

Results of The Cannonball Pump and Run Winterset, Iowa – August 1, 2009

The perfect weather set up the right conditions for 14 records to be broken Saturday August 1st at the Cannonball Pump and Run held at Monumental Park in Winterset, Iowa. This was the 10th year that Winterset Rotary Club sponsored this event. All proceeds go to two scholarships to Winterset seniors.

Participants in the Pump and Run Competition are required to bench press their body weight (or a percent of their body weight) as many times as possible. Each successful repetition of the bench press earns competitors 15 seconds off their mile or 5K time. The winners each age division will be the fastest adjusted time, thus demonstrating both endurance and strength!

5 K (3.1 Mile) Event.

In the 5K Pump and Run, men's, the top three finishers were from three different age groups and two set age group records. Mark Mason, 35-39, from Collins Iowa, finished first after lifting 145 lbs 26 times then running a 18:13 5K, giving him an adjusted time of 11:43. This broke the old record held by Mike Carney in 2001 by 41 seconds.

Next to finish with an adjusted time of 17:00 after lifting 170 lbs. 24 times and running a 23:00 5K was Eric Jones from Pella, Iowa.

Madison County's own Jan Fletcher 55-59 was third overall and broke a record held by fellow Earlhamnite, set by Steve Radakovich in 2002 by 1 second. Jan lifted 150 lbs. 24 times, ran a 23:14 5K giving him the new adjusted record of 17:14.

The record overall time still stands was set in 2004 by Norwalk's Sam Ellis, who lifted 160 lbs. 41 times, ran an 18:37 5K, for an adjusted time of 8:22.

In the woman's division the top award goes to Allison Rhymer who broke the mark held by Laurie Baker in 2005. Allison, 30-34, from Des Moines, pumped 85 lbs. 30 times, ran a 21:31 5K setting the new mark at 14:01 beating the overall record by 12 seconds.

Heidi Dorrell, Winterset, 30-34, had the second best adjusted time of 18:07 finishing her 5K in 21:52 after lifting 65 lbs. 15 times. Kristy Cain, Urbandale, 50-54, was third, with a 23:04 5K after lifting 60 lbs. 9 times for a final time of 20:49.

One Mile Pump and Run.

The top three finishers set age group records in the One Mile Pump and Run event. Rocky Hardy, West Des Moines, broke his own record set in 2008, in the 30-34 age group by 2:11. Rocky lifted 155 lbs. 35 times, ran a 5:24 mile for the record of -3:21.

Winterset's Ty Mapes broke the 35-39 age group record set in 2005 of -:40 by Rod Paplow from Otley by a finish time of -1:44 after lifting 185 lbs 39 times and running an 8:01 mile.

Dustin Hutcheson, West Des Moines, also broke his own record in the 25-29 age group set in 2008, by 1:18. Dustin's new record is -1:35 after lifting 170 lbs 30 times and finishing a 5:55 mile.

In the 40-44 age group, Ken Sunsei, Cedar Rapids, broke his own record set in 2008 by 39 seconds. Ken lifted 195 lbs 31 times and ran a 6:15 mile setting the new mark at -1:30.

John Ytzen, Creston, set the new 55-59 record held by Tim Luloff, Winterset, set in 2008. John's new record of -1:31 broke the old record by 1:35 after he ran a 6:31 mile and lifted 115 lbs. 20 times.

Two women set new age group divisions records. For the 36-39 age group, Marilyn Klein, Winterset, ran a 7:58 mile and lifted 90 lbs. 13 times for an adjusted time of 4:43. Rose Boyle, Winterset, set the 40-44 group record by running 8:15 mile and lifting 80 lbs. 11 times for the record of 5:30.

Marsha Mapes, Winterset, was third overall, lifting 85 lbs. 2 times then running an 8:12 mile for a finish time of 7:42

The best overall adjusted time held in this division is by Connie Dellaca, Urbandale, set in 2003 of 2:34.

The most total weight lifted goes to Ty Mapes who lifted a total of 7,215 lbs.

Allison Rhymer was the women's total winner lifting 2,550 lbs.

The fastest mile of the day goes to Rocky Hardy in 5:24 and Marilyn Klein in 7:58.

5K Run Results

Earlham's Marty Dalton, broke the overall record set in 2008 by Evan Selsor's 15:28 by 25 seconds. Marty's finish time of 15:03 also set the 30-34 age group record.

Evan Selsor, HS, Winterset, was second overall, finishing in 15:56. Andrew Drysdale, 25-29, Des Moines finished third in 17:27.

Mike Wells, 40-44, Winterset Schools new superintendent, broke his age group record set by Doug Jones, Redfield in 2003, by 2:01, finishing his 5K in 17:27.

Genna Kinley, out of HS-24, Waukee, ran the fastest women's 5K covering the distance in 21:06. Second to cross the 5K only finish line was Winterset's Beth Wells, 14 & under, in 23:52. Beth also broke the 2003 mark of Alison Arndt, Indianola, by 4:01.

Third place went to Joy Cook, Stuart, 25-29, in a time of 24:59.

Rhonda Triggs, Mt. Ayr, smashed the 45-49 age group record by 8:53, setting the new record at 28:37.

In the open mile one record was set by Winterset's Leah Knobloch, who broke the out of HS-24 age group record by 2:10, finishing in 8 minutes flat.

Scholarships and Sponsors

This year will mark a total of \$10,000 of scholarships given to Winterset seniors. This would not be possible without the help of many volunteers and financial support from local sponsors. Winterset Rotary Club wishes to thank the following sponsors: Farmers and Merchants State Bank, Exchange State Bank, Union State Bank, Middle River Hospice-Madison County Health Care System, Fareway Stores, The Shopper, The Madisonian, Mark-It Promotions, Winterset High School Weight Lifters, Winterset Fire Fighters, and the many volunteers and runners who helped local Rotarians make this event possible.

Overall Records

Cannonball Pump & Run Records 2000-2009 Winterset, Iowa

5K

Male

<u>Age Group</u>	<u>Name</u>	<u>Year</u>	<u>Town</u>	<u>Reps & wt.</u>	<u>Time Adj. Times</u>
14 & under	Matt Cahalan	2005	Winterset	14 @ 90#	18:35 13:05
High School	Daniel Peoples	2004	Bouton	11 @ 150#	19:06 15:21
Out of H.S.-24.	Brad Millard	2000	Pleasant Hill	16 @ 170#	17:46 13:46
25-29	Sam Ellis	2004	Norwalk	41 @ 160#	18:37 8:22
30-34	Brent Achenbach	2004	Woodward	26 @ 165#	16:35 10:06
35-39	Mark Mason	2009	Collins	26 @ 145#	18:13 11:43
40-44	Mike Schwab	2007	Cedar Falls	37 @ 145#	18:53 9:38
45-49	Chad Emanuel 2006	Winterset		32 @ 180#	24:32 16:32
50-54	Carl Schadt	2006	Waterloo	30 @ 135#	22:30 15:00
55-59	Jan Fletcher	2009	Earlham	24 @ 150#	23:14 17:14
60+	Clay Whiteis	2002	Des Moines	17 @ 175#	22:19 18:04

Females

14 & under	Alison Arndt	2003	Indianola	7 @ 50#	26:46 25:01
High School	Keely McCarthy	2002	Corning	18 @ 70#	21:20 16:59
Out of HS-24	Audrey Emanuel	2004	Winterset	19 @ 70#	21:23 16:21
25-29	Cheryl Dralle	2007	Des Moines	20 @ 95#	23:37 18:37

30-34	Allison Rymer	2009	DesMoines	30 @85#	21:31	14:01
35-39	Kim Arndt	2003	Indianola	22 @ 80#	21:31	16:01
40-44	Coreen Sweeney	2006	Clive	36 @65#	26:36	17:36
45-49	Connie Dellaca	2002	Urbandale	15 @ 70#	22:53	19:08
50-54	Connie Dellaca-Hill	2008	Urbandale	24 @ 60#	24:50	18:50
55-59						
60+						

One Mile Pump and Run

Males

14 & under	Eric Downey	2006	Afton	47 @ 95#	6:45	-5:00
High School	Scott Hanson	2003	Winterset	17 @ 165#	6:57	2:42
Out of HS-24	Joe Cordaro	2005	Urbandale	23 @ 170#	5:32	-:13
25-29	Dustin Hutchson	2009	Des Moines	30 @ 170#	5:55	-1:35
30-34	Rocky Hardy	2009	W.D Moines	35 @ 155#	5:25	-3:25
35-39	Ty Mapes	2009	Winterset	39 @ 185#	8:01	-1:44
40-44	Ken Suneri	2009	Cedar Rapids	31 @ 195#	6:15	-1:30
45-49	Mike Reed	2004	Winterset	17 @ 195#	6:16	2:01
50-54	John Ytzen	2007	Creston	16@ 115#	6:36	2:36
55-59	John Ytzen	2009	Creston	20 @ 115#	6:31	1:30
60+	Jack Wortman	2007	North Liberty	39 @ 115	7:33	-2:12
70+	Jerry Triplett	2008	Winterset	12 @ 95#	8:08	5:08

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Females One Mile Pump and Run

14 & under	Jami Feder	2006	Norwalk	18 @45#	9:45	5:18
High School	Kemery Gries	2003	Corning	7 @ 90#	7:20	5:35
35-39	Marilyn Klein	2009	Winterset	13 @ 90#	7:58	4:43
40-44	Rose Boyle	2009	Winterset	11@ 80#	8:15	5:30
45-49	Connie Dellaca	2003	Urbandale	16 @ 70#	6:34	2:34

Cannonball 5K Run

Males

14 & under	Cody Buttler	2003	Dexter	21:56
High School	Evan Selsor	2008	Winterset	15:28
Out of HS-24	Andy Drysdale	2004	Winterset	16:21
25-29	Jeffery Decker	2004	W.D.Moines	16:10
30-34	Marty Dalton	2009	Earlham	15:03
35-39	James Jacobsen	2004	Winterset	22:09
40-44	Mike Wells	2009	Winterset	17:27
45-49	Rich Tucker	2002	Winterset	19:28
50-54	Chuck Clark	2005	Carroll	19:41
55-59	Jim Mease	2007	Winterset	27:30
60+	Jim Matthews	2000	Baxter	22:38

Females

14 & under	Beth Wells	2009	Winterset	23:52
High School	Heather Shives	2004	Knoxville	23:29
Out of HS-24	Genna Kinley	2008	Waukee	20:16

25-29	Heather Ladd	2003	Greenfield	24:32
30-34	Robin Rethmel	2005	Nora Springs	27:21
35-39	Kristy Merschman	2000	Altoona	23:36
40-44	Joyce Jessen	2005	Colfax	24:35
45-49	Rhonda Triggs	2009	Mt. Ayr	28:27
50-54	Lynne Lange	2000	Winterset	28:35
55-59	Vicki Mease	2008	Winterset	33:06
60+				

- **Cannonball One Mile Run**

Males

14 & under	Bryan Purdy	2003	Winterset	7:07
High School	Tom Brayton	2003	Winterset	9:10

- **Females**

Out of HS-24	Leah Knobloch	2009	Winterset	8:00
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