

Kiburz and MacFarland Pump and Run the Best

The Winterset Rotary Club hosted the 19th Annual Pump and Run Saturday August 4th. With early morning temperatures in the 70's the contestants begin the first stage of the competition by bench pressing their own weight or a percentage of it depending on their age. For every bench press completed, the competitor was giving 15 seconds off their 1 mile or 5K times run at 8:30 AM. The best adjusted time was then declared the winner.

In the mile competition, Winterset's Queston McFarland won by pressing 170 lbs. 28 times, then running a 8:26 mile for an adjusted time of 1:26. The weight he pressed, 4,760 lbs. , was also the most pressed by males that day. Overall second place went to Brock Barcus, Waukee, age 14, who pressed 100 lbs. 14 times then ran a 6:43 mile for a finish time of 2:43. Third overall was Winterset's Ben Forgy, who lifted 160 lbs. 20 times and ran a 7:58 mile for a adjusted time of 2:58

In the 5K competition, Winterset High Schooler, Kruise Kiburz, won by pressing 145 lbs. 17 times then ran a 20:14 5K for and adjusted time of 15:59. His brother Kash Kiburz, 14, pressed 60 lbs. 19 times, then finished his 5K in 21:30 for a time of 16:45. Finishing third overall was Indianola's Jake Coughennower, 29, who pumped 170 lbs 16 times, ran a 23:56 5K for a final time of 19:56.

Heather Iburg, 37, St Charles, won the women's division by pressing 85 lbs. 40 times, then finished her 5K in 21:41 for a final time of 11:41! Iburg also pressed the most weight for the women totaling 3,360 lbs. Norwalk's Cassandra Brazelton was second pressing 80 lbs. 15 times, finished her 5K in 28:17 for an adjusted time of 24:32. Sheri Coughennower, 50, Indianola was third, completing 16, 65 lbs. presses, a 28:33 5K, for a time of 24:33.

Karmen Sheldahl, Creston, 29, won the open mile with a time of 11:30.

In the Men's open 5K Winterset's Abram Wadle was first in 20:29. His mother, Maria Bowman, won the Women open 5K in 27:09.

The Winterset Rotary Club's next race will be the Covered Bridge Run on October 13th at the City Park. All proceeds from these races go to community projects such as scholarships, dictionaries, maze project, skate park, and many more. The Rotary Club wishes to thank all the volunteers and the sponsors of these races which allow it to return contributions back to the communities.