

2005 Summary of 8K Run Results

Women's 8K Run Summary

Overall **Bethany Lewis** Iowa City, IA 28:33:00

Age	First Place	City	State	Time	Second Place	City	State	Time	Third Place	City	State	Time
Up to age 14	Chelsea Burhite	Marion	IA	36:55:00	Torin Mallonee	Cedar Rapids	IA	37:38:00	Stef McGraw	Cedar Rapids	IA	41:11:00
15-19	Alicia Zanzie	Marion	IA	37:33:00	Rachel Smith	Marion	IA	37:34:00	Karcie Dielschneider	Conrad	IA	38:17:00
20-24	Kate Steffen	Iowa City	IA	32:14:00	Sally Sandberg	Cedar Rapids	IA	34:25:00	Elizabeth Wiebold	Cedar Rapids	IA	37:24:00
25-29	Erin Moeller	Cedar Rapids	IA	31:12:00	Michelle McMurray	Rock Island	IL	31:50:00	Kaethe Schwehn	Iowa City	IA	34:35:00
30-34	Laura Max	Iowa City	IA	30:51:00	Dawn Keller	Shellrock	IA	33:56:00	Heather Kalous	Vinton	IA	34:00:00
35-39	Jacqueline Degen	Coralville	IA	31:53:00	Deb Gaddis	Solon	IA	35:12:00	Denise Langhoff	Marion	IA	35:49:00
40-44	Jane McGee	Hiawatha	IA	35:13:00	Brenda Cloud	Cedar Rapids	IA	37:15:00	Carmen Wharton	Cedar Rapids	IA	37:25:00
45-49	Debbie Carrico	Mount Vernon	IA	37:16:00	Susanne Henson	Marion	IA	40:39:25	Sharon Hollinrake	Marion	IA	41:55:85
50-54	Muriel Naumann	Iowa City	IA	36:22:20	Mary Collins	Robins	IA	37:23:00	Mary Bergman	Iowa City	IA	38:44:00
55-59	Sue Stannard	Cedar Rapids	IA	41:00:00	Sally Stephenson	Marion	IA	41:04:00	Melissa Fogle	Cedar Rapids	IA	47:20:00
60 and over	Jane Niemeier	Hiawatha	IA	44:37:00	Judie Gulley	Orton	IL	45:55:00	Agnes Addink	Iowa City	IA	59:42:88

Men's 8K Run Summary

Overall **Solomon Richards** Cedar Rapids, IA 27:03:00

Age	First Place	City	State	Time	Second Place	City	State	Time	Third Place	City	State	Time
Up to age 14	Spencer Holten	Cedar Rapids	IA	31:19:00	Phillip Vermie	Cedar Rapids	IA	35:52:00	Kevin Kenel	Cedar Rapids	IA	36:16:00
15-19	Aaron Schmidt	Mount Vernon	IA	30:06:00	John Burhite	Cedar Rapids	IA	30:37:00	Luke Henson	Marion	IA	30:57:00
20-24	Derrick Kresser	Cedar Falls	IA	27:56:00	Eric Mittman	Iowa City	IA	29:00:00	Kyle Rickels	Cedar Rapids	IA	31:18:00
25-29	Marty Klipp	Cedar Rapids	IA	28:52:00	Richard Studer II	Wesley	IA	30:44:00	Ryan LaGrange	Swisher	IA	31:28:00
30-34	Andrew Kauder	Cedar Rapids	IA	28:31:00	Michael Wright	Marion	IA	31:37:00	Michael Luebbers	Shell Rock	IA	31:44:00
35-39	David Reid	Fairfax	IA	30:10:00	Michael Kabela	North Liberty	IA	30:37:37	Howard Friedman	Cedar Rapids	IA	32:56:00
40-44	Greg Skopec	Coralville	IA	29:09:00	Michael Newhouse	Cedar Rapids	IA	30:07:00	Dennis Henderson	Cedar Rapids	IA	30:15:00
45-49	Mark Mueller	Cedar Rapids	IA	30:29:00	Jim Quigley	Cedar Rapids	IA	31:15:00	Kevin McCarthy	Cedar Rapids	IA	31:51:00
50-54	Daryl Julich	Cedar Rapids	IA	29:40:00	Rick Ironside	Marion	IA	32:46:00	Paul James	Stanley	IA	33:00:00
55-59	Bob Strickland	Cedar Rapids	IA	35:31:00	Dale Hanna	Cedar Rapids	IA	36:44:00	Bruce Bachmann	Cedar Rapids	IA	37:03:82
60 and over	Sylvan Addink	Iowa City	IA	36:00:00	Jerry Eisea	Cedar Rapids	IA	37:10:00	Rob Raabe	Swisher	IA	37:21:00

2005 Summary of 4K Walk Results

Women's 4K Walk Summary

Age	First Place	City	State	Time	Second Place	City	State	Time	Third Place	City	State	Time
Up to age 15	Emily Leaverton	Cedar Rapids	IA	30:38:51	Nicole Larsen	Marion	IA	35:19:58	Mary Beth Gaines	Marion	IA	36:23:00
16-25	Shelly Conrad	Machester	IA	38:54:35	Whitney Moore	Vinton	IA	39:09:00	Alexa Moore	Vinton	IA	39:10:05
26-35	Gena Neal	Vinton	IA	30:25:48	Jennifer Witt-Ritter	Cedar Rapids	IA	33:04:12	Mary Vizecky	Cedar Rapids	IA	33:08:00
36-45	Jonnette Whetsen	Oxford	IA	30:25:15	Laura Gerber	Anamosa	IA	31:19:03	Lisa Krotz	Marion	IA	32:49:00
46-55	Paulette Ams	Camanche	IA	28:18:49	Michelle Moran	Camanche	IA	28:18:99	Linnea Martin	Marion	IA	28:40:00
56-65	Charlotte Ginn	Cedar Rapids	IA	31:19:91	Alice Kusserow	Marion	IA	33:00:00	Carol Erickson	Cedar Rapids	IA	35:32:31
66 and over	Marjorie Jensen	Marion	IA	36:03:00	Margaret Greene	Cedar Rapids	IA	50:38:00	Joan Harnagel	Hiawatha	IA	51:46:04

Men's 4K Walk Summary

Age	First Place	City	State	Time	Second Place	City	State	Time	Third Place	City	State	Time
Up to age 19	Michael Nordstrom	Cedar Rapids	IA	31:13:00	Keil Stangland	Cedar Rapids	IA	38:07:00	Nathan Miller	Marion	IA	42:36:00
20-30	Randy Matz	Cedar Rapids	IA	40:03:15	Will Boston	Swisher	IA	44:42:97	Hawley Landenberger	Cedar Rapids	IA	45:16:86
31-45	Cory Ritter	Cedar Rapids	IA	33:04:88	Dennis Stiffler	Hiawatha	IA	37:42:00	Damon Meyer	Cedar Rapids	IA	38:05:00
46 and over	Davis Eidahl	Richland	IA	22:55:00	Tim Phillips	Hiawatha	IA	23:42:00	Tom Kirkwood	Dyersville	IA	25:57:00