

2013 ROAD RACE - 5K**FEMALE**

| <u>First Name</u> | <u>Last Name</u> | <u>City</u> | <u>State</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Medal</u> |
|-------------------|------------------|-------------|--------------|------------|-------------|--------------|--------------|
| Kathy | Ford | Clive | IA | 56 | 0:35:01 | 1 | Gold |
| Joni | Bemis | Urbandale | IA | 69 | 0:30:40 | 1 | Gold |

MALE

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|--------|-------------|-----------------|----|----|---------|---|--------|
| Thomas | Shide | Urbandale | IA | 50 | 0:28:21 | 1 | Gold |
| Gary | Patton | Rock Rapids | IA | 68 | 0:19:50 | 1 | Gold |
| Robert | Knox | Waterloo | IA | 65 | 0:21:03 | 2 | Silver |
| Buzz | Hoffman | West Des Moines | IA | 66 | 0:28:38 | 3 | Bronze |
| Ruben | Rullan | Urbandale | IA | 72 | 0:31:35 | 1 | Gold |
| Gerald | Hendrickson | Cedar Falls | IA | 75 | 0:32:26 | 1 | Gold |
| Wilbur | Veenstra | Pella | IA | 75 | 0:42:44 | 1 | Silver |
| Alvin | Ravenscroft | Ames | IA | 80 | 0:31:42 | 1 | Gold |

2013 ROAD RACE - 10K**FEMALE**

| <u>First Name</u> | <u>Last Name</u> | <u>City</u> | <u>State</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Medal</u> |
|-------------------|------------------|-------------|--------------|------------|-------------|--------------|--------------|
| Kathy | Ford | Clive | IA | 56 | 1:15:26 | 1 | Gold |

MALE

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|--------|-------------|-------------|----|----|---------|---|------|
| Keith | Abels | Ogden | IA | 51 | 0:38:51 | 1 | Gold |
| Larry | Hamm | Des Moines | IA | 65 | 0:54:59 | 1 | Gold |
| Gerald | Hendrickson | Cedar Falls | IA | 75 | 1:13:08 | 1 | Gold |