

Fifth Season 8K is all Fireworks

Summer in Iowa isn't complete without Fourth of July traditions: warm humid weather, spitting seeds from home grown watermelon and watching fireworks blazing the skies with family and friends. Add to the list -- Fifth Season 8 kilometer.

Fifth Season started in 1986, after the running boom of the early '80s, on a date no other Iowa race has managed to attain much runner or community support. But with a blast it started, lighting up the Iowa running scene. No other Iowa race was offering "big time" cash prizes but Fifth Season shot off like a rocket with over \$7000 in prize money its' first year. Some had tried, few had success with kid's races but Fifth Season sparkled brightly with hundreds of children filling the streets.

Fifth Season shined brilliantly from its' first year and has become a rocket of enthusiasm, family fun, community involvement and fast times ever since.

1986 Thirteen is not necessarily unlucky, as just that number of days had elapsed since Joseph Kipsang, former ISU runner, won Grandma's Marathon. Kipsang had no problem winning in 23:24, Brad Little was 11 seconds behind with Doug Nelson, Phil Coppess and Brian Smith following. On the women's side Nan Doak (now Doak-Davis) displayed her home grown ability winning in 26:47 with Connie Prince, the Dam to Dam winner that year, 29 seconds behind.

1987 Fifth Season was no sleeper of a race now as out of state runners took top honors with Keith Brantly and Brenda Webb winning easily in 22:49 and 26:16 respectfully. Injured Kipsang finished 7th, Bill Rodgers 5th and Jerrold Wynia was runner up on the men's side 25 seconds behind Brantly. Second place women, Beverly Roland-Miller, was 2 minutes and 10 seconds back of Webb.

1988 The action really heated up this year as Keith Brantly held off a trio of Africans, Sam Obwocha-3 seconds back, Joseph Kipsang-9 seconds and Richard Kaitany-19 seconds, winning in 22:38. All 4 men ducked under 23 minutes, a 4:37 minute pace. Bill Rodgers tied a world master's record running a 24:03. Karen Lutzke won the women's race in 26:42 followed by Connie Prince and Suzanne Youngberg.

1989 The women's race commanded the attention this year as Nan Doak-Davis blazed to a 25:57 ahead of Janis Klecker and Diane Brewer as 13 women broke 30 minutes, one less than in 1988. The men kept it tight right to the end as 5 of them were within 7 seconds at

the finish with Max Harn taking top honors in 23:01. Marc Olesen, Noel Harvey, Scott Fry and Mark Plaatjes followed.

1990 Jeff Jacobs, a former Clinton HS prep state champion, proved too much for the men as he scored a 23:35 topping Brett Burt by 13 seconds with Sean Wade in third. Jacobs matched Nan Doak-Davis as the only Fifth Season winners with Iowa roots. In the women's division Shelly Steely bursted into the winner's circle with a 26:44 beating Jean McGould by 42 seconds with Cindy James in third.

1991 72 degrees and low humidity at the start of this year's race may not sound like much but it was the best weather to date for Fifth Season as compared to 1990 with temperatures in the high 80's and humid weather plaguing the 8Kers. Scott Jenkins topped the men's field in 23:33. Eric Stabb was 12 seconds back with Pat McCarthy in third. Janis Klecker won the women's side in 26:55, Kathy Hadler was 25 seconds behind and Wendy Little finished third.

1992 Janis Klecker spotlighted this year as she ran her last race prior to the Barcelona Olympics in 26:26. Nan Doak-Davis was 34 behind and Bonnie Sons, Dam to Dam winner, placed third. Glenn Morgan topped the Men's field in 23:24, second for the second year Eric Stabb followed by 11 seconds with Dan Hostager in third. Festivities after the race in Green Square Park served almost 2500 in the pancake line with kids events everywhere.

1993 Heat and humidity slowed the field but a tight race for the men broke up in mile 5 as Rodney DeHaven won in 23:38 as '90 winner Jeff Jacobs finished second 4 seconds back and Dan Hostager matched his '92 finish with a third. The women's victor, Karen Glerum, in her third road race won in 28:15 beating Rene Doyle-Kruse by 16 seconds and Maureen Hartzheim by 20 seconds. As in the year prior, the post race celebration filled the every corner of the park.

1994 was greeted with unbearable humidity but it didn't stop the record turnout. Dan Hostager moved up to the winner's circle finishing in 24:06 topping 7 others in the 24's. Bonnie Sons fresh off her third Dam to Dam victory topped the women in 27:20. Tracey Dahl finished second duplicating her second in the Big Ten 10k Championship. The 5k walk was paced by over 400 strong along with over 800 children in the Kid's races.

1995 celebrated the 10th year with a light rain during the race, a first. Kenyans triumphed as John Kihonge topped Richard Rono by 5 seconds winning the men's title with a 23:32. Salina Chirchir won the women's race scoring a 27:01. Two runners of note Iowa great Phil Coppess won the master's title and Warren Utes,

75, ran a 31:52. The rain eased to provide for the usual great post race activities and events for kids.

1996 had great weather and runners streaming by the finish. 21 men beat 25 minutes, tied with 1989 and 20 women ducked under 30 minutes, a record. Eric Polonski took the lead quickly scoring a 22:44 with James Menon at 23:01. On the women's side Libbie Johnson was 2 seconds off the race record, finishing in 25:59. Amber Anderson at 26:46 was in second. Three 8k races this year, all Iowa master records moved Muriel Nauman to the top with a 29:38. The race seem to profit from a straight downhill finish as it neared the Cedar River.

1997 showed off anything but normal July 4th weather to 7 Olympians and runners from 9 countries. The start was definitely a fall like 58 degrees, ready for an assault of the record book. Kris Ihle didn't disappoint beating the record by 2 seconds, winning in 25:55 as 6 women broke 27 minutes. On the men's side Iowa raised Jeff Jacobs surprised everyone taking the crown easily in 22:58 leading 16 men under 25 minutes.

1998 saw the return of legendary Bill Rodgers who just turned 50, ten years earlier he visited Fifth Season. Bill didn't disappoint, nor did the rest of field with the closest men's finish in history as Joahnnes Mabilte won by a second in 22:46. A repeat women's winner, Kris Ihle, took the title with a time of 26:42. Hot, humid weather slowed the field.

1999 was greeted by normal summer weather but that didn't stop a fast field scoring some of the best times in race history. Kenneth Cherulyot won a tight race to the finish winning by 3 seconds in 22:50. On the women's side Kris Ihle become the first 3-time winner easily defeating the field in 26:56.

2000 was a continuation the warm weather tradition as Simon Sawe narrowly edged Olympian Rodney Dehaven winning in 23:02. On the women's side Bonnie Sons continued her winning ways with a 28:06 victory.

2001 saw Simon Sawe edge out Johanne Mabilte by 2 second winning in 23:12 on another warm 4th. Rodney DeHaven was third. On the women's side Kris Ihle-Helledy easily won with a 27:00 as Turena Johnson-Lane was second and master's sensation Janet Robertz was third.

2002 heated up quickly with 10 men in contention at mile 1 but Silvestor Moleko outdistanced the field and 2-time winner Simon Sawe winning in 23:31. Grace Moranyi took the women's crown scoring a easy 27:41 victory with Janet Robertz (age 42) moving up a place from last year.

2003 spelled another warm fourth, regardless there were a record number of finishers. Simon Sawe became

the first 3-time male winner winning with a 23:24 time and on the women's side Atalelech Ketema won in 27:02.

2004 saw nice weather and the closest finish in history as Eric Chirchir narrowly beat Shadrack Kosgei both scoring a 22:57. Silvia Skortsova took the women's crown in 26:29, winning by 15 seconds.

2005 marked the 20th year of this Iowa classic, amazing like the 10th year it rained for only the second time in race history - this time a hard driving rain soon after most of the runners were done. Julius Kiptoo won easily in 23:03 and Atalelech Ketema topped the women narrowly winning in 26:56. The rain didn't dampen the spirit of a record number of finishers.

2006 started its third decade in record fashion with over 1900 finishers and 20 men under 24 minutes. Julius Kiptoo repeated as the men's winner in 22:45, two seconds better than second place. Tatyana Chulakh took the women's crown in 26:38. The 4th sizzles on the roads in 2006.

2007 was greeted with warm muggy conditions although the men's winner Alena Reta in 22:47 was only 9 seconds off the record. Magdalene Mukunzi took the women's crown in 26:11, the fastest time since the record was set in 1997. There were 2263 in the 8 and 5 kilometer runs combined with a new one-mile youth run and the always popular kids runs, this was the biggest Fifth Season ever.

2008 a year no one will forget as disaster struck. Flooding throughout the downtown area weeks prior to the race forced cancellation, race officials scrambled for another race date and settled on Labor Day. The race did go on as Richard Candie won in 23:01 and Casey Owen was the fastest women in 27:40. The race will survive, as will Cedar Rapids.

2009 was a recovery year as the Cedar Rapids downtown remained in recovery from the flooding the previous years. Almost expectedly the day had a light rain as 19 year old Simon Cheprot won in 22:45 and Iowa standout Rachel Marchant took the women's crown in 26:18. Top talent, good numbers and a healthy race marked the "return of Fifth Season".

Fifth Season has exploded into Iowa running tradition, quickly becoming a runner's favorite. The 8 km race, 5 km run or walk and kids runs have grown to attract 2000 runners, making Fifth Season an event for all ages.

The bursts of fireworks traditionally begin at dusk on July 4th but at Fifth Season it starts early with family and friends.

by Cal Murdock

8 Kilometer Winners

2009	Simon Cheprot Rachel Marchand	22:45 26:18
2008	Richard Kandie Casey Owens	23:01 27:40
2007	Alene Reta Magdalene Mukunzi	22:47 26:11
2006	Julius Kiptoo Tatyana Chulakh	22:45 26:38
2005	Julius Kiptoo Atalelech Ketema	23:03 26:56
2004	Eric Chirchir Silvia Skvortsova	22:57 26:29
2003	Simon Sawe Atalelech Ketema	23:24 27:02
2002	Silvestor Moleko Grace Momanyi	23:31 27:41
2001	Simon Sawe Kris Ihle-Helledy	23:12 27:26
2000	Simon Sawe Bonnie Sons	23:02 28:06
1999	Kenneth Cheruiyot Kris Ihle	22:50 26:56
1998	Johannes Mabitle Kris Ihle	22:46 26:42
1997	Jeff Jacobs Kris Ihle	22:58 25:55
1996	Eric Polonski Libbie Johnson	22:44 25:59
1995	John Kihonge Salina Chirchir	23:32 27:01
1994	Dan Hostager Bonnie Sons	24:06 27:20
1993	Rodney DeHaven Karen Glerum	23:38 28:15
1992	Glenn Morgan Janis Klecker	23:24 26:26
1991	Scott Jenkins Janis Klecker	23:33 26:55

1990	Jeff Jacobs Shelly Steely	23:35 26:44
1989	Max Harn Nan Doak-Davis	23:01 25:57
1988	Keith Brantly Karen Lutzke	22:38 26:42
1987	Keith Brantly Brenda Webb	22:49 26:16
1986	Joseph Kipsang Nan Doak	23:24 26:47

Finishers & Best Times

Year	8k	5k	Total	M	W
2009	1100	806	1906	12	11
2008	856	560	1416	7	7
2007	1342	921	2263	15	11
2006	1160	751	1911	27	13
2005	1051	656	1707	12	12
2004	929	572	1501	13	10
2003	990	535	1525	12	8
2002	899	508	1407	7	8
2001	945	434	1379	11	8
2000	837	422	1259	8	7
1999	897	383	1280	17	13
1998	1113	(192?)	1113	11	14
1997	1360	(300?)	1360	16	17
1996	1078	379	1457	21	20
1995	1048	277	1325	6	9
1994	1003	423	1426	8	6
1993	921	364	1285	7	11
1992	1087	419	1506	12	9
1991	1067	350?	1417	11	11
1990	971		972	11	12
1989	973		973	21	13
1988	926		926	19	14
1987	886		886	20	7
1986	638		638	11	5?

4k walk in 1991 - estimated walkers, not scored
 5k run/walk 1992 to 1996
 8k walk in 1997 & 1998, no 5k
 5k run/walk 1999-2006
 M = Men sub 25 minute
 W = Women sub 30 minute

Top 10 Men each year...

(* ** is yearly winner)

Keith Brantly **	22:38	1-88	Abraham Ngetich	23:16	3-09
Sam Obwocha	22:41	2-88	Charles Mulinga	23:15	6-99
Eric Polonski **	22:44	1-96	Carlos Bautista	23:16	6-96
Julius Kiptoo **	22:45	1-06	Tim Springfield	23:18	3-87
Simon Cheprot **	22:45	1-09	Richard Rono	23:18	7-96
Johannes Mabitle**	22:46	1-98	John Mwai	23:18	3-97
Joseph Kipsang	22:47	3-88	John Itati	23:19	3-07
James Bungei	22:47	2-98	Scott Jenkins	23:21	4-87
Mohamed Fodil	22:47	2-06	John Van Scoyoc	23:21	7-89
Alene Reta **	22:47	1-07	Rodney DeHaven	23:21	3-01
Keith Brantly **	22:49	1-87	Paul Aufdemberge	23:22	8-96
Kenneth Cheruiyot **	22:50	1-99	Jaed Segera	23:22	3-00
Gert Thys	22:53	2-99	Joseph Kipsang **	23:24	1-86
Simon Morolong	22:54	3-98	Arnie Schrader	23:24	8-89
Rodney Dehaven	22:54	3-99	Glenn Morgan **	23:24	1-92
Richard Kaitany	22:57	4-88	Simon Sawe **	23:24	1-03
Eric Chirchir **	22:57	1-04	Haron Lagat	23:24	4-07
Shadrack Kosgei	22:57	2-04	Paul Bor	23:24	7-04
Jeff Jacobs **	22:58	1-97	Julius Kiptoo	23:24	3-08
Isaac Kiprono	22:58	4-99	Brad Little	23:25	2-86
Nathan Kosgei	22:58	3-06	Charles Mulinga	23:25	4-97
Max Harn **	23:01	1-89	Patrick Nthiw	23:26	3-05
James Menon	23:01	2-96	John Njoroge	23:27	4-09
Richard Kandie**	23:01	1-08	Rodney DeHaven**	23:28	1-93
James Bungei	23:02	5-99	Rodney DeHaven	23:28	5-98
Simon Sawe **	23:02	1-00	Bill Rodgers	23:29	5-87
Joseph Koskei	23:02	4-06	Pat McCarthy	23:29	9-89
David L Kiprono	23:02	2-07	Johannes Mabitle	23:29	9-96
Rod Dehaven	23:03	2-00	Paul Mwangi	23:29	2-03
Julius Kiptoo **	23:03	1-05	Matt Gabrielsen	23:29	4-08
Henry Githuka	23:03	5-06	Charles Mulinga	23:30	4-00
Marc Olesen	23:04	2-89	Eddy Hellebuyck	23:31	5-97
George Kipketer Towett	23:04	6-06	Silvestor Moleko **	23:31	1-02
Brian Sell	23:04	7-06	Patrick Nthiwa	23:31	5-07
Silverus Kimeli	23:05	3-04	Noel Harvey	23:32	5-88
Benson Cheruiyot	23:06	8-06	Jeff Jacobs	23:32	2-93
Noel Harvey	23:07	3-89	John Kihonge **	23:32	1-95
Richie Boulet	23:08	3-96	Joshua Kemei	23:32	4-05
Scott Fry	23:08	4-89	Matt Gabrielson	23:32	6-07
Mark Plaatjes	23:08	5-89	Scott Jenkins **	23:33	1-91
Simon Sawe	23:08	4-04	Salvador Parra	23:33	6-97
Isaac Arusei	23:08	9-06	Jeff Jacobs **	23:35	1-90
Alene Reta	23:08	2-09	Eric Stabb	23:35	2-92
Rodney DeHaven	23:09	4-96	Craig Young	23:36	6-88
Phillimon Hanneck	23:10	4-98	Richard Rono	23:37	2-95
Salvador Parrar	23:12	5-96	Saul Lempirikany	23:37	6-98
Simon Sawe **	23:12	1-01	Christopher Cheboiboch	23:37	7-99
Joseph Koskei	23:12	5-04	Jeff Jacobs	23:38	7-98
Jonathan Hume	23:13	2-97	Rodney DeHaven	23:39	10-89
Jerrold Wynia	23:14	2-87	Carlos Bautista	23:40	7-97
Terry Croyle	23:14	6-89	Chris Katon	23:40	8-98
John Kariuki	23:14	6-04	John Wellerding	23:41	6-87
George Misoi	23:14	2-05	David Welsh	23:41	10-96
Abel Ondeyo	23:14	10-06	Dan Hostager	23:42	3-92
Alene Reta	23:14	2-08	Patrick Kiptum	23:42	9-98
Johannes Mabilte	23:16	2-01	Ian Forsyth	23:43	8-97
			Richard Kimeli	23:43	7-07
			Eric Stabb	23:44	2-91
			Yibetal Admansu	23:44	8-99
			Simon Sawe	23:44	2-02

Julius Kiptoo	23:44	5-09	Daniel Kinyua	24:19	9-03
James Menon	23:45	9-97	Thomas Tisell	24:21	2-94
Iganacio Fragoso	23:45	10-97	Juan Vetina	24:22	8-86
David Tuwei	23:45	5-08	Bill Taylor	24:22	5-90
Mark Roberts	23:47	7-88	Art Siemers	24:22	9-01
Brett Burt	23:48	2-90	Geoffrey Kiprotich,	24:22	8-09
Eddy Hellebuyck	23:48	3-95	Chokri Dhaouadi	24:23	6-05
James Bungei	23:48	4-01	Mike Huffman	24:24	6-90
Philip Koech	23:48	8-07	Greg Domantay	24:26	7-90
Jerrold Wynia	23:49	8-88	Kevin Herd	24:26	3-94
Joseph Kahuga	23:49	9-99	Silah Misoi	24:26	9-09
John Kariuki	23:49	3-03	Bill Rodgers	24:28	8-90
Kevin Herd	23:50	4-95	Blake Boldon	24:28	7-05
Mike Carney	23:51	9-88	Brad Lowery	24:28	6-08
David Kogo	23:51	5-95	Noel Harvey	24:29	6-91
Rodney DeHaven	23:51	4-03	Jacob Kendagor	24:29	7-08
Dan Hostager	23:52	6-95	James Little	24:31	6-92
Shadrack Kimeli	23:52	8-04	Orlando Velaquez	24:31	4-94
Paul Mwangi	23:53	3-02	Greg Newell	24:32	9-86
Doug Nelson	23:54	3-86	Andrew Rinn	24:33	5-94
Jeff Campbell	23:54	5-00	Ron Moran	24:34	7-92
James Mutuse	23:54	5-03	Daniel Mugo	24:34	10-01
Joseph Kipsang	23:55	7-87	David Tunei	24:34	10-09
Yevgeny Bozhko	23:55	9-04	Noel Harvey	24:35	9-90
Brent Friesth	23:56	10-88	David Kipngetich	24:35	5-02
Jimmy Herald	23:56	5-01	Tony Every	24:36	7-91
Bob Luder	23:57	8-87	Nicholas Krugat	24:36	8-05
Julius Mwangi	23:58	10-99	Dennis Smithhisler	24:37	8-91
Gurmessa Megressa	23:58	9-07	Michael Junig	24:38	6-94
Tim Dooling	23:59	9-87	Dan Hostager	24:39	8-00
Kenneth Maiyo	24:00	6-03	Jason Flogel	24:39	9-05
Dan Hostager	24:01	3-93	Eric Pierce	24:39	10-05
Phil Coppess	24:02	4-86	Mike Carney	24:40	10-90
Pat McCarthy	24:02	3-91	Terry Ramlo	24:41	9-91
Brian Smith	24:04	5-86	Teddy Mitchell	24:43	6-02
Dale Bradley	24:04	4-91	Dale Bradley	24:43	8-92
Jared Segera	24:04	10-98	Tom Maxson	24:45	10-86
Doug Nelson	24:05	10-87	Patrick McCarthy	24:47	5-93
Dan Held	24:05	4-92	Matt Thull	24:47	10-03
John Kariuki	24:05	6-01	Mike Carney	24:48	10-91
Dan Hostager **	24:06	1-94	Carl Fritz	24:48	7-94
Stetson Steele	24:06	6-00	Jeffrey Hyman	24:51	9-92
Julius Rotich	24:06	10-04	James Little	24:53	6-93
Joshua Kemei	24:06	10-07	Julius Rotich	24:54	7-02
Teddy Mitchell	24:08	7-01	Mike Carney	24:55	10-92
Julius Rotich	24:08	7-03	Matthew Waight	24:57	8-94
Simon Sawe	24:08	5-05	Andrew Rinn	24:59	7-93
Chris Erichsen	24:09	6-09	Terry Ramlo	25:00	8-93
Mike Huffman	24:11	5-91	David Ladehoff	25:04	7-95
Scott Jenkins	24:12	4-93	Ben Kapsoita	25:04	8-02
Jim Jurcevich	24:12	8-03	Roland Pauwels	25:06	9-94
James Bungei	24:13	7-00	Jason Bill	25:06	8-08
Martin Weiss	24:13	8-01	Max Harn	25:10	9-02
Kevin Sturman	24:14	6-86	David Kogo	25:11	10-94
Sean Wade	24:14	3-90	Eliasa Tanui	25:12	9-00
Terry Perrault	24:17	4-90	Mike Carney	25:15	9-93
Reo Roem	24:18	7-86	Trent Corey	25:17	0-00
Rodney DeHaven	24:18	5-92	Steven Brooks	25:19	8-95
Tim Mangera	24:18	4-02	Dale Bradley	25:21	10-93
Kenneth Kiptoo	24:18	7-09	Thomas Tisell	25:21	9-95

Daniel Mugo	25:22	10-02
Terry Ramlo	25:27	10-95
Brian Flynn	25:28	9-08
Bruce Kilulai	25:37	10-08

Men 19 & Under

86 James Teal	27:02
87 Jason Maxson	25:46
88 Joe Marshall	26:04
89 Toby Evans	27:13
90 Dean Colony	28:03
91 Troy Hollatz	25:43
92 Chris Fauchier	27:00
93 Matt Thomas	27:18
94 Rob Semelroth	27:57
95 Jesse Sand	28:49
96 Yos Mejdobi	25:22
97 Thomas Tharp	26:31
98 Carroll Cottingham	28:13
99 Michael Bideman	27:14
00 Dan Trainor	26:07
01 Adam Booth	26:32
02 Ryan French	27:30
03 Kenneth Maiyo	24:00
04 Graham McCaleb	27:39
05 Jon Thomas	24:58
06 Kiel Uhl	25:25
07 Lewi Manirumya	27:40
08 John Topham	30:27
09 Simon Cheprot	22:45

Men 35 to 39

86 Don Zile	27:03
87 Bill Rodgers	23:29
88 David Rothlauf	26:45
89 Barney Klecker	26:09
90 Phil Coppess	26:08
91 Craig Wiggs	26:38
92 Dallas Robertson	25:59
93 Keith Fevold	26:17
94 Bobby Paxton	26:39
95 Dale Bradley	25:40
96 Thomas Raunig	24:30
97 Eddy Hellebuyck	23:31
98 Eddy Hellebuyck	24:45
99 Terry Ramlo	26:41
00 Phil Kauder	26:06
01 John Mirth	24:44
02 Paul Mwangi	23:53
03 Rodney DeHaven	23:51
04 Paul Mwangi	24:28
05 Ditlev Larsen	26:40
06 Ovidiu Olteanu	26:25
07 Joe Marshall	28:56
08 Bruce Kilulai	25:37
09 Bruce Kilulai	25:40

Men 40 to 44

86 Don Wood	27:34
87 Don Zile	26:46

88 Bill Rodgers	24:03
89 Bill Rodgers	24:48
90 Ronald Woods	28:10
91 Jim Shimek	27:41
92 Jim Pollard	26:26
93 Tom Antczak	26:33
94 John Walters	27:06
95 Phil Coppess	25:59
96 Phil Coppess	26:15
97 David Nauman	27:28
98 Keith Fevold	26:27
99 Keith Fevold	27:23
00 Andy Leonard	27:45
01 Phil Kauder	27:11
02 Phil Kauder	26:49
03 Phil Kauder	28:02
04 Mike Carney	26:59
05 Mike Carney	27:09
06 Ditlev Larsen	26:30
07 Rodney Dehaven	25:41
08 Ditlev Larsen	27:23
09 Ditlev Larsen	26:50

Men 45 to 49

86 Jerry Anders	27:48
87 Jerry Anders	27:40
88 Vern Ryan	28:39
89 Bill Rader	28:35
90 Patrick Murphy	29:25
91 Bill Rader	29:25
92 Porter Reed	29:18
93 Jim Shimek	28:46
94 Jim Shimek	28:10
95 Jim Shimek	28:55
96 Jim Shimek	28:56
97 Jim Shimek	28:37
98 Don Slusser	27:50
99 Curt Hoegh	28:04
00 Rick Ironside	28:47
01 Raud DeAnda	27:48
02 Bobby Paxton	27:41
03 Bobby Paxton	27:22
04 Bobby Paxton	26:50
05 Jim McCoy	27:53
06 Bobby Paxton	27:56
07 Phil Kauder	27:40
08 John Mirth	25:49
09 John Mirth	25:45

Men 50 to 54

86 Gerald Murphy	30:57
87 unkown	
88 unkown	
89 Jerry Anders	28:37
90 Al Siemering	30:22
91 Jerry Anders	29:17
92 Patrick Murphy	28:58
93 Patrick Murphy	29:33
94 Roger DeGroot	31:23
95 Patrick Murphy	30:21

96	Richard Dobson	31:08
97	Clark Ensz	31:42
98	Bill Rodgers	26:02
99	Jim Shimek	30:53
00	Jim Shimek	30:32
01	Bob Strickland	32:50
02	Jim Shimek	31:18
03	Curt Hoegh	28:28
04	Rick Ironside	30:10
05	Thomas Gaudette	30:23
06	David Nauman	28:58
07	Joe Bolcom	29:16
08	Bobby Paxton	29:16
09	Jim McCoy	28:36

04	Mike Bender	33:16
05	Sylvan Addink	35:42
06	John Brown	34:24
07	Jerry Donegan	34:05
08	Jim Shimek	32:13
09	Jim Shimek	33:08

Men 55 to 59

86	Leonard Hoffman	32:00
87	Leonard Hoffman	32:07
88	Leonard Hoffman	31:11
89	FK Chapler	32:08
90	FK Chapler	34:22
91	Tom Novak	33:23
92	Tom Novak	34:21
93	Mike Augustine	37:27
94	Al Siemering	30:59
95	Ken Ogden	33:45
96	Patrick Murphy	29:57
97	Patrick Murphy	29:45
98	Patrick Murphy	30:35
99	Mike Bender	31:19
00	Richard Dobson	31:56
01	Richard Dobson	34:44
02	Don Utsinger	34:56
03	Jim Shimek	31:34
04	Jim Shimek	32:01
05	Don Utsinger	32:51
06	Jim Shimek	32:32
07	Jim Shimek	32:45
08	Bob Strickland	33:45
09	Ken Konicek	31:17

Men 60 & Over

86	unknown	
87	Dale Grovenor	33:29
88	Joe Anholt	36:09
89	Don Novak	33:35
90	Don Novak	36:18
91	Leonard Hoffman	33:44
92	Jim Smedema	31:58
93	Tom Novak	34:11
94	Tom Novak	34:28
95	Warren Utes	31:52
96	Warren Utes	33:22
97	Dave Dutton	36:48
98	Tom Novak	37:06
99	Al Siemering	33:33
00	Al Siemering	34:05
01	Al Siemering	35:22
02	Al Siemering	35:03
03	Stephen Beisler	38:23

Top 5 Women each year...

(* ** is yearly winner)

Kris Ihle **	25:55	1-97	Diane Brewer	27:25	4-88
Nan Doak Davis **	25:57	1-89	Leslie Seymour	27:26	3-86
Libbie Johnson **	25:59	1-96	Jean McGould	27:26	2-90
Magdalene Mukunzi **	26:11	1-07	Wendy Little	27:26	3-91
Brenda Webb **	26:16	1-87	Turena Johnson-Lane	27:26	2-01
Rachel Marchand **	26:18	1-09	Eunice Kirwa	27:27	5-05
Nicole Woodward	26:19	2-97	Margaret Kagiri	27:32	4-99
Janis Klecker **	26:26	1-92	Suzanne Weeder-Einspahr	27:32	5-04
Janis Klecker	26:28	2-89	Cindy James	27:33	3-90
Shelly Steely	26:28	3-97	Janet Robertz	27:34	3-01
Silvia Skvortsova	26:29	1-04	Wendy Little	27:35	5-88
Nicole Nagel	26:35	4-97	Jenny Crain	27:35	3-98
Tatyana Chulakh **	26:38	1-06	Lori Moreno-Roch	27:36	2-95
Alemtsehay Misganaw	26:40	2-06	Lyudmila Vasliyeva	27:39	5-99
Karen Lutzke **	26:42	1-88	Leslie Seymour	27:40	4-91
Kris Ihle **	26:42	1-98	Lynn Fitzsimmons	27:40	4-98
Diane Nukuri	26:42	2-09	Casey Owens **	27:40	1-08
Shelley Steely **	26:44	1-90	Grace Momanyi **	27:41	1-02
Emily Samoei	26:44	2-04	Pauline Githuka	27:41	5-06
Amber Anderson	26:45	5-97	Angela Andersen	27:43	3-95
Amber Anderson	26:46	2-96	Atelelech Ketema	27:44	5-07
Nan Doak **	26:47	1-86	Tracey Dahl	27:45	2-94
Casey Owens	26:47	3-09	Jeanne Lasse-Johnson	27:46	5-89
Hellen Jemutai	26:48	4-09	Kim Pawelek	27:48	5-98
Lyubov Denisova	26:49	3-06	Kelly Kawls	27:50	4-01
Alametsehay Misganaw	26:49	2-07	Holly Hering	27:51	5-91
Atalelech Ketema	26:50	3-04	Theresa Dutoit	27:52	3-03
Melissa Cook	26:54	4-06	Zeddy Chepkoech	27:54	2-08
Janis Klecker **	26:55	1-91	Michelle Imhels	27:56	4-03
Kris Ihle **	26:56	1-99	Tori Neubauer	27:57	4-86
Atalelech Ketema **	26:56	1-05	Alicia Wollmering	27:59	3-94
Connie Prince	26:57	2-88	Frashiah Waithaka	28:04	3-08
Diane Brewer	26:57	3-89	Bonnie Sons **	28:06	1-00
Edna Kiplagat	26:59	2-05	Janet Robertz	28:07	2-02
Suzanne Youngberg	27:00	3-88	Bonnie Sons	28:08	3-92
Nan Doak-Davis	27:00	2-92	Deb Gormley	28:10	4-95
Veronica Kanga	27:00	2-98	Kelly Keeler	28:12	2-00
Kris Ihle-Helledy **	27:00	1-01	Karen Glerum **	28:15	1-93
Salina Chirchir **	27:01	1-95	Robyn Friedman	28:15	4-08
Atalelech Ketema **	27:02	1-03	Renee Kruse	28:17	5-03
Wanda Panfil	27:04	3-96	Michelle Borgert	28:18	3-02
Nicole Nagle	27:07	4-96	Beverly Roland-Miller	28:26	2-87
Michelle King	27:12	2-99	Catherine Saxon	28:17	4-90
Jemima Jelagat-Sumgong	27:14	3-05	Renee Kruse	28:20	3-00
Connie Prince	27:16	2-86	Divina Jepkogei	28:20	5-08
Marian Sutton	27:16	5-96	Susan Scites	28:24	5-90
Nadeza Gusselschikove	27:16	3-99	Lorie Moreno-Roch	28:28	4-92
Rose Kosgei	27:16	3-07	Rene Doyle-Kruse	28:31	2-93
Missy Buttry	27:17	4-05	Anita Kelly	28:34	4-94
Divina Jepkogei	27:17	5-09	Maureen Hartzheim	28:35	3-93
Denisa Costescu	27:19	2-03	Catriona Dowling	28:40	5-94
Caroline Cheptanui	27:19	4-07	Theresa Mayer	28:41	3-87
Kathy Hadler	27:20	2-91	Mionelle Nelson	28:43	4-93
Bonnie Sons **	27:20	1-94	Catriona Dowling	28:44	5-92
Denisa Costescu	27:22	4-04	Suzanne Castruita	28:46	4-00
Kathy Hadler	27:23	4-89	Catriona Dowling	28:48	5-93
			Kelly Keeler	28:51	5-01
			Cindy James	28:53	5-95
			Bonnie Sons	29:10	4-02
			Sharon Greenwood	29:14	5-86

Jane Asimus	29:17	4-87
Muriel Nauman	29:19	5-87
Karlene Herrell	29:22	5-00
Renee Kruse	29:29	5-02

Women 19 & Under

86 Sara Sudmeier	???
87 Jennifer Brower	34:11
88 Jennifer Brower	28:55
89 Karla Burds	29:11
90 June Swisher	34:15
91 Jennifer Schoonover	31:05
92 Angie Dillon	32:39
93 Jennifer Schoonover	33:17
94 Roxanne Miene	33:50
95 Sarah Grah	32:41
96 Heather Miller	30:55
97 Kristen Nauman	32:49
98 Erin Gibney	34:19
99 Brooke Ralston	38:03
00 Janelle Pribyl	31:34
01 Jenny Funk	30:38
02 Karen Johnson	32:12
03 Shannon Oster	30:44
04 Devin Parker	32:57
05 Janet Dobyns	30:21
06 Janet Dobyns	30:42
07 Andrea Wacker	32:06
08 Rebekah Topham	31:12
09 Kelsey Hart	32:28

Women 35 to 39

86 Janice Greiner	32:50
87 Jane Asimus	29:17
88 Jane Asimus	29:00
89 Sharon Greenwood	30:48
90 Claudia Scott	32:31
91 Colleen Baskerville	30:13
92 Muriel Nauman	29:20
93 Catriona Dowling	28:48
94 Catriona Dowling	28:40
95 Cindy James	28:43
96 Cindy James	27:21
97 Shari Woiwood	29:31
98 Laurel Park	28:50
99 Karen Martin	32:34
00 Kelly Keeler	28:12
01 Kelly Keeler	28:51
02 Bonnie Sons	29:10
03 Renee Kruse	28:17
04 Bonnie Sons	29:12
05 Bonnie Sons	29:09
06 Deb Gaddis	34:38
07 Christine Price	31:35
08 Robyn Friedman	28:15
09 Kristi Shaffer	33:29

Women 40 to 44

86 Marva Granthain	???
87 Marva Granthain	35:45

88 Carroll Cooke	35:12
89 Alice Venneman	34:21
90 Judith Muller	35:22
91 Claudia Scott	31:56
92 Claudia Scott	32:03
93 Cindy Bremser	29:40
94 Mary Collins	34:03
95 Claudia Soctt	31:27
96 Muriel Nauman	29:38
97 Martha Lutz	34:02
98 Karen Vinson	35:52
99 Muriel Nauman	31:43
00 Bev Docherty	29:28
01 Janet Robertz	27:34
02 Janet Robertz	28:07
03 Karen Martin	33:40
04 Karen Martin	33:03
05 Sharon Stubler	30:52
06 Bonnie Sons	30:05
07 Sheila Geere	30:46
08 Bonnie Sons	30:15
09 Kristin Ihle	28:44

Women 45 to 49

86 unknown	
87 Marilyn Garris	36:26
88 Marilyn Garris	36:57
89 Jan Baumgartner	37:52
90 Susan Hall	35:12
91 Marva Grantham	37:23
92 Karen Bestul	32:31
93 Jerry Christensen	39:16
94 Judith Muller	35:29
95 Judith Muller	35:47
96 Janice Hatt	36:52
97 Claudia Scott	31:45
98 Claudia Scott	34:28
99 Nancy Hoegh	34:36
00 Claudia Scott	35:13
01 Carol Kirsch	37:38
02 Nancy Willert	36:02
03 Lynn Dennis	40:58
04 Suzanne Trainor	36:22
05 Janet Robertz	28:46
06 Cathy Lack	36:16
07 Karen Martin	35:08
08 Jane McGee	35:06
09 Rhonda Brandt	33:46

Women 50 & Over

86 Jan Gillum	36:31
87 Lore Yoder	42:20
88 Patricia Kinion	39:59
89 Jerri Christensen	39:27
90 Jerri Christensen	40:01
91 Jerri Christensen	38:57
92 Jerri Christensen	38:27
93 Jerri Christensen	39:16
94 Jerri Christensen	40:01
95 Dody Burkey	34:33

96	Sandy Rupnow	37:04
97	Sandy Rupnow	36:29
98	Sandy Rupnow	38:07
99	Mary Campbell	38:49
00	Gloria Jansen	32:56
01	Claudia Scott	36:29
02	Claudia Scott	33:51
03	Nancy Hoegh	33:33
04	Claudia Scott	38:17
05	Julie Virkus	33:38
06	Muriel Naumann	36:23
07	Muriel Naumann	36:35
08	Muriel Naumann	36:18
09	Andriette Wickstrom	35:08