

2004 Summary of 8K Run Results

Women's 8K Run Summary

Overall **Michelle McMurray** Rock Island IL 32:16:00

Age	First Place	City	State	Time	Second Place	City	State	Time	Third Place	City	State	Time
Up to age 14	Chelsea Burhite	Marion	IA	37:34:00	Torin Mallonee	Cedar Rapids	IA	40:34:00	Allison Cook	Cedar Rapids	IA	43:26:00
15-19	Devin Parker	Cedar Rapids	IA	32:21:00	Drew Foreman	Iowa City	IA	36:55:00	Mallory Wheatley	Oskaloosa	IA	38:20:00
20-24	Lindsay Wetzel	Iowa City	IA	35:12:75	Marie Zach	Cedar Rapids	IA	36:12:85	Elizabeth Wiebold	Cedar Rapids	IA	37:13:00
25-29	Melissa McMullen	North Liberty	IA	33:23:00	Angela Kneeland	Cedar Rapids	IA	34:25:00	Kimberly Blankenship	Cedar Rapids	IA	34:27:00
30-34	Heather Kalous	Vinton	IA	33:18:00	Dawn Keller	Shell Rock	IA	35:06:00	Angie Genskow	Marion	IA	36:40:00
35-39	Denise Langhoff	Marion	IA	35:29:47	Carmen Wharton	Cedar Rapids	IA	37:23:00	Wendy Redmond	Springville	IA	39:18:00
40-44	Suzanne Carr	Cedar Rapids	IA	35:12:05	Peggy Garrett	Marion	IA	35:50:00	Sara Todd	Cedar Rapids	IA	38:24:00
45-49	Muriel Naumann	Iowa City	IA	35:10:00	Karen Fosse	Iowa City	IA	35:22:00	Laurie Comstock	Iowa City	IA	38:48:00
50-54	Carol Kirsch	Iowa City	IA	41:03:00	Rahima Wade	Iowa City	IA	41:30:00	Debra Robin	Coralville	IA	45:50:00
55-59	Melissa Fogle	Cedar Rapids	IA	46:28:00	Jane Leamon	Cedar Rapids	IA	1:04:13				
60 and over	Jane Niemeier	Hiawatha	IA	44:26:00	Carol Hartman	Hiawatha	IA	49:03:00	Alice Wasson	Cedar Rapids	IA	55:24:00

Men's 8K Run Summary

Overall **Andy Kauder** Cedar Rapids IA 27:06:00

Age	First Place	City	State	Time	Second Place	City	State	Time	Third Place	City	State	Time
Up to age 14	Nick Nesseth	Marion	IA	34:29:00	Sean Kenel	Cedar Rapids	IA	36:18:00	Mitchell Odell	Marion	IA	36:31:00
15-19	Andrew Craig	Cedar Rapids	IA	29:25:00	Kanen Hudson	Crawfordsville	IA	29:39:00	Jack Ogden	Cedar Rapids	IA	30:06:00
20-24	Nate Canton	Washington	IA	27:13:00	Nate Smith	Merrill	IA	30:33:00	Nick Reid	Iowa City	IA	33:08:00
25-29	Michael Krieg	Cedar Falls	IA	30:38:00	Chris Fry	Dubuque	IA	36:12:00	Jon Menzner	Owatonna	MN	36:52:90
30-34	Mike Lambert	Monticello	IA	29:43:00	Scott Block	Cedar Rapids	IA	30:19:00	Michael Luebbers	Shell Rock	IA	31:24:00
35-39	Graig Cone	Cedar Rapids	IA	33:18:00	Brian Nekola	Cedar Rapids	IA	33:28:00	Bill Higgins	Cedar Rapids	IA	35:29:98
40-44	Tim Lynch	Cedar Rapids	IA	30:41:00	Jeff Baxter	Cedar Rapids	IA	31:13:00	Don Lansing	Marion	IA	31:25:00
45-49	Tom Novak	Iowa City	IA	29:03:00	Daryl Julich	Cedar Rapids	IA	29:47:00	Tom Henson	Marion	IA	32:08:00
50-54	Cliff Sheets	Cedar Rapids	IA	31:26:00	Paul James	Stanley	IA	33:48:00	Tom Mittman	Iowa City	IA	34:13:00
55-59	Jim Shimek	Fairfax	IA	31:26:00	Patrick Courtney	Cedar Rapids	IA	33:46:00	Dale Hanna	Cedar Rapids	IA	35:08:00
60 and over	Sylvan Addink	Iowa City	IA	35:04:00	Robert Meeker	Mt Vernon	IA	35:42:00	David Kutler	Cedar Rapids	IA	36:12:00

2004 Summary of 4K Walk Results

Women's 4K Walk Summary

Overall **Paulette Arns** Camanche IA 27:34:00

Age	First Place	City	State	Time	Second Place	City	State	Time	Third Place	City	State	Time
Up to age 15	Kari Yivisaker	Marion	IA	35:12:00	Emily Ritche	Cedar Rapids	IA	39:17:00	Nicole Larsen	Marion	IA	39:29:00
16-25	Laurel Dake	Marion	IA	33:20:15	Angel Russell	Cedar Rapids	IA	33:20:66	Sarah Bouska	Cedar Rapids	IA	34:26:00
26-35	Carrie Meyer	Cedar Rapids	IA	34:25:00	Suzanne Keller	Marion	IA	34:33:00	Jennifer Witt-Ritter	Cedar Rapids	IA	35:21:00
36-45	Michelle Moran	Cedar Rapids	IA	29:11:00	Nancy McEachran	Marion	IA	32:18:00	Jackie McGee	Hiawatha	IA	32:29:00
46-55	Linnea Martin	Marion	IA	28:16:00	Janet Ungs	Marion	IA	28:34:00	Kathy Ferguson	Marion	IA	30:10:00
56-65	Jean Erickson	Cedar Rapids	IA	33:08:00	Kathy Good	Cedar Rapids	IA	33:53:00	Carol Erickson	Cedar Rapids	IA	35:03:00
66 and over	Helen Strickland	Cedar Rapids	IA	37:38:00								

Men's 4K Walk Summary

Overall **Dave Eidahl** Richland IA 22:48:00

Age	First Place	City	State	Time	Second Place	City	State	Time	Third Place	City	State	Time
Up to age 19	Nathaniel McFarland	Cedar Rapids	IA	34:46:00	Thomas Yivisaker	Marion	IA	35:14:00	Branden Larsen	Marion	IA	39:31:00
20-30	Andrew Boston	Cedar Rapids	IA	40:18:00								
31-45	Mark McEachran	Cedar Rapids	IA	23:51:00	Marty Labs	Marion	IA	28:02:00	Dennis Stiffler	Cedar Rapids	IA	33:04:00
46 and over	Tim Phillips	Hiawatha	IA	24:18:00	Don Novak	Waterloo	IA	25:59:00	Wayne Seagren	Marion	IA	27:54:00