

4th Annual Cascade Hometown Days 5K Run

Saturday August 20, 2022 - 7:30 AM

65 Degrees, 95% Humidity, Wind SE 7 MPH

Cascade, Iowa

Place	Name	Age	Age Group	Town	Gender	Time
1	Adam Knepper	17	15 - 18	Cascade	M-1	18:39.8
2	Lane Cook	15	15 - 18	Bernard	M-2	18:52.9
3	Max Nadeau	17	15 - 18	Cascade	M-3	19:12.0
4	Marty Knepper	23	19 - 29	Cascade	M-4	19:27.3
5	Ben Gehl	17	15 - 18	Cascade	M-5	20:06.8
6	Alex Britt	21	19 - 29	Monticello	M-6	20:24.1
7	Nathaniel Manternach	15	15 - 18	Cascade	M-7	20:47.0
8	Austin Brown	33	30 - 39	Cascade	M-8	21:44.6
9	Greg Aitchison	40	40 - 49	Richfield, Minn	M-9	21:47.0
10	Blaine Noonan	32	30 - 39	Cascade	M-10	21:50.0
11	Bradley Dolphin	14	14 & U	Cascade	M-11	22:25.8
12	Randy Gehl	51	50 - 59	Dubuque	M-12	22:30.7
13	Carter Conrad	14	14 & U	Cascade	M-13	22:39.2
14	Cain Hoffman	23	19 - 29	Cascade	M-14	22:53.6
15	Paul Conter	40	40 - 49	Cascade	M-15	23:43.3
16	Carley Conrad	12	14 - U	Cascade	F-1	23:51.8
17	Shane Manternach	42	40 - 49	Dubuque	M-16	23:52.5
18	Heather Picray	44	40 - 49	Cascade	F-2	24:01.4
19	Annie Trumm	14	14 & U	Cascade	F-3	25:33.7
20	Joy Burkle	12	14 & U	Epworth	F-4	26:07.3
21	Kristin Burkle	38	30 - 39	Epworth	F-5	26:07.8
22	Delaney Kremer	15	15 - 18	Cascade	F-6	26:12.3
23	Anne Kauder	55	50 - 59	Cascade	F-7	26:20.3
24	Marie Knepper	21	19 - 29	Cascade	F-8	26:29.4
25	Dave Rowlet	47	40 - 49	West Des Moines	M-17	28:59.2
26	Alec Cook	14	14 & U	Bernard	M-18	29:10.1
27	Jacque Manternach	65	60 & O	Cascade	F-9	29:19.7
28	Kayla Schockemoehl	33	30 - 39	Cascade	F-10	29:30.4
29	Nancy Leytem	64	60 & O	Cascade	F-11	30:19.5
30	Mollie Bergfeld	55	50 - 59	Cascade	F-12	30:22.8
31	Amanda Hoffmann	34	30 - 39	Cascade	F-13	30:38.1

32	Kaitlyn Smith	29	19 - 29	Monticello	F-14	31:20.9
33	Gregory Smith	28	19 - 29	Monticello	M-19	31:24.5
34	Julia Knepper	12	14 & U	Cascade	F-15	33:19.2
35	Amanda Donovan	34	30 - 39	Waukee	F-16	33:20.1
36	Leslie Kremer	43	40 - 49	Cascade	F-17	34:01.2
37	Katelyn Trumm	9	14 & U	Cascade	F-18	35:16.3
38	Ella Trumm	27	19 - 29	Bernard	F-19	35:23.2
39	Rebecca Trumm	21	19 - 29	Cascade	F-20	35:23.7
40	Josie Rowlet	11	14 & U	West Des Moines	F-21	37:00.0
41	Estelle Rowlet	9	14 & U	West Des Moines	F-22	37:25.0
42	Sharon Rowlet	47	40 - 49	West Des Moines	F-23	37:25.5
43	Edward Sanchez	60	60 & O	Chicago, Ill	M-20	37:57.9
44	Megan Staner	38	30 - 39	Cascade	F-24	42:53.5
45	Hayden Staner	8	14 & U	Cascade	F-25	47:32.8
46	Kim Porterfield	55	50 - 59	Manchester	F-26	48:22.6
47	Kevin Kleitsch	54	50 - 59	Marshalltown	M-21	48:32.8
48	Deanne Mainey	60	60 & O	Davenport	F-27	48:36.0
49	Shari Peiffer	57	50 - 59	Dubuque	F-28	48:36.9
50	Jim Kleitsch	58	50 - 59	Stoughton, Wis	M-22	48:37.6
51	Kathy Staner	61	60 & O	Cascade	F-29	57:07.1
52	Patricia Decker	58	50 - 59	Cascade	F-30	57:07.2
DNS	Jordan Trumm	29	19 - 29	Cascade	F-31	DNR
DNS	Amanda Miller	34	30 - 39	Cascade	F-32	DNR
DNS	Elgean Brandenburg	55	50 - 59	Hiawatha	F-33	DNR
SNS	Jack Miller	10	14 & U	Cascade	M-23	DNR

Female Age Groups

Place	Name	Age	Age Group	Town	Age Group	Time
	14 & Under					
1st	Carley Conrad	12	14 - U	Cascade	F-1	23:51.8
2nd	Annie Trumm	14	14 & U	Cascade	F-3	25:33.7
3rd	Joy Burkle	12	14 & U	Epworth	F-4	26:07.3
4th	Julia Knepper	12	14 & U	Cascade	F-15	33:19.2
5th	Katelyn Trumm	9	14 & U	Cascade	F-18	35:16.3
6th	Josie Rowlet	11	14 & U	West Des Moines	F-21	37:00.0
7th	Estelle Rowlet	9	14 & U	West Des Moines	F-22	37:25.0
8th	Hayden Staner	8	14 & U	Cascade	F-25	47:32.8

	15 - 18					
1st	Delaney Kremer	15	15 - 18	Cascade	F-6	26:12.3
	19 - 29					
1st	Marie Knepper	21	19 - 29	Cascade	F-8	26:29.4
2nd	Kaitlyn Smith	29	19 - 29	Monticello	F-14	31:20.9
3rd	Ella Trumm	27	19 - 29	Bernard	F-19	35:23.2
4th	Rebecca Trumm	21	19 - 29	Cascade	F-20	35:23.7
5th	Jordan Trumm	29	19 - 29	Cascade		
	30 - 39					
1st	Kristin Burkle	38	30 - 39	Epworth	F-5	26:07.8
2nd	Amanda Hoffmann	34	30 - 39	Cascade	F-13	30:38.1
3rd	Kayla Schockemoehl	33	30 - 39	Cascade	F-10	29:30.4
4th	Amanda Donovan	34	30 - 39	Waukee	F-16	33:20.1
5th	Megan Staner	38	30 - 39	Cascade	F-24	42:53.5
6th	Amanda Miller	34	30 - 39	Cascade	F-32	DNR
	40 - 49					
1st	Heather Picray	44	40 - 49	Cascade	F-2	24:01.4
2nd	Leslie Kremer	43	40 - 49	Cascade	F-17	34:01.2
3rd	Sharon Rowlet	47	40 - 49	West Des Moines	F-23	37:25.5
	50 - 59					
1st	Anne Kauder	55	50 - 59	Cascade	F-7	26:20.3
2nd	Mollie Bergfeld	55	50 - 59	Cascade	F-12	30:22.8
3rd	Kim Porterfield	55	50 - 59	Manchester	F-26	48:22.6
4th	Shari Peiffer	57	50 - 59	Dubuque	F-28	48:36.9
5th	Patricia Decker	58	50 - 59	Cascade	F-30	57:07.2
6th	Elgean Brandenburg	55	50 - 59	Hiawatha	F-33	DNR
	60 & Over					
1st	Jacquie Manternach	65	60 & O	Cascade	F-9	29:19.7
2nd	Nancy Leytem	64	60 & O	Cascade	F-11	30:19.5
3rd	Deanne Mainey	60	60 & O	Davenport	F-27	48:36.0
4th	Patricia Decker	58	50 - 59	Cascade	F-30	57:07.2

Male Age Groups

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3rd	Alec Cook	14	14 & U	Bernard	M-18	29:10.1
4th	Jack Miller	10	14 & U	Cascade	M-23	DNR
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	30 - 39					
1st	Austin Brown	33	30 - 39	Cascade	M-8	21:44.6
2nd	Blaine Noonan	32	30 - 39	Cascade	M-10	21:50.0
	40 - 49					
1st	Greg Aitchison	40	40 - 49	Richfield, Minn	M-9	21:47.0
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	50 - 59					
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3rd	Jim Kleitsch	58	50 - 59	Stoughton, Wis	M-22	48:37.6
	60 & Over					
1st	Edward Sanchez	60	60 & O	Chicago, Ill	M-20	37:57.9