

Iowa Running & Triathlon Race Results 1999-2010

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Jan	Feb.	March	April
Resolution Run 04, Dubuque	Burry Scurry '10 '09 '08 '07 '05 04, Clinton	Colon Cancer Awareness Run '20, Cedar Rapids	April Fools 5k '10 '09 '08 '07 '06 '05, 04, Waterloo
Frostbite Footrace 10 '09 '08 '07 '05	Red Flannel Run '10 '09 '08 '07 '06 '05 : '04 '03 '02 '01	Gaelic Gallop, Dyersville '10 '09 '08 '07 '04	Loop the Lake '10 '09 '08 '07 '06 05 '04 '03 '02 '01., Des Moines
Amana Freezer Fest Run '10 '09 '08 '07 '06 '05	Des Moines Winter Games Extrem XC & Snow Shoes '09 '08	CASI St Patricks Day 5k, '10 '09 '08 '07 '05	Hayes Hustle, Muscatine '10 '09 '08 '06
Ice Breaker Tri '10 '09 '08 WDM	Frozen Frolic, DSM	Round the Loch Run '08 '05 '04, Emmetsburg	Panther Pride, Williamsburg '10 '09
Tri Melon Indoor Tri '10 '09 Muscatine	Rockwell Collins Biathlon '08 '07	Woodward Granger Fest, '10 '09	Spring Fever Runs '10 '09 '07, Ottumwa
Iowa Games 5k, Dubuque '10 '09 '08 '07 '06 '05	Corridor Running FreezerFest 5K Run '10 '09 '08 '07 '06 '05 04, Marion	Run for the Egg '10 '09 '08 '07 '06, Easter Lake	Fight for Air Climb '10 '09 '08 '07 '06, Des Moines
	Trek the Trails 09, Ames	Long Haul for Your Long Johns, '10, Indianola	Go the Distance for Crime Victims 5k '10 '09 '08, Marion, IA.
	Ft. Dodge Indoor Tri '10		Hiawatha, Lighten Up

			Linn '08 '05
	Chili Chase '10 '09 '08 '07 '05, Davenport		Friendly Son's '10 '09 '08 '07 '06 '05 04 03, 02 01
			DoughNut Run '10 '09 '08, Ames
			Iowa Speedway 8K '10 '09 '08, 07
			'10 '09, Cedar Falls
			Aids Walk/Run '10 '06 '05 '03 02
			Gene Van Wyk Meml Race '10 '09 '08, Pella
			Dam to Downtown '10 '09, Iowa City
			Osprey 5K, '09 Indianola
			Run for Renewal 5K, Davenport '10 '09 '08 '07 '06
			Court to Court '10, DM
			Earth Day in the Junction '10 '09 '08, WDM
			CARE Run' '10, Waukee
			Spring into Spring, Springville '08 '07
			The Gambler Half & 5K '10 '09, Council Bluffs
			Run for Service '09 '08, Marshalltown
			Earth Day, Ames 05x
			Blues for Greens, Earthday 5K, Des Moines
			Earth Day 5K, Clear Lake '10 '09 '08 '07 '06
			PiSigmaEpsilon, Cedar Falls
			Race4Kel., Indianola
			Kirkwood 5K '10 '09, Cedar Rapids
			Drake Relays on the

			Roads '10 '09 '08 '07 '06 '05 '04 '03 '02, '01
			Kick the Can 5K, Waterloo
a			Eyes on the Prize, Iowa City '05 '04
			Gilda's Run for Laughs, Bettendorf '10 '09 '08 '06 '05' '04
			Bremwood Run for the Kids 5K
			Hoof'n It 5K '09, Grinnell
			Corridor Mall to Mall '10 '09 '08 '7 '06 ,05
			River Run, IA. City '10 '09 '08 '07 '06 '05 '04'03 '02 '01

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May	June	July	August
Klumpen Classic '10 '09 '08 '07 '06 '05 '04 '03 Pella	Village NW Unlimited Benefit Run, Walk & Roll '10 '09, Sheldon, IA	Miller Run 5K '10, Perry	Panorama Days Run '10 '08 '07 '06 '05 '04 '03, Panora
SIOUXperman Tri '10 '09 '08, Sioux Center	DAM to DAM '10 '09 '08, previous years	Sully Freedom Run '10 '09 '08 ;'07 '06	Twin Lakes Tri & Du '10 '09 '08, '07 Manson
Lake Cornelia 5K '06 Clarion	Loop the Lake '09 '08, Cedar Falls	Riverbend Rally '10 '09, Iowa Falls	Adkins Watermelon Run '10 '09 '08 '07 '06
Pilot Knob Trail Run '9 '08 '07 Forest City		Earlham Firecracker 5K '09 '06	Ethan's Tractor Run '10 '09 '08 '06 '05
West Liberty Run for the Schools '10	Singlespeed Mile, Waterloo	Ames "5 on the Fourth '10 '09 '08 '06 '05"	(MAMM) Monroe Annual '10 '09 '08 '07 '06 '05 Mini-Marathon
Palmer N8k Race '10 '09 '08, Davenport	Run Your Buns Off '10 '09 '08 '07 '06, Ackley	Harry Gardner 5K '10 '09 '08, Toledo	Clutier Fun Days '09 '08 5K
Red Shoe Run '10 '09 '08 '07 '06	Mustang Madness '10 '09, Bettendorf	Urbandale 4th of July '10 '09 '08 '07 '06 '05 '04 '03 '02 '01	Crossroads Tri '10 '09 '08, Dewitt
CBRC 24 HR Relay '10 '09 '08 '07 '06 '05 '04 '03	Iowa Run for Epilepsy	Maples 4th of July '10 '09, '08, '07, '06, '05, '04,	Town & Country Days '10 '09 '08 '07 '06, Epworth

'02 '01, Eldridge		'03, '02, '01, '00, Osage	
May Day 5K '10 '09, Bondurant	PigMan Sprint Tri '10 '09 '08 '07 '06 '05 '04, Palo	Fifth Season 8K & 5K '10 '09 '08 '07 '06 '05 '04 '03 '02 '01 '00	Cannonball Pump N Run '10 '09 '08 '06 '05 '04'03 Winterset
Run Like a Fox '10 '09, '06 '04, Perry	Preston 3M CURE '10 '09, Preston	Waukee 4th of July Races '10 '09 '08 '07 '06 '05 '04 '03	Run for the Cob '09 '08, Esterville
Cinco Du Mayo Duathlon '08, Davenport	Holiday Lake Tri '10 '09, Brooklyn	Exira Road Run '10 '09 '08	Sunset 5K '10, Ankeny
Beat the Street 8 '07 '06 '05 '04'03, Nevada	The Prowl '08, Fairfieldx	Dysart Firecracker 5K '10 '09	That Dam/Skunk Run, Humboldt '10 '09 '07 '06 '05 '04
Summer Daze Tri '10 '09, Newton	Conrad Dash & Splash '10 '09 '08 '07 '06 '05	Firecracker 5K '10 '09 '08 '07 '06 '05 '04 '03 '02 '01 '00 '99 - '88, Webster City	Pirate Dash '10 '09, Alburnett
LaceUp for Learning '10 '09 '08, Cedar Rapids	ChildServe Run '10 '09 '08 '06 '05 '04 '03 '02 Johnston	Firecracker Run '10 '09, Belmond	Dog Days Tri, Belmond '10 '09 '08 '07 '06
RuNorWalk, Norwalk '19 '18 '17 '16 '15 '14 '13 '12 '11 '10 '09 '08 '07 '06 '05	Grandview Gallop '10 '09 '08 '07, Dubuque	Independence Day 5K'10 '09 '08, Cedar Falls	Camp Courageous Tri '10,
Ottumwa Race for the Cure '19 '18 '17 '16 '15 '13 '12 '11 '10 '09 '08 '07 '06 '05 '04 '03	Marathon to Marathon '10 '09 '08 '07 '06 '05 '04 '03 '02, Storm Lake	July 4th Firecracker '09 '08, '07 Williamsburg	TarHeel Days'10, Union
MVRA Trail Run previous years results, Durango	Guinea Gallop '09, Decorah	Starr's Cave Trail Run '11 '10 '09, Burlington	Wapsi Trail Runs'10 '09, Riceville
Quad City Distance Classic '10 '09 '08 '07 '06 '05 '04 '03 '02	Jace Race '09, New Sharon	Logan Reschedlu5K '10	Whaletown Tri '08 '07 '06 '05 '04 '03 '02, '01 ANITA
Vanessa Thomas 5K for Organ Donation '09, Centerville	Clarion Fest 5K '07 '06	Storm Lake Ride & Run '10 '09	Skunk River Stampede '09 '08, Ollie
LincolnHighway'10, Lisbon	Break the Silence on Ovarian Cancer'10, D.M	Lake Geode Tri, Danville '09	Phil Kruger Mem '10, Dike
Soutern Prairie YMCA Run '10 '09 '08 '07, Creston	My Waterloo Days '10 '09 '08 '07 '06 '05 '04	Tri in July '10 '09 '08, Sigourney	Maxwell Old Settlers Run '10 '09 '08 '07'06
WHAMM '10 '09 '08 '07 '06 '05, '04	Quad Cities Kids Tri '10 '09,'08, Davenport		Run for the Flood '10 '09, Cedar Rapids
T.I.M.T.A.M. Races'09 '08 Ames	Festival in the Park, Clarion '18	Heritage Days '09 '08, Mt Vernon	WDM Fall Into Soccer 5K

March of Dimes 5K '10, D.M.	CIARAD Prairie '10 '08, Prairie City		Knoxville Nations 1/3 Marathon '10 '09 '08 '07
St Thomas Aquinas Run '09 '08 '07, Webster City	Finish Strong 5K '08 '07 '06, Johnston	Missouri River Runners Pump & Run '10 '09 '08	Durant Dusk Hustle '09, Durant
Marion Arts Fest 5K '10 '09 '08 '07 '06 '05 '04 '03 Marion, IA '02^x	IFD Race For Dan, Indianola '10 '08 '07 '06	Grimes Farm Race '10 '08	Panther Pride Tri '12 '10, Iowa Falls
Great River Bridge Race, Burlington '09 '04	Grimes Fun Days '10 '09 '08 '07 '06 '05 '04	Old Roundhouse Trail Days '19 '18 '17 '16 '15 '14 '13 '12 '11 '10 '09 '08 '07, Elma	Big Creek Tri '10 '09 '08 '07 '06 '05 '04 '03'02, 01 POLK CITY
Clinton County Autism	Hope Run for Hospice '10 '09, Ames	Flatland Youth Tri '10, W.D.M.	Camanche Classic '09 '08 '07 '06 '05 '04 '03
Lincoln Highway Bridge Days '09, Tama	Heritage Days '10 '09 '08, Rock Rapids	Midnight Madness '10 '09 '08 '07 '06 '05, 04, 03 '02 '01 .00	Sweet Corn Festival, Adel '10 '09 '08 '07 '06 '05 '04
LIVE United 5K '10 '09, Osky	Good Ol' Days, Evansdale	Moonlight Chase '10 '09 '08 '07 '06 '05 '04 '03 Eldridge, IA	Sweet Corn Run for St. Jude '18 '10 '09 '08 '07, Cedar Rapids
Tulip Festival '10 '09 '08 '07, Orange City	Reverse RETT Run '10, Iowa City	Felix Grundy 5K '08 '06 '05, Grundy Center	Traer Winding Stairs Festival '15 '14 '13 '12 '09 '08
Great Strides for C.F'10, WDM	Keota Fun Run 10 '09 '08 '07 '06 '05 '04 '03 '02, 2001	Iowa Games Tri & Du '09 '08	Hooverfest Presidential Days Run '06 '05 '04 '03
WCVB MUD Run 10, Waterloo	ISF MUD RUN'10 '9, DM	Ankeny Summerfest 5K '10 '09 '08 '07 '06	Bremer County Fair 5K'10, Waverly
Run for Ronald '10 '09 '08 '07 '06 '05 '04 '03 '02 ,01 Des Moines	Quad City Tri '10 '09 '08 '07 '06 '05 '04 '03 Davenport	Dubuque Duathlon '10	Cedar Valley Trails Fes'10 '09, Cedar Falls
	The ISF Adventure Race '09, Ames	Dylan Campbell Fund 5K, Oxford	Fairview Farm Trail '09, Cedar Rapids
Iowa Cubs 5 Mile'11 '10 '09 '08 '07, Des Moines	American Gothic Run '09, Eldridge	Waters Edge Tri'10 '09 '08 '07 Algona	Kraut Route 5K Lisbon '10 '03
	Tom Skram Memorial '09, Lemars	Hudson Pump & Run '10 '09 '08 '07 '06 '05'04 '03	
Jordan Creek Duathlon '10 '09, WDM	Quad Cities Race for the Cure '08 '07 '06 '05	Royal Rec 5K Fun Run/Walk, Royal	Alden Egg Days 5K '08
	Hit the Bricks '07, Williamsburg	Colo Crossroads Fun Run, Colo '07 '06	Ankeny YMCA Road Races '10 '09 '08 '07 '06 '05 '04 '03 '01 '00
Hickory Grove Tri - Du - Aquabike '10 '09 '08,	Dwight Dash '10, Iowa City	Corn Carnival Triathlon '10 '09 '08 '07 '06 '05 '04	H.A.W.K. 5K, Tipton

formerly CyMan		03 '02 '01 '00, Gladbrook	
	Paul Skeffington '10 '09 '08 '07 '06 '05 '03 DeWitt, IA	Ottumwa's County 4 H run	Breakaway Days 5K, Denver '15 '14 '13 '11 '06 '05 '04
Special Olympics '09, Dallas Center		xIowa Games Results	Tri-T-Trot, Monticello
	Central Lutheran Fun Run '08, Newhall	Cross Roads Tri '07 '06 '05, DeWitt, IA	Urbana Library 5K '10, Urbana, IA.
Big Brothers Big Sisters '07, Oskey	Giving It Back 5K '10, Solon	SOAR Adventure Race '06 '05, Indianola	Bloodhound Booster Run, Ft Madison '07 '06 '05 '04 '03
	Sauerkraut Days 5K '05	Granger Daze Run '10, Granger	
Even Hope Walks 5K, Des Moinesx	State Center Rose Festival '10 '09 '08, State Center	Four (4) Season Fest '10, Polk City	Bluff Creek Tri & Aquabike '10 '09, Boone
	Bernard Picnic Run '10, Bernard	Summerfest Cardinal Trot '15 '11, '10, Radcliffe	
Sunderbruch B&B Trail, Dav.	Alden Days 5K '10 '09	Univ. of Okoboji Games Mar, Half, 10K & Tri, '10 '09 '08	Cascade Canter '09 '08 '07 '06 '05 '04 '03
	Cascade 5K '09, Cascade	Kevin Young Memorial	Dexter Gallop '10 '09 '08, '07, Dexter
Wild Five, Bettendorf '10 '09 '08 '06 '04	Danish Days '09, Ringsted	Clive Running Fest '10 '09 '08 '07 '06 '05 '04 '03. 02 01	
	Kinderfest'09, Manning	Pork Days '10, Center Point	Watermelon Stampede, Musscatine, '10 '09 '08 '07 '06
CRFD 5K Run '10 '09 '08, Cedar Rapids	Giving it Back '10, Solon	Mike's Journey Home '10 '09, Marshalltown	
	Greene River Days'09, Greene	New Hampton Triathlon '10	Hartman Eco-Tri, Black Hawk County '10 '09 '08
Stu Nevermann '10 '09 '08 '07 '06 '05 '04 Mason City	St. Malachy's Steeplechase '11 '10, Muscatine	Friends & Neighbors 5K '08, Woodward	Phil Kruger '09 '08 '07 '06 '05, Dike
		Run for River Hills '10, Cedar Falls	Pigman Half Tri '10 '09 '08 '07 '06 '05, '04
Cap City 5K '12 '11, Polk City	Greg Harris Memorial '10, Eagle Grove	West Liberty Youth 5K '10	Scheel's Shoes that Fit ' '10 '09, WDM
		Running Wild in Allison '1	One Hill of a Run '10, Des Moines

Rainbow Run '10, Iowa City	Hanging Rock 5K '16, Redfield	Solon Beef Days '10 '09 '08 '07	Friends N Neighbors, Woodward '12
			Remembrance Run '10, Pleasant Hill
Swing into Spring, Mt Joy '09 '07 '06	Flower Power Run'10 '09 '08, Des Moines.	Summer Scorchers 12Hr Run/Relay	Eager Beaver Run, '09, Wilton
		Walker Pickle Days '10 '09 '08, Walker	Run for Big Dreams '10 '09 '07, Clear Lake
RWC North Star Triathlon & 5K' '09, Esterville	Hog Wild Days '10 '09 '08 '07 Hiawatha	Taste of Hope 5K'10 '09 '08 '07 '06, '05, WDM	Tri for Kids Sake '10, Sioux City
			Loop the Lake, Cedar Falls
Swing Home Run 5K '05, OC	Hymn Sing Hustle Race '10	Have Heart for Marfan '10 '09, Pleasant Hill	Run for Your Life ' '10 '09, Des Moines
	Dutchman Tri Pella'08 '07 '06 '05 '04 '03	Pine Lake Trail Run '09 '08 '07 '06 '05, Eldora	5K for Life '09 '08 '07 '06, Story County
Deb's Dash '05	Timber City Adventure Race '09	Balloon Days '12 '11 '08 '06 '03 '02 Inianola	Iowa State Fair Blue Ribbon 5K '10, DM
	RAID the RIDGE Adventure Race'05	Shed your ThreadsElkader '10	Black Squirrel Triathlon'10 '09 '08 '07 '06
E.F.5K '10 '09, Parkersburg	XIsland Days 5k '10, Fairbank	Skunk River Stampede 5K '07 '06.	Road Runner 5K '09 '08 '07 '06 '05, Stanwood
	Burlington Youth Triathlon '10		Palo Fun Days Run '10
QC Senior Olympics	Steventon's Kids's Tri '10, 7-10 . 11-14 '08, Bettendorf	Pilot Knob Trail Race 15K '09 '08	Mineral Springs Run'10, Colfax
	Field to Food '07 '06 '05 '04 '03 '02 2001, Johnston	Janesville Days 5K '10 '08, Janesville	Running on the Wild Side '10
St. Joseph Fun Days Neon Run, Marion	CHD 5K & 1M '08 Pocahontas		Huxley Prairie Fest'10 '09 '08 '07 '03
	Carlisle 4th of July Race '10	Elvelopet Nordic Fest Run '10 '09 '08 '07 '06 '05 '04'03 '02 '01 Decorah	Lincoln 2 Lincoln '10, Cedar Falls
	Trekman Big Woods Tri	Harvest Dreams '12 '11 '10 '09, Urbandale	Panther Prowl '10, '09 '08 Monticello
	\West Union Tri '08		Fire Fest 5K, DM
	Firecracker 5K '10, Pleasantville	Tall Corn Days 5K '10 '09, Sioux Rapids	Lost Island Youth Tri '08 '07, Illoo
	Sturgess Falls Races '10 '08 '07 '06 '05 '04 '03	Ankeny Kids Tri '20 '10 '09 '08 '07	Iowa Trail Runs '05 '04 ('03 Fairfield_Trial Runs

	02,2001		
	Copper Creek Tri '10 '09, Pleasant Hill		Legrand 5K'08 '06 '05, Legrand
		Xterra Sugar Bottom Tri '10, North Liberty	Governor's Cup Run '10 '09 '08 '07 '06 '05 '04 '02 '01 00
			Beads Lake Restoration Run '10 '09 '08
		Swisher 5K Walk & Run '10 Gas N Go '06 '05 '04 '03	Step Up 5K & Half & 5K'10 '09 '08, Storm Lake
			Madrid Labor Day Races'10 '09 '08 '07

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September	October	November	December
Madrid Labor Day Races '10 '09 '08 '07		Coca Cola Classic '09, Sioux City	Sycamore 8 Trail Run '10 '09 '08 '07 '06 '05 '04
Captain Midnight's Run '10 '09, Cystic Fibrosis, Ames	Especially for You '10 '09 '08 '07 '06 '05 '04 '03 '02 '01, Cedar Rapid	RCC Run in the Woods '19 '10 '09 '08 '07 '03 Earlham	YMCA Jingle Jam Races '10 '09 '08 '06 '05, Des Moines
(Jump Right in and Run) '11 '10 '09 '08, Storm Lake	TimberTrek '10 '09, Amana	Destination Imagination '09, Grinnell	Snow Shuffle 5K no longer timed '08 '07 '06 '05 '04 '03 Waterloo
New Bo Fest '10. Cedar Rapids, IA.	12:1 Run Half, 10K & 5K '10, Danville	Hit the Trail 5M '10, Indianola	Tour de Lights '10. Vinton
(Hy Vee 5150 Tri '10 '09 '08 '07, Des Moines	Run for the Pumpkins '10 '09 '08 '07, Anamosa	Dirty Du Sprint Solo & Relay '09 '08, DSM	AIB Jingle Jog '10 '09, Des Moines
Run with Carl '10 '09 '08 '07 '06 '05 '04 Bettendorf, IA	Ashlie Duit Mem.'10 '09, Nevada	Patriots 5K	Hawkeye 50K & 25K, Lake McBride
Around the Lake '03 '02 Fort Dodge	Healthy Hearts, Healthy Mind '10 '09, '08 '07 '06 '04 Chariton	Cutting Edge Fitness Turkey Trot '11 '10 '09, Clear Lake	
Youth Sprint Tri, Emmettsburg	Tornado Alley Run '10 '09 '08 '07 '06 '05 '04 '03 '02	Toys for Tots '03 '02 01 00	
Run DM '10 '09 '08, Des Moines	Grand View Viking 5K '10 '09 '08 '07 '06 '05 '04 '03 '02 '01	Fairview Farm Runs '10, Cedar Rapids	

<u>Mustang Gallop 12 '09, Cedar Rapids</u>	<u>Stinkfoot 5K '10 '09 - Altoona</u>	<u>Pair Up 4 a Purpose '10, Ames</u>	
<u>GAAR Adv. Race '10 '09 '08, Ames</u>	<u>Elma Festival Races '10</u>	<u>09 '08 '07 '06 '05 '04 '03 '01, Marion</u>	
<u>Pufferbilly Days 10K 5K '09 '08 '07 '06 '05 '04 '03, Boone</u>	<u>Pink Ribbon Run 10, Cedar Falls</u>	<u>Return of the Turkey Trot '10 !</u>	
<u>Park to Park '10 '09'08 '07 '06 '05 '04 '03'02</u>	<u>Covered Bridge Fest '10 '09 '08 '07 '06 '05 '04 '03 - '01 Winterset</u>	<u>Jailbreak Jaunt '06 '05 '04'03 '02 Stuart, IA</u>	
<u>Baby Boogie '06'05, Newton</u>	<u>Lacey Keosauqua Fall 5k '10 '09 '08</u>	<u>Hot Chocolate 5K and 5 Mile Race '10, D.M</u>	
<u>Alison Ciancio Memorial '04,</u>	<u>Stepping Stones '10 '09, Knoxville</u>	<u>Windmill Run '10, Pella</u>	
<u>Maffitt H2O Race '09 '08 '07, Cummings</u>	<u>Ponseti Races '10, Iowa City</u>		
<u>LeMars Sprint Tri '09</u>	<u>Indian Hills Homecoming 5K '08 '07 '06 '05, Ottumwa</u>	<u>Living History Farms Off Road Race '10 '09 '08 '07 '06 '05 '04 '03 '02 '01 '00 '99 '98 '97, Urbandale</u>	
<u>Peosta 5K '06 '05, Peosta, IA</u>	<u>Wounded Hero Runs '10, Johnston</u>		
	<u>Hope-tober Fest '10, Mason City</u>		
<u>Iowaman Tri '09 '08, Davenport</u>	<u>The Mill Race Amana '04 '03</u>		
	<u>Race Against Violence '09 Ames</u>		
<u>Forest City Frontier Days, '09</u>	<u>Pinnacle Prairie 5K '08 '07 '05, Cedar Falls</u>		
<u>DO-athlon for Life '09 '08, '07 Polk City</u>	<u>Running With Heart '10 '09, Ames</u>		
<u>Spartan Fund Races '10 '09 '08 '07 Solon</u>	<u>Linmar Growl Prowl '10</u>		
<u>Camanche Classic '05, Camanche, IA</u>	<u>Sprint Double Duathlon</u>		
<u>Dubuque Benefit Classic '11 thru 05</u>	<u>Run for the Schools '10 '09 '08 '07 '06 '05 '04 '03 '02 '01, Iowa City</u>		
<u>Wildcat Den 50K '10, Muscatine</u>	<u>ZTA Race for the Cure '19 '18 '17 '16 '15 '14 '13</u>		

	<u>'12 '11 '10 '09 '08, Iowa City</u>		
<u>Best Dam Run '10 '09 '08, Waverly</u>	<u>Des Moines Marathon '10 '09 '08 '07 '06 '04 '03</u>		
<u>Southern Prairie YMCA 5K R/W Balloon Chase '09 '08 '07 '06 '05 '04, Creston</u>	<u>Lime Creek Timber Trot '12, '09, 07 Mason City</u>		
<u>Beaverdale Beaverdash '08 '07'06 '05 '04 '03 '02 '01, Des Moines - no longer timed</u>	<u>YMCA Halloween Hustle'06 '05, WDM</u>		
<u>Run, Rock, Stroll-10K, 5K, '09 '07 '06 '05 '04 '03 '02 01 -Des Moines</u>	<u>Equalizer 6 & 24 Hour Run '09 '06 '01, D.M.</u>		
<u>Nancy Kapheim Meml Classi '10 '09 '08 '07 '06 '05 '04 '03, Quad Cities</u>	<u>Muddy Monster '10 '09 '08, Cedar Falls</u>		
<u>Katies Crusaders</u>	<u>Lewis & Clark Marathon '09 '08 '07 '06 '05</u>		
<u>Capital Pursuit '10 '09 '08 '07 '06 '05 '04 '03 '02 '01 '00, Des Moines</u>	<u>Blue Sky Run 08, Ames</u>		
<u>SuperStar XC '10 '09 '08 '07 '06 '05 '03, Urbandale</u>	<u>Brant's Great Pumpkin Race '10 '09 '08 '07 '06,Earlham</u>		
<u>Dam Beach Run '07,</u>	<u>Race for the Cure '10 '09 '08 '07 '06 '05 '04 '03 '02 '01 '00, Des Moines</u>		
<u>Green Run '12 '11 '10, '09 '08 '07, Runnells</u>			
<u>Oktemberfest Race '10 '09 '08 '07 '06 '05 '04 '03 '02 '01 00, Marshalltown</u>			
<u>TriHawks Tri '11 '10 '09 '08, Iowa City</u>			
<u>Campus High Five '10, Ia City</u>			
<u>Applefest 5k/10k '10, Ft Dodge</u>			
<u>Z.A.G.R.A.T.A. 5K '10 '09 '08 '07 '06, Cedar Rapids</u>			

<u>Cy Man Tri '10 '09 '08 '07 '06 '05 '04 Bondurant</u>			
<u>Ely Fall Fest '10, Ely</u>			
<u>Apple Gallop, Montezuma '10, Monti</u>			
<u>Swamp Fox'10 '09 '08 '07 '06 '05 '04 '03, Marion</u>			

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