

MERCY MEDICAL CENTER  
 PANCAKE DAY  
 5K/10K RUN AND 2.1 MILE WALK  
 September 28, 2013  
 Centerville, Iowa

10K RESULTS

| Place | Div/Tot | Name              | City              | St | Age | S | Time    | Pace  |
|-------|---------|-------------------|-------------------|----|-----|---|---------|-------|
| 1     | 1/4     | Nathan Eagen      | De Kalb           | IL | 33  | M | 40:24   | 6:30  |
| 2     | 1/4     | Andrew Forti      | Grafton           | WI | 21  | M | 42:22   | 6:49  |
| 3     | 1/1     | Nicklos McCann    | Centerville       | IA | 18  | M | 44:20   | 7:09  |
| 4     | 1/4     | Kimberly Franklin | Swisher           | IA | 46  | F | 45:31   | 7:20  |
| 5     | 2/4     | Ray Quiroz        | Columbus Junction | IA | 20  | M | 46:03   | 7:25  |
| 6     | 1/5     | Kristen Mitchell  | Ottumwa           | IA | 34  | F | 47:04   | 7:35  |
| 7     | 1/4     | Matt White        | Albia             | IA | 10  | M | 51:13   | 8:15  |
| 8     | 2/4     | Jamy Vanderheyden | Nevada            | IA | 37  | M | 51:58   | 8:22  |
| 9     | 3/4     | Brett Kanselaar   | Centerville       | IA | 22  | M | 52:21   | 8:26  |
| 10    | 4/4     | Antonio Craver    | Centerville       | IA | 20  | M | 52:54   | 8:31  |
| 11    | 1/2     | Luaren Jones      | Centerville       | IA | 25  | F | 53:00   | 8:32  |
| 12    | 2/4     | Joe Zintz         | Plano             | IA | 14  | M | 53:02   | 8:33  |
| 13    | 1/3     | Cassidy Schacher  | Centerville       | IA | 16  | F | 53:07   | 8:33  |
| 14    | 2/3     | Bailey Witt       | Centerville       | IA | 16  | F | 53:08   | 8:33  |
| 15    | 3/3     | Haley Gruber      | Carlise           | IA | 17  | F | 54:18   | 8:45  |
| 16    | 1/4     | Alan Sells        | Centerville       | IA | 44  | M | 54:28   | 8:46  |
| 17    | 2/5     | Beth Davis        | Moulton           | IA | 31  | F | 54:34   | 8:47  |
| 18    | 2/4     | Chris Spencer     | Moravia           | IA | 40  | M | 57:47   | 9:18  |
| 19    | 3/4     | Chris Schroeder   | Blue Springs      | MO | 39  | M | 57:54   | 9:20  |
| 20    | 3/4     | Jeremy Hawk       | Unionville        | IA | 43  | M | 59:30   | 9:35  |
| 21    | 1/2     | Larry Whitaker    | Centerville       | IA | 60  | M | 1:00:13 | 9:42  |
| 22    | 4/4     | Jason Smith       | Centerville       | IA | 39  | M | 1:00:29 | 9:44  |
| 23    | 3/5     | Tisha Pruiett     | Corydon           | IA | 38  | F | 1:00:37 | 9:46  |
| 24    | 4/4     | Scott J Wisdom    | Parkville         | MO | 42  | M | 1:00:39 | 9:46  |
| 25    | 2/4     | Billi Gordy       | Bloomfield        | IA | 42  | F | 1:03:06 | 10:10 |
| 26    | 3/4     | Merrick Mathews   | Centerville       | IA | 10  | M | 1:03:22 | 10:12 |
| 27    | 3/4     | Tracy Bain        | Albia             | IA | 41  | F | 1:03:35 | 10:14 |
| 28    | 1/1     | Susan Bragga      | Centerville       | IA | 65  | F | 1:04:53 | 10:27 |
| 29    | 2/2     | Daniel Loomis     | Ottumwa           | IA | 62  | M | 1:04:58 | 10:28 |
| 30    | 4/5     | Kristi Caylor     | Centerville       | IA | 30  | F | 1:07:42 | 10:54 |
| 31    | 5/5     | Melissa Dyer      | Clio              | IA | 30  | F | 1:10:43 | 11:23 |
| 32    | 4/4     | Matthew Hehr      | Ames              | IA | 9   | M | 1:11:24 | 11:30 |
| 33    | 1/1     | Kandi Baxter      | Mondamin          | IA | 54  | F | 1:15:45 | 12:12 |
| 34    | 2/2     | Tanya Hehr        | Centerville       | IA | 27  | F | 1:17:22 | 12:27 |
| 35    | 4/4     | Chris Anderson    | Culloden          | WV | 47  | F | 1:21:51 | 13:11 |

MALE RESULTS

| Place | No. | Name              | City              | St | Age | S | Time  | Pace |
|-------|-----|-------------------|-------------------|----|-----|---|-------|------|
| 1     | 350 | Nathan Eagen      | De Kalb           | IL | 33  | M | 40:24 | 6:30 |
| 2     | 405 | Andrew Forti      | Grafton           | WI | 21  | M | 42:22 | 6:49 |
| 3     | 371 | Nicklos McCann    | Centerville       | IA | 18  | M | 44:20 | 7:09 |
| 4     | 406 | Ray Quiroz        | Columbus Junction | IA | 20  | M | 46:03 | 7:25 |
| 5     | 353 | Matt White        | Albia             | IA | 10  | M | 51:13 | 8:15 |
| 6     | 372 | Jamy Vanderheyden | Nevada            | IA | 37  | M | 51:58 | 8:22 |
| 7     | 271 | Brett Kanselaar   | Centerville       | IA | 22  | M | 52:21 | 8:26 |
| 8     | 229 | Antonio Craver    | Centerville       | IA | 20  | M | 52:54 | 8:31 |
| 9     | 331 | Joe Zintz         | Plano             | IA | 14  | M | 53:02 | 8:33 |

|    |     |                 |              |    |    |   |         |       |
|----|-----|-----------------|--------------|----|----|---|---------|-------|
| 10 | 302 | Alan Sells      | Centerville  | IA | 44 | M | 54:28   | 8:46  |
| 11 | 307 | Chris Spencer   | Moravia      | IA | 40 | M | 57:47   | 9:18  |
| 12 | 298 | Chris Schroeder | Blue Springs | MO | 39 | M | 57:54   | 9:20  |
| 13 | 261 | Jeremy Hawk     | Unionville   | IA | 43 | M | 59:30   | 9:35  |
| 14 | 316 | Larry Whitaker  | Centerville  | IA | 60 | M | 1:00:13 | 9:42  |
| 15 | 348 | Jason Smith     | Centerville  | IA | 39 | M | 1:00:29 | 9:44  |
| 16 | 320 | Scott J Wisdom  | Parkville    | MO | 42 | M | 1:00:39 | 9:46  |
| 17 | 280 | Merrick Mathews | Centerville  | IA | 10 | M | 1:03:22 | 10:12 |
| 18 | 276 | Daniel Loomis   | Ottumwa      | IA | 62 | M | 1:04:58 | 10:28 |
| 19 | 349 | Matthew Hehr    | Ames         | IA | 9  | M | 1:11:24 | 11:30 |

FEMALE RESULTS

| Place | No. | Name              | City        | St | Age | S | Time    | Pace  |
|-------|-----|-------------------|-------------|----|-----|---|---------|-------|
| 1     | 249 | Kimberly Franklin | Swisher     | IA | 46  | F | 45:31   | 7:20  |
| 2     | 368 | Kristen Mitchell  | Ottumwa     | IA | 34  | F | 47:04   | 7:35  |
| 3     | 338 | Luaren Jones      | Centerville | IA | 25  | F | 53:00   | 8:32  |
| 4     | 366 | Cassidy Schacher  | Centerville | IA | 16  | F | 53:07   | 8:33  |
| 5     | 322 | Bailey Witt       | Centerville | IA | 16  | F | 53:08   | 8:33  |
| 6     | 258 | Haley Gruber      | Carlise     | IA | 17  | F | 54:18   | 8:45  |
| 7     | 230 | Beth Davis        | Moulton     | IA | 31  | F | 54:34   | 8:47  |
| 8     | 292 | Tisha Pruiett     | Corydon     | IA | 38  | F | 1:00:37 | 9:46  |
| 9     | 254 | Billi Gordy       | Bloomfield  | IA | 42  | F | 1:03:06 | 10:10 |
| 10    | 202 | Tracy Bain        | Albia       | IA | 41  | F | 1:03:35 | 10:14 |
| 11    | 209 | Susan Bragga      | Centerville | IA | 65  | F | 1:04:53 | 10:27 |
| 12    | 219 | Kristi Caylor     | Centerville | IA | 30  | F | 1:07:42 | 10:54 |
| 13    | 241 | Melissa Dyer      | Clio        | IA | 30  | F | 1:10:43 | 11:23 |
| 14    | 204 | Kandi Baxter      | Mondamin    | IA | 54  | F | 1:15:45 | 12:12 |
| 15    | 262 | Tanya Hehr        | Centerville | IA | 27  | F | 1:17:22 | 12:27 |
| 16    | 336 | Chris Anderson    | Culloden    | WV | 47  | F | 1:21:51 | 13:11 |

MALE AGE GROUP RESULTS 1 - 14

| Place | No. | Name            | City        | St | Age | S | Time    | Pace  |
|-------|-----|-----------------|-------------|----|-----|---|---------|-------|
| 1     | 353 | Matt White      | Albia       | IA | 10  | M | 51:13   | 8:15  |
| 2     | 331 | Joe Zintz       | Plano       | IA | 14  | M | 53:02   | 8:33  |
| 3     | 280 | Merrick Mathews | Centerville | IA | 10  | M | 1:03:22 | 10:12 |
| 4     | 349 | Matthew Hehr    | Ames        | IA | 9   | M | 1:11:24 | 11:30 |

FEMALE AGE GROUP RESULTS 15 - 19

| Place | No. | Name             | City        | St | Age | S | Time  | Pace |
|-------|-----|------------------|-------------|----|-----|---|-------|------|
| 1     | 366 | Cassidy Schacher | Centerville | IA | 16  | F | 53:07 | 8:33 |
| 2     | 322 | Bailey Witt      | Centerville | IA | 16  | F | 53:08 | 8:33 |
| 3     | 258 | Haley Gruber     | Carlise     | IA | 17  | F | 54:18 | 8:45 |

MALE AGE GROUP RESULTS 15 - 19

| Place | No. | Name           | City        | St | Age | S | Time  | Pace |
|-------|-----|----------------|-------------|----|-----|---|-------|------|
| 1     | 371 | Nicklos McCann | Centerville | IA | 18  | M | 44:20 | 7:09 |

FEMALE AGE GROUP RESULTS 20 - 29

| Place No. | Name             | City        | St | Age | S | Time    | Pace  |
|-----------|------------------|-------------|----|-----|---|---------|-------|
| 1         | 338 Luaren Jones | Centerville | IA | 25  | F | 53:00   | 8:32  |
| 2         | 262 Tanya Hehr   | Centerville | IA | 27  | F | 1:17:22 | 12:27 |

MALE AGE GROUP RESULTS 20 - 29

| Place No. | Name                | City              | St | Age | S | Time  | Pace |
|-----------|---------------------|-------------------|----|-----|---|-------|------|
| 1         | 405 Andrew Forti    | Grafton           | WI | 21  | M | 42:22 | 6:49 |
| 2         | 406 Ray Quiroz      | Columbus Junction | IA | 20  | M | 46:03 | 7:25 |
| 3         | 271 Brett Kanselaar | Centerville       | IA | 22  | M | 52:21 | 8:26 |
| 4         | 229 Antonio Craver  | Centerville       | IA | 20  | M | 52:54 | 8:31 |

FEMALE AGE GROUP RESULTS 30 - 39

| Place No. | Name                 | City        | St | Age | S | Time    | Pace  |
|-----------|----------------------|-------------|----|-----|---|---------|-------|
| 1         | 368 Kristen Mitchell | Ottumwa     | IA | 34  | F | 47:04   | 7:35  |
| 2         | 230 Beth Davis       | Moulton     | IA | 31  | F | 54:34   | 8:47  |
| 3         | 292 Tisha Pruiett    | Corydon     | IA | 38  | F | 1:00:37 | 9:46  |
| 4         | 219 Kristi Caylor    | Centerville | IA | 30  | F | 1:07:42 | 10:54 |
| 5         | 241 Melissa Dyer     | Clio        | IA | 30  | F | 1:10:43 | 11:23 |

MALE AGE GROUP RESULTS 30 - 39

| Place No. | Name                  | City         | St | Age | S | Time    | Pace |
|-----------|-----------------------|--------------|----|-----|---|---------|------|
| 1         | 350 Nathan Eagen      | De Kalb      | IL | 33  | M | 40:24   | 6:30 |
| 2         | 372 Jamy Vanderheyden | Nevada       | IA | 37  | M | 51:58   | 8:22 |
| 3         | 298 Chris Schroeder   | Blue Springs | MO | 39  | M | 57:54   | 9:20 |
| 4         | 348 Jason Smith       | Centerville  | IA | 39  | M | 1:00:29 | 9:44 |

FEMALE AGE GROUP RESULTS 40 - 49

| Place No. | Name                  | City       | St | Age | S | Time    | Pace  |
|-----------|-----------------------|------------|----|-----|---|---------|-------|
| 1         | 249 Kimberly Franklin | Swisher    | IA | 46  | F | 45:31   | 7:20  |
| 2         | 254 Billi Gordy       | Bloomfield | IA | 42  | F | 1:03:06 | 10:10 |
| 3         | 202 Tracy Bain        | Albia      | IA | 41  | F | 1:03:35 | 10:14 |
| 4         | 336 Chris Anderson    | Culloden   | WV | 47  | F | 1:21:51 | 13:11 |

MALE AGE GROUP RESULTS 40 - 49

| Place No. | Name               | City        | St | Age | S | Time    | Pace |
|-----------|--------------------|-------------|----|-----|---|---------|------|
| 1         | 302 Alan Sells     | Centerville | IA | 44  | M | 54:28   | 8:46 |
| 2         | 307 Chris Spencer  | Moravia     | IA | 40  | M | 57:47   | 9:18 |
| 3         | 261 Jeremy Hawk    | Unionville  | IA | 43  | M | 59:30   | 9:35 |
| 4         | 320 Scott J Wisdom | Parkville   | MO | 42  | M | 1:00:39 | 9:46 |

FEMALE AGE GROUP RESULTS 50 - 59

| Place No. | Name             | City     | St | Age | S | Time    | Pace  |
|-----------|------------------|----------|----|-----|---|---------|-------|
| 1         | 204 Kandi Baxter | Mondamin | IA | 54  | F | 1:15:45 | 12:12 |

FEMALE AGE GROUP RESULTS 60 - 69

| Place No. | Name             | City        | St | Age | S | Time    | Pace  |
|-----------|------------------|-------------|----|-----|---|---------|-------|
| 1         | 209 Susan Bragga | Centerville | IA | 65  | F | 1:04:53 | 10:27 |

MALE AGE GROUP RESULTS 60 - 69

| Place No. | Name               | City        | St | Age | S | Time    | Pace  |
|-----------|--------------------|-------------|----|-----|---|---------|-------|
| 1         | 316 Larry Whitaker | Centerville | IA | 60  | M | 1:00:13 | 9:42  |
| 2         | 276 Daniel Loomis  | Ottumwa     | IA | 62  | M | 1:04:58 | 10:28 |