

5K For SMA *** 5K Run ***

Overall & Divisions

Event: 5K Run

Date: Friday, August 08, 2014

Location: Cascade, IA

Weather: Sunny, Calm & 75°

[Overall and Age Divisions](#)

Results By: Andrew Kauder, Kauder Racing

<u>Place</u>	<u>Gender</u>	<u>Division</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	1	1 OVM	Preston Kauder, M17	Cascade, IA	16:55	5:27/M
2	2	1 M20	Zach Frey, M20	Cascade, IA	19:08	6:10/M
3	3	2 M20	Jose Escoriza, M27	Dubuque, IA	19:39	6:20/M
4	1	1 OVF	Kylie Kelchen, F16	Cascade, IA	20:13	6:31/M
5	2	1 JRF	Rebecca McDermott, F15	Cascade, IA	20:41	6:39/M
6	4	1 M30	Jacob Brindle, M34	Cascade, IA	21:27	6:54/M
7	5	1 M40	Doug Noonan, M42	Cascade, IA	22:18	7:11/M
8	3	2 JRF	MacLe Weber, F16	Cascade, IA	22:45	7:19/M
9	6	1 JRM	Nolan Noonan, M13	Bernard, IA	22:52	7:22/M
10	4	3 JRF	Rachel McDermott, F16	Cascade, IA	22:57	7:23/M
11	7	2 JRM	Aidan Noonan, M11	Bernard, IA	23:12	7:28/M
12	5	1 F20	Kayla Kurt, F22	Monticello, IA	23:15	7:29/M
13	6	1 F40	Anne Kauder, F47	Cascade, IA	23:22	7:31/M
14	8	2 M40	Matt Nauman, M45	Cascade, IA	23:22	7:31/M
15	9	3 M20	Eric Desousa, M23	Dyersville, IA	23:25	7:32/M
16	10	3 JRM	Cain Hoffman, M18	Cascade, IA	23:57	7:43/M
17	11	4 JRM	Carson Staner, M12	Cascade, IA	24:00	7:44/M
18	7	4 JRF	Nicole DeSousa, F6	Dyersville, IA	24:02	7:44/M
19	12	4 M20	Jeremey Christiansen, M24	Fort Collins, CO	24:11	7:47/M
20	8	1 F30	Jenny Johnson, F31	Dubuque, IA	24:11	7:47/M
21	9	2 F30	Sherry Kelchen, F39	Cascade, IA	24:14	7:48/M
22	10	5 JRF	Madison Kelchen, F13	Cascade, IA	24:48	7:59/M
23	11	6 JRF	Maddie Rhomberg, F13	Cascade, IA	24:49	7:59/M
24	13	1 M50	Doug Frey, M55	Cascade, IA	24:54	8:01/M
25	12	3 F30	Janelle Brouwer, F37	Cascade, IA	25:09	8:06/M
26	13	2 F40	Jane Boffeli, F42	Cascade, IA	25:13	8:07/M

27	14	4 F30	Laura Thompson, F32	Denver, CO	25:45	8:17/M
28	15	2 F20	Cara Bergman, F20	Cascade, IA	25:47	8:18/M
29	16	3 F20	Laura Ryan, F28	Bernard, IA	26:05	8:24/M
30	14	2 M50	Joe Nauman, M50	Cedar Rapids, IA	26:25	8:30/M
31	15	5 M20	Ross Monroe, M29	Elberon, IA	26:25	8:30/M
32	17	5 F30	Karla Trumm, F34	Cascade, IA	26:34	8:33/M
33	18	4 F20	Nicole Stecklein, F26	Bernard, IA	26:53	8:39/M
34	16	6 M20	Justin Otting, M27	Cascade, IA	27:26	8:50/M
35	17	2 M30	Kyle Brouwer, M38	Cascade, IA	27:32	8:52/M
36	18	3 M40	Tom McDermott, M46	Cascade, IA	27:42	8:55/M
37	19	7 JRF	Maddie Weber, F14	Cascade, IA	28:00	9:01/M
38	20	3 F40	Charity Rausch, F40	Cascade, IA	28:00	9:01/M
39	19	5 JRM	Nolan Weber, M17	Cascade, IA	28:00	9:01/M
40	21	5 F20	Heather Scott, F26	Cascade, IA	28:01	9:01/M
41	22	6 F30	Cora Boyle, F32	Cedar Rapids, IA	28:06	9:03/M
42	20	3 M30	Jake Boyle, M39	Cedar Rapids, IA	28:06	9:03/M
43	23	6 F20	Lana Otting, F23	Cascade, IA	28:11	9:04/M
44	24	4 F40	Janet Felton, F42	Cascade, IA	28:17	9:06/M
45	25	7 F30	Laura Cook, F31	Verona, WI	28:28	9:10/M
46	26	8 F30	Kelly Dolphin, F31	Verona, WI	28:30	9:10/M
47	21	3 M50	Jack Grice, M53	Dubuque, IA	28:33	9:11/M
48	22	6 JRM	Brendan Weber, M19	Peosta, IA	28:45	9:15/M
49	27	5 F40	Mollie Bergfeld, F47	Cascade, IA	28:46	9:16/M
50	23	7 JRM	Darby Callahan, M16	Bernard, IA	28:54	9:18/M
51	24	7 M20	Craig Otting, M21	Cascade, IA	29:00	9:20/M
52	28	6 F40	Dede McDermott, F44	Cascade, IA	29:22	9:27/M
53	25	4 M30	Stacie Schockemoehl, M31	Cascade, IA	29:27	9:29/M
54	26	4 M40	Mark Weber, M42	Hopkinton, IA	29:31	9:30/M
55	29	9 F30	Jessica Beem, F37	Monticello, IA	29:43	9:34/M
56	30	7 F40	Lisa Folken, F44	Monticello, IA	29:43	9:34/M
57	31	8 F40	Lynette Boheman, F44	Monticello, IA	29:43	9:34/M
58	32	1 F50	Jacque Manternach, F57	Cascade, IA	29:55	9:38/M
59	33	10 F30	Crista Leibold, F30	North Liberty, IA	30:00	9:39/M
60	34	11 F30	Erin Heims, F30	Peosta, IA	30:05	9:41/M
61	35	8 JRF	Alexis Rausch, F16	Cascade, IA	30:08	9:42/M
62	27	5 M30	Andy Simon, M37	Cascade, IA	30:08	9:42/M
63	36	12 F30	Megan Staner, F30	Cascade, IA	30:19	9:46/M
64	37	9 JRF	Kayla Kauder, F15	Cascade, IA	30:28	9:48/M
65	38	13 F30	Jessica Coyle, F33	Fort Collins, CO	30:29	9:49/M
66	28	4 M50	Clay Gavin, M57	Cascade, IA	30:31	9:49/M
67	29	5 M40	Jeff Kelchen, M40	Cascade, IA	30:36	9:51/M
68	30	1 M60	Nick Cigrand, M61	Cascade, IA	30:36	9:51/M
69	31	6 M40	Daren Manternach, M47	Cascade, IA	30:40	9:52/M
70	39	2 F50	Carole Cigrand, F56	Cascade, IA	30:46	9:54/M

71	32	5 M50	Scott Desousa, M54	Dyersville, IA	30:57	9:58/M
72	40	9 F40	Amy Speed, F47	Cascade, IA	30:59	9:58/M
73	41	10 JRF	Abbey Beem, F14	Monticello, IA	31:06	10:01/M
74	42	11 JRF	Anna McDermott, F11	Cascade, IA	31:37	10:11/M
75	33	8 JRM	Ty Kelchen, M11	Cascade, IA	31:40	10:11/M
76	43	14 F30	Katie Knepper, F37	Cascade, IA	31:57	10:17/M
77	44	3 F50	Kathy Burkle, F51	Dubuque, IA	32:06	10:20/M
78	45	7 F20	Ashley Monroe, F28	Elberon, IA	32:26	10:26/M
79	46	4 F50	Pat Puls, F56	Cascade, IA	32:37	10:30/M
80	34	7 M40	Jason McDermott, M45	Cascade, IA	33:13	10:42/M
81	35	8 M40	Kevin Felton, M45	Cascade, IA	33:17	10:43/M
82	47	15 F30	Tara Smith, F36	Cascade, IA	33:21	10:44/M
83	48	5 F50	Julie Kuhn, F55	Cascade, IA	33:44	10:52/M
84	49	6 F50	Donna Callahan, F52	Cascade, IA	33:49	10:53/M
85	50	8 F20	Reagan Rausch, F20	Cascade, IA	34:48	11:12/M
86	51	9 F20	Liz Coyle, F21	Cascade, IA	35:50	11:32/M
87	52	7 F50	Lu Henneberry, F56	Cascade, IA	36:23	11:43/M
88	53	12 JRF	Bri Henneberry, F13	Cascade, IA	37:32	12:05/M
89	54	13 JRF	Devin Simon, F9	Cascade, IA	37:40	12:07/M
90	55	14 JRF	Lilly Topping, F10	Cascade, IA	37:45	12:09/M
91	36	9 JRM	Caden Griffith, M15	Fort Collins, CO	37:52	12:11/M
92	37	10 JRM	Vic Kauder, M11	Cascade, IA	37:53	12:12/M
93	38	11 JRM	Bradley Dolphin, M6	Cascade, IA	38:08	12:16/M
94	56	10 F40	Shirley Soliday, F46	Zwingle, IA	38:10	12:17/M
95	39	6 M50	Jeff "Rocks" Otting, M57	Cascade, IA	38:23	12:21/M
96	57	11 F40	Kris McDermott, F46	Cascade, IA	38:25	12:22/M
97	58	15 JRF	Margo Rausch, F9	Cascade, IA	39:33	12:44/M
98	59	16 JRF	Sydney Weber, F11	Cascade, IA	39:33	12:44/M
99	60	17 JRF	Ella Nauman, F7	Cascade, IA	39:54	12:50/M
100	40	9 M40	Pat Weber, M48	Cascade, IA	42:47	13:46/M
101	61	18 JRF	Alyssa McDermott, F18	Cascade, IA	42:58	13:50/M
102	62	12 F40	Debbie Wessels, F46	Cascade, IA	43:03	13:51/M
103	63	19 JRF	McKenzie Lansing, F14	Delaware, IA	43:35	14:02/M
104	64	20 JRF	Grace Harms, F8	Bernard, IA	44:58	14:29/M
105	41	6 M30	Josh Trumm, M33	Cascade, IA	48:40	15:40/M
106	65	16 F30	Tara Miller, F37	Bauxite, AR	49:28	15:55/M
107	66	10 F20	Lacey Boffeli, F26	Verona, WI	50:49	16:21/M
108	67	1 F60	Irene Stephan, F62	Dubuque, IA	51:17	16:30/M
109	68	21 JRF	Mallory McDermott, F18	Cascade, IA	51:35	16:36/M
110	69	11 F20	Melissa Ehrisman, F28	Cascade, IA	54:37	17:35/M
111	70	17 F30	Rebecca McDermott, F30	Cascade, IA	56:31	18:12/M
112	42	12 JRM	Cael McDermott, M18	Cascade, IA	1:02:49	20:13/M

Overall and Age Divisions

Overall Male

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Preston Kauder, M17	Cascade, IA	16:55	5:27/M

Overall Female

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Kylie Kelchen, F16	Cascade, IA	20:13	6:31/M

M[19 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Nolan Noonan, M13	Bernard, IA	22:52	7:22/M
2	Aidan Noonan, M11	Bernard, IA	23:12	7:28/M
3	Cain Hoffman, M18	Cascade, IA	23:57	7:43/M
4	Carson Staner, M12	Cascade, IA	24:00	7:44/M
5	Nolan Weber, M17	Cascade, IA	28:00	9:01/M
6	Brendan Weber, M19	Peosta, IA	28:45	9:15/M
7	Darby Callahan, M16	Bernard, IA	28:54	9:18/M
8	Ty Kelchen, M11	Cascade, IA	31:40	10:11/M
9	Caden Griffith, M15	Fort Collins, CO	37:52	12:11/M
10	Vic Kauder, M11	Cascade, IA	37:53	12:12/M
11	Bradley Dolphin, M6	Cascade, IA	38:08	12:16/M
12	Cael McDermott, M18	Cascade, IA	1:02:49	20:13/M

F[19 & Under]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Rebecca McDermott, F15	Cascade, IA	20:41	6:39/M
2	MacLe Weber, F16	Cascade, IA	22:45	7:19/M
3	Rachel McDermott, F16	Cascade, IA	22:57	7:23/M
4	Nicole DeSousa, F6	Dyersville, IA	24:02	7:44/M
5	Madison Kelchen, F13	Cascade, IA	24:48	7:59/M
6	Maddie Rhomberg, F13	Cascade, IA	24:49	7:59/M
7	Maddie Weber, F14	Cascade, IA	28:00	9:01/M
8	Alexis Rausch, F16	Cascade, IA	30:08	9:42/M
9	Kayla Kauder, F15	Cascade, IA	30:28	9:48/M
10	Abbey Beem, F14	Monticello, IA	31:06	10:01/M
11	Anna McDermott, F11	Cascade, IA	31:37	10:11/M
12	Bri Henneberry, F13	Cascade, IA	37:32	12:05/M
13	Devin Simon, F9	Cascade, IA	37:40	12:07/M
14	Lilly Topping, F10	Cascade, IA	37:45	12:09/M
15	Margo Rausch, F9	Cascade, IA	39:33	12:44/M
16	Sydney Weber, F11	Cascade, IA	39:33	12:44/M
17	Ella Nauman, F7	Cascade, IA	39:54	12:50/M
18	Alyssa McDermott, F18	Cascade, IA	42:58	13:50/M
19	McKenzie Lansing, F14	Delaware, IA	43:35	14:02/M
20	Grace Harms, F8	Bernard, IA	44:58	14:29/M
21	Mallory McDermott, F18	Cascade, IA	51:35	16:36/M

M[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace</u>
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				<u>mpm</u>
1	Zach Frey, M20	Cascade, IA	19:08	6:10/M
2	Jose Escoriza, M27	Dubuque, IA	19:39	6:20/M
3	Eric Desousa, M23	Dyersville, IA	23:25	7:32/M
4	Jeremey Christiansen, M24	Fort Collins, CO	24:11	7:47/M
5	Ross Monroe, M29	Elberon, IA	26:25	8:30/M
6	Justin Otting, M27	Cascade, IA	27:26	8:50/M
7	Craig Otting, M21	Cascade, IA	29:00	9:20/M

F[20-29]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Kayla Kurt, F22	Monticello, IA	23:15	7:29/M
2	Cara Bergman, F20	Cascade, IA	25:47	8:18/M
3	Laura Ryan, F28	Bernard, IA	26:05	8:24/M
4	Nicole Stecklein, F26	Bernard, IA	26:53	8:39/M
5	Heather Scott, F26	Cascade, IA	28:01	9:01/M
6	Lana Otting, F23	Cascade, IA	28:11	9:04/M
7	Ashley Monroe, F28	Elberon, IA	32:26	10:26/M
8	Reagan Rausch, F20	Cascade, IA	34:48	11:12/M
9	Liz Coyle, F21	Cascade, IA	35:50	11:32/M
10	Lacey Boffeli, F26	Verona, WI	50:49	16:21/M
11	Melissa Ehrisman, F28	Cascade, IA	54:37	17:35/M

M[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jacob Brindle, M34	Cascade, IA	21:27	6:54/M
2	Kyle Brouwer, M38	Cascade, IA	27:32	8:52/M
3	Jake Boyle, M39	Cedar Rapids, IA	28:06	9:03/M
4	Stacie Schockemoehl, M31	Cascade, IA	29:27	9:29/M
5	Andy Simon, M37	Cascade, IA	30:08	9:42/M
6	Josh Trumm, M33	Cascade, IA	48:40	15:40/M

F[30-39]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jenny Johnson, F31	Dubuque, IA	24:11	7:47/M
2	Sherry Kelchen, F39	Cascade, IA	24:14	7:48/M
3	Janelle Brouwer, F37	Cascade, IA	25:09	8:06/M
4	Laura Thompson, F32	Denver, CO	25:45	8:17/M
5	Karla Trumm, F34	Cascade, IA	26:34	8:33/M
6	Cora Boyle, F32	Cedar Rapids, IA	28:06	9:03/M
7	Laura Cook, F31	Verona, WI	28:28	9:10/M
8	Kelly Dolphin, F31	Verona, WI	28:30	9:10/M
9	Jessica Beem, F37	Monticello, IA	29:43	9:34/M
10	Crista Leibold, F30	North Liberty, IA	30:00	9:39/M
11	Erin Heims, F30	Peosta, IA	30:05	9:41/M
12	Megan Staner, F30	Cascade, IA	30:19	9:46/M
13	Jessica Coyle, F33	Fort Collins, CO	30:29	9:49/M
14	Katie Knepper, F37	Cascade, IA	31:57	10:17/M
15	Tara Smith, F36	Cascade, IA	33:21	10:44/M

16	Tara Miller, F37	Bauxite, AR	49:28	15:55/M
17	Rebecca McDermott, F30	Cascade, IA	56:31	18:12/M

M[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Doug Noonan, M42	Cascade, IA	22:18	7:11/M
2	Matt Nauman, M45	Cascade, IA	23:22	7:31/M
3	Tom McDermott, M46	Cascade, IA	27:42	8:55/M
4	Mark Weber, M42	Hopkinton, IA	29:31	9:30/M
5	Jeff Kelchen, M40	Cascade, IA	30:36	9:51/M
6	Daren Manternach, M47	Cascade, IA	30:40	9:52/M
7	Jason McDermott, M45	Cascade, IA	33:13	10:42/M
8	Kevin Felton, M45	Cascade, IA	33:17	10:43/M
9	Pat Weber, M48	Cascade, IA	42:47	13:46/M

F[40-49]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Anne Kauder, F47	Cascade, IA	23:22	7:31/M
2	Jane Boffeli, F42	Cascade, IA	25:13	8:07/M
3	Charity Rausch, F40	Cascade, IA	28:00	9:01/M
4	Janet Felton, F42	Cascade, IA	28:17	9:06/M
5	Mollie Bergfeld, F47	Cascade, IA	28:46	9:16/M
6	Dede McDermott, F44	Cascade, IA	29:22	9:27/M
7	Lisa Folken, F44	Monticello, IA	29:43	9:34/M
8	Lynette Boheman, F44	Monticello, IA	29:43	9:34/M
9	Amy Speed, F47	Cascade, IA	30:59	9:58/M
10	Shirley Soliday, F46	Zwingle, IA	38:10	12:17/M
11	Kris McDermott, F46	Cascade, IA	38:25	12:22/M
12	Debbie Wessels, F46	Cascade, IA	43:03	13:51/M

M[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Doug Frey, M55	Cascade, IA	24:54	8:01/M
2	Joe Nauman, M50	Cedar Rapids, IA	26:25	8:30/M
3	Jack Grice, M53	Dubuque, IA	28:33	9:11/M
4	Clay Gavin, M57	Cascade, IA	30:31	9:49/M
5	Scott Desousa, M54	Dyersville, IA	30:57	9:58/M
6	Jeff "Rocks" Otting, M57	Cascade, IA	38:23	12:21/M

F[50-59]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Jacquie Manternach, F57	Cascade, IA	29:55	9:38/M
2	Carole Cigrand, F56	Cascade, IA	30:46	9:54/M
3	Kathy Burkle, F51	Dubuque, IA	32:06	10:20/M
4	Pat Puls, F56	Cascade, IA	32:37	10:30/M
5	Julie Kuhn, F55	Cascade, IA	33:44	10:52/M
6	Donna Callahan, F52	Cascade, IA	33:49	10:53/M
7	Lu Henneberry, F56	Cascade, IA	36:23	11:43/M

M[60 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
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1	Nick Cigrand, M61	Cascade, IA	30:36	9:51/M
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F[60 & Over]

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Gun Time</u>	<u>Pace mpm</u>
1	Irene Stephan, F62	Dubuque, IA	51:17	16:30/M

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