




<p><b>Iowa Running &amp; Triathlon Race Results 1999-2021</b> majority of these races on these pages scored by the timers listed at the bottom of <a href="#">this page</a>;</p>	<p><b>Where You Have the Right to B - FIT</b></p> <p><b><u>FitnessSports</u></b> <small>www.fitnesssports.com</small></p> <p><b>8810 Swanson Blvd. Clive Iowa 50325</b> <b>515/277-4785, Fax 515/277-3854 or 800/529-7684</b></p>	<p><b><u>M.S., H.S. &amp; Collegiate Cross Country results</u></b></p> <p>majority of these races on these pages scored by the timers listed at the bottom of <a href="#">this page</a>;</p>
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<p><b><u>Race results from 1999 through 2010 have being transferred to page <a href="#">2</a> ??</u></b></p>		

**To find results, pick your race month**

<a href="#">Jan</a>	<a href="#">Feb</a>	<a href="#">Mar</a>	<a href="#">Apr</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">Aug</a>
<a href="#">Sept</a>	<a href="#">Oct</a>	<a href="#">Nov</a>	<a href="#">Dec</a>

	<a href="#">Summary of Striderland Racing</a>	<a href="#">Living History Farms Race info</a>	<a href="#">Back to home page</a>
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Jan	Feb.	March	April
		<a href="#">Colon Cancer Awareness Run '20, Cedar Rapids</a>	
	<a href="#">Burry Scurry '21 '20 '19 '17 '16 '15 '14 '13 '12, '11 Clinton</a>	<a href="#">Shamrock Shuffle '20 '19 '18 '17 '16 '15 '14, Iowa City</a>	<a href="#">YMCA Red Flannel Run, 21, '20 '19 '18 '17 '16 '15 '14 '13 '12 '11 DSM</a>
	<a href="#">Rosey Cheeks Run '21 '20 '19 '17 '13 '12 '11, Story City</a>	<a href="#">JRC Scholaeship 5K, Johnston '16</a>	<a href="#">Toreador Trot '14 '13, Boone</a>
	<a href="#">YMCA Red Flannel Y TRI '21 DSM</a>	<a href="#">Leprecaun Chase '19 '18 '17 '16 '15 '14 '13, Des Moines</a>	<a href="#">Prairie of Miracles 5k '17, Cedar Rapids</a>

<u>Frostbite Footrace '20</u> <u>'19 '18 '17, '16 '15, 14</u> <u>'13 '11</u>		<u>Hawkeye 50K &amp; 25K</u> <u>'13, Solon</u>	<u>Red Shamrock Run</u> <u>'19 '18 '17 '16 '15 '14,</u> <u>Iowa City</u>
	<b><u>Frozen Frolic ' 21</u></b> <u>'20, DSM</u>	<u>Frosty Nose, Cold</u> <u>Toes '18 '17 '16,</u> <u>Monroe</u>	<u>Chamber Chill '18 '17</u> <u>'16 '15, Ankeny</u>
<u>Amana Freezer Fest</u> <u>Run '20 '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11</u>	<u>Rockwell Collins</u> <u>Biathlon '12 '11</u>	<u>Lucky Run '19 '18 '17</u> <u>'16 '15 14, '13, North</u> <u>Liberty</u>	<u>April Fools 5K '18 '17</u> <u>'16 '14 '13 '12 '11</u> <u>Waterloo</u>
<u>Chamburr Scurry '20</u> <u>'18 17, '16 '15 '14 '13,</u> <u>Marshalltown</u>	<u>Buena Vista Univ. Tri</u> <u>'12</u>	<b><u>Gaelic Gallop,</u></b> <b><u>Dyersville '21. '20 '19</u></b> <b><u>'17 '16 '15 '14 '13 '12</u></b> <b><u>'11</u></b>	<u>Hayes Hustle,</u> <u>Muscatine '19 '18 '17</u> <u>'16 '15 '13 '12 '11</u>
<u>Icebreaker Tri '11</u> <u>WDM</u>	<u>Corridor Running</u> <u>FreezerFest 5K Run</u> <u>'20 '19 '18 '17 '16 '14</u> <u>'13 '12 '11 Marion</u>	<b><u>Des Moines St</u></b> <b><u>Paddy's Day 5K '21</u></b> <u>'20 (run in July) '19 '18</u> <u>'17</u>	<b><u>Panther Pride,</u></b> <b><u>Williamsburg '21 '19</u></b> <b><u>'18 '17 '16 '15 '14 '13</u></b> <b><u>'12</u></b>
<u>Tri Melon Indoor Tri</u> <u>'19 '17 '16 '15 '13 '12</u> <u>'11 Muscatine</u>	<u>Trek the Trails '12</u> <u>Ames</u>	<b><u>Shamrock Shuffle</u></b> <b><u>'21 '20 '19, Council</u></b> <b><u>Bluff</u></b>	<b><u>Loop the Lake '21</u></b> <b><u>'19 '18 '17 '16 '15 '14</u></b> <b><u>'13 '12 '11 Des</u></b> <b><u>Moines</u></b>
			<b><u>Center Trail 4M &amp;</u></b> <b><u>8M. DSM</u></b>
<u>Univ. of Okoboji</u> <u>Winter Games Races</u> <u>'12 '11</u>	<u>My Tri '12,</u> <u>Marshalltown</u>	<u>CASI St Patricks Day</u> <u>5k, QC '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11</u> <u>Quad Cities</u>	<u>Springville Hill</u> <u>Climb '19 '18 '17 '16</u> <u>'15 '14 '13 '12,</u> <u>Pleasant Hill</u>
<u>Iowa Snowshoe</u> <u>Championships '12</u> <u>'11, Cedar Falls</u>	<u>Ft. Dodge Indoor Tri</u> <u>'11 '10</u>	<u>Round the Loch Run</u> <u>'19 '18 '16 '15 '12</u> <u>'11 Emmetsburg</u>	<u>Pot of Gold Half &amp; 5,</u> <u>'17, University Park</u>
<u>Iowa Games 5k,</u> <u>Grinnell, '20,</u> <u>Dubuque '18 17 '16.</u> <u>'15, '14. '13 '12 '11</u>	<u>Chili Chase '20 ;19</u> <u>'18, '17 '16 '15 '13 '11</u> <u>Davenport</u>	<u>UIVA Challenge '16</u> <u>'15 '14 '13 '12, Iowa</u> <u>City</u>	<u>Run for Kayla '15,</u>
			<b><u>Western Dubuque</u></b> <b><u>5K, '21</u></b>
			<b><u>Blazing 10K Invite,</u></b> <b><u>DSM, 21 (Sun)</u></b>
		<u>Spring EQUINOX</u> <u>5K, Davenport '16</u>	<u>Beer &amp; Bagel Run '19</u> <u>'18 '17 '16, Granger</u>
		<u>Motor Mill Trail,</u> <u>Elkader '18</u>	<u>Great Plains 10, Des</u> <u>Moines '17</u>

		<a href="#"><u>March For Malawi '12, Ames</u></a>	<a href="#"><u>Fight for Air Climb '19 '18 '17 '16 '15 '14 '13 '12 '11 Des Moines</u></a>
		<a href="#"><u>Run D.C to D.C, '15, Davenport</u></a>	<a href="#"><u>Go the Distance for Crime Victims 5k '19 '17 '16 '14 '12 '11 Marion, IA.</u></a>
		<a href="#"><u>1 Mile Time Trial, Cedar Falls '17</u></a>	<a href="#"><u>Beaverdale Spring Run &amp; Walk '16 '15, Des Moines</u></a>
			<a href="#"><u>Hope Run '12, Des Moines</u></a>
		<a href="#"><u>St. Pats. Fun Run, '21, Waukon</u></a>	<a href="#"><u>Pam Pray 4 Mile '19, Clinton</u></a>
		<a href="#"><u>Moving 4 Maggie 1 Mile Virtual, Anamosa '20</u></a>	<a href="#"><u>Live Healthy Iowa 5K, Hiawatha '19 '18 '17 '16 '15, '14 '13 '12 '11, Hiawatha,</u></a>
		<a href="#"><u>Buddy Run '12, Davenport</u></a>	<a href="#"><u>Friendly Son's '19 '18 '17 '16 '15 '14 '13 '12 '11</u></a>
		<a href="#"><u>WDTF 5K, Epworth '19 '17</u></a>	<a href="#"><u>Doc Dash '19 '18 '17 '16 '15 '14 '13 '12, Iowa City</u></a>
		<a href="#"><u>Pot of Gold Shared Half &amp; 5K 21. '19. '18 Oslaloosa</u></a>	<a href="#"><u>Run 4 Missions 19 '18 '17 '15 ,Altoona '14 '13, Des Moines</u></a>
		<a href="#"><u>Bunny Hop '18 '15 '13, Dubuque</u></a>	<a href="#"><u>Chamber Challenge, '16 Missouri Valley</u></a>
		<a href="#"><u>March Out the Madness '12, Tipton</u></a>	
		<a href="#"><u>Prairie of Miracle '17 '16 '15, Cedar.Rapids</u></a>	<a href="#"><u>Bonnie &amp; Clyde Fest 5 Mile '19, Stuart</u></a>
		<a href="#"><u>Jersey Freeze 5k 21, '19, Monroe</u></a>	<a href="#"><u>Live Healthy Iowa '15, West Liberty</u></a>
		<a href="#"><u>Spring Thaw, Sioux City '18 '17 '16, '13 '11</u></a>	<a href="#"><u>Live Healthy Iowa '16 , '15, Osage</u></a>
		<a href="#"><u>Cold Run for Warm Meals '19</u></a>	<a href="#"><u>Live Healthy Iowa '15, Waukee</u></a>

		<u>Iowa Trail Runs Series '19 '18, Madrid</u>	<u>Live Healthy Iowa '15, Storm Lake</u>
			<u>Hawkeye 50K &amp; 25K '19 '18 '17 '16 '15, Solon, IA,</u>
			<u>Live Healthy Iowa '15, Bondurant</u>
			<u>Live Healthy Iowa, '15, Dike</u>
			<u>Live Healthy Iowa '15, Decorah</u>
			<u>Live Healthy Iowa 15, Carroll</u>
			<u>DoughNut Run '19 '18 '17 '16 '15 '14 '13 '12 '11 Ames</u>
			<u>Brain Injury Alliance Run, Rock &amp; Roll '19 '16 '13, Iowa City</u>
			<u>Grahlman 5k &amp; 10k,m Clive '18</u>
			<u>HTC Bunny Hop '17 '15, West Point</u>
			<u>Iowa Speedway 8K '15 '13 '12 '11</u>
			<u>Shamrock Shuffle '13 '11 Cedar Falls</u>
			<u>Brett Smith Memorial Run '16 '15, Solon</u>
			<u>In My Boots 5k '19 '18 '17 '16 '15 '14, Boone</u>
			<u>Iowa Heart 5K Run '18 '17, Des Moines</u>
			<u>Donut Dash '19 '18, Waterloo</u>
			<b><u>Sugar Bottom Trail '21 '19, Solon</u></b>
			<u>Dash for Cash, Washington '11</u>

			<a href="#">Aids Walk/Run '15 '11 Des Moines</a>
			<a href="#">Gene Van Wyk Meml Race '19, '11 Pella</a>
			<a href="#">Maria House-Teresa Shelter '11</a>
			<a href="#">Dam to Downtown '18 '17 '16 '15 '14 '13 '12 '11 Iowa City</a>
			<a href="#">Full Moon 5K '14, Charles City</a>
			<a href="#">Bolt for the Heart 5k '19, Winterset</a>
			<a href="#">SCAVMA Scamper '21 '19 '18 '17 '16 '15 '14 '13 '12, Ames</a>
			<a href="#">Saints Scuttle '12, Clinton</a>
			<a href="#">Y2Y-2016 Time- Prediction '16, Ceadr Rapids</a>
			<a href="#">Serve Our Youth '13, Des Moines</a>
			<a href="#">Musco 5K '13, Coralville</a>
			<a href="#">Osprey 5K '12 '11, '09 Indianola</a>
			<a href="#">Run for Autism '18 '13, Pleasant Valley</a>
			<a href="#">Regent Run 5K '16 '15, Waterloo</a>
			<a href="#">Battle for Breath '12, Fairbank</a>
			<a href="#">Marion Marathon Race '14 '13, Marion</a>
			<a href="#">Mug Chug '12, Iowa City</a>

			<a href="#"><u>5th Judicial District '12, WDM</u></a>
			<a href="#"><u>Run for Renewal 5K, Davenport IA '14 '13 '12 '11</u></a>
			<a href="#"><u>Easter Egg Scramble '19 '18 '17 '16 '15 '14, 13, Davenport</u></a>
			<a href="#"><u>Court to Court '12 '11 '10, DM</u></a>
			<a href="#"><u>Ankeny in Action'11, Ankeny</u></a>
			<a href="#"><u>Earth Day in the Junction '15 '14 '13 '12 '11 WDM</u></a>
			<a href="#"><u>Kids for Congo 5K '11, Boone</u></a>
			<a href="#"><u>Bubba Shuffle '12 '11, Denison</u></a>
			<a href="#"><u>Choose Blue for Autism 5k '17, Storm Lake</u></a>
			<a href="#"><u>Get Your Rear in Gear 13, Centerville</u></a>
			<a href="#"><u>Faith for Kayla '15, Burlington</u></a>
			<a href="#"><u>Green 5K '19 '18 '17 '16 '15 (old CARE Run) '14 '13 '12 '11 '10, Waukee</u></a>
			<a href="#"><u>Give it Away 5K '17, Des Moines</u></a>
			<a href="#"><u>Charity Water 5K '11, Marion</u></a>
			<a href="#"><u>Kewash Trail Races '21 '19 '18 '17, Washington</u></a>
			<a href="#"><u>The Gambler Half &amp; 5K '15, /14 '13 '12 '11 Council Bluffs</u></a>

			<u>Barb Schlachter</u> <u>Victims of Climate</u> <u>'17, Ia City</u>
			<u>Growl Prowl '18 '17</u> <u>'16 '15 '14 '13 '12,</u> <u>Marion</u>
			<u>Blues for Greens,</u> <u>Earthday 5K, Des</u> <u>Moines</u>
			<b><u>Earth Day 5K, Clear</u></b> <b><u>Lake '21 '20 '19 '18</u></b> <b><u>'17 '16 '15 '14 '13 '12</u></b> <b><u>'11</u></b>
			<u>Warrior Challenge,</u> <u>Iowas City '18</u>
			<u>PiSigmaEpsilon,</u> <u>Cedar Falls</u>
			<u>Race4Kel , Indianola</u>
			<u>Live United 5K /14</u> <u>'13, Oskaloosa</u>
			<u>Kirkwood 5K '11 ,</u> <u>Cedar Rapids</u>
			<b><u>Drake Relays on the</u></b> <b><u>Roads '21 '19 '18 '17</u></b> <b><u>'16 '15 '14 '13 '12 '11</u></b>
			<u>Kick the Can 5K,</u> <u>Waterloo</u>
			<u>Epilepsy 5k, '15 Iowa</u> <u>City</u>
			<u>Grand Blue Mile '19</u> <u>'18 '17 '16. '15 '14 '13</u> <u>'12 '11, DM</u>
			<u>75 Heartland Relay</u> <u>'14, Blanchard</u>
			<u>5K 4 K9s Run '13 '12</u> <u>'11, Marion</u>
			<u>Live United 5K '13,</u> <u>Mahaska Cty</u>
			<u>Joan Wilson 5K '12</u> <u>'11, Le Mars</u>

			<a href="#"><u>BooneCrusher Adv.</u></a> <a href="#"><u>'12, Boone</u></a>
			<a href="#"><u>Make a Diff for</u></a> <a href="#"><u>Autism '19, '18, '17,</u></a> <a href="#"><u>Dubuque</u></a>
			<a href="#"><u>Quasky Church 5K</u></a> <a href="#"><u>'11, Quasqueton, IA.</u></a>
			<a href="#"><u>Gilda's Run for</u></a> <a href="#"><u>Laughs, Bettendorf</u></a> <a href="#"><u>'18 '17 '16 '15 '13 '12</u></a> <a href="#"><u>'11</u></a>
			<a href="#"><u>Hy Vee Half &amp; 5K,</u></a> <a href="#"><u>Ft.Dodge '17 '16 '15</u></a> <a href="#"><u>'14, '13</u></a>
			<a href="#"><u>Jones County</u></a> <a href="#"><u>Coalition, Anamosa</u></a> <a href="#"><u>'19 '18</u></a>
			<a href="#"><u>Bremwood Run for</u></a> <a href="#"><u>the Kids 5K</u></a>
			<a href="#"><u>Corpuscle Shuffle,</u></a> <a href="#"><u>Bettendorf '18</u></a>
			<a href="#"><u>Auitism Puzzle Run</u></a> <a href="#"><u>'17 '16, Creston</u></a>
			<a href="#"><u>Run for the Trees,</u></a> <a href="#"><u>Madrid '19</u></a>
			<a href="#"><u>A Race to Inspire 5K</u></a> <a href="#"><u>Bettendorf '19</u></a>
			<a href="#"><u>Corridor Mall to</u></a> <a href="#"><u>Mall '15 '14, '11</u></a>
			<a href="#"><u>200 Heartland Relay</u></a> <a href="#"><u>'14, Winterset</u></a>
			<a href="#"><u>UNI Triathlon, C.F.</u></a> <a href="#"><u>'19</u></a>
			<a href="#"><u>CRANDIC Marathon,</u></a> <a href="#"><u>C.R. to I.C '19 . '18</u></a>
			<a href="#"><u>River Run, IA. City</u></a> <a href="#"><u>'18 '17 '16 '15 '14 '13</u></a> <a href="#"><u>'12 '11</u></a>

[Back Home](#)





**Race results from 1999 through 2010 have  
being transferred to page 2**

<u>May</u>	<u>June</u>	<u>July</u>	<u>August</u>
<b><u>Klompfen Classic</u></b> <u>'21 '19 '18 '17 '16</u> <u>'15 '13 '12 '11 Pella</u>	<u>Village NW Unlimited</u> <u>Benefit Run, Walk &amp; Roll</u> <u>'19 '18 '17 '16 '15 '14 '12</u> <u>Sheldon, IA</u>		<b><u>Panorama Days</u></b> <b><u>Run '21 '19 '18 '17</u></b> <u>'13 '12 '11, Panora</u>
<u>Heart Dash @ Dusk</u> <u>'19, DSM</u>	<u>DAM to DSM '19</u>	<b><u>Marengo 5K '21</u></b>	<b><u>Battle of the Burbs</u></b> <b><u>5K, Clive '21 '19</u></b> <u>'18 '17 '16 '15,</u> <u>Urbandale</u>
<u>McKenzie Brown,</u> <u>Central City '18</u>	<u>DAM to DAM '18 '17 '16</u> <u>'15 '14 '13, '12 '11 previous</u> <u>years</u>	<b><u>Creston July 4th</u></b> <b><u>Races '21 '19 '18</u></b> <u>'17 '16 '15 '14</u>	<u>Run for SMA '16</u> <u>'14 '13, Cascade</u>
<u>SIOUXperman Tri</u> <u>'19 '18 '17 '16 '15</u> <u>'12 '11 Sioux</u> <u>Center</u>	<u>Scandinavian Days '19, '18,</u> <u>'17, '16, '15, '14, '13</u> <u>Story City</u>	<u>Freedom Run 4th</u> <u>Races '18 '17 '16 '15</u> <u>'14 '13 '12 '11,</u> <u>Gowrie</u>	<b><u>Run in the Sun '21</u></b> <u>'20 '19 '18 '17 '16</u> <u>'15 '14 '13, '12 '11,</u> <u>Oskaloosa</u>
	<u>Blue Grass Days '19 '18 '17</u> <u>'16 '15, '13 '12 '11, Blue</u> <u>Grass</u>	<u>Miller Run 5K '12</u> <u>'10, Perry</u>	<u>Urbandale Dash 5k</u> <u>'17 '16 '15 '14</u>
<u>Lake Cornelia 5K</u> <u>'18 '15 '12 '11, '06</u> <u>Clarion</u>	<u>Relief Sale Trail Run,</u> <u>I.C.'18</u>	<u>Rip Roar Kids</u> <u>Triathlon, Quad</u> <u>Cities '17</u>	<u>Carlisle</u> <u>"OUTBACK"</u> <u>Challenge '19 '17</u>
<b><u>Ganzo's Cinco de</u></b> <b><u>Mayo 5K '21 '19</u></b> <u>'18 '17 '16,</u> <u>Davenport</u>	<u>5K4K9's Run '16 '15 '14,</u> <u>Marion</u>	<b><u>Sully Freedom</u></b> <b><u>Run '21 '20 '19 '18</u></b> <u>'17 '16 '15 '14 '13</u> <u>'12 '11</u>	<u>Run for Blood '17</u> <u>'16 '15 '14 '13 '12,</u> <u>Des Moines</u>
<u>Nacho Ordinary 5K</u> <u>'15 '13, Davenport</u>	<u>Run for the Hills '13 '12,</u> <u>Bettendorf</u>	<b><u>Riverbend Rally</u></b> <b><u>'21 '19 '18 '17 '16</u></b> <u>'14 '13 '12 '11,</u> <u>Iowa Falls</u>	<b><u>Twin Lakes Tri &amp;</u></b> <b><u>Du, '21 '20 '19 '18</u></b> <u>'17 '16 '15 '14 '13</u> <u>'11 Manson</u>
<u>Pilot Knob Trail</u> <u>Run '15, '14 '13</u> <u>Forest City</u>	<b><u>St. Joseph Fun Days, '21</u></b> <u>'19, Marion</u>	<u>Earlham</u> <u>Firecracker 5K '19</u> <u>'18 '17 '16 '15 '14</u> <u>'13 '12 '11</u>	<b><u>Adkins</u></b> <b><u>Watermelon Run</u></b> <b><u>'21 '19 '18 '17 '16</u></b> <u>'14 '13 '12 '11</u>
<u>IDDC Colon</u> <u>Cancer Awareness</u> <u>Run '17 '16 '15 '14</u> <u>'13 Clive</u>	<u>Singlespeed Mile, Waterloo</u>	<b><u>Ames "5 on the</u></b> <b><u>Fourth '21 '20 '19</u></b> <u>'18 '17 '16 '15 '14</u> <u>'12 '11 '10 '09 '08</u> <u>'06 '05"</u>	<u>Ethan's Tractor Run</u> <u>'15 '14 '11</u>

<u>Palmer N8k Race '12 '11 Davenport</u>	<u>Run Your Buns Off '15, '13 '12 '11 Ackley</u>	<u>Harry Gardner 5K '14 '13 '12 '11, Toledo</u>	<b>(MAMM) Monroe Annual; '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 Mini-Marathon</b>
<u>MCSD Race 4 Schools' 19, '18, Muscatine</u>	<u>Corpuscle Shuffle '19, Bettendorf</u>	<u>Knoxville PD Freedom Run '19</u>	<b>Iowa (Shamrock) Irish Fest '21 '19 '18 '17 '16 '15 '14 '13 '12 '11, Waterloo</b>
<u>Christine Grant 5K R/W for Women Build '18 '17 '16 '15, Ia City</u>	<u>IDT 5K '15 '14, Iowa City</u>	<u>Urbandale 4th of July '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</u>	<b>Run for the Cob, '21 '19 '18 '13 '11 Esterville</b>
<u>Give it Away 5K '16, '15 '14 '13, Des Moines</u>	<u>Color the Quads '13, Bettendorf</u>	<b>Charley Western Firecracker Races, '21 '19 '18 ;'17 '16 '15 '14, Charles City</b>	<b>Town &amp; Country Days '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 Epworth</b>
<b>Red Shoe Run '21 '20 '19 '18 '17 '16 '15, '14, IA City '13 '12 '11</b>	<u>Hope for Haiti '16, Anamosa</u>	<u>On Run for Education '17 '16 '15 or City of Maples 4th of July '13 '12 '11 Osage</u>	<u>Cannonball Pump N Run '18 '17 '16 '15 '13 '12 '11 Winterset</u>
	<b>GiGi's Playhouse Super Hero Run '21 '19 '18 '17 '16 '15 '14 '13, Bettendorf, IA</b>	<b>Pulpit to Pulpit '21 '19, Decorah</b>	<b>Waubonsie Trail 10 Hour '21 '20 Hamburg</b>
<u>Bear Stampede '18 '17 '16 '15 '14 '13 '12, West Branch '11, Muscatine</u>	<u>Run to End Epilepsy '19, '18 '17 '16, Iowa City</u>	<u>AMVETS Pt. 37 Heros Run '21 '19 '18 '17, Central City</u>	<b>Kraut Route '21, Lisbon '19 '18 '17 '16 '14 '13 '12 '11</b>
<u>Clot Trot '17, West Des Moines</u>	<u>Pound the Ground '16 '15, '14 '13, Marion - Cedar Rapids</u>	<b>Earlville Fireworks 5K '21 '16 '14 '13 '12 '11</b>	<b>Camp Courageous Tri '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 '10,</b>
<u>Superhero 5k '15, Des Moines</u>	<u>June Bug Jog '14, Knoxville</u>	<u>Grandview Freedom Run '12, Grandview</u>	<u>Dubuque Youth Tri '11</u>
<b>Iron Horse Half, Wapsi Trail '21 '19 '18, Riceville</b>	<u>Rhubarb Run 5K '19, Manchester</u>	<b>Fifth Season 8K &amp; 5K '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</b>	<u>Halo 5K, Bettendorf '18 '17</u>
<b>TriByKnight Triathlon '21 Waverly</b>	<u>Ledges 5k Trial Run '21 '20, Boone</u>	<b>Star Spangled Spectacular's '21, Storm Lake</b>	<u>Fire Fighter 5K '19, Marble Rock</u>

<u>Iowa Able 10K Run '16 '15, Ames</u>	<u>Miles for Monte '13, Williamsburg</u>	<u>Firecracker 5K '19, Des Moines</u>	<u>Sunset 5K '12 '11 '10, Ankeny</u>
<b>Des Moines Women's 5K '21 '19</b>	<u>Mustang Madness '10 '09, Bettendorf</u>	<u>Greater 8 Regional Health Center '20</u>	<u>Mines of Spain Trail '16, Dubuque</u>
<b>Des Moines Womens Half '21 '20 Virt '18 , '17 Des Moines</b>	<u>Iowa Run for Epilepsy</u>	<b>Waukee 4th of July Races '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</b>	<u>Army Challenge Mud Run 5K '17 '16 '15 '14 '13 '12, Marion</u>
<b>CBRC 24 HR Relay '21 '19 '18 '17 '16 '15 '14 '13 '11 Eldridge</b>	<b>PigMan Sprint Tri '21 '20 '19 '18 '17 '16 '15 '14 '13 '12 '11</b>	<b>Dysart Firecracker 5K '21 '19 '18 '17 '16 '15 '14 '13 '12</b>	<u>That Dam/Skunk Run, Humboldt '18 '17 '16 '15 '14 '13 '12 '11</u>
<u>Jones County K9 Run '12, Anamosa</u>	<u>Paws and Effect Service Dog People Jog '15 '14, DM</u>	<b>Firecracker 5K '21 '19 '18 '17 '16 '14 '13 '12 '11 Webster City</b>	<u>Weimarunner K9 5K '19 '18 '17 '13 '12, W.D.M</u>
<u>Bleed Purple Win Gold '13 '12 '11, Oelwein</u>	<u>The BIG Run '17, Bettendorf</u>	<u>Flying Anvil 5K '15 '14 '13, Chariton</u>	<u>Pirate Dash '12 '11 Alburnett</u>
<u>Backbone Trail Run '19, Strawberry Point</u>	<u>Red's Ale House '19, North Liberty</u>	<b>Exira Road Run '21 '20 '19 '18, Exira '17 '16 '15 '13 '12 '11</b>	<u>C P-U Foundation 5K, Center Point '19 '18</u>
<u>West Liberty Run for the Schools '11</u>	<u>Dragon Warrior Run '16, Johnston</u>	<b>Faj Squad 5K &amp; 1 Mile '21 '19,, Dubuque</b>	<u>Diva Dash DSM 19, 18, 17</u>
<b>Full Moon 5k '21 '17 '16 '15, Charles City</b>	<b>Boone County Hospital" Trestle" Duathlon &amp; Races '21 '19 '18 '17 '16 '15 '14. Madrid</b>	<b>Clear Lake Freedom 5K '21</b>	<u>Dog Days Tri, Belmond '18 '16 '12 '11</u>
<u>NE Iowa Food Bank (Virtual 5K '19)</u>		<u>Virtual Firecracker 4, '20 Brennan</u>	<u>Riverside Hope 5K, '19, '18, '17 Ames</u>
<u>Dirty Hawk Mudder '13, Iowa City</u>		<u>A Midsummer Night's Run '19 '18, Ames</u>	<u>Balloon Challenge '15 '14 , Indianola</u>
<u>GMC Wolverine 5K'13, Union Grove</u>	<u>Twilight Run - Robins Roundup '18 '17 '16 '15' 14, Robins</u>	<u>Independence Day 5K '11 Cedar Falls</u>	<u>Back Road Half Mara &amp; 5k '19 '18 '17 '16,, '14, Amana</u>
<u>Hy-Vee Kids Road Races '14, Cedar Falls</u>	<u>Holiday Lake Tri '14 '13 '12 '11 Brooklyn</u>	<u>Firecracker 5k '17 '16 '15, Harpers Ferry</u>	<u>Team Tiffany 5K '19, Ryan</u>

<a href="#"><u>Run for the Ripple '14, Marion</u></a>	<a href="#"><u>Conrad Dash &amp; Splash '18 '17 '15 '13, '11</u></a>		<a href="#"><u>Clot Trot Races, Hiawatha '17</u></a>
<a href="#"><u>Girls on the Run '16 '15, '14, Cedar Rapids</u></a>	x	<a href="#"><u>Firecracker Run '14 '11 Belmond</u></a>	<a href="#"><u>Wapsi Trail Runs '19 '18 '17 '16 '15 '14 '13 '12 '11 , Riceville</u></a>
<a href="#"><u>Mothers Day Runs '17 '16, Des Moines</u></a>	<a href="#"><u>Accel Triathlon '15 '14 '13, Cedar Falls</u></a>	<a href="#"><u>Freedom 5K '18 '17, Buffalo</u></a>	
<a href="#"><u>Mary's Meals 5k &amp; 10k, '21 '19 '18 '17, DSM</u></a>	<a href="#"><u>ChildServe Run '16 '15 '14 '12 '11 Johnston</u></a>	<a href="#"><u>St.Paddy's Day Run, Des Moines -'20 Postponed from March</u></a>	<a href="#"><u><b>Durant Dusk Hustle '21 '19 '18 '17 '16 '15 '14 '13 '09, Durant</b></u></a>
<a href="#"><u>Mothers Day 5k '17 '16, Marion</u></a>	<a href="#"><u>Grandview Gallop '17 '16 '15 '14 '13 '12 '11 Dubuque</u></a>	<a href="#"><u>Starr's Cave Trail Run '11 Burlington</u></a>	<a href="#"><u><b>Sweet Corn Festival, Adel '21 '20 '19 '18 '17 '16 '15 '14 '13 '12</b></u></a>
<a href="#"><u>May Day 5K '12 '11 Bondurant</u></a>	<a href="#"><u>Iowa City Duathlon '14 '13, Iowa City</u></a>		<a href="#"><u>TarHeel Days '16 '11 '10, Union</u></a>
<a href="#"><u>Run Like a Fox '12 '11 Perry</u></a>	<a href="#"><u><b>Ding Dong Dash '21 '19 '18 '17 '16 '15 '13 '12, Jefferson</b></u></a>	<a href="#"><u>Alternatives' First Steps 5K'14, Waterloo</u></a>	<a href="#"><u>Mayhem Run '12, Sioux City</u></a>
<a href="#"><u>Cinco Du Mayo Duathlon '08, Davenport</u></a>	<a href="#"><u>Marathon to Marathon '17 '16 '15 '14 '13 '12 '11 Storm Lake</u></a>	<a href="#"><u>Highland Fun Fest '16 '15,, Highlandville</u></a>	<a href="#"><u>Phil Kruger Mem. '11 '10, Dike</u></a>
<a href="#"><u><b>Race fot Hope, DSM '21</b></u></a>	<a href="#"><u><b>Bernard Picnic Run '21 '16 '15 '14 '13 '12 '11 '10, Bernard</b></u></a>		<a href="#"><u><b>RipRoar Kids Tri '21 '20 '19 '17 '16, '15, Johnston</b></u></a>
<a href="#"><u>Beat the Street 8K '12 '11 , Nevada</u></a>	<a href="#"><u><b>Race to Paradise 5K,'21 -- My Waterloo Days '17 '16 '15 '14 '13 '12 '11</b></u></a>	<a href="#"><u>Tri in July '16 '14 '13 '12 '11 Sigourney</u></a>	<a href="#"><u>Maxwell Old Settlers Run '15 '14 '13 '12 '11</u></a>
<a href="#"><u>Summer Daze Tri '13 '12 '11 Newton</u></a>	<a href="#"><u>Lace Up, Leash Up, LIne Up 5k/10k '13, Clear Lake</u></a>	<a href="#"><u>Iowa Valley FA Boosters 5K'15</u></a>	<a href="#"><u>Run for the Flood '13 '12 '11 Cedar Rapids</u></a>
<a href="#"><u>Market to Market Relay '20 '19 '18 '17 '16 '15 '14 '13, Jefferson - D.M.</u></a>	<a href="#"><u><b>The Ridge Run '21, Garwin</b></u></a>	<a href="#"><u>Lake Geode Tri, Danville '14 '12 '11</u></a>	<a href="#"><u>Hy Vee Kids Road Races '14, Sioux City</u></a>
<a href="#"><u>Sleepy Hollow Mud Run '13 '12, D.M.</u></a>	<a href="#"><u>Old Stone Arch Trail 5K '13, Shelby</u></a>	<a href="#"><u>Small Heroes '19 '18 , Cause, Cascade</u></a>	<a href="#"><u>Team Fergalicious 5K '13 '12, West Branch</u></a>

<u>Iowa Trail Run Series, Coralville '18</u>	<u>Run 4 The Kids '17, Johnston</u>	<u>Heritage Days '19 '18 '17 '16 '15 '14 '13 '12 Mt Vernon</u>	<u>WDM Fall Into Soccer 5K</u>
<u>Wapsi-Great Western Line Run/Walk &amp; Bike '18</u>	<u>Guinea Gallop '12 Decorah</u>	<b><u>Lake Red Rock Balloon Races '21 '19 '18 '17 '16 '14 '13 '12,</u></b>	<u>Pioneer Valley Days '12, Sargeant Bluff</u>
<u>John Deere 5K, Waterloo '19</u>	<b><u>Jace Race '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 New Sharon</u></b>	<b><u>Duesey Days '21 '19 '18 '17 '16 '15 '14 '13 '12, Garner</u></b>	<u>Ionia Days 5K '11, Ionia</u>
<u>LaceUp for Learning '16 '15 '14 '13 '12 '11 Cedar Rapids</u>	<u>Clarion Fest 5K '17 '15 '12 '11</u>	<u>Go Crush IT 5K '19 '18 '14 '13, Rockford</u>	<b><u>Sparty Party Booster Club 5K '21, Solon</u></b>
<u>Stamazing Race '17 '16, Des Moines</u>	<u>Grinnell Games Road Races '19 '16 '15 '14 '12 Grinnell, Trail '15,</u>	<u>Pomeroy Fun Run '13, Pomeroy</u>	<u>4.10 Dash, Knoxville '19 '18</u>
<b><u>RuNorWalk, Norwalk '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</u></b>	<u>Break the Silence on Ovarian Cancer '19 '17 '16 '15 '14 '13 '12 '11 '10, D.M</u>	<u>Accel Triathlon '19 '18 '17 '16, Waterloo</u>	<u>Springville Extreme Quarry 6K Run '19 '18 '17 '16 '15 '14 '13, Springville</u>
<u>I Did It 5K at the Y '12, Wellman</u>	<b><u>LiveFIT / TBK Awareness '21, Bettendorf</u></b>	<b><u>Rip Roar Kids Tri, WDM '21 '19 '18 '17 '16, Des Moines Pinky Swear Kids Tri, '15, West Des Moines Hy-Vee Kids Fit Triathlon '13 '12, Des Moines</u></b>	<u>Buffalo Stampede 5K Trail '18 , '17 Coggon</u>
<u>Grundy Center Track &amp; Field Days 5K '13</u>	<u>Capital City Pride, DSM '19 '18</u>	<u>Grimes Farm Race '18 '14 '13 '12 '11</u>	<u>Panther Pride Tri '12 '10, Iowa Falls</u>
<u>Ottumwa Race for the Cure '19 '18 '17 '16 '15 '13 '12 '11</u>	<u>CIARAD Prairie '17 '16 '15 '14 '13 '12 '11 Prairie City</u>		<b><u>Bluff Creek Tri &amp; Aquabike '21 '19 '18 '17 '14 '13 '12 '11 Boone</u></b>
<u>Let Me Run 5K '19, Cedar Rapids</u>	<u>Dash for Hope '19, Independence</u>	<b><u>Old Roundhouse Trail Days '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 Elma</u></b>	<u>Traer Winding Stairs Festival '15 '14 '13 '12</u>
<u>Run Like a Mother '19 '17 '16 '15 '14 '13 '11, Cedar Falls</u>	<u>Festival in the Park, Clarion '18</u>	<u>HyVee Kid's Tri '11, Waterloo</u>	<u>Cedar Valley Trails Fest '12 '11 'Cedar Falls</u>

<u>Race for Hope DSM - Brain Tumor R/W '20 '19 '18 '17 '16 '15 '13, Des Moines</u>	<b>Run to Exile '21</b> ('20(Sept) '19 '18 '17 '16 '15 '14 '13, Des Moines	<u>Shelly Bridgewater 5K '17, Coralville</u>	<u>Camanche Classic '16 '15 '14 '12 '11</u>
<u>Lake McBride Duathlon '14 '13</u>	<u>Iowa Senior Olympics '15 '14, Clive</u>	<b>Midnight Madness '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</b>	
<u>Sioux City Race for the Cure '12 '11</u>	<u>Winthrop 5k Run '18 '17</u>	<b>Moonlight Chase '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 Eldridge,IA</b>	<u>Sweet Corn Run for St. Jude '18 '17 '16 '15 '14 '13 '12 '11 Cedar Rapids</u>
<b>Furry 5K '21 '20 '18 '17 '15 '14 '13, Cedar Falls</b>	<u>Run Free 5K '19, Adel</u>	<u>Thanksgiving in July Turkey Trot '10 '18 '17 '15,</u>	
<u>LiveFIT with Lupus, LeClaire '18</u>	<u>Finish Strong 5K '13 '12Johnston</u>	<u>CAM-TRI Tri U23 &amp; Jr American Champs '17 '16, WDM</u>	<u>Tug Fest 5K Run '12 '11 '10, LeClaire, IA.</u>
<u>Pieathlon Tri '19 '18 '17 '16 '15 '14 '13 '12, Waukee</u>	<u>Grinnell Warrior Trail Run '17 '16 '15</u>	<b>Flatland Youth Tri '21 '19 '18 '17 '16 '15 '14 '13 '12 '11 '10, W.D.M.</b>	
<u>Raiders Racing for Life '16 '14 '13 '12 '11, Anamosa</u>	<u>Get Up and Move '21, Dyersville</u>	<u>Ankeny Summerfest 5K '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Run the Bases 5K '18 '17, Waterloo</u>
<u>Mary's Meals '19, Hiawatha</u>	<u>IFD Race For Dan, Indianola '11</u>	<u>Dubuque Duathlon '14 '13 '12 '11 '10</u>	<u>Britt Hobo Days 5k &amp; 10k '18 '17 '16 '15 '14</u>
<u>Strides for Autism '17 '16 '14 '13, Camanche</u>	<u>Van Horne Music Fest '12 '11</u>	<u>Beat the Heat 10K, Wabash Trace '17 '16 '15 '14</u>	<u>Sweet Corn Fest '19 '18 '17 '16 '15 '14 '13 '12, West Point</u>
<u>MVRA Trail Run '17 '14 '13, previous years results, Durango</u>	<b>Grimes Governors Fun Days '21 '19 '18 '17 '15 '14 '13 '12 '11</b>	<b>Iowa Games Tri &amp; Du '21 '20 '19 '18 '16 '15 '14 '13 '12</b>	
<u>Dirty Duck Muck Run '16 '15 '14, Manchester</u>	<u>Hope Run for Hospice '19 '18 '17 '16 '14 '13 '12 '11 '10 '09, Ames</u>		<u>Pinky Swear Kids Tri '16 '15 - Quad Cities'14'</u>
<b>Quad City Distance Classic '21 '19, '18 '17 '16 '15 '13 '12 '11</b>	<u>Sacred Heart Run for the Son '16, Spencer</u>	<u>River's Edge 10K '17 '16, Waterloo</u>	<u>Running for a Reason '15, Marshalltown</u>

<a href="#"><u>Woofin' It 5K '16 '15 '14 '13 '12 Clive, IA</u></a>	<a href="#"><u>Heritage Days '19 '18 '17 '16 , '15 '14 '13 '11 '10 '09 '08, Rock Rapids</u></a>	<b><a href="#"><u>White Rock Conser. 50K&amp; 50M '21 '20 '19</u></a></b>	<a href="#"><u>Sugar Bottom Trail Run '18, Solon</u></a>
	<a href="#"><u>Nishna Valley Family YMCA Races '15 , Atlantic</u></a>	<a href="#"><u>Dylan Campbell Fund 5K, Oxford</u></a>	<a href="#"><u>Swim the Bridge '17 '16, '13 '12, '11, Saylorville</u></a>
<a href="#"><u>Colors of Hope '13 Amanda the Panda, DM</u></a>	<a href="#"><u>Good Ol' Days, Evansdale</u></a>	<a href="#"><u>Waters Edge Tri'15 '13 '11 Algona</u></a>	<a href="#"><u>Atlantic Festival 5k &amp; 2mile '18 '17</u></a>
<a href="#"><u>LincolnHighway '11 '10, Lisbon</u></a>	<a href="#"><u>Viking Pump Run '13 '12, Cedar Falls</u></a>	<a href="#"><u>Xterra Sugar Bottom '14 '13, North Liberty</u></a>	
<a href="#"><u>Jog for Joe 5K '11, WDM</u></a>	<a href="#"><u>Rubarb Run, Manchester '19 '18</u></a>	<a href="#"><u>Plainfield Days 5K '12</u></a>	<a href="#"><u>Ankeny YMCA Road Races '15 '14 '13 '11</u></a>
<a href="#"><u>Southern Prairie YMCA Run '13 , Creston</u></a>	<a href="#"><u>Keota Fun Run '14 '13 '12 '11</u></a>		
<a href="#"><u>Aruna 5k Run '19, DSM</u></a>	<a href="#"><u>ISF MUD RUN '15 '13 '12 '11 DM</u></a>	<a href="#"><u>Kid's Against Hunger '12, C.R</u></a>	<a href="#"><u>Kemin Journey Run 5K '15 '14 '13, Des Moines</u></a>
<a href="#"><u>WHAMM '17 '16 '15 '14 '13 '12 '11</u></a>	<a href="#"><u>Waters Edge Tri '12, Ames</u></a>	<a href="#"><u>Give a Hoot 5K, '14 '13, '12, Waverly</u></a>	<a href="#"><u>Morgan Creek XC Run '18 '16 '15 '14 '13, Palo</u></a>
<a href="#"><u>Reverse RETTS'13, Ryan</u></a>	<a href="#"><u>Quad City Tri '19 '18 '17 '16 '15 '14 '13 '12 '11 Davenport</u></a>	<a href="#"><u>Kosama Warrior Run '12, DM</u></a>	<a href="#"><u>Smile BIG 5K '14 '13 '12, Janesville</u></a>
<a href="#"><u>ICA Zero Hunger, '19, Ames</u></a>		<a href="#"><u>Royal Rec 5K Fun Run/Walk, Royal</u></a>	<a href="#"><u>Strongest Kid We Know '18, Bettendorf</u></a>
<a href="#"><u>Victory Dash '11, Davenport</u></a>	<a href="#"><u>Rhino Rampage '13 Tortoise Trot 5K '12, Des Moines</u></a>	<a href="#"><u>Ottumwa's County 4 H run</u></a>	<a href="#"><u>Jordan's Joy Mud Run '13, Long Grove</u></a>
<a href="#"><u>LiveFIT with Lupus '17 '16 '15, '14, Le Claire, IA</u></a>	<a href="#"><u>Fly Like An Eagle '18 '17 '15, Eagle Groves</u></a>	<a href="#"><u>xIowa Games Results</u></a>	<a href="#"><u>Rock Valley Run '19 '18 '17 '16 '13 '12, Rock Valley</u></a>
<a href="#"><u>Tutu Run '11, Cedar Rapids</u></a>		<a href="#"><u>Thunderbolt 5K '13, Woodward</u></a>	<a href="#"><u>Iowa NF 5k, Iowa City '18 '16</u></a>
<a href="#"><u>Get Moving for Healthy Kids '17 '15 '14 '13 '12, Iowa City</u></a>	<a href="#"><u>Alive and Running 5K '18 '17 '16 '15 '14 '13 '12, Dunkerton</u></a>	<b><a href="#"><u>Crossroads Youth Tri, DeWitt '21 '19</u></a></b>	<a href="#"><u>H.A.W.K. 5K, Tipton</u></a>



	<b><u>Larry Jarvis Memorial '21, Ottumwa</u></b>	<b><u>Crossroads Tri '21</u></b> <u>'19 '16 '14 '13 '12</u> <u>'11 Dewitt</u>	<u>El Kahir Shrine 5k,</u> <u>Hiawatha '16</u>
<a href="#"><u>Run "With" the Police '19 '18 '17 '16 '15, Des Moines</u></a>	<b><u>Party in Pink 5k and 1 mile '21, Vinton</u></b>	<u>Four (4) Season Fest '19 '18 '17 '16</u> <u>15 14 '13 '12 '11</u> <u>'10, Polk City</u>	<u>Shawn Engeldinder</u> <u>5K '12, Ankeny</u>
<u>Marion Arts Fest</u> <u>5K '18 '17 '16 '15</u> <u>'14 '13 '12 '11</u> <a href="#"><u>Marion, IA '02x</u></a>	<u>Prediction Race '14 '13,</u> <u>Cedar Falls</u>	<u>Summerfest</u> <u>Cardinal Trot '15</u> <u>'11, Radcliffe</u>	<u>Tri-T-Trot,</u> <u>Monticello</u>
<u>Great River Bridge</u> <u>Race, Burlington</u> <u>'19 '18 '17 '14 '13</u> <u>'12 '11</u>	<b><u>Bridges Run for Our Future '21, Storm Lake</u></b>	<u>Univ. of Okoboji</u> <u>Games Mar, Half,</u> <u>10K &amp; Tri, '19 '18</u> <u>'17 '16 '15 '14 '13</u> <u>'12</u>	<u>Columbus Junction</u> <u>XC Run '12</u>
<u>Clinton County</u> <u>Autism</u>	<u>June Jamboree '13,</u> <u>Knoxville</u>	<u>Kevin Young</u> <u>Memorial</u>	<u>I am Strong 5K</u> <u>Mudventure '13,</u> <u>Long Grove</u>
<u>Lincoln Highway</u> <u>Bridge Days '19 '16</u> <a href="#"><u>'15 '09, Tama</u></a>	<u>Festival in the Park, Clarion</u> <u>'18</u>	<u>MAX 5K '15,</u> <u>Waverly</u>	<u>Alzheimer's 1/2</u> <u>Marathon &amp; 5K '20</u> <u>'19 '18 '17 '16 '15</u> <u>'14 '13, Dubuque,</u> <u>IA.</u>
<a href="#"><u>Great Strides for C.F '17 '16 '14 . '12 '11 '10, WDM</u></a>	<b><u>Paul Skeffington '21 '19 '18</u></b> <u>'17 '16 '15 '14 '13 '12 '11</u> <u>DeWitt, IA</u>	<u>Junction Jugglefest</u> <u>'17 '15 '14, '13 '12,</u> <u>Lisbon</u>	
<b><u>Tulip Festival '21</u></b> <u>'17 '16 '14 '12</u> <u>'11 Orange City</u>	<u>"Sasquacentennial" 5Km 16,</u> <u>Colfax</u>		<b><u>Watermelon</u></b> <b><u>Stampede,</u></b> <b><u>Muscatine '21 ,</u></b> <u>'20 '19 '18 '17 '16</u> <u>'12 '11</u>
<u>Food Truck 5K '19,</u> <u>Cedar Falls</u>	<u>Runnin With the Law Tri '18</u> <u>'17 '16 '13, Mason City.</u>	<u>Rise Fest Pedal,</u> <u>Paddle, Run Adv.</u> <u>'12, Sheldon</u>	<u>Breakaway Days</u> <u>5K, Denver '15 '14</u> <u>'13 '11</u>
<u>Gladiator Run '17</u> <u>'12, Boone</u>	<u>Leistikow Family 5K '12 '11,</u> <u>Readlyn</u>	<u>Quad Cities Youth</u> <u>Tri '11</u>	<u>The Dam Duathlon</u> <u>'14 '13, Coralville</u>
<u>Sunderbruch B&amp;B</u> <u>Trail Races '14,</u> <u>Davenport</u>			<u>Dunlap Dusthlon</u> <u>'16 '15 '14 '13 '12</u> <u>'11, Dunlap</u>
<a href="#"><u>RunZing '13 '12,</u></a> <a href="#"><u>West Des Moines</u></a>	<u>Sat. Uncommon Games '14,</u> <u>Bettendorf</u>	<u>Puckerbrush 5k '19</u> <u>'18 '17 '16 '15 '14</u> <u>'13, Forest City</u>	<b><u>Storm Lake</u></b> <b><u>Triathlon '21 '19</u></b> <u>'18 '17 15 '14 '12</u>



<a href="#">Let Me Run 5K, Cedar Rapids '18</a>	<a href="#">State Center Rose Festival '19 '17 '15 '13 '12 '11 State Center</a>	<a href="#">Jon Tumilson Go Crush It, '17 Rockford</a>	<a href="#">Officer Assistance 5K '17, Cedar Falls</a>
<a href="#">WCVB MUD Run '14 '12 '11 '10, Waterloo</a>	<b><a href="#">Good Egg Days '21, Stuart</a></b>	<b><a href="#">Rustic Run '21 '20 '13 '12 '11, Lost Nation</a></b>	<a href="#">No Mans Land Trench Run '17 '16, Camp Dodge</a>
<a href="#">Run for Ronald '11 Des Moines</a>		<b><a href="#">Walcott Days 5K '21 '19 '18 '17 '16 '15 '14, Walcot</a></b>	<a href="#">Cascade Canter '11 '09 '08 '07 '06 '05 '04 '03</a>
<a href="#">Run the Ripple '13, Marion.</a>	<a href="#">Cascade 5K '09, Cascade</a>	<b><a href="#">Solon Beef Days '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</a></b>	<b><a href="#">Bandits Race to Home 5K '21 '19 '18 '17 '16 '15, '14 '13 Davenport</a></b>
<a href="#">Hickory Grove Tri - Du - Aquabike '18 '17 '16 '15 '14 '13 '12 '11 formerly CyMan</a>	<a href="#">Fri. Uncommon Games '14,</a>	<a href="#">New Hampton Triathlon '11</a>	<a href="#">Hartman Eco-Tri, Black Hawk County '13 '12 '11</a>
<b><a href="#">RUN Country 5k '21 '20, Nevada</a></b>	<a href="#">Alden Days 5K '15 '14 '13 '12 '11</a>	<a href="#">Friends &amp; Neighbors 5K '11 Woodward</a>	<a href="#">Nordstroms Direct Dash '13, Cedar Rapids</a>
	<a href="#">Van Horn Music Fest '14</a>	<a href="#">Flash 5K for Legal Aid '11, Cedar Falls</a>	<a href="#">Pigman Half Tri '15 '14 '13 '12 '11</a>
<a href="#">Iowa Cubs 5 Mile '11 Des Moines</a>		<b><a href="#">Clive Running Fest '21 '19 '18 '17 '16 '15 '14 '13 '12 '11</a></b>	<a href="#">Fort Dodge Dodgers Alumni 5K '12</a>
<a href="#">Even Hope Walks 5K, Des Moinesx</a>	<a href="#">Grump Days 5K &amp; Half '13, Readlyn</a>	<a href="#">West Liberty Youth 5K '11</a>	<a href="#">Scheel's Shoes that Fit '13 '11 WDM</a>
<a href="#">Sunderbruch B&amp;B Trail, Dav.</a>	<a href="#">Kinderfest'09, Manning</a>	<a href="#">Running Wild in Allison '12</a>	<a href="#">One Hill of a Run '10, Des Moines</a>
<b><a href="#">YWCA Race Against Racism '21, Davenport</a></b>	<a href="#">Run 4 Troops Marathon '18 '17 '16 '14, '13, Dubuque</a>	<a href="#">Run for River Hills '11 '10, Cedar Falls</a>	<a href="#">Have a Heart Run '14, West Des Moines</a>
		<b><a href="#">Run 4 Fun XC 5K '21, Iowa City</a></b>	
<a href="#">Cleats for Feet '12, Ames</a>	<a href="#">Downtown Dash '14 '13 '12 Mt. Pleasant</a>	<b><a href="#">Clover Dash 5K '21 '19 '18 '17 '16, Des Moines</a></b>	<a href="#">Friends N Neighbors, Woodward '12</a>

<u><a href="#">CRFD 5K Run '21</a></u> <u><a href="#">'19 '18 '17 '16 '15</a></u> <u><a href="#">'14 '13 '12 '11</a></u> <u><a href="#">Cedar Rapids</a></u>		<u><a href="#">Summer Scorcher</a></u> <u><a href="#">12Hr Run/Relay</a></u>	<u><a href="#">Eager Beaver Run,</a></u> <u><a href="#">'19 '18 '17 '16 '15</a></u> <u><a href="#">'14 '13 '12 Wilton</a></u>
Run Loess Races 1/2 Mara & 5K '19 '18, '17 '16, Council <u><a href="#">Bluffs</a></u>	<u><a href="#">Flower Power Run '12 '11</a></u> <u><a href="#">Des Moines.</a></u>	<u><a href="#">Have a Heart for</a></u> <u><a href="#">Kid's '16 '15 '14 '13.</a></u> <u><a href="#">West Des Moines</a></u>	<u><a href="#">Aiming for a Cure</a></u> <u><a href="#">'17 '16 '15 '14 '13</a></u> <u><a href="#">'12, Palo</a></u>
<u><a href="#">Booneville</a></u> <u><a href="#">Backroads Ultra</a></u> <u><a href="#">50K, 100K 100</a></u> <u><a href="#">Mile '20 '19 '18 '17</a></u> <u><a href="#">'16 '15 '14</a></u> <u><a href="#">Booneville</a></u>	<u><a href="#">Lungevity Breathe Deep 5K</a></u> <u><a href="#">'15, WDM</a></u>	<u><a href="#">Jasper County Fair</a></u> <u><a href="#">5K '19 '18, Colfax</a></u>	<u><a href="#">Titan Mob Run '17</a></u> <u><a href="#">'16 '15 '14, Adel</a></u>
<u><a href="#">Wild Five,</a></u> <u><a href="#">Bettendorf '13 '12</a></u> <u><a href="#">'11</a></u>	<u><a href="#">Greg Harris Memorial '13</a></u> <u><a href="#">'11 Eagle Grove</a></u>	<u><a href="#">Amazing Grace</a></u> <u><a href="#">Lemonade 5K '21</a></u> <u><a href="#">'19 '17, Ames</a></u>	
<u><a href="#">Cap City 5K '12</a></u> <u><a href="#">'11, Polk City</a></u>	<u><a href="#">St. Malachy's Steeplechase</a></u> <u><a href="#">'11 '10, Muscatine</a></u>	<u><a href="#">Iowa Games XC,</a></u> <u><a href="#">Ames '21, '19 '18</a></u>	<u><a href="#">Run for Your Life</a></u> <u><a href="#">'18 '17 '16 '15 '13</a></u> <u><a href="#">'12 '11 '10 '09, Des</a></u> <u><a href="#">Moines</a></u>
<u><a href="#">Cowboy 5K '15,</a></u> <u><a href="#">Dayton</a></u>	<u><a href="#">Xterra Sugar Bottom Trail,</a></u> <u><a href="#">Run '13, Norty Liberty</a></u>	<u><a href="#">Taste of Hope 5K</a></u> <u><a href="#">'21 '19 '18 '17 '16</a></u> <u><a href="#">'15 '14 '13 '12 '11</a></u> <u><a href="#">WDM</a></u>	
	<u><a href="#">Hanging Rock 5K '16,</a></u> <u><a href="#">Redfield</a></u>	<u><a href="#">Max XC 5K '13,</a></u> <u><a href="#">Waverly</a></u>	<u><a href="#">Loop the Lake,</a></u> <u><a href="#">Cedar Falls</a></u>
John Wayne Race 5K '19 '18 '17 '16 '14 '13 '12, '11, <u><a href="#">Winterset</a></u>	<u><a href="#">Hymn Sing Hustle Race '12</a></u> <u><a href="#">'11 '10</a></u>	<u><a href="#">Have Heart for</a></u> <u><a href="#">Marfan '15 '14 '13</a></u> <u><a href="#">'12 '11 '10 '09,</a></u> <u><a href="#">Pleasant Hill</a></u>	
	<u><a href="#">Hog Wild Days '14 '13 '12</a></u> <u><a href="#">'11 Hiawatha</a></u>	<u><a href="#">Lake Pahoja</a></u> <u><a href="#">Triathlon &amp; 5K '13</a></u> <u><a href="#">'12, '11, Rock</a></u> <u><a href="#">Rapids</a></u>	
<u><a href="#">RWC North Star</a></u> <u><a href="#">Triathlon &amp; 5K '13</a></u> <u><a href="#">'11 Esterville</a></u>		<u><a href="#">Walker Pickle Days</a></u> <u><a href="#">'19 '18 '17 '16, '15</a></u> <u><a href="#">'14 '13 '12 '11</a></u> <u><a href="#">Walker</a></u>	<u><a href="#">Get Your Rear in</a></u> <u><a href="#">Gear '19 '18 '17 '16</a></u> <u><a href="#">'15 '14 '13 '12 '11,</a></u> <u><a href="#">WDM</a></u>
	<u><a href="#">Heritage Festival 5K '16,</a></u> <u><a href="#">New Providence</a></u>	<u><a href="#">Balloon Days '12</a></u> <u><a href="#">'11 Inianola</a></u>	<u><a href="#">Iowa State Fair Blue</a></u> <u><a href="#">Ribbon 5K '16 '15</a></u> <u><a href="#">'14 '13 '12 '11 '10,</a></u> <u><a href="#">DM</a></u>

<b><u>Stu Nevermann</u></b> <u>'21 '19 '18 '17 '16</u> <u>'15 '14 '13 '12 '11</u> <u>Mason City</u>	<u>Timber City Adventure Race</u> <u>'19</u>	<u>Pine Lake Trail Run</u> <u>'14 '13 '12 '11 '09</u> <u>'08 '07 '06 '05,</u> <u>Eldora</u>	<u>Run Luly 5K, North</u> <u>Liberty '18 '17 '16</u> <u>'15</u>
	<u>Microbrew Mile &amp; 6K '14,,</u> <u>Quad Cities</u>	<u>Hy-Vee Kids Road</u> <u>Races '14, Dubuque</u>	<u>Run with the River</u> <u>5k '19 '18 '17 '16,</u> <u>Rock Falls</u>
<u>Freedom Run '11,</u> <u>Williamsburg</u>		<u>Shed your Threads</u> <u>'17 '15,, Elkader</u> <u>'10</u>	<u>Black Squirrel</u> <u>Triathlon '14 '13 '12</u> <u>'11</u>
<u>Mile After Mile</u> <u>'15, Ankeny</u>	<u>CHD 5K &amp; 1M '13 '08</u> <u>Pocahontas</u>	<b><u>Go Crush It 5K'</u></b> <b><u>21, Rockford</u></b>	<b><u>John Deere 5k</u></b> <b><u>Run/Walk '21 '19</u></b> <b><u>'17 '16 '14 '12 '11,</u></b> <b><u>Waterloo</u></b>
<u>E.F.5K '11</u> <u>Parkersburg</u>	<u>Story County Freedom Run</u> <u>'20 '19 '18 '17 '16 '15 '14</u>	<b><u>Bix 7 '21 -'19 '18</u></b> <b><u>'17, 16, 15, 14, 13,</u></b> <b><u>'12 '11,</u></b> <b><u>DAVENPORT.</u></b>	<u>Muscle Up Obstacle</u> <u>Run '17 '16 '14,</u> <u>Spragueville</u>
<b><u>Clear Lake</u></b> <b><u>Triathlon '21 '20</u></b> <b><u>'19 '18 '17</u></b>	<u>XIsland Days 5k '15 '14 '13</u> <u>'12 '11 '10, Fairbank</u>	<u>Hy-Vee Iron Kids</u> <u>Tri '14 '11, C.R.</u>	
<u>Y Run 5K &amp; 10K,</u> <u>Keokuk '18</u>	<u>Buffalo Stampede '15,</u> <u>Coggon</u>	<u>Tall Corn Days 5K</u> <u>'19 '17 '15 '14 '13</u> <u>'12 '11 Sioux</u> <u>Rapids</u>	<b><u>Palo Fun Days</u></b> <b><u>Run '21 '19 '16 12</u></b> <b><u>'11</u></b>
<u>QC Senior</u> <u>Olympics</u>	<u>Steventon's Kids's Tri '10,</u> <u>7-10 . .11-14 '08, Bettendorf</u>	<u>Janesville Days 5K</u> <u>'14 '13 '12</u> <u>Janesville</u>	<u>Buddy Walk for</u> <u>Downs Syndrome</u> <u>'11, Ankeny</u>
<u>Downtown Dash</u> <u>'15</u>	<u>Dragon Warrior, Johnson '17</u>	<u>Pilot Knob Trail</u> <u>Race 15K '09 '08</u>	<u>College Clash Dash</u> <u>5K, DeWitt '15</u>
<u>The 6Ks of</u> <u>Summer,'16, Iowa</u> <u>City</u>	<u>Rodeo Days Gallop &amp; Trot</u> <u>5K '13 '12 '11 Edgewood</u>	<u>Harvest Dreams '12</u> <u>'11 Urbandale</u>	
<u>Outrun the Rays 5K</u> <u>'19 '18 '17, '16 '15</u> <u>'14 Peosta</u>	<u>Burlington Youth Triathlon</u> <u>'18 '15 '14 '13 '12</u>	<b><u>Elvelopet Nordic</u></b> <b><u>Fest Run '21 '19</u></b> <b><u>'18 '17 '16 '15 '14</u></b> <b><u>'13 '12 '11 Decorah</u></b>	<u>Mineral Springs</u> <u>Run '11 '10, Colfax</u>
	<u>Rascal Run '13, Iowa City</u>	<b><u>Pioneer Days '21</u></b> <b><u>'13, Milford</u></b>	<u>Beating Hearts</u> <u>Run,Sioux Center</u> <u>'15</u>
		<u>Xterra Sugar</u> <u>Bottom Tri '12 '11</u> <u>'10, North Liberty</u>	<u>Green 5K, North</u> <u>Liberty '15</u>

	<u>U of Iowa Varsity Club 5K '12, Iowa City</u>	<u>Pinky Swear Kids Triathlon '16, Des Moines</u>	<u>Running Wild '10 '09, Louisa County</u>
	<u>For Our Future, Storm Lake '20 '19 '18 '17 '16</u>	<b><u>Ankeny Kids Tri '21 '20 '19 '18 '17 '16 '15 '14 '13 '12</u></b>	<u>Hiawatha Fireman's Run '18 '17</u>
	<u>Kael Man 5K Run/Walk '17 '16 '15 , '14, Ames</u>	<u>HyVee Kids Road Races '14, - Ames</u>	<u>Aspen Warrior Fire Run '12, Sleepy Hollow, Des Moines</u>
	<u>Another Dam Race 5k '13 '12, Nashua</u>	<b><u>Swisher 5K Walk &amp; Run '21 '19 '18 '17 '16 '15 '13 '12 '11</u></b>	<u>Fairgrounds 5K '16, Des Moines</u>
	<u>Davenport Duathlon '11</u>	<u>Altoona 150 5k '18</u>	<u>Lace Up for Literacy '13, Indianola</u>
		<u>Pigman Tri &amp; Iowa HS State Triathlon Champs '20</u>	<u>Donnor Dash '19 '18 '16, North Liberty</u>
	<u>Palo Fire Department Jog &amp; Jam 4 Mile '18 '17 '16</u>	<u>Storm the Lake Tri '16, Storm Lake</u>	<u>Lacona Celebration 5K '12, Lacona</u>
	<u>Carlisle 4th of July Race '19 '18 '11 '10</u>	<u>Bluff Creek Tri '16, '15, Ogdon</u>	<b><u>Cascade Hometown Days ' 21 '19 '18</u></b>
	<u>Trekman Big Woods Tri,</u>	<u>Mackenzie Lown 5 K '18 '16 '15 '14 '13, Oxford, Iowa</u>	<u>Huxley Prairie Fest '19 '18 '17 '16 '15 '14 '13 '12</u>
	<b><u>Fairfax USA Days 5K '21 '19, '18 '17 '16</u></b>	<u>Run in the Sun '17 '12 '11, Oskaloosa</u>	
	<u>Hy-Vee KidsFit Races '14, Davenport</u>	<u>Zearing Days 5K, '19</u>	
	<b><u>Coralville 4th FEST 5k '21 '18 '17</u></b>	<b><u>First Responders Bring in Backup Tri '21, Northwood</u></b>	<b><u>Panther Prowl '21 '19 '14 '13 '12 '11 Monticello</u></b>
	<b><u>Roundhouse 5K '21 '19 '18 '17, New Providence</u></b>		<u>Amana Rundtour Duathlon '13 '12 '11</u>
	<u>Ogden Fun Days '16</u>		<u>Lone Tree Fun Run '18 '17 '16 '15 '14 '13 '12</u>
	<u>West Union Tri '17 '16 '14 '13 '12 '08</u>		<u>Dam to Backpacket '18 '16 '15 '14, '13,</u>

			<u>Corralville</u>
	<u>Have a Heart, WDM '17</u>		
	<b><u>A Midsummers Night Run '21 '20, Ames</u></b>		<u>Fire Fest 5K, DM</u>
	<u>Pocahontas 5K '14, Pocahontas</u>		<u>Charles City School 2 School 5k '17'16</u>
	<u>Firecracker 5K '18 '17 '16 '15 '14 '13 '12 '11 '10, Pleasantville</u>		<b><u>Mayors Run for the Trails '21 '19 '18 '17 '15 '14, '13, Johnston</u></b>
	<u>Mossman Family Run '14, Winthrop</u>		
	<u>Copper Creek Tri '17 '16 '15 '14 '13 '12 '11 Pleasant Hill</u>		<u>Trojan Dash '12, Fairfield</u>
	<u>Party in Pink Races '19 '18 '17 '16 '14, Vinton</u>		<u>Hawk - Jag 5K '19 '18, Ankeny</u>
	<b><u>Rip Roar Kids Tri '21 '19 '18 '17 '15, Cedar Rapids</u></b>		<u>Willas Dady Run for Shelter 16, C.R.</u>
	<b><u>Sturgess Falls Races '21 '19 '18 '17 '16 '15 '13 '12 '11</u></b>		<u>Glo Run Night Race 5k '18,</u>
	<u>FAJ Squad 5K Run, '19 '18 '17, Dubuque</u>		<u>Kid's Against Hunger '11, Cedar Rapids</u>
	<u>Nishna Valley Triathlon '18</u>		<u>Dallas Center Fall Fest '19 '18 '17 '16</u>
	<u>Harper's Ferry Firecracker 5K '18,</u>		<u>Warrior Run-Fire '12, Sleepy Hollow</u>
	<b><u>Ames Triathlon '21</u></b>		<u>Lincoln Highway Dash '20 '19, 18. Nevada</u>
			<u>Ding Dong Dash 20, Jefferson</u>
			<u>Kewash Trail Races '20 '19 '18 '17, Washington</u>
			<u>Beads Lake Restoration Run '18 '17 '16 '14 '13 '11</u>
			<u>Grinnell Triathlon '19 '18</u>

			<u>OUCH Research Run '12 '11, Q.C.</u>
			<u>Hy Vee Kids Tri '14 '12 '11, WDM</u>
			<u>Challenge Mud Run '14, '13, Adel</u>
			<u>Hero Hustle Sprint Tri, Manchester '20 '19 '17 '16</u>
			<u>Seawall to Seawall, Clear Lake '13 '12 '11</u>
			<u>Rugged Toad Adventure Race '15, Janesville</u>
			<u>Step Up 5K &amp; Half &amp; 5K '19 '18 '17 '16 '15 '14 '13'12 (Jump Right in and Run) '11 Storm Lake</u>
			<u>Madrid Labor Day Races '19 '18 '17 '16 '15 '14 '13 '12 '11</u>

[Back Home](#)



**Race results from 1999 through 2010 have  
being transfered to page 2**

<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>
	<b><u>Princeton 5K '20, Princeton</u></b>	<b><u>Miles in the Maze '20 '19 '18, Iowa City</u></b>	
<b><u>Booneville Backroads Ultra</u></b>	<b><u>WR Elite 5K '20, Des Moines</u></b>	<u>Iowa Trail Runs Series - Center Trails, DSM '19</u>	<b><u>Bloomfield Ugly Sweater Run '20- Virtual</u></b>
<u>Madrid Labor Day Races '19 '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Gladiator Assault 5K '17, Boone</u>	<u>Nippy Hippie 5K, Altoona '19 '18 '17 '16 '15 '14</u>	<u>Jingle Bell Run/Walk for Arthritis '19 (Windsor Heights) '18 '17 '16 '15 '14 '13, W. Des Moines '12, Waukee</u>

	<u>GRRR Great River Road Race '19, Burlington</u>	<b><u>Hillbilly Hike Half &amp; 10K '20 '19 '18 '17 '16 '15 '14, Indianola</u></b>	<u>Valhalla Trail 20K '19 '18 '17 '16, Solon</u>
<u>Step Up 5K &amp; Half &amp; 5K '19 '18 '17 '16 '15 '14 '13'12 (Jump Right in and Run) '11</u>	<u>TimberTrek '19 '18 '17 '16 '15 '14 '12 '11 Amana</u>	<u>Chamber Charity Virtual 5k, Altooma.'19</u>	<u>Sycamore 8 Trail Run '19 '18 '17 '16 '15, '14 '13 '12 '11</u>
<u>Captain Midnight's Run '16 '15 '14 '13 '12 '11Cystic Fibrosis, Ames</u>	<u>Especially for You '19 '18, '17 '16 '15 '14 '13 '12 '11</u>	<u>Gingerbread Run for Adoption '18, Ankeny</u>	<u>YMCA Jingle Jam Races '14 '13 '12 '11 Des Moines</u>
	<b><u>RUN Country 5k '20, Nevada</u></b>		
<u>Noah's Ark Daycare Family Run/Walk '17, Sutherland</u>	<u>Red Heel Run '15 '14 '13, Osage</u>	<u>Iowa Trail Runs Series - Center Trails, DsM</u>	<u>Jingle Bell Run '11, Indianola</u>
<u>Weenee Run '15 '14, Blairstown '13 '12,</u>	<b><u>John's Baby Steps '20 '19 '18 '17 '16 '15 '14 '13 '12 '11, Adel</u></b>	<u>Let Me Run, Cedar Rapids '19 '18 '17</u>	<u>Ugly Xmas Sweater '19 '18 '17, LeClaire</u>
<b><u>Yellow River Trail Run '20</u></b>	<u>Coralville Woodpecker Trail Run '19</u>	<b><u>Coca Cola Classic '20 '19 '18 '17 '16 '12 '11 Sioux City</u></b>	<u>Ugly Seater 5K '19, Bloomfield</u>
<u>Uncommon Figge Finale '15, Davenport</u>	<u>SuperHero Run '18 '17, Grinnell</u>		<u>Ugly Sweater Run '18, La Crosse</u>
<u>We Run Glow Run, North Liberty '16 '15 '14 '13 '12</u>	<u>Run for the Pumpkins '18 '17 '16 '15 '14 '13 '12 '11 Anamosa</u>	<u>RCC Run in the Woods '19 '18 '17 '16 '15 '14 '13 '12, '11 Earlham</u>	<u>Jingle Bell Run for Arthritis '13 '12, Iowa City</u>
<b><u>New Bo Fest '20 '19 '18 '17 '16 '15 '14 '13 '12 '11 '10. Cedar Rapids, IA.</u></b>	<u>Tornado Alley Run '16 '14 '13, '12, '11</u>	<u>KNSA Turkey Trot, Cedar Rapids '16</u>	<u>Jingle Bell Run for Arthritis '19 '18 '17 '16 '15, '13, Davenport</u>
<u>Regal Run '15, Iowa City</u>	<u>Swiss Valley Trail Run '17 '16, Preosta</u>	<u>Red Kettle Run '15 '14 '13, D.M.</u>	<u>Tour de Lights '17 '16 '15 '14 '13 '10. Vinton</u>
	<b><u>Harvest Half Marathon '20, Sioux Center</u></b>		
<u>Firetrucker 5Keg Run '16, Ankeny</u>	<u>GiGi's Playhouse Super Hero Run '19 '18 '17 '16 '15 '14 '13, Bettendorf, IA</u>	<u>Hoka One One Postal Nationals '18, P.V.</u>	<u>Great Santa Run '12, West Des Moines</u>

<u>Rich Dellaca Pump &amp; Run '11 previous</u>	<u>12:1 Run Half, 10K &amp; 5K '18 '17 '16 '15 '13 '12 '10, Danville</u>	<u>Race for Wellness '11, Marion</u>	
<u>Des Moines Tri '16 '15 (Hy Vee 5150 Tri) '14 '13 '12 '11 Des Moines</u>	<u>Healthy Hearts, Healthy Minds '14 Chariton</u>	<u>Pump &amp; Run '11, Spirit Lake</u>	<u>SCI Jingle Bell Rock n Run '13 '12, DM</u>
<u>Sheldon Labor Day Race '15 '14 '13 '12</u>	<u>Dance Marathon 5k '16, Iowa City</u>	<u>Pleasant Creek Trail Run, Palo '20 '19 '18 '17 '16</u>	<u>Holiday Hustle '13, Williamsburg</u>
<u>Trestle Hustle '20</u>	<u>Nana Jana XC Run '14 '13 '12 '11, Knoxville</u>	<u>Dirty Du Srint '18</u>	<u>Jingle Bell Run 12 '11, Ames</u>
<u>Run with Carl '19 '18 '17 '16 '15 '14 '13 '12 '11 Bettendorf,IA</u>	<u>Grand View Viking 5K '16 '15 '14 '13 '12 '11</u>	<u>Dirty Du Sprint Solo &amp; Relay '16 '15 '14 '13 08, DSM</u>	<u>AIB Jingle Jog '13 '12 Des Moines</u>
<u>Skunk River Stampede '20Ollie</u>	<u>Pink Ribbon Run '20 '19 '18 '17 '16 '15 '14 '13 '12 '11 10, Cedar Falls</u>	<u>Dirty Duathlon Full '18</u>	<u>Hawkeye 50K &amp; 25K, Lake McBride</u>
<u>Youth Sprint Tri, Emmetsburg</u>	<u>Stinkfoot 5K '14 '13 '12 '11 - Altoona</u>	<u>Patriots 5K</u>	
<u>Run DMU '15 '14 '13 '12x'11, Des Moines</u>	<u>SOS 5K Run ;17 '16, Marion</u>	<u>Race for Wellness'11, Marion</u>	
<u>I.T.R.S. Centrer Trails, DSM '20</u>	<u>Run for the Least '18, Lisbon</u>	<u>Cutting Edge Fitness Turkey Trot '11 Clear Lake</u>	
	<u>Elma Festival Races '12 '11 '10</u>	<u>Patriot's Run, Marion '15 '14, Marion</u>	
<u>Mustang Gallop 12Cedar Rapids</u>	<u>Blogger Dash 5K, Iowa City '14</u>		
<u>PCGS Back to School Dash '13, Pella</u>	<u>Blood Sweat &amp; Beers 5k - Des Moines '19 '18 '17 '16</u>	<u>Fairview Farm Runs '12 '11 '10, Cedar Rapids</u>	
<u>GAAR Adv. Race '16 '14 '12 '11 Ames</u>	<u>Genesis Fall Foot Race, '14 Davenport</u>	<u>Black Hawk College 5k Hustle '18 '15, Bettendorf</u>	
<u>Run for VIVA '13 '12 '11, Bettendorf</u>	<u>Coe Homecoming Run '16 '15</u>		
<u>Healthy Heroes 5K '18, Sioux Center,</u>	<u>Make A Wish Iowa Walk/Run for Wishes '17 '16 '15 '14 '13,</u>	<u>Return of the Turkey Trot '19 '18 '16 '15 '14 '13 '12 '11, Marion</u>	



	<u>Davenport</u>		
<u>Pufferbilly Days '19 '18 '17 '16 '15 '14 '13 '12'11-10K Boone</u>	<u>Old Capital Mile '14 (President's Mile) '13, Iowa City</u>		
<u>Royal Wentworth Run,, '14 Mason City</u>	<b>TriByNight Tri '20 '19 '18 '17 '16 '15 '13, Waverly (normally in May)</b>	<u>Beverly Trail Run '18, Marion</u>	
<u>Park to Park '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Halloween Hustle 5k &amp; 10k '16, North Liberty</u>	<u>Hot Chocolate 5K and 5 Mile Race '18 '17 '16 '15 '14 '13 '12 '11 '10, D.M</u>	
<u>Pathway's to Pella 5k '15</u>	<u>Monstor Dash '17,Grinnell</u>	<u>Turkey River T T '12 '11, Cresco</u>	
	<u>Walk for Wishes '17, Davenport</u>	<u>Roland Turkey Trot 5K '12</u>	
<b><u>Wabash Trace Trail '20 '19 '18 '17 '16 '15 '14 '13 '12, Shenandoah</u></b>	<u>Running Village 50K '16 '15 '13, Cedar Falls</u>	<u>More Than Conquerors '12, Newton</u>	
<u>Maffitt H20 Race '14 Cummings</u>	<u>Mary's Meals '14, West Des Moines</u>	<u>Girls on the Run '16 '15 '14 '13 '12, Iowa City</u>	
<u>Run for the House '14 '13, Marshalltown - pdf</u>	<b><u>Run for the Roses '20 virtual '19 '18 '17 '16 '15 '14 '13 '12 '11 Ames</u></b>	<u>Wild About the Child '11, St.Charles</u>	
<u>Dash to Bash Epilepsy '17, Cedar Falls</u>	<u>Happy Haunts 5K '19, Cedar Falls</u>	<u>Run for the Red '14 '12 '11, DeWitt</u>	
	<u>4H Camp Get Verticle Adv. '12, Luther</u>	<u>Gobble Wobble '13 '12 Mt Pleasant</u>	
	<u>Above &amp; Beyond Adventure Tri '17, DSM</u>		
<u>LeMars Sprint Tri '20 '19 '18 '17 '16 '15 '14 '13 '12, '11 '09</u>	<u>Covered Bridge Fest '19 '18 '15 '14 '13 '12 '11 '10 '09 '08 '07 '06 '05 '04 '03 - '01 Winterset</u>	<u>Living History Farms Off Road Race '19 '18 '17 '16 '15 '14 '13 '12 '11 Urbandale</u>	
<b><u>CyMan Triathlon '20, Bondurant</u></b>	<u>K 9-5K Run &amp; Dog Walk '16 '14 '13, Oskaloosa</u>	<u>Heartland Open 5k '19, Johnston</u>	

<u>Willis United Way 5K '13, Clive</u>	<u>Lacey Keosauqua Fall 5k '16 '13 '12 '11</u>	<u>Survivor Cross '13, '12, Urbandale</u>	
<u>Flying Pig Duathlon '19 '18 '17, Washington</u>	<u>Ripple Run 5k '18,, Toledo</u>	<u>Montgomery YMCA Turkey Trot '16, Red Oak</u>	
<u>SCCS Family Fun Run '13, Sioux Center</u>	<u>Warrior Trail 5k '17, Inwood</u>	<u>Prediction Turkey Trot '13 '12, Knoxville</u>	
<u>FNB Fall Fun Fest 5K '19, Fairfield</u>	<b><u>Driftless Half &amp; 5K '20 '19 '18, Lansing</u></b>	<u>Cedar Rapids - Turkey Trot 5k '19 '18 '17 '16 '15</u>	
<u>Steve Lynn Memorial R/W '16, '14., Ames</u>	<u>Blessed John Pumpkin Festival '15 '14 '13, Cedar Rapids</u>	<u>Wahlert Turkey Trot '19 '18 '17 '16 '15 '14 '13 '12 '11, Dubuque</u>	
	<u>Flaughless 5k, Vinton '16 '15</u>	<u>Scott County Turkey Trot '19 '18 '17 '16 '15 '14 '13 '12 '11, Davenport</u>	
<u>Run for the Health of It '17, Albia</u>	<u>Glow for Hope, Mason City '15</u>	<u>Des Moines Turkey Trot '19 '18 '17 '16 '15</u>	
<u>Houser Hustle 5K '14 '13 '12, Council Bluffs</u>	<u>Stepping Stones '11 Knoxville</u>	<u>Legends of the Fall '19 '18 '17 '16 '15 '14 '13 '12 '11, Iowa City</u>	
<u>Recovery &amp; Wellness 5K '19, Ames</u>	<u>Above &amp; Beyond Adventure Race '18 '16, Des Moines</u>	<u>Track Friday '14, Iowa City</u>	
<u>Your Life Matters ;19 Knoxville</u>	<u>Ponseti Races '13 '10, Iowa City</u>	<u>Orange City Turkey Trot '18 '17 '14</u>	
<u>Trashmore Dash '19 '16 '15 '14, Cedar Rapids</u>	<u>Run for a Vet '12, Dubuque</u>	<u>Trestle Turkey Trot '14 '13 '12, Woodward</u>	
	<u>Trick or Treat Trot '13, Cedar Falls</u>	<u>NEIFP Turkey Trot '18 '17, Cedar Falls</u>	
<u>Running With Convoy '13, Des Moines</u>	<u>Indian Hills Homecoming 5K '14 Ottumwa</u>	<u>Holiday Lights '14, Decorah</u>	
<u>Marketplace Stampede 3K '13, Iowa City</u>	<u>Indian Summer Classic '19 '18 '17 '16 '15 '14 '13 '11, Solon</u>	<u>Turkey Trot '19, -Cedar Falls</u>	
<u>Peoples Clinic 5K '13, Waterloo</u>	<u>Paws in the Park '14, Ames</u>	<u>Friends of Aaron Micheal '18 '17 '16. '15 '14, WDM</u>	

<u>Clinton Half Marathon '19 '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Run Like a Girl '12, Des Moines</u>		
<u>Iowas Best Dam Tri '15 '14 '13, '12 Coralville</u>	<u>Team Breast Friends Run '15,</u>	<u>Stuffed Turkey Ultra '19, Granger</u>	
<u>Queen's 5K Romp '19, Carson</u>	<u>Columbus Days Festival '18,</u>	<b><u>Cedar Falls Turkey Trot '20</u></b>	
<u>JUMP 3.4 Mile Run/Walk '13, Pella</u>	<u>Husky Hustle '17, Marion</u>	<b><u>Butterball 5M, Davenport '20</u></b>	
<u>Kerrie Orozco Meml 5K '18 '17 '16, C.B</u>		<u>Hungry Turkey Half &amp; 5K '19 '18 '17 '16, Des Moines</u>	
<u>Hopkinton Annual 5K '14</u>		<u>Winter Wonderloo 5K, Waterloo '20 '19</u>	
<u>Trojan Dash '13, Fairfield</u>			
<u>Run 3 for 30 5K, '14, Bettendorf</u>	<b><u>Iowa Trail Runs Series '20 '19 - Annett Nature Center</u></b>		
<u>Osborne Off Road '11, Elkader</u>	<u>Run Against Violence '18, Dubuque</u>		
<u>Rock n Run for Metro Arts '14 '13 '12, Des Moines</u>	<b><u>Lime Creek Timber Trot '20 - - - '12, Mason City</u></b>		
<u>Rural Employment Alternatives '13 '12, Conroy</u>	<u>Blogger 5K '13, Iowa City</u>		
<u>Clot Trot '16 '15, Central City</u>	<u>Farm Mud Crawl 5K '17, Ottumwa</u>		
<u>Race for Hioppe '19, Sioux City</u>	<u>Run with the Bull '19 '17, Davenport</u>		
<u>Forever Young '17 '16 '15 '13 '12, Evansdale</u>	<u>Waterloo Schools Foundation Trick or Treat 5k '15 '14</u>		
<b><u>Run to Exile '20(Sept)</u></b>	<u>Race Around Webster '19, Urbandale</u>		
<u>Get Moving for Healthy Kids '19,, N.Liberty</u>	<u>Doctors Dash [18 Davenport</u>		

<u>June Nylen Cancer Ctr Hope Race '18 '17 '16 '15 '14 '13. Sioux City, IA</u>	<u>Harvest Moon Run '12, Danvillee</u>		
	<u>Runner's Flat Trails Races '18'17</u>		
<u>Spartan Fund Races '14 '13, '12 '11 '10 '09 '08 '07 Solon</u>	<u>Monster Madness '11, Ames</u>		
<b><u>Coralville Trail Run 20</u></b>	<b><u>Atkins Mem'l Union Hall 5K '20</u></b>		
<u>Dubuque Benefit Classic '19 '18 '17 '16 '15 '14 '13 '12 '11</u>	<u>Pewterman Pentathlon '12, Cedar Rapids</u>		
<u>Kerrie Orozcol 5K '19, Council Bluffs</u>	<u>Sleepy Hollow Zombie Run '12, Des Moines</u>		
<u>Hy-Vee Kids Fit Road Races '14, Spirit Lake</u>	<u>Linmar Growl Prowl '10</u>		
<u>Pilot Knob Trail race '19, Forest City</u>	<u>Panther Pacer 5K '12, Cedar Falls</u>		
<u>Wildcat Den 50K '19 '18 '15 '14 '13 '12 '11 Muscatine</u>	<u>Mellon Sisters Run '18 '16, '15 '14 '13 '12 '11, Dubuque</u>		
<b><u>Best Dam Run '20 '19 '18 '17 '16 '15 '13 Waverly</u></b>	<u>Sprint Double Duathlon</u>		
<u>Willis Dady Run ;19 '18, Cedrs Rapids</u>	<u>Run 4 UNI '19 '18 '17 '16. Cedar Falls</u>		
<u>PHA 5K and Kids PHun Run '14, Cedar Rapids</u>	<u>Indee Zombie Run '16 '15 '14 '13, Independence</u>		
<u>Southern Prairie YMCA 5K R/W Balloon Chase '18 '17 '16 '13 '12 '11 Creston</u>	<u>Great Pumpkin Chase '19 '17 '16 '15 '14 '13, '12, Manchester</u>		
<u>Robert's Run '19 '18 '17 '16 '15 '14, '13, Mason City</u>	<u>Olympic Double Duathlon '13, Anita</u>		
<u>Beaverdale Beaverdash '19 '18 '17 '16 '15 '14 '12 Des</u>	<u>Freaky 5K '14 '13 '12, Oskaloosa</u>		

<u>Moines - no longer timed</u>			
<u>Coe Homecoming Run '14, '13, '12, Cedar.Rapids.</u>	<u>Run for the Schools '19 '18 '17 '16 '15 '14 '13 '12 '11 Iowa City</u>		
<u>Halfway to St.Pats '19 '18 '17, Bettendorf</u>	<u>Haunted Hollow '17, Urbandale</u>		
<u>Bee Amazing Trail Run '14, Cedar Rapids</u>	<u>Loess Hills Monster '11, Glenwood</u>		
<u>Waukee Ten '18 '17, Waukee</u>	<u>St Joes Charger Challenge 5K '11,</u>		
<u>SAU Killer Bee 5K '15 '14, '13 '12, Davenport</u>	<u>Strides For Rides 5K'17, Iowa City</u>		
<u>DMACC Alumni Run '19, Ankeny</u>	<b><u>Tri by Knight '20</u></b>		
<u>Flap Jack Run (formerly Run, Rock, Stroll) '15 '14 '13 '12 '11 -10K, 5K, -Des Moines</u>	<b><u>ZTA Race for the Cure '20 '19 '18 '17 '16 '15 '14 '13 '12 '11 Iowa City</u></b>		
<u>Nancy Kapheim Meml Classic '14 '12 '11 Quad Cities</u>	<u>Monster Dash '17 '16 Saydel</u>		
<u>Get the Lead Out '11, Dubuque</u>	<u>Monster Dash ;18 '16, Polk City</u>		
<u>Off the Beaten Path Trail Run '19 '18 '17 '16 '14 '13 '12, Grinnell</u>	<u>Abana Banji '11, Ames</u>		
<u>Katies Crusaders</u>	<u>CBRC Pumpkin Dash '19 '17 '16 '15 , '14, Davenport</u>		
<u>Capital Pursuit '19 '18 '17 '16 '15 '14 '13 '12 '11 Des Moines</u>	<u>Marengo Fall Festival Run '17</u>		
<b><u>Run as One for Taylor '20 '19 '18 '17, Winterset</u></b>	<u>Grant Wheeler '15 '14 '13 '12 '11, Cedar Falls</u>		

<u>Garret's Path 5K, Burlington '16 '15 '14 '13, Burlington</u>	<b>Des Moines Marathon 'virtual '20 '19 '18 '17 '16 '15 '14 '13 '12 '11</b>		
<u>Catch the Clover '11, Sioux Center</u>	<u>USRA Council Bluffs Half Marathon '12 '11</u>		
<u>Hunger Run '19, Altoona</u>	<u>Save Our Seniors Fun Run '18 '15 '14, Marion</u>		
<u>Run, Walk, Roll '12 '11, Indianola</u>	<u>Haunted Hustle '14 '13, Iowa City</u>		
<u>Hopkinton 5k '15</u>	<u>Spooky Scamper '15 '14 '13 '12, Mason City</u>		
<u>Run for the Least '19, 18, '17 '16 '15, Lisbon</u>	<u>Pathway's 5k '15 '13 '12, Waterloo</u>		
<u>Green Run '12 '11</u>	<u>Aquin Little Angel Run, '14,</u>		
<u>Oktemberfest Race '16 ;15 '14 '13 '12 '11 Marshalltown</u>	<u>NCC Thunder Run '16 '15 '14 '13 '12, Sheldon</u>		
<u>TriHawks Tri '11Iowa City</u>	<u>Run to Cure K-9 Cancer - ISU '15</u>		
<u>Flaughless 5K '14, Vinton</u>	<u>Iowa's Longest Marathon. Marion- Iowa City '14</u>		
<u>Peregrine Charities Kids Triathlon. '11, Cedar Falls</u>	<b>Evergreen Lane History Hustle 5K '20 '19 Nevada</b>		
<u>Wild Boar Challenge '19 '18 '17 '16 15, '14, '12, Winterset</u>	<b>Equalizer 6 &amp; 24 Hour Run '20 '19 '18 '17 '16 '15 '12 '11</b>		
<u>Prairie Ridge Wellness 5k '19, Mason City</u>	<u>Hawkeye Fallout '19, Solon</u>		
<u>Lucas County Healthy Hearts '12, Chariton</u>	<u>Spooktacular Booathlon '18 '15, Ft. Madison</u>		
<u>Purple Stride Iowa '19 '18,</u>	<u>Haunted Hollow, '17</u>		

<u>Applefest 5k/10k '17 '16 '15 '14 '13 '12 '10, Ft Dodge</u>	<u>Muddy Monster '12 '11</u>		
<u>Z.A.G.R.A.T.A. 5K '11 Cedar Rapids</u>			
<u>AWARE 5k by BVRMC '19 '18 '17 '16 '15 '14 '13, Storm Lake, IA</u>	<u>Downtown 2K '13, Iowa City</u>		
<u>PI Mile 5K '19 '18 '17, Ames</u>	<u>Blue Sky Run '12, Ames</u>		
<u>Gary Vermeer Run '13 '12 '11, Pella</u>	<u>Brant's Great Pumpkin Race '16 '15 '14 '13 '12 '11 ,Earlham</u>		
<u>The Brew Mile '13, Des Moines</u>	<u>Lagomarcino's Cocoa Beano '18 '17 '16 '15 '14, Davenport</u>		
<u>Glo Run '17 '16, Cedar Rapids</u>	<u>Race for the Cure '18 '17 '16 '15 '14 '13 '12 '11 Des Moines</u>	o	
<u>Johnston Schhools Centennial Purple Run '14</u>	<u>S A Catch the Shield '16, Iowa City</u>		
<u>Hillbilly Hot Foot 5k '13, Maquoketa</u>	<b><u>5 Sullivan Brothers Race '20 '19 '17 '16 '15 '14 '12 '11 '10 '09, Waterloo</u></b>		
<u>Blood Sweat Beers 5k '17 '16 '15, Carroll</u>	<u>Trick or Trot, Walcott '17</u>		
<u>Hayden's Hope Warrior Run '14, Mason City</u>	<u>Three Rivers Trail Run, Humboldt '17 '15, '13, Humboldt</u>		
<u>Tutor Trot for Jobs '12, Waterloo</u>	<u>Grandma'a House Trail Run '18 '16, WDM</u>		
<u>Cy Man Tri'19 '18 '17 '16 '15 '14 '13 '12 '11Bondurant</u>	<u>Spooky 1 Mile, Ankeny '17</u>		
<u>Quad Cities Mara 1/2, 5K '19 '18 '17 '16 '15 '14</u>	<u>Spooktacular Booathlon '19, Ft.Madison</u>		

<u>Ely Fall Fest '18 '17 '16 '15 '14 '13 '12 '11 '10, Ely</u>	<u>Food Run 5k &amp; 10k '18, Iowa City</u>		
<u>Apple Gallop. Montezuma '16 '15 '10, Monti</u>	<u>Hot Cider Hustle 5k '19 '18, '17, WDM</u>		
<u>Serving Our Seniors '19, Marion</u>	<u>Halloween Hustle '19, Dysart</u>		
<u>Pancake Day Fun Run '19 '18, Centerville</u>			
<u>Step Up for Down Syndrome 5K Run/Walk '18, '17, Cedar Rapids</u>			
<u>Back the Blue Pump N Run '19 '18 '17, Ames</u>			
<u>Believe Guatemala Cocoa '17, Creston</u>			
<u>Zero Prostate Cancer Run '19, DSM</u>			
<u>Mercy Pancake Days '19 '16 '15 '14 '13 '12 '11, Centerville</u>			
<b><u>Jester Park Trail Run '20</u></b>			
<u>Kickoff for Kinnick '18 '17 '16 '15 '14, Iowa City</u>			
<u>Swamp Fox '19 '18 '17 '16 '15 '14 '13 '12 '11 Marion</u>			
<u>Loop de Loop Half Mara '19 '18 '17 '16 '15 '14 '13 '12, Decorah</u>			
<u>ZERO Prostate Cancer '18 '17 '16 '15, Des Moines</u>			
<b><u>Remembrance Run '20 '19 '18 '17 '16 '15 '14 '13 '12, '11, West</u></b>			



<u>Des Moines</u>			
<u>Gladiator Assault-6M '17, Boone</u>			
<u>Run Toyota '19, Cedar Rapids</u>			

[Back Home](#)