

2004 Race for Cure

Women's and Men's 5K

Awards Results

Women: Overall Winners

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	32	61	GLASNAPP, ESTHER	Hubbard, IA	F	30	19:46.1	6:23
2	36	329	DAHLBERG, JADE	Ames, IA	F	24	19:58.7	6:27
3	41	2398	DOUBEK, BRENDA	Baxter, IA	F	34	20:11.1	6:31
4	48	5197	FULLER, CAITLYN	West Des Moines, IA	F	11	20:26.3	6:36
5	50	9195	SCHARF, KAYLI	West Des Moines, IA	F	11	20:28.3	6:36
6	52	9070	FLOOD, KATIE	Des Moines, IA	F	12	20:31.0	6:37
7	53	9197	SCHARF, VICKI	West Des Moines, IA	F	44	20:32.0	6:37
8	54	12330	OSHEL, ABBEY	Des Moines, IA	F	22	20:34.3	6:38
9	55	12365	VERMEULEN, TAMI	Des Moines, IA	F	23	20:36.0	6:39
10	64	1920	SEVERSON, JANA	West Des Moines, IA	F	26	20:46.7	6:42
11	72	3906	ANTHOFER, SARAH	Norwalk, IA	F	26	20:58.7	6:46
12	77	12789	PALEN, ANGELA	Norwalk, IA	F	34	21:04.1	6:48
13	85	10486	CAFFREY, DAWN	Ankeny, IA	F	19	21:11.0	6:50
14	91	12362	CLEVELAND, EMILY	Des Moines, IA	F	23	21:15.0	6:51
15	95	2589	LINDER, KELSIE	Ames, IA	F	22	21:19.5	6:53
16	96	2981	BAKER, LAURIE	Waukee, IA	F	31	21:20.7	6:53
17	104	13540	MILLER, GINGER	Ankeny, IA	F	34	21:31.7	6:57
18	113	13140	KELL, EMILY	Urbandale, IA	F	28	21:40.2	6:59
19	120	1530	PECINOVSKY, JULIE	West Des Moines, IA	F	26	21:44.4	7:01
20	124	7756	GORETH, SHERRY	Urbandale, IA	F	31	21:48.9	7:02
21	125	6890	LIGHT, CINDY	Perry, IA	F	38	21:50.4	7:03
22	130	8195	LOWE, SUZANNNE	West Des Moines, IA	F	36	21:56.7	7:05
23	144	13622	ALLENBACK, PEGGI	Ankeny, IA	F	34	22:10.6	7:09
24	155	5470	STILBORN, HEATHER	Clive, IA	F	41	22:26.2	7:14
25	156	11884	FAETH, JENNIFER	Ankeny, IA	F	25	22:27.0	7:15

Men: Overall Winners

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	1	15031	MC CLAIN, DYLAN	Lawrence, KS	M	19	15:51.7	5:07
2	2	15033	JURKOVICH, EVAN	Des Moines, IA	M	19	16:16.0	5:15
3	3	15034	OLSON, AARON	Minneapolis, MN	M	18	16:19.1	5:16
4	4	12353	POST, JOEL	Des Moines, IA	M	22	16:44.6	5:24
5	5	4795	ROBIDOUX, JIM	Ankeny, IA	M	40	16:59.3	5:29
6	6	2548	ACHENBACH, BRENT	Woodward, IA	M	32	17:10.5	5:32
7	7	14227	THOMPSON, RYAN	Des Moines, IA	M	24	17:41.2	5:42
8	8	5568	GLICK, CHRIS	Des Moines, IA	M	20	17:48.5	5:45
9	9	15168	BOND, BRANDON	West Des Moines, IA	M	19	17:56.1	5:47
10	10	1816	OLSEN, STEVEN	Urbandale, IA	M	27	18:00.2	5:48
11	11	15122	HARBERT, MATTHEW	Ankeny, IA	M	21	18:02.3	5:49
12	12	15118	MINEAR, ANDREW	Carlisle, IA	M	18	18:07.2	5:51
13	13	2545	MORALES, VIC	Indianola, IA	M	30	18:18.3	5:54
14	14	14141	SCHREINER, JON	BAD ZIPCODE, XX	M	20	18:29.8	5:58
15	15	2197	MCBRIDE, THOMAS	Des Moines, IA	M	49	18:34.9	6:00
16	16	15328	GRAY, CASEY GRAY	Winterset, IA	M	18	18:53.8	6:06
17	17	14197	STONE, DOUG	Des Moines, IA	M	41	18:55.6	6:06
18	18	10694	WATKINS, DAVE	Pella, IA	M	39	18:56.7	6:07
19	19	4188	DAVIS, MARK	Adel, IA	M	51	18:58.0	6:07
20	20	4564	BECKER, MATT	Des Moines, IA	M	24	18:59.8	6:08
21	21	5958	HENRY, GRADY	Ankeny, IA	M	15	19:10.1	6:11
22	22	13021	LEE, CHAD	West Des Moines, IA	M	31	19:14.1	6:12
23	23	1130	SITZMANN, GAGE	West Des Moines, IA	M	12	19:27.7	6:17
24	24	2000	HALLAM, JUSTUS	Ames, IA	M	22	19:28.6	6:17
25	25	15316	RETZ, CURT	West Des Moines, IA	M	38	19:29.6	6:17

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Women: 8 and Under

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	1085	13407	AGEY, KATIE	Des Moines, IA	F	8	30:40.3	9:54
2	1717	3288	HENSLEY, KAITLIN	Urbandale, IA	F	4	35:42.2	11:31
3	1748	1037	ABEL, KATIE	Des Moines, IA	F	8	36:11.4	11:40

Women: 9 - 14

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	184	14028	TOBIAS, HEATHER	Des Moines, IA	F	12	22:56.7	7:24
2	204	7285	MC CONEGHEY, SAMANTHA	Johnston, IA	F	14	23:15.6	7:30
3	212	14147	BOTT, BECCA	Clive, IA	F	12	23:21.3	7:32

Women: 15 - 19

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	168	2405	HENDRICKSON, SARA	Altoona, IA	F	18	22:34.6	7:17
2	206	7289	BLUTT, TARA	Des Moines, IA	F	18	23:16.4	7:30
3	226	6024	HARSHBARGER, TONI	Ankeny, IA	F	17	23:35.3	7:37

Women: 20 - 24

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	159	985	SPOMER, JILL	Ankeny, IA	F	21	22:29.7	7:15
2	182	13434	IVES, AMANDA	Des Moines, IA	F	23	22:55.6	7:24
3	187	14140	MUELLER, JENNY	West Des Moines, IA	F	22	23:02.0	7:26

Women: 25 - 29

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	174	4880	ZWEMKE, LINDSAY	Weldon, IA	F	28	22:41.3	7:19
2	202	2227	WOOD, JODY	Indianola, IA	F	28	23:15.1	7:30
3	211	15371	SYKORA, JAYNE	Des Moines, IA	F	26	23:19.2	7:31

Women: 30 - 34

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	161	13752	SUTTER, HEIDI	Dubuque, IA	F	31	22:30.5	7:16
2	227	14105	JENKINS, MICHELLE	Newton, IA	F	31	23:35.6	7:37
3	230	9397	GOULD, ADDY	West Des Moines, IA	F	34	23:39.1	7:38

Women: 35 - 39

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	176	13153	MAUDLIN-FREY, DANA	West Des Moines, IA	F	38	22:44.3	7:20
2	192	5933	PRESCOTT, TAMI	Urbandale, IA	F	38	23:06.9	7:27
3	270	305	WONG, SUZANNE	Ankeny, IA	F	38	24:08.7	7:47

Women: 40 - 44

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	228	4292	LINDE, BARB	Waukee, IA	F	44	23:36.0	7:37
2	264	901	LITSCHER, CAROL	West Des Moines, IA	F	43	24:03.6	7:46
3	286	14073	WIRTZ, LAURIE	Waukee, IA	F	42	24:17.9	7:50

Women: 45 - 49

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	164	5982	BOLEY, SUE	Maxwell, IA	F	48	22:32.0	7:16
2	213	3060	RIDENOUR, SUSAN	Des Moines, IA	F	46	23:23.2	7:33
3	282	868	REYNOLDS, SUSAN	West Des Moines, IA	F	47	24:15.3	7:49

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Awards Results

Women: 50 - 54

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	271	1727	WICKMAN, JANE	Kellogg, IA	F	51	24:09.4	7:48
2	301	7971	ROBINSON, CONNIE	Bondurant, IA	F	53	24:25.2	7:53
3	416	5000	FINNEGAN, THERESA	Des Moines, IA	F	50	25:39.7	8:17

Women: 55 - 59

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	729	6809	LINCOLN, JANET	West Des Moines, IA	F	55	28:10.3	9:05
2	1254	2178	LINDER, DWILA	Ankeny, IA	F	59	31:49.8	10:16
3	1378	14268	MATTAS, PATSY	Des Moines, IA	F	57	32:41.9	10:33

Women: 60 - 64

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	680	1838	BALK, JEANNE	Ankeny, IA	F	61	27:39.4	8:55
2	1101	6715	GUITER, SHARON	Blakesburg, IA	F	61	30:45.6	9:55
3	1272	8158	LEYDA, SANDY	Colfax, IA	F	60	31:56.4	10:18

Women: 65 - 69

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	836	5026	NIELSEN, MARGE	Spencer, IA	F	69	28:54.9	9:20
2	1065	746	WEIL, MAXINE	Des Moines, IA	F	69	30:32.3	9:51
3	1773	6138	MCCONKEY, DONNA	Ankeny, IA	F	66	36:30.2	11:47

Women: 70 - 79

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	1255	2655	BAARDA, IVA	BAD ZIPCODE, XX	F	71	31:49.9	10:16
2	2264	12297	SANDAHL, JEAN	Des Moines, IA	F	71	47:16.4	15:15
3	2619	5748	SYVERSON, CAROL	Urbandale, IA	F	73	51:14.3	16:32

Women: 80 +

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	2395	12759	COLLINS, S MAXINE	PLEASNAT HILL,	F	80	48:56.4	15:47
2	6474	1177	LOZIER, ARLINE	Des Moines, IA	F	82		
3	6503	8266	GASTER, EVELYN	Webster City, IA	F	80		

Men: 8 and Under

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	1225	14143	BOTT, SAM	Clive, IA	M	7	31:35.5	10:11
2	1473	10035	SUNDHOLM, JACOB	Norwalk, IA	M	8	33:21.3	10:46
3	1806	10895	HAGEDORN, JOSHUA	Des Moines, IA	M	7	37:08.7	11:59

Men: 9 - 14

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	34	14059	MENKEN, JOHN	Clive, IA	M	12	19:57.5	6:26
2	39	773	WINK, MITCH	West Des Moines, IA	M	11	20:04.7	6:29
3	60	14504	SPANN, JARED	Adel, IA	M	14	20:42.4	6:41

Men: 15 - 19

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	38	8171	EDGAR, WILL	Colfax, IA	M	16	19:59.5	6:27
2	46	15172	SWISHER, MARK	WEST DES	M	15	20:19.6	6:33
3	58	3841	PARMENTER, ERIC	Perry, IA	M	15	20:40.7	6:40

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Men: 20 - 24

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1	27	5108	STAMPER, BENTON	Waukon, IA	M	21	19:34.7	6:19
2	126	7206	FOREMAN, DAN	West Des Moines, IA	M	23	21:52.6	7:03
3	149	13123	MCKIBBIN, BLAKE	Des Moines, IA	M	23	22:17.1	7:11

Men: 25 - 29

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	33	8495	SMITH, TED	Ankeny, IA	M	28	19:56.0	6:26
2	44	13878	PRUNTY, LAWRENCE	Des Moines, IA	M	28	20:18.6	6:33
3	49	4083	DUPEY, NICHOLAS	Urbandale, IA	M	25	20:27.3	6:36

Men: 30 - 34

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	31	3870	ZWANK, DAVID	Adel, IA	M	31	19:45.9	6:23
2	51	15500	TRYGSTAD, TOM	West Des Moines, IA	M	32	20:30.3	6:37
3	71	7268	CASKEY, CHRIS	Earlham, IA	M	33	20:57.1	6:46

Men: 35 - 39

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	26	13141	KOERSELMAN, TROY	Ankeny, IA	M	35	19:32.6	6:18
2	30	2393	GASPERI, MICHAEL	Johnston, IA	M	37	19:44.8	6:22
3	40	6953	JUHL, DAVE	Des Moines, IA	M	39	20:09.4	6:30

Men: 40 - 44

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	29	12797	BOEVER, SCOTT	Des Moines, IA	M	44	19:37.1	6:20
2	56	5734	FEDER, JEFF	Des Moines, IA	M	43	20:37.4	6:39
3	65	6011	KELLY, STEVE	Urbandale, IA	M	41	20:47.9	6:43

Men: 45 - 49

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	43	462	GUTSCHENRITTER, KEITH	West Des Moines, IA	M	45	20:16.8	6:33
2	79	11765	MASTERS, PETE	Des Moines, IA	M	45	21:06.9	6:49
3	103	2459	HOLZINGER, DAVE	Des Moines, IA	M	46	21:31.0	6:56

Men: 50 - 54

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	35	5700	MACK, ANDY	Des Moines, IA	M	52	19:58.4	6:27
2	47	5725	MILLER, DAVID	Urbandale, IA	M	52	20:24.4	6:35
3	74	9146	TAYLOR, STEVE	Des Moines, IA	M	53	21:00.1	6:47

Men: 55 - 59

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	69	14017	NEY, ROY	Des Moines, IA	M	56	20:52.8	6:44
2	76	4661	TERRY, JOHN	West Des Moines, IA	M	55	21:04.1	6:48
3	245	14194	BISHOP, DENNIS	BAD ZIPCODE, XX	M	59	23:51.9	7:42

Men: 60 - 64

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	28	5302	MCKAY, RONALD	Chariton, IA	M	61	19:36.5	6:20
2	243	10155	GOHEEN, MICHAEL	Johnston, IA	M	61	23:50.0	7:41
3	438	7861	DETWILER, LARRY	Des Moines, IA	M	61	25:52.6	8:21

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Men: 65 - 69

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1	378	3652	BEAMER, JOHN	BAD ZIPCODE, XX	M	65	25:13.3	8:08
2	812	3072	REED SR, LARRY	Ankeny, IA	M	65	28:44.2	9:16
3	1184	1198	JUDISCH, DONALD	Clive, IA	M	67	31:15.3	10:05

Men: 70 - 79

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	981	13707	GRASSLEY, CHARLES	Cedar Falls, IA	M	71	29:58.2	9:40
2	1248	3248	OGAWA, EARL	Ames, IA	M	70	31:48.1	10:16
3	1761	12142	HEDDINGER, GEORGE	West Des Moines, IA	M	70	36:22.0	11:44

Men: 80 +

<u>Group</u>	<u>Finish</u>	<u>Tag#</u>	<u>Name</u>	<u>City, State</u>	<u>Sex</u>	<u>Age</u>	<u>Time</u>	<u>Per Mile</u>
1	6557	3303	CARACCIOLO, RALPH	Des Moines, IA	M	82		

New: CARACCIOLO, RALPH, 2004