

**5th Annual Cascade Hometown Days 5K**  
 Saturday August 19, 2023 - 8:00 AM  
 66 Degrees, 80% Humidity, Wind S - 12 MPH  
 Cascade, Iowa

Place	Name	Age	Age Group	Town	Time	Gender
1	<b>Lane Cook</b>	<b>16</b>	<b>15-18</b>	<b>Bernard</b>	<b>18:06.8</b>	<b>M-1</b>
2	Andrew Kaalberg	16	15-18	Cascade	20:38.6	M-2
3	Kurt Koopmann	22	19-29	Dyersville	20:48.7	M-3
4	Cody Lynch	13	14 & Under	Cascade	21:14.2	M-4
5	Jeffrey Kramarczyk	47	40-49	Maricopa, Az	21:46.3	M-5
6	Geric Kramarczyk	20	19-29	Maricopa, Az	21:46.6	M-6
7	<b>Hallie Kelchen</b>	15	15-18	<b>Cascade</b>	<b>22:03.0</b>	<b>F-1</b>
8	Austin Brown	34	30-39	Bernard	22:39.3	M-7
9	Bradley Dolphin	15	15-18	Cascade	22:40.3	M-8
10	Greg Aitchison	41	40 -49	Richfield, Mn	23:37.7	M-9
11	Blaine Noonan	33	30-39	Cascade	23:43.1	M-10
12	Paul Conter	41	40-49	Cascade	23:50.5	M-11
13	Kaitlyn Smith	30	30-39	Bellevue	24:08.9	F-2
14	Connor Golden	29	19-29	Cascade	24:29.5	M-12
15	Carley Conrad	13	14 & Under	Cascade	24:40.9	F-3
16	Shane Manternach	43	40-49	Cascade	24:59.5	M-13
17	Mike Armbruster	41	40-49	Maquoketa	25:27.3	M-14
18	Sherry Kelchen	48	40-49	Cascade	25:55.4	F-4
19	Jacey Burkle	11	14 & Under	Epworth	25:59.9	F-5
20	Kristin Burkle	39	30-39	Epworth	26:02.0	F-6
21	Sam Stecklein	11	14 & Under	Bernard	26:08.4	M-15
22	Caleb Williams	13	14 & Under	Cascade	26:08.8	M-16
23	Karen Kramarczyk	48	40-49	Maricopa, Az	26:19.8	F-7
24	Nicole Stecklein	35	30-39	Bernard	26:33.0	F-8
25	Justin Hein	33	30-39	Monticello	26:37.3	M-17
26	Dave Rowlet	48	40-49	West Desa Moines	27:01.4	M-18
27	Emily Thole	26	19-29	Marion	27:23.0	F-9
28	Anne Kauder	56	50-59	Cascade	27:28.1	F-10
29	Sharon Rowlet	48	40-49	West Des Moines	28:34.3	F-11
30	Higdon Althoff	10	14 & Under	Monticello	28:41.9	M-19
31	Joel Althoff	43	40-49	Monticello	28:42.5	M-20
32	Diana Elder	53	50-59	Pella	28:43.4	F-12
33	Karla Manternach	62	60 & Over	Sac City	28:49.9	F-13
34	Evelyn Coyle	12	14 & Under	Farley	28:52.4	F-14
35	Tierney Kettmann	36	30-39	Cedar Rapids	28:58.1	F-15
36	Jackie McAllister	39	30-39	Cascade	29:03.2	F-16
37	Jake McAllister	41	40-49	Cascade	29:03.7	M-21
38	John Peiffer	33	30-39	Dubuque	29:21.1	M-22
39	Cora Boyle	41	40-49	Cedar Rapids	29:25.8	F-17
40	Jake Boyle	48	40-49	Cedar Rapids	29:26.4	M-23

41	Patti O'Meara	62	60 & Over	Bloomington, Ill	29:59.7	F-18
42	Jacquie Manternach	66	60 & Over	Cascade	30:05.7	F-19
43	Amanda Hoffmann	35	30-39	Cascade	30:12.6	F-20
44	Mollie Bergfeld	56	50-59	Cascade	30:27.2	F-21
45	Amy Speed	56	50-59	Cascade	30:58.9	F-22
46	Alec Cook	15	15-18	Bernard	31:38.8	M-24
47	Erin Kleitsch	40	40-49	Cascade	32:29.2	F-23
48	Keith Villhauer	66	60 & Over	Coralville	33:16.9	M-25
49	Casen Gassman	12	14 & Under	Epworth	42:48.9	F-24
50	Ashley Coyle	36	30-39	Epworth	42:49.3	F-25
51	Kim Villhauer	65	60 & Over	Coralville	42:49.6	F-26
52	Kathy Staner	62	60 & Over	Cascade	43:51.0	F-27
53	Deanne Mainey	61	60 & Over	Davenport	45:18.3	F-28
54	Shari Peiffer	58	50-59	Dubuque	48:26.4	F-29
55	Ken Peiffer	59	50-59	Dubuque	48:26.8	M-26
56	Kim Porterfield	56	50-59	Manchester	49:15.4	F-30
57	Kevin Kleitsch	55	50-59	Manchester	49:15.7	M-27
58	Mariah Forsyth	25	19-29	Readlyn	49:49.6	F-31
59	Wyatt Forsyth	27	19-29	Readlyn	49:49.9	M-28
60	Nick Kleitsch	28	19-29	Manchester	49:50.3	M-29
61	Patricia Decker	59	50-59	Cascade	1:00.24.7	F-32
DNR	Brittany Maas	32	30-39	Cascade	DNR	F
DNR	Kelly Lyons	45	40-49	Bettendorf	DNR	F
	Total	63				
	Females	34				
	Males	29				
	<b>Overall</b>					
	<b>Male</b>					
1 <sup>st</sup>	<b>Lane Cook</b>	<b>16</b>	<b>15-18</b>	<b>Bernard</b>	<b>18:06.8</b>	<b>M-1</b>
	<b>Female</b>					
1 <sup>st</sup>	<b>Hallie Kelchen</b>	<b>15</b>	<b>15-18</b>	<b>Cascade</b>	<b>22:03.0</b>	<b>F-1</b>
	<b>Female 14 &amp; Under</b>					
1st	Carley Conrad	13	14 & Under	Cascade	24:40.9	F-3
2nd	Jacey Burkle	11	14 & Under	Epworth	25:59.9	F-5
3rd	Evelyn Coyle	12	14 & Under	Farley	28:52.4	F-14
4th	Casen Gassman	12	14 & Under	Epworth	42:48.9	F-24
	<b>Male 14 &amp; Under</b>					
1st	Cody Lynch	13	14 & Under	Cascade	21:14.2	M-4
2nd	Sam Stecklein	11	14 & Under	Bernard	26:08.4	M-15
3rd	Caleb Williams	13	14 & Under	Cascade	26:08.8	M-16
4th	Higdon Althoff	10	14 & Under	Monticello	28:41.9	M-19
	<b>Female 15 - 18</b>					

1st	<b>Hallie Kelchen</b>	15	15-18	<b>Cascade</b>	<b>22:03.0</b>	<b>F-1</b>
	<b>Male 15- 18</b>					
1st	<b>Lane Cook</b>	<b>16</b>	<b>15-18</b>	<b>Bernard</b>	<b>18:06.8</b>	<b>M-1</b>
2nd	Andrew Kaalberg	16	15-18	Cascade	20:38.6	M-2
3rd	Bradley Dolphin	15	15-18	Cascade	22:40.3	M-8
4th	Alec Cook	15	15-18	Bernard	31:38.8	M-24
	<b>Female 19-29</b>					
1st	Emily Thole	26	19-29	Marion	27:23.0	F-9
2nd	Mariah Forsyth	25	19-29	Readlyn	49:49.6	F-31
	<b>Male 19-29</b>					
1st	Kurt Koopmann	22	19-29	Dyersville	20:48.7	M-3
2nd	Geric Kramarczyk	20	19-29	Maricopa, Az	21:46.6	M-6
3rd	Connor Golden	29	19-29	Cascade	24:29.5	M-12
4th	Wyatt Forsyth	27	19-29	Readlyn	49:49.9	M-28
5th	Nick Kleitsch	28	19-29	Manchester	49:50.3	M-29
	<b>Female 30-39</b>					
1st	Kaitlyn Smith	30	30-39	Bellevue	24:08.9	F-2
2nd	Kristin Burkle	39	30-39	Epworth	26:02.0	F-6
3rd	Nicole Stecklein	35	30-39	Bernard	26:33.0	F-8
4th	Tierney Kettmann	36	30-39	Cedar Rapids	28:58.1	F-15
5th	Jackie McAllister	39	30-39	Cascade	29:03.2	F-16
6th	Amanda Hoffmann	35	30-39	Cascade	30:12.6	F-20
7th	Ashley Coyle	36	30-39	Epworth	42:49.3	F-25
8th	Brittany Maas	32	30-39	Cascade	DNR	F
	<b>Male 30-39</b>					
1st	Austin Brown	34	30-39	Bernard	22:39.3	M-7
2nd	Blaine Noonan	33	30-39	Cascade	23:43.1	M-10
3rd	Justin Hein	33	30-39	Monticello	26:37.3	M-17
4th	John Peiffer	33	30-39	Dubuque	29:21.1	M-22
	<b>Female 40-49</b>					
1st	Sherry Kelchen	48	40-49	Cascade	25:55.4	F-4
2nd	Karen Kramarczyk	48	40-49	Maricopa, Az	26:19.8	F-7
3rd	Sharon Rowlet	48	40-49	West Des Moines	28:34.3	F-11
4th	Cora Boyle	41	40-49	Cedar Rapids	29:25.8	F-17
5th	Erin Kleitsch	40	40-49	Cascade	32:29.2	F-23
6th	Kelly Lyons	45	40-49	Bettendorf	DNR	F
	<b>Male 40-49</b>					
1st	Jeffrey Kramarczyk	47	40-49	Maricopa, Az	21:46.3	M-5
2nd	Greg Aitchison	41	40-49	Richfield, Mn	23:37.7	M-9
3rd	Paul Conter	41	40-49	Cascade	23:50.5	M-11
4th	Shane Manternach	43	40-49	Cascade	24:59.5	M-13
5th	Mike Armbruster	41	40-49	Maquoketa	25:27.3	M-14
6th	Dave Rowlet	48	40-49	West Des Moines	27:01.4	M-18
7th	Joel Althoff	43	40-49	Monticello	28:42.5	M-20
8th	Jake McAllister	41	40-49	Cascade	29:03.7	M-21
9th	Jake Boyle	48	40-49	Cedar Rapids	29:26.4	M-23

	<b>Female 50 &amp; 59</b>					
1st	Anne Kauder	56	50-59	Cascade	27:28.1	F-10
2nd	Diana Elder	53	50-59	Pella	28:43.4	F-12
3rd	Mollie Bergfeld	56	50-59	Cascade	30:27.2	F-21
4th	Amy Speed	56	50-59	Cascade	30:58.9	F-22
5th	Shari Peiffer	58	50-59	Dubuque	48:26.4	F-29
6th	Kim Porterfield	56	50-59	Manchester	49:15.4	F-30
7th	Patricia Decker	59	50-59	Cascade	1:00.24.7	F-32
	<b>Male 50 &amp; 59</b>					
1st	Ken Peiffer	59	50-59	Dubuque	48:26.8	M-26
2nd	Kevin Kleitsch	55	50-59	Manchester	49:15.7	M-27
	<b>Female 60 &amp; Over</b>					
1st	Karla Manternach	62	60 & Over	Sac City	28:49.9	F-13
2nd	Patti O'Meara	62	60 & Over	Bloomington, Ill	29:59.7	F-18
3rd	Jacquie Manternach	66	60 & Over	Cascade	30:05.7	F-19
4th	Kim Villhauer	65	60 & Over	Coralville	42:49.6	F-26
5th	Kathy Staner	62	60 & Over	Cascade	43:51.0	F-27
6th	Deanne Mainey	61	60 & Over	Davenport	45:18.3	F-28
	<b>Male 60 &amp; Over</b>					
1st	Keith Villhauer	66	60 & Over	Coralville	33:16.9	M-25