, Janesville, IA	2:06:17	9:38
177	2	JrM	Ike McDermott, 13, Peosta, IA	2:06:27	9:39
129	36	W19	Rachel Burton, 24*, Cedar Falls, IA	2:06:30	9:39
178	24	M40	Russ Wasendorf Jr, 41, Cedar Falls, IA	2:06:30	9:39
130	6	W50	Sally Marzen, 54*, Dougherty, IA	2:06:32	9:39
131	10	W40	Lori Gage, 43*, Fairbank, IA	2:06:33	9:39
132	14	W25	Tish Acklin, 26*, Warterloo, IA	2:06:58	9:41
179	21	M19	Mirsad Catic, 23, Waterloo, IA	2:06:58	9:41
180	22	M19	Dillon Woods, 23, Omaha, NE	2:06:59	9:41
133	9	W45	Kerri Larson, 46*, Jesup, IA	2:07:00	9:41
181	23	M19	Blaine Koenig, 21, Denver, IA	2:07:14	9:42
182	29	M30	Michael Christensen, 31, Waterloo, IA	2:07:21	9:43
134	11	W40	Seunghee Baik, 40*, Cedar Falls, IA	2:07:27	9:43
183	25	M40	Gabe Lee, 43, Cedar Falls, IA	2:07:27	9:43
135	15	W35	Shannon Orourke, 35*, Waterloo, IA	2:07:27	9:43
136	16	W35	Tonya Mastin, 37*, Waterloo, IA	2:07:29	9:43
137	37	W19	Jennifer Haines, 22*, Cedar Falls, IA	2:07:49	9:45
184	21	M45	Albert Stuppi, 47, Springville, IA	2:07:50	9:45
138	38	W19	Tiffany Harbaugh, 24*, West Des Moines, IA	2:07:57	9:46
185	30	M30	Jason Rozendaal, 30, Cedar Falls, IA	2:08:07	9:46
139	17	W35	Heather Peterson, 36*, Hudson, IA	2:08:09	9:47
140	29	W30	Star Rupe, 32*, Waverly, IA	2:08:14	9:47
186	27	M35	Kyle Brouwer, 35, Cascade, IA	2:08:35	9:48
187	4	M65	Dick Groves, 66, Cedar Falls, IA	2:08:35	9:49
141	15	W25	Nichole Rozendaal, 29*, Cedar Falls, IA	2:08:39	9:49
188	26	M40	Aaron Sannes, 42, Cedar Falls, IA	2:08:42	9:49
189	12	M50	Doug Tensen, 53, Cedar Falls, IA	2:08:43	9:49
142	30	W30	Josie Smock, 32*, Center Point, IA	2:08:46	9:49
143	5	W55	Linda Hibben, 56*, Cedar Falls, IA	2:08:49	9:50
190	27	M40	Tony Gesell, 43, Cedar Falls, IA	2:09:07	9:51
144	31	W30	Mindy Dunkin, 32*, North Liberty, IA	2:09:23	9:52
191	31	M30	Neil Schlader, 32, Dubuque, IA	2:09:26	9:52
145	39	W19	Allison Duchman, 19*, Cedar Falls, IA	2:09:27	9:52
192	13	M55	Joel Cooper, 59, Cedarfalls, IA	2:09:37	9:53
146	12	W40	Heidi Townsend, 43*, Dubuque, IA	2:09:47	9:54
193	28	M40	Kenneth Tovar, 41, Waterloo, IA	2:09:47	9:54
194	32	M30	Joey Schuerman, 32, Cedar Falls, IA	2:10:01	9:55
195	28	M35	Larry Schaul, 39, Cedar Rapids, IA	2:10:06	9:55
147	40	W19	Sarah Bergeson, 24*, Cedar Rapids, IA	2:10:17	9:56
196	23	M25	Adam Bergeson, 26, Cedar Rapids, IA	2:10:17	9:56
148	32	W30	Bridget Bakula, 32*, Cedar Falls, IA	2:10:27	9:57
149	33	W30	Abigail Martin, 32*, Cedar Falls, IA	2:10:28	9:57
150	41	W19	Kelly Benter, 22*, Sumner, IA	2:10:38	9:58
151	18	W35	Heather Jones, 36*, Colchester, IL	2:10:44	9:58
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
197	29	M35	Michael Fox, 35, Cedar Falls, IA	2:11:02	10:00
152	10	W45	Leah VanderHolt, 49*, Parkersburg, IA	2:11:05	10:00
198	5	M65	Del Carpenter, 68, Cedar Falls, IA	2:11:09	10:00
199	24	M19	Nicholas Luke, 23, La Porte City, IA	2:11:11	10:00
200	29	M40	Todd Montgomery, 42, Cedar Rapids, IA	2:11:14	10:01
201	30	M40	Doug Staudt, 42, Cedar Falls, IA	2:11:15	10:01
153	13	W40	Susan Fleming, 40*, Waverly, IA	2:11:30	10:02
202	14	M55	Robert Jones, 58, Cedar Rapids, IA	2:11:36	10:02



154	11	W45	Kris Wentzien, 49*, Solon, IA	2:11:43	10:03
155	14	W40	Cathy Nicholas, 44*, Denver, IA	2:11:53	10:04
156	15	W40	Julie Kaneyuki, 43*, Cedar Falls, IA	2:12:00	10:04
203	15	M55	Brian Bigelow, 55, Auburn, IN	2:12:40	10:07
157	9	W14	Angie Ellendson, 15*, Fort Dodge, IA	2:12:45	10:08
204	22	M45	Charles Weno, 47, Iowa City, IA	2:12:49	10:08
158	34	W30	Kimberly Frank, 34*, Cedar Falls, IA	2:13:12	10:10
205	33	M30	Caleb Wallace, 32, Cedar Falls, IA	2:13:21	10:10
159	35	W30	Sheila Smith, 34*, Grinnell, IA	2:13:27	10:11
160	16	W25	Vanessa Palmer, 29*, Belle Plaine, IA	2:13:30	10:11
161	17	W25	Kim Redig, 29*, Washburn, IA	2:13:31	10:11
162	19	W35	Angela Thornton-Millard, 35*, Lenexa, KS	2:13:36	10:11
206	5	M60	George Thornton, 64, Cedar Falls, IA	2:13:37	10:11
207	23	M45	Bryan Schmidt, 49, Charles City, IA	2:13:40	10:12
163	36	W30	Valerie Hoy, 33*, La Porte City, IA	2:13:50	10:13
164	42	W19	Hannah Lively, 24*, Athens, TX	2:14:39	10:16
208	13	M50	Brad Smith, 53, Beaman, IA	2:14:58	10:18
165	7	W50	Jackie Peters, 50*, Cedar Rapids, IA	2:15:03	10:18
209	5	M14	Thomas Randall, 15, Osage, IA	2:15:05	10:18
166	16	W40	Lori Randall, 43*, Osage, IA	2:15:06	10:18
167	43	W19	Leah Fischer, 23*, Rockford, IA	2:15:10	10:19
210	34	M30	Matt Bartell, 32, Mason City, IA	2:15:26	10:20
211	6	M60	Dan Bertsch, 61, Indianola, IA	2:15:53	10:22
212	35	M30	Justin Leonard, 30, Elkader, IA	2:15:56	10:22
213	25	M19	Adam Campbell, 24, Cedar Falls, IA	2:16:00	10:22
214	24	M45	Thomas Neese, 47, Plymouth, MN	2:16:02	10:23
168	1	W65	Nancy Mann, 65*, Destin, FL	2:16:04	10:23
215	36	M30	Joshua Larsen, 31, Waterloo, IA	2:16:08	10:23
169	18	W25	Christina Morales-Eddy, 28*, Marion, IA	2:16:18	10:24
170	44	W19	Suzanne Droste, 24*, Waterloo, IA	2:16:24	10:24
171	45	W19	Jenny Snook, 20*, Cedar Rapids, IA	2:16:42	10:26
172	20	W35	Angie Kintzle, 36*, Swea City, IA	2:16:43	10:26
173	10	W14	Kaylee Karels, 16*, Burt, IA	2:16:43	10:26
216	25	M45	Mike Becker, 49, Cedar Rapids, IA	2:17:12	10:28
174	37	W30	Kristin Moser, 33*, Cedar Falls, IA	2:17:32	10:29
175	46	W19	Jessica Snook, 21*, Cedar Rapids, IA	2:17:42	10:30
176	47	W19	Megan Larison, 22*, La Porte City, IA	2:17:51	10:31
177	19	W25	Cara Hintz, 25*, Waterloo, IA	2:17:57	10:31
178	1	W60	Karen McGinn, 62*, Cedar Falls, IA	2:18:02	10:32
217	31	M40	Michael Repp, 41, Waterloo, IA	2:18:16	10:33
179	21	W35	Amy Roth, 39*, Cedar Falls, IA	2:18:17	10:33
180	17	W40	Jodie Roettger, 44*, Cedar Falls, IA	2:18:19	10:33
218	7	M60	David Hunt, 61, Waverly, IA	2:18:57	10:36
181	18	W40	Mallorie Buchanan, 42*, Colchester, IL	2:19:07	10:37
182	8	W50	Nancy Heiter, 53*, Charles City, IA	2:19:17	10:38
219	37	M30	Brian Rowe-Barth, 34, Waterloo, IA	2:20:10	10:42
183	9	W50	Julie Rosenberg, 53*, Cedar Rapids, IA	2:20:25	10:43
184	38	W30	Leslie Lyons, 33*, Denver, IA	2:20:25	10:43
185	19	W40	Mollie Grosse, 42*, Denver, IA	2:20:26	10:43
220	26	M19	Daryn Schmitt, 23, Cedar Falls, IA	2:20:52	10:45
186	20	W25	Amy Anderson, 25*, Waterloo, IA	2:20:52	10:45
187	39	W30	Liz Patterson, 31*, Cedar Falls, IA	2:21:07	10:46
188	48	W19	Natalie Patterson, 20*, Cedar Falls, IA	2:21:07	10:46
221	8	M60	Mark Allen, 63, Cedar Falls, IA	2:21:09	10:46
222	16	M55	Joseph Cahill, 59, Nevada, IA	2:21:20	10:47
223	30	M35	Brian Grete, 39, Cedar Falls, IA	2:22:23	10:52
189	12	W45	Julie Becker, 45*, Cedar Falls, IA	2:23:17	10:56
224	31	M35	Dan Keagle, 35, Cedar Falls, IA	2:23:18	10:56
190	10	W50	Jane Brandt, 53*, Rochester, MN	2:23:55	10:59
225	14	M50	Dave Brandt, 53, Rochester, MN	2:23:55	10:59
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
191	40	W30	Sara Cordes, 30*, Glidden, IA	2:24:18	11:00
226	24	M25	Geoff Juza, 25, Waterloo, IA	2:24:19	11:01
192	49	W19	Lindsey Andersen, 23*, Omaha, NE	2:24:39	11:02

193	50	W19	Jenny Roberts, 24*, Omaha, NE	2:24:39	11:02
194	22	W35	Lindsey Baracz, 35*, Cedar Falls, IA	2:24:50	11:03
195	51	W19	Megan Ascherl, 24*, Sioux Falls, SD	2:25:06	11:04
196	52	W19	Haylee Taylor, 19*, LeGrand, IA	2:25:10	11:04
227	32	M35	Aaron Howard, 35, Cedar Falls, IA	2:25:12	11:05
228	33	M35	Michael Frank, 35, Cedar Falls, IA	2:25:38	11:07
197	20	W40	Sandy Dudley, 42*, Walker, IA	2:25:47	11:07
198	41	W30	Sheila Heese, 30*, Hudson, IA	2:25:53	11:08
229	34	M35	Sid Harris Jr, 35, Cedar Falls, IA	2:26:47	11:12
230	26	M45	Michael Weno, 48, Waterloo, IA	2:26:51	11:12
199	13	W45	Lisa Flaherty, 48*, Fairfax, IA	2:27:01	11:13
231	38	M30	Carl Ericson, 32, Cedar Falls, IA	2:27:10	11:14
232	35	M35	Jason Whiting, 38, Cedar Falls, IA	2:27:10	11:14
200	21	W25	Robert Gaffey, 26*, North Liberty, IA	2:27:28	11:15
201	2	W65	Joan Forman, 69*, Destin, FL	2:27:31	11:15
233	17	M55	Doug Christensen, 57, Cedar Falls, IA	2:28:35	11:20
234	25	M25	Chris Fischels, 26, Waterloo, IA	2:29:29	11:24
202	11	W50	Deedee Robeson, 50*, Grundy Center, IA	2:29:54	11:26
235	39	M30	Brian Hintz, 31, Waterloo, IA	2:30:17	11:28
203	21	W40	Barb Horstman, 43*, Cedar Falls, IA	2:31:31	11:33
204	53	W19	Rachel Ellefson, 20*, Marshalltown, IA	2:31:38	11:34
205	54	W19	Amanda Wodstrchill, 24*, Cedar Rapids, IN	2:32:15	11:37
206	42	W30	Alicia Hurmence, 33*, Cedar Falls, IA	2:32:45	11:39
207	22	W25	Laura Trueg, 26*, Waterloo, IA	2:33:13	11:41
236	9	M60	Loren Duchman, 60, Cedar Falls, IA	2:34:57	11:49
208	23	W35	Kandi Smith, 35*, Cedar Rapids, IA	2:35:08	11:50
209	43	W30	Jaime Flansch, 31*, Cedar Falls, IA	2:35:12	11:50
210	24	W35	Shari Neese, 38*, Cedar Falls, IA	2:35:14	11:50
211	44	W30	Alicia Kieffer-Hall, 31*, Cedar Falls, IA	2:35:35	11:52
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
212	25	W35	Janelle Brouwer, 36*, Cascade, IA	2:37:19	12:00
213	6	W55	Helene Wertz, 59*, Dike, IA	2:37:36	12:01
214	45	W30	Andrea Powell, 33*, Readlyn, IA	2:37:36	12:01
215	14	W45	Emily Swartl;Ey, 49*, Cedar Falls, IA	2:37:36	12:01
216	15	W45	Theresa Packard, 47*, Waterloo, IA	2:38:45	12:07
217	23	W25	Danielle Palmer, 29*, Plattsmouth, NE	2:39:15	12:09
218	55	W19	Lexie Heath, 24*, Waterloo, IA	2:39:25	12:10
219	26	W35	Andrea Olson, 38*, Osage, IA	2:40:13	12:13
237	26	M25	John Barnes, 25, Little Canada, MN	2:40:13	12:13
220	22	W40	Sandra Henning, 40*, Wellsburg, IA	2:42:24	12:23
221	23	W40	Cindy Van Heiden, 42*, Wellsburg, IA	2:42:24	12:23
222	56	W19	Teresa Dolash, 19*, Ferguson, IA	2:42:29	12:24
223	57	W19	Brook Vaughn, 23*, Garrison, IA	2:42:29	12:24
224	27	W35	Amy Lang, 39*, Cedar Falls, IA	2:43:01	12:26
225	2	W60	Helen Pearce, 60*, Cedar Falls, IA	2:43:02	12:26
226	12	W50	Dawn Kelly, 52*, Cedar Falls, IA	2:43:03	12:26
227	28	W35	Kathy Patterson, 37*, Waterloo, IA	2:48:47	12:52
228	16	W45	Tammra Chambers, 46*, Waterloo, IA	2:48:48	12:53
229	29	W35	Lisa Manifold, 39*, Cedar Falls, IA	2:48:50	12:53
238	27	M25	Tanner McLean, 28, Waterloo, IA	2:49:40	12:56
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					
239	36	M35	Brett Brauman, 35, Janesville, IA	2:50:49	13:02
230	24	W40	Kristi Bacon, 40*, Waterloo, IA	2:52:02	13:07
231	46	W30	Kara Law, 30*, Washburn, IA	2:53:17	13:13
232	25	W40	Shelly Kleinschmidt, 41*, Cedar Falls, IA	2:54:17	13:18
233	58	W19	Jessica Norman, 22*, Minneapolis, MN	3:01:38	13:51
240	27	M19	Alexander Jones, 22, Minneapolis, MN	3:01:38	13:51
234	24	W25	Clare Cira, 28*, Waterloo, IA	3:01:54	13:53
Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">9:00</a>   <a href="#">10:00</a>   <a href="#">11:00</a>   <a href="#">12:00</a>   <a href="#">13:00</a>   <a href="#">14:00</a>   <a href="#">15:00</a>   <a href="#">Top</a>					



235 26 W40 Shelly Steele, 41\*, Cedar Falls, IA 3:08:09 14:21  
 Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

236 17 W45 Jill Asprey, 46\*, Solon, IA 3:17:36 15:04  
 237 47 W30 Katherine Weber, 30\*, Omaha, NE 3:21:58 15:24

\* indicates females

4 finishers among Males (no age given)

2 finishers among Men Under 14

5 finishers among Men 14 - 18

27 finishers among Men 19 - 24

27 finishers among Men 25 - 29

39 finishers among Men 30 - 34

36 finishers among Men 35 - 39

31 finishers among Men 40 - 44

26 finishers among Men 45 - 49

14 finishers among Men 50 - 54

17 finishers among Men 55 - 59

9 finishers among Men 60 - 64

5 finishers among Men 65 & Up

2 finishers among Women Under 14

10 finishers among Women 14 - 18

58 finishers among Women 19 - 24

24 finishers among Women 25 - 29

47 finishers among Women 30 - 34

29 finishers among Women 35 - 39

26 finishers among Women 40 - 44

17 finishers among Women 45 - 49

12 finishers among Women 50 - 54

6 finishers among Women 55 - 59

2 finishers among Women 60 - 64

2 finishers among Women 65 & Up

242 male finishers

235 female finishers

477 total finishers

Return to [home page](#).