

# Urbandale Independence Day 5.1 km

Urbandale, IA

July 4, 2022

Rain

Michael Franke

PLACE	CLASS PLACE	FINISHER	TIME
1	1 M19	Caleb Shumaker, 19, Tipton, IA	16:08
2	2 M19	Payton Marrs, 20, Urbandale, IA	16:13
3	1 M14	Tyler Schweizer, 18, Urbandale, IA	16:35
4	3 M19	Reece Knepper, 20, Johnston, IA	16:55
5	2 M14	Tommy Hansley, 16, Urbandale, IA	16:56
6	3 M14	Yohana Yual, 18, Des Moines, IA	16:57
7	4 M19	Jacob Fopa, 20, Urbandale, IA	17:07
8	5 M19	Noah Fopma, 20, Urbandale, IA	17:22
9	4 M14	Tate Severs, 18, Johnston, IA	17:25
10	5 M14	Jack Flori, 15, Waukee, IA	17:36
11	6 M14	Jake Wagner, 18, Urbandale, IA	18:08
12	1 M40	Jacob Kaemmer, 45, Des Moines, IA	18:14
13	7 M14	Blake Smith, 15, Urbandale, IA	18:29
14	8 M14	Nick Klocke, 17, Granger, IA	18:33
15	9 M14	Sam Leto, 18, Johnston, IA	18:35
16	10 M14	Cole Leggett, 18, Urbandale, IA	18:43
17	11 M14	Patrick Wainwright, 16, Windsor Heights, IA	18:46
18	12 M14	Nicholas Paulsen, 14, West Des Moines, IA	18:49
19	13 M14	Andrew Donoho, 17, Urbandale, IA	18:53
20	6 M19	Alec Knepper, 20, Johnston, IA	18:54
21	1 M30	David Roney, 30, Windsor Heights, IA	18:59
22	14 M14	Drew Johnson, 16, Urbandale, IA	19:07
23	15 M14	Evan Leggett, 17, Urbandale, IA	19:12
24	16 M14	Charlie Leto, 16, Johnston, IA	19:12
25	17 M14	Josh Hagenberg, 15, Clive, IA	19:30
26	2 M40	Timothy Ives, 41, Pleasant Hill, IA	19:43
27	2 M30	Ethan McCallum, 37, Saint Cloud, MN	20:01
28	18 M14	Cole Nelson, 17, Clive, IA	20:08
29	19 M14	Nate Hammerand, 16, Urbandale, IA	20:21
30	20 M14	Brett Gifford, 16, West Des Moines, IA	20:26
31	21 M14	Dane Cole, 18, Waunakee, WI	20:28
32	3 M30	Dan Jensen, 30, Grimes, IA	20:30
1	1 W50	Carrie Van Quathem, 50*, Urbandale, IA	21:06
33	22 M14	Dewell Anderson, 14, Urbandale, IA	21:11
34	23 M14	Boston Shaw, 15, Urbandale, IA	21:20
35	24 M14	Emmett Mathiasen, 15, Des Moines, IA	21:22
36	25 M14	Ashton Hansley, 14, Urbandale, IA	21:23
37	26 M14	Will Johnson, 14, Urbandale, IA	21:25
2	1 W19	Emily Linscheid, 29*, Des Moines, IA	21:29
38	27 M14	Benjamin Herbst, 17, Johnston, IA	21:31
39	1 M50	Patrick Horn, 51, Lafayette, CA	21:32
40	28 M14	Eli Wees, 15, Urbandale, IA	21:32
3	2 W19	Alexis Riesberg, 21*, Grimes, IA	21:35

41	7	M19	Christian Nott, 28, Urbandale, IA	21:37
42	8	M19	Joe Amadeo, 27, Urbandale, IA	21:43
43	3	M40	Abel Shaw, 44, Urbandale, IA	21:47
44	29	M14	Brendan Bewyer, 14, Urbandale, IA	21:53
45	30	M14	Cooper Smith, 15, Urbandale, IA	21:54
46	31	M14	Ben Hansen, 17, Johnston, IA	21:59
47	4	M40	Mark Reha, 42, Johnston, IA	22:09
48	32	M14	Hank McGuire, 15, Urbandale, IA	22:11
49	1	M12	Jake Mathiasen, 13, Des Moines, IA	22:15
50	33	M14	Nate Strawn, 17, Des Moines, IA	22:38
51	2	M12	Noah Davidson, 13, Des Moines, IA	22:38
	4	1	W14 Hayden Beyer, 14*, Waukee, IA	22:49
	5	3	W19 Sara Lang, 28*, Louisville, NE	22:53
	6	1	W30 Heather Scott, 37*, Urbandale, IA	22:58
52	34	M14	Gavin Moore, 15, Urbandale, IA	23:02
	7	4	W19 Heidi Bridgewater, 27*, Grimes, IA	23:02
53	4	M30	Nicholas Newbury, 33, Urbandale, IA	23:13
54	9	M19	Zach Lang, 27, Ankeny, IA	23:17
55	5	M30	Matt Kingsley, 36, Des Moines, IA	23:23
	8	2	W30 Allie Uhlenhopp, 30*, Johnston, IA	23:43
56	5	M40	Tanner Hensley, 44, Urbandale, IA	23:45
	9	1	W40 Amanda Ives, 41*, Pleasant Hill, IA	23:48
57	10	M19	Eric Bridgewater, 28, Grimes, IA	23:55
58	35	M14	Evan Fopma, 14, Urbandale, IA	23:56
10	2	W40	Stephanie Mortenson, 40*, Windsor Heights, IA	23:58
59	11	M19	Phillip Wessels, 29, Urbandale, IA	24:09
60	6	M30	Travis Braun, 31, Urbandale, IA	24:14
61	36	M14	Charles Crane, 14, West Des Moines, IA	24:14
62	37	M14	Sam Vicker, 14, Johnston, IA	24:17
63	38	M14	Evan Siskow, 14, Urbandale, IA	24:17
64	39	M14	Alec Hudson, 14, West Des Moines, IA	24:18
65	40	M14	Luke Wagner, 14, Urbandale, IA	24:31
66	3	M12	Warner Leman, 12, West Des Moines, IA	24:43
67	41	M14	Collin Comito, 16, Urbandale, IA	24:43
68	12	M19	Alex Reif, 27, Norwalk, IA	24:44
69	6	M40	Matthew Cole, 49, Waunakee, WI	24:51
70	7	M40	Aaron Bewyer, 48, Urbandale, IA	25:01
71	1	JrM	Elijah Anderson, 11, Urbandale, IA	25:04
11	2	W14	Lydia Ives, 14*, Pleasant Hill, IA	25:13
12	1	W12	Addison Dooley, 13*, Grimes, IA	25:16
72	42	M14	Adam Klocke, 15, Granger, IA	25:22
73	43	M14	Dylan Porter, 14, Des Moines, IA	25:23
74	8	M40	Tony Wagner, 46, Urbandale, IA	25:23
75	44	M14	Elias Stein, 14, Urbandale, IA	25:34
76	9	M40	Cody Johnson, 40, Des Moines, IA	25:40
77	2	M50	Gerard Amadeo, 56, Urbandale, IA	25:49
13	3	W30	Aimee Bretl, 37*, Saint Cloud, MN	25:59
78	4	M12	Beau Beck, 13, Des Moines, IA	26:02
79	45	M14	Matthew Pierson, 15, Waukee, IA	26:17
14	2	W50	Nancy Linscheid, 55*, Des Moines, IA	26:36
80	46	M14	Asher Rippey, 15, Granger, IA	26:38
81	2	JrM	Luke McCormick, 11, Urbandale, IA	26:45
82	1	M60	Paul Brees, 64, Urbandale, IA	26:50

83	7	M30	Justin Kenny, 39, Urbandale, IA	26:52
84	2	M60	Kirk Strain, 65, Urbandale, IA	26:52
15	5	W19	Mykenna Cole , 19*, Urbandale, IA	26:58
85	13	M19	Tyson Carezza, 19, Urbandale, IA	26:58
86	3	M50	Patrick Mattingly, 53, Johnston, IA	27:06
87	47	M14	Anyar Mayom, 17, Johnston, IA	27:21
88	5	M12	Easton Hamilton, 13, Urbandale, IA	27:24
89	48	M14	Jack McGuire, 16, Urbandale, IA	27:43
16	4	W30	Abby Mathis, 34*, Louisville, NE	27:51
90	10	M40	Armando Alaniz, 42, Urbandale, IA	27:51
91	4	M50	Todd Haugen, 59, Des Moines, IA	27:53
92	14	M19	Vini Bjazevich, 24, Urbandale, IA	28:11
93	8	M30	Zebulon Beilke-McCallum, 39, Saint Cloud, MN	28:12
94	49	M14	Isaiah Ives, 16, Pleasant Hill, IA	28:12
95	9	M30	Ryan Cummings, 35, Urbandale, IA	28:13
96	10	M30	Ryan Johnson, 34, Urbandale, IA	28:13
97	11	M30	Euseph Messian, 36, Sharpsburg, GA	28:23
98	5	M50	Sean Smith, 59, Urbandale, IA	28:42
17	5	W30	Brittanie Messiah, 36*, Sharpsburg, GA	28:42
18	3	W14	Megan Young, 17*, Urbandale, IA	28:51
99	15	M19	Zach Clement, 29, Des Moines, IA	28:56
100	12	M30	Ben Clement, 31, Des Moines, IA	28:56
19	6	W19	Cassidy Clement, 27*, Des Moines, IA	28:57
101	3	JrM	Lonna Brown, 11, Urbandale, IA	29:01
20	4	W14	Leah Rhode, 17*, Urbandale, IA	29:21
102	16	M19	Cal Watson, 20, Urbandale, IA	29:40
21	6	W30	Ashley Edwards, 38*, West Des Moines, IA	29:56
103	3	M60	Jeff McCallum, 60, Saint Cloud, MN	29:57
104	6	M50	Craig Linscheid, 54, Des Moines, IA	30:00
22	3	W40	Erin Anderson, 43*, Urbandale, IA	30:03
105	50	M14	Cael Nelmark, 16, Urbandale, IA	30:07
106	4	M60	Daniel Keller, 68, Dallas Center, IA	30:14
107	6	M12	Brody Riley, 12, Urbandale, IA	30:19
108	1	M70	Mark Haugen, 70, Urbandale, IA	30:25
109	7	M50	Shawn Plank, 57, Urbandale, IA	30:36
110	13	M30	Bryan Loya, 33, Johnston, IA	30:40
23	7	W30	Rachael Black, 30*, Johnston, IA	30:40
111	8	M50	Christian Comito, 51, Urbandale, IA	30:42
24	5	W14	Lydia Osborn, 16*, Ankeny, IA	30:56
25	7	W19	Rachel Jensen, 29*, Grimes, IA	31:20
26	6	W14	Ruby Lemman, 15*, West Des Moines, IA	31:23
112	14	M30	Max Ronnau, 31, Urbandale, IA	31:24
27	7	W14	Skyler Cole, 15*, Waunakee, WI	31:25
28	1	W60	Carol Stratemeyer, 66*, Des Moines, IA	31:31
113	9	M50	Chris Cockman, 53, Elmhurst, IL	31:36
29	3	W50	Christine Cockman, 54*, Elmhurst, IL	31:36
30	2	W12	Georgia Lemman, 13*, West Des Moines, IA	31:51
31	4	W40	Heidi Taljaard, 42*, Urbandale, IA	31:51
114	11	M40	Lindsey Bakker, 46, Dallas Center, IA	32:10
115	4	JrM	Edmund Motroni, 11, Urbandale, IA	33:18
32	4	W50	Karrie Cole, 52*, Waunakee, WI	33:26
116	12	M40	Corey Brown, 44, Urbandale, IA	33:36
117	17	M19	Alma Powell, 26, Urbandale, IA	33:38

33	8	W30	Rebecca Weller, 38*, Grimes, IA	34:03
34	1	W70	Cynthia Fuson, 71*, Grimes, IA	34:06
118	15	M30	Matt Weller, 38, Grimes, IA	34:06
35	5	W40	Jill Motroni, 42*, Urbandale, IA	34:44
36	8	W19	Megan Powell, 27*, Urbandale, IA	35:09
37	1	JrW	Lydia Johnson, 11*, Urbandale, IA	35:16
119	13	M40	Eric Johnson, 46, Urbandale, IA	35:16
38	8	W14	Liesl McCallum, 16*, Saint Cloud, MN	35:20
120	16	M30	Mike Farrell, 35, Urbandale, IA	35:22
39	6	W40	Laura Hamilton, 45*, Urbandale, IA	35:57
40	9	W30	Shelly Hanson, 38*, Urbandale, IA	36:00
121	17	M30	Chase McCool, 36, Des Moines, IA	36:05
41	7	W40	Mary Porter, 44*, Des Moines, IA	36:44
122	10	M50	Matt Cole, 51, Urbandale, IA	36:46
123	5	M60	Don Cox, 68, West Des Moines, IA	37:30
124	6	M60	Dan McCool, 60, Des Moines, IA	37:51
42	10	W30	Elizabeth Walter, 30*, Urbandale, IA	39:43
125	7	M60	Patrick Walter, 61, Urbandale, IA	39:47
43	2	W60	Teresa Walter, 63*, Urbandale, IA	39:48
44	2	W70	Breta Westlund, 82*, Urbandale, IA	40:29
126	14	M40	Bill Pierson, 46, Waukee, IA	41:02
45	8	W40	Chris Pierson, 47*, Waukee, IA	41:02
127	11	M50	Donald Hayes, 50, Ankeny, IA	43:10
128	5	JrM	Anthony Hayes, 10, Ankeny, IA	43:12
129	8	M60	Mark Hansing, 65, Urbandale, IA	43:49
46	9	W19	Margit Hansing, 29*, Lawrence, KS	43:49
130	18	M19	Matt Hansing, 25, San Antonio, TX	43:50

\* indicates females

- 5 finishers among Men Under 12
- 6 finishers among Men 12 - 13
- 50 finishers among Men 14 - 18
- 18 finishers among Men 19 - 29
- 17 finishers among Men 30 - 39
- 14 finishers among Men 40 - 49
- 11 finishers among Men 50 - 59
- 8 finishers among Men 60 - 69
- 1 finishers among Men 70 & Up
- 1 finishers among Women Under 12
- 2 finishers among Women 12 - 13
- 8 finishers among Women 14 - 18
- 9 finishers among Women 19 - 29
- 10 finishers among Women 30 - 39
- 8 finishers among Women 40 - 49
- 4 finishers among Women 50 - 59
- 2 finishers among Women 60 - 69
- 2 finishers among Women 70 & Up
- 130 male finishers
- 46 female finishers
- 176 total finishers

PLACE	CLASS	FINISHER	TIME
PLACE	PLACE		
1	1	Caleb Shumaker, 19, Tipton, IA	16:08

2	2	Payton Marrs, 20, Urbandale, IA	16:13
3	3	Tyler Schweizer, 18, Urbandale, IA	16:35
4	4	Reece Knepper, 20, Johnston, IA	16:55
5	5	Tommy Hansley, 16, Urbandale, IA	16:56
6	6	Yohana Yual, 18, Des Moines, IA	16:57
7	7	Jacob Fopa, 20, Urbandale, IA	17:07
8	8	Noah Fopma, 20, Urbandale, IA	17:22
9	9	Tate Severs, 18, Johnston, IA	17:25
10	10	Jack Flori, 15, Waukee, IA	17:36

PLACE	CLASS PLACE	FINISHER	TIME
1	1	Carrie Van Quathem, 50, Urbandale, IA	21:06
2	2	Emily Linscheid, 29, Des Moines, IA	21:29
3	3	Alexis Riesberg, 21, Grimes, IA	21:35
4	4	Hayden Beyer, 14, Waukee, IA	22:49
5	5	Sara Lang, 28, Louisville, NE	22:53
6	6	Heather Scott, 37, Urbandale, IA	22:58
7	7	Heidi Bridgewater, 27, Grimes, IA	23:02
8	8	Allie Uhlenhopp, 30, Johnston, IA	23:43
9	9	Amanda Ives, 41, Pleasant Hill, IA	23:48
10	10	Stephanie Mortenson, 40, Windsor Heights, IA	23:58

PLACE	CLASS PLACE	FINISHER	TIME
Men Under 12			
71	1	Elijah Anderson, 11, Urbandale, IA	25:04
81	2	Luke McCormick, 11, Urbandale, IA	26:45
101	3	Lonna Brown, 11, Urbandale, IA	29:01
Men 12 - 13			
49	1	Jake Mathiasen, 13, Des Moines, IA	22:15
51	2	Noah Davidson, 13, Des Moines, IA	22:38
66	3	Warner Leman, 12, West Des Moines, IA	24:43
Men 14 - 18			
3	1	Tyler Schweizer, 18, Urbandale, IA	16:35
5	2	Tommy Hansley, 16, Urbandale, IA	16:56
6	3	Yohana Yual, 18, Des Moines, IA	16:57
Men 19 - 29			
1	1	Caleb Shumaker, 19, Tipton, IA	16:08
2	2	Payton Marrs, 20, Urbandale, IA	16:13
4	3	Reece Knepper, 20, Johnston, IA	16:55
Men 30 - 39			
21	1	David Roney, 30, Windsor Heights, IA	18:59
27	2	Ethan McCallum, 37, Saint Cloud, MN	20:01

32	3	Dan Jensen, 30, Grimes, IA	20:30
Men 40 - 49			
12	1	Jacob Kaemmer, 45, Des Moines, IA	18:14
26	2	Timothy Ives, 41, Pleasant Hill, IA	19:43
43	3	Abel Shaw, 44, Urbandale, IA	21:47
Men 50 - 59			
39	1	Patrick Horn, 51, Lafayette, CA	21:32
77	2	Gerard Amadeo, 56, Urbandale, IA	25:49
86	3	Patrick Mattingly, 53, Johnston, IA	27:06
Men 60 - 69			
82	1	Paul Brees, 64, Urbandale, IA	26:50
84	2	Kirk Strain, 65, Urbandale, IA	26:52
103	3	Jeff McCallum, 60, Saint Cloud, MN	29:57
Men 70 & Up			
108	1	Mark Haugen, 70, Urbandale, IA	30:25
CLASS			
PLACE	PLACE	FINISHER	TIME
Women Under 12			
37	1	Lydia Johnson, 11, Urbandale, IA	35:16
Women 12 - 13			
12	1	Addison Dooley, 13, Grimes, IA	25:16
30	2	Georgia Leman, 13, West Des Moines, IA	31:51
Women 14 - 18			
4	1	Hayden Beyer, 14, Waukee, IA	22:49
11	2	Lydia Ives, 14, Pleasant Hill, IA	25:13
18	3	Megan Young, 17, Urbandale, IA	28:51
Women 19 - 29			
2	1	Emily Linscheid, 29, Des Moines, IA	21:29
3	2	Alexis Riesberg, 21, Grimes, IA	21:35
5	3	Sara Lang, 28, Louisville, NE	22:53
Women 30 - 39			
6	1	Heather Scott, 37, Urbandale, IA	22:58
8	2	Allie Uhlenhopp, 30, Johnston, IA	23:43
13	3	Aimee Bretl, 37, Saint Cloud, MN	25:59
Women 40 - 49			
9	1	Amanda Ives, 41, Pleasant Hill, IA	23:48
10	2	Stephanie Mortenson, 40, Windsor Heights, IA	23:58
22	3	Erin Anderson, 43, Urbandale, IA	30:03
Women 50 - 59			
1	1	Carrie Van Quathem, 50, Urbandale, IA	21:06
14	2	Nancy Linscheid, 55, Des Moines, IA	26:36

29	3	Christine Cockman, 54, Elmhurst, IL	31:36
Women 60 - 69			
28	1	Carol Stratemeyer, 66, Des Moines, IA	31:31
43	2	Teresa Walter, 63, Urbandale, IA	39:48
Women 70 & Up			
34	1	Cynthia Fuson, 71, Grimes, IA	34:06
44	2	Breta Westlund, 82, Urbandale, IA	40:29