

# 1st Annual Cascade Hometown Days 5K Run

Saturday August 18, 2018 - 7:30 AM

70 Degrees, 90% Humidity, Wind NE 4 MPH

Cascade, Iowa

Place	Name	Age	Age Group	Town	Gender	Time
1	Joel Althoff	38	30 - 39	Monticello	M-1	18:41.8
2	Blake Smith	15	15 - 18	Manchester	M-2	18:47.7
3	Mike Lambert	47	40 - 49	Monticello	M-3	19:50.3
4	Joseph Kauder	37	30 - 39	Cascade	M-4	20:00.5
5	Will Potter	16	15 - 18	Cascade	M-5	20:25.3
6	Maddie Rhomberg	17	15 - 18	Cascade	F-1	20:57.6
7	Leslie Althoff	38	30 - 39	Monticello	F-2	21:16.3
8	Randy Gehl	47	40 - 49	Dubuque	M-6	21:53.7
9	Benjamin Fransen	14	14 & U	Worthington	M-7	21:56.4
10	Adam Knepper	13	14 & U	Cascade	M-8	22:10.9
11	Doug Noonan	46	40 - 49	Cascade	M-9	22:24.8
12	Emma Althoff	13	14 & U	Monticello	F-3	23:09.9
13	Marie Knepper	17	15 - 18	Cascade	F-4	23:35.1
14	Jenny Johnson	35	30 - 39	Dubuque	F-5	23:39.9
15	Emma Ostwinkle	15	15 - 18	Cascade	F-6	23:43.9
16	Carey Gehl	38	30 - 39	West Des Moines	F-7	23:51.9
17	Sherry Kelchen	43	40 - 49	Cascade	F-8	24:03.5
18	Anne Kauder	51	50 - 59	Cascade	F-9	24:25.3
19	Kelly Simon	37	30 - 39	Cascade	F-10	24:44.2
20	Grace Rhomberg	13	14 & U	Cascade	F-11	24:54.3
21	Karla Trumm	39	30 - 39	Cascade	F-12	24:59.7
22	Rachel Rhomberg	15	15 - 18	Cascade	F-13	25:15.8
23	Nick Casey	37	30 - 39	Cascade	M-10	25:29.6
24	Devin Simon	13	14 & U	Cascade	F-14	25:56.7
25	Anna Hunt	19	19 - 29	Cascade	F-15	26:03.3
26	Ellie Loes	19	19 - 29	Cascade	F-16	26:03.8
27	Julia Gehl	12	14 & U	Dubuque	F-17	26:26.6
28	Allan Wong	25	19 - 29	Cascade	M-11	26:41.5
29	Lilly Topping	14	14 & U	Cascade	F-18	26:42.3
30	Ayda DeLaRosa	13	14 & U	Cascade	F-19	26:44.1
31	Janelle Brouwer	43	40 - 49	Cascade	F-20	27:13.4
32	Janice Trumm	41	40 - 49	Cascade	F-21	27:16.5
33	Lisa Aschtgen	34	30 - 39	Cascade	F-22	27:38.4
34	Hallie Kelchen	10	14 & U	Cascade	F-23	27:57.9
35	Aedan Althoff	11	14 & U	Monticello	M-12	28:02.8
36	Nancy Leytem	60	60 & O	Cascade	F-24	28:06.1
37	Jake McAllister	36	30 - 39	Cascade	M-13	28:08.5
38	Callie Lynch	14	14 & U	Cascade	F-25	28:35.9

39	Skylar Dolphin	16	15 - 18	Cascade	F-26	28:50.9
40	Anna McDermott	15	15 - 18	Cascade	F-27	28:52.8
41	Michelle Green	55	50 - 59	Cascade	F-28	29:02.1
42	Jacquie Manternach	61	60 & O	Cascade	F-29	29:32.8
43	Lauren Gehl	12	14 & U	Dubuque	F-30	29:33.4
44	Lynsey Dolphin	20	19 - 29	Cascade	F-31	29:35.5
45	Jackie McAllister	34	30 - 39	Cascade	F-32	29:40.7
46	Michelle Hartbecke	36	30 - 39	Cascade	F-33	29:57.4
47	Kobi McAllister	8	14 & U	Cascade	M-14	30:30.3
48	Nicole Stecklein	30	30 - 39	Bernard	F-34	30:33.7
49	Megan Staner	34	30 - 39	Cascade	F-35	30:39.9
50	Kayla Schockemoehl	29	19 - 29	Cascade	F-36	30:47.6
51	Tara Smith	40	40 - 49	Cascade	F-37	30:50.2
52	Tara Noonan	34	30 - 39	Cascade	F-38	31:04.3
53	Morgan Brower	14	14 & U	Cascade	F-39	31:34.1
54	Erin Kleitsch	35	30 - 39	Cascade	F-40	31:43.4
55	Bryce Smith	13	14 & U	Manchester	M-15	32:14.1
56	Faith Miller	66	60 & O	Plano, TX	F-41	32:36.4
57	Mary Geisler	67	60 & O	Dubuque	F-42	32:38.2
58	Jack Miller	6	14 & U	Cascade	M-16	32:41.9
59	Peyton Lehman	13	14 & U	Cascade	M-17	33:22.7
60	Stacey Miller (Ebys Mill)	30	30 - 39	Cascade	F-43	33:26.8
61	Kim Vaske	28	19 - 29	Bernard	F-44	33:32.0
62	Kelli Fagan	28	19 - 29	Cascade	F-45	33:32.7
63	Dustin Klostermann	31	30 - 39	New Vienna	M-18	35:13.1
64	Joshua Jones	29	19 - 29	Cascade	M-19	35:28.9
65	Issie Rhomberg	11	14 & U	Cascade	F-46	35:42.5
66	Linda Stoverink	67	60 & O	Carthage, Ill	F-47	35:43.3
67	Cortney Loewen	35	30 - 39	Cascade	F-48	36:00.8
68	Amanda Miller	29	19 - 29	Cascade	F-49	36:01.7
69	Marcia Smith	44	40 - 49	Manchester	F-50	36:32.5
70	Tyler Smith	11	14 & U	Cascade	M-20	36:34.9
71	Kash McAllister	10	14 & U	Cascade	M-21	37:03.5
72	Amanda Donovan	30	30 - 39	Cascade	F-51	41:25.8
73	Jan Donovan	51	50 - 59	Cascade	F-52	41:26.6
74	Emily Donovan	23	19 - 29	Dubuque	F-53	42:15.9
75	Lillian Green	11	14 & U	Peosta	F-54	44:21.2
76	Troy Lehman	11	14 & U	Cascade	M-22	44:31.0
77	Jesicah Lehman	41	40 - 49	Cascade	F-55	45:10.4
78	Lori O'Brien	58	50 - 59	Cascade	F-56	45:12.3
79	Liz Bower	43	40 - 49	Cascade	F-57	45:12.7
80	Tracy Potter	44	40 - 49	Cascade	F-58	45:12.9
81	Jill Hunchis	38	30 - 39	Rochester, Minn	F-59	45:19.0
82	Dianne Reiter	64	60 & O	Cascade	F-60	47:47.9

83	Jordan Hunchis	37	30 - 39	Rochester, Minn	M-23	47:48.5
84	Kay Lehman	75	60 & O	Cascade	F-61	52:59.8
DNS	Leslie Kremer	39	30 - 39	Cascade	F-62	DNR
DNS	Chris Miller	30	30 - 39	Cascade	M-24	DNR

### Female Age Groups

Place	Name	Age	Age Group	Town	Age Group	Time
<b>14 &amp; Under</b>						
12	Emma Althoff	13	14 & U	Monticello	1st	23:09.9
20	Grace Rhomberg	13	14 & U	Cascade	2nd	24:54.3
24	Devin Simon	13	14 & U	Cascade	3rd	25:56.7
27	Julia Gehl	12	14 & U	Dubuque	4th	26:26.6
29	Lilly Topping	14	14 & U	Cascade	5th	26:42.3
30	Ayda DeLaRosa	13	14 & U	Cascade	6th	26:44.1
34	Hallie Kelchen	10	14 & U	Cascade	7th	27:57.9
38	Callie Lynch	14	14 & U	Cascade	8th	28:35.9
43	Lauren Gehl	12	14 & U	Dubuque	9th	29:33.4
53	Morgan Brower	14	14 & U	Cascade	10th	31:34.1
65	Issie Rhomberg	11	14 & U	Cascade	11th	35:42.5
75	Lillian Green	11	14 & U	Peosta	12th	44:21.2
<b>15 - 18</b>						
6	Maddie Rhomberg	17	15 - 18	Cascade	1st	20:57.6
13	Marie Knepper	17	15 - 18	Cascade	2nd	23:35.1
15	Emma Ostwinkle	15	15 - 18	Cascade	3rd	23:43.9
22	Rachel Rhomberg	15	15 - 18	Cascade	4th	25:15.8
39	Skylar Dolphin	16	15 - 18	Cascade	5th	28:50.9
40	Anna McDermott	15	15 - 18	Cascade	6th	28:52.8
<b>19 - 29</b>						
25	Anna Hunt	19	19 - 29	Cascade	1st	26:03.3
26	Ellie Loes	19	19 - 29	Cascade	2nd	26:03.8
44	Lynsey Dolphin	20	19 - 29	Cascade	3rd	29:35.5
50	Kayla Schockemoehl	29	19 - 29	Cascade	11th	30:47.6
61	Kim Vaske	28	19 - 29	Bernard	4th	33:32.0
62	Kelli Fagan	28	19 - 29	Cascade	5th	33:32.7
68	Amanda Miller	29	19 - 29	Cascade	6th	36:01.7
74	Emily Donovan	23	19 - 29	Dubuque	7th	42:15.9
<b>30 - 39</b>						
7	Leslie Althoff	38	30 - 39	Monticello	1st	21:16.3
14	Jenny Johnson	35	30 - 39	Dubuque	2nd	23:39.9
16	Carey Gehl	38	30 - 39	West Des Moines	3rd	23:51.9

19	Kelly Simon	37	30 - 39	Cascade	4th	24:44.2
21	Karla Trumm	39	30 - 39	Cascade	5th	24:59.7
33	Lisa Aschtgen	34	30 - 39	Cascade	6th	27:38.4
45	Jackie McAllister	34	30 - 39	Cascade	7th	29:40.7
46	Michelle Hartbecke	36	30 - 39	Cascade	8th	29:57.4
48	Nicole Stecklein	30	30 - 39	Bernard	9th	30:33.7
49	Megan Staner	34	30 - 39	Cascade	10th	30:39.9
52	Tara Noonan	34	30 - 39	Cascade	12th	31:04.3
54	Erin Kleitsch	35	30 - 39	Cascade	13th	31:43.4
60	Stacey Miller (Ebys Mill)	30	30 - 39	Cascade	14th	33:26.8
67	Cortney Loewen	35	30 - 39	Cascade	15th	36:00.8
72	Amanda Donovan	30	30 - 39	Cascade	16th	41:25.8
81	Jill Hunchis	38	30 - 39	Rochester, Minn	17th	45:19.0
DNS	Leslie Kremer	39	30 - 39	Cascade	18th	DNR
	<b>40 - 49</b>					
17	Sherry Kelchen	43	40 - 49	Cascade	1st	24:03.5
31	Janelle Brouwer	43	40 - 49	Cascade	2nd	27:13.4
32	Janice Trumm	41	40 - 49	Cascade	3rd	27:16.5
51	Tara Smith	40	40 - 49	Cascade	4th	30:50.2
69	Marcia Smith	44	40 - 49	Manchester	5th	36:32.5
77	Jesicah Lehman	41	40 - 49	Cascade	6th	45:10.4
79	Liz Bower	43	40 - 49	Cascade	7th	45:12.7
80	Tracy Potter	44	40 - 49	Cascade	8th	45:12.9
	<b>50 - 59</b>					
18	Anne Kauder	51	50 - 59	Cascade	1st	24:25.3
41	Michelle Green	55	50 - 59	Cascade	2nd	29:02.1
73	Jan Donovan	51	50 - 59	Cascade	3rd	41:26.6
78	Lori O'Brien	58	50 - 59	Cascade	4th	45:12.3
	<b>60 &amp; Over</b>					
36	Nancy Leytem	60	60 & O	Cascade	1st	28:06.1
42	Jacquie Manternach	61	60 & O	Cascade	2nd	29:32.8
56	Faith Miller	66	60 & O	Plano, TX	3rd	32:36.4
57	Mary Geisler	67	60 & O	Dubuque	4th	32:38.2
66	Linda Stoverink	67	60 & O	Carthage, Ill	5th	35:43.3
82	Dianne Reiter	64	60 & O	Cascade	6th	47:47.9
84	Kay Lehman	75	60 & O	Cascade	7th	52:59.8

### Male Age Groups

Place	Name	Age	Age Group	Town	Age Group	Time
	<b>14 &amp; Under</b>					

9	Benjamin Fransen	14	14 & U	Worthington	1st	21:56.4
10	Adam Knepper	13	14 & U	Cascade	2nd	22:10.9
35	Aedan Althoff	11	14 & U	Monticello	3rd	28:02.8
47	Kobi McAllister	8	14 & U	Cascade	4th	30:30.3
55	Bryce Smith	13	14 & U	Manchester	5th	32:14.1
58	Jack Miller	6	14 & U	Cascade	6th	32:41.9
59	Peyton Lehman	13	14 & U	Cascade	7th	33:22.7
70	Tyler Smith	11	14 & U	Cascade	8th	36:34.9
71	Kash McAllister	10	14 & U	Cascade	9th	37:03.5
76	Troy Lehman	11	14 & U	Cascade	10th	44:31.0
	<b>15 - 18</b>					
2	Blake Smith	15	15 - 18	Manchester	1st	18:47.7
5	Will Potter	16	15 - 18	Cascade	2nd	20:25.3
	<b>19 - 29</b>					
28	Allan Wong	25	19 - 29	Cascade	1st	26:41.5
64	Joshua Jones	29	19 - 29	Cascade	2nd	35:28.9
	<b>30 - 39</b>					
<b>1</b>	<b>Joel Althoff</b>	<b>38</b>	<b>30 - 39</b>	<b>Monticello</b>	<b>1st</b>	<b>18:41.8</b>
4	Joseph Kauder	37	30 - 39	Cascade	2nd	20:00.5
23	Nick Casey	37	30 - 39	Cascade	3rd	25:29.6
37	Jake McAllister	36	30 - 39	Cascade	4th	28:08.5
63	Dustin Klostermann	31	30 - 39	New Vienna	5th	35:13.1
83	Jordan Hunchis	37	30 - 39	Rochester, Minn	6th	47:48.5
DNS	Chris Miller	30	30 - 39	Cascade	7th	DNR
	<b>40 - 49</b>					
3	Mike Lambert	47	40 - 49	Monticello	1st	19:50.3
8	Randy Gehl	47	40 - 49	Dubuque	2nd	21:53.7
11	Doug Noonan	46	40 - 49	Cascade	3rd	22:24.8
	<b>50 - 59</b>					
	No Entries					
	<b>60 &amp; Over</b>					
	No Entries					