

DIVISION 1 FITNESS CHALLENGE PUSH UPS

First Name	Last Name	Company	Division	Push Ups	Score	Place	Points
Cindra	Bombei	Hills Bank	Female 18-29	36	10	60	70
Katie	Meade	Integrated DNA Technologies	Female 18-29	33	10	40	50
Jenna	Brannaman	UFG Insurance	Female 18-29	31	10	30	40
Lauren	Gilbertson	Shive-Hattery	Female 18-29	30	10	20	30
Caitlin	Laramee	Transamerica/Aegon	Female 18-29	20	10		10
Emily	Vandermyde	Shive-Hattery	Female 18-29	20	10		10
Tonya	Deberg	Integrated DNA Technologies	Female 18-29	20	10		10
Carley	Bockenstedt	Hills Bank	Female 18-29	15	10		10
Michelle	Riedinger	Shive-Hattery	Female 18-29	1	10		10
Jenny	Brainard	Transamerica/Aegon	Female 30-39	28	10	60	70
Jennifer	Wagner	University of Iowa	Female 30-39	15	10	40	50
Summer	Laurent	CRST International	Female 30-39	10	10	30	40
Jeni	Head	Linn Area Credit Union	Female 40-49	47	10	60	70
Sarah	George	UFG Insurance	Female 40-49	36	10	40	50
Carri	Fox-Rummel	City of Iowa City Employees	Female 40-49	32	10	30	40
DANELLE	STIPES	University of Iowa	Female 40-49	26	10	20	30
Beth	Primrose	CRST International	Female 40-49	25	10		10
Sara	Riggs	University of Iowa	Female 40-49	24	10		10
Kelly	Carr	University of Iowa	Female 40-49	23	10		10
Latisha	McDaniel	Integrated DNA Technologies	Female 40-49	20	10		10
Megan	Hammes	University of Iowa	Female 40-49	15	10		10
Kerri	Matucha	CRST International	Female 40-49	15	10		10
BRENDA	VAN DEE	University of Iowa	Female 50+	29	10	60	70
Robin	Burns	University of Iowa	Female 50+	25	10	40	50
Sandy	Stewart	University of Iowa	Female 50+	21	10		10
Mary	Heath	University of Iowa	Female 50+	20	10		10
Elaine	Peiffer	Transamerica/Aegon	Female 50+	10	10		10
Pat	Kutcher	University of Iowa	Female 50+	36	10		10
Brady	Anderson	UFG Insurance	Male 18-29	72	10	60	70
Hunter	Sade	Linn Area Credit Union	Male 18-29	49	10	40	50
Jake	Lehman	Shive-Hattery	Male 18-29	40	10	30	40
Sarah	Lambert	University of Iowa	Male 18-29	20	10	20	30
Matt	Bailey	Linn Area Credit Union	Male 30-39	58	10	60	70
Justin	Campbell	Shive-Hattery	Male 30-39	43	10	40	50
Phil	Reges	CRST International	Male 30-39	18	10	30	40
Mitch	Frazier	Shive-Hattery	Male 30-39	10	10	20	30
Brett	Ehlers	Integrated DNA Technologies	Male 30-39	1	10		10
Nathan	Mundt	University of Iowa	Male 40-49	57	10	60	70

DIVISION 1 FITNESS CHALLENGE SIT UPS

First Name	Last Name	Company	Division	# of Sit-ups	Score	Place	Points
Tonya	Deberg	Integrated DNA Technologies	Female 18-29	80	10	60	70
Jenna	Brannaman	UFG Insurance	Female 18-29	40	10	40	50
Caitlin	Laramee	Transamerica/Aegon	Female 18-29	36	10	30	40
Carley	Bockenstedt	Hills Bank	Female 18-29	35	10	20	30
Cindra	Bombei	Hills Bank	Female 18-29	27	10		10
Lauren	Gilbertson	Shive-Hattery	Female 18-29	25	10		10
Emily	Vandermyde	Shive-Hattery	Female 18-29	23	10		10
Katie	Meade	Integrated DNA Technologies	Female 18-29	20	10		10
Michelle	Riedinger	Shive-Hattery	Female 18-29	19	10		10
Jenny	Brainard	Transamerica/Aegon	Female 30-39	38	10	60	70
Jennifer	Wagner	University of Iowa	Female 30-39	29	10	40	50
Summer	Laurent	CRST International	Female 30-39	10	10	30	40
Kelly	Carr	University of Iowa	Female 40-49	46	10	60	70
Sara	Riggs	University of Iowa	Female 40-49	44	10	40	50
Megan	Hammes	University of Iowa	Female 40-49	33	10	0	10
Jeni	Head	Linn Area Credit Union	Female 40-49	32	10	20	30
DANELLE	STIPES	University of Iowa	Female 40-49	30	10		10
Latisha	McDaniel	Integrated DNA Technologies	Female 40-49	30	10		10
Carri	Fox-Rummel	City of Iowa City Employees	Female 40-49	30	10		10
Sarah	George	UFG Insurance	Female 40-49	29	10		10
Beth	Primrose	CRST International	Female 40-49	27	10		10
Kerri	Matucha	CRST International	Female 40-49	20	10		10
Pat	Kutcher	University of Iowa	Female 50+	89	10	60	70
BRENDA	VAN DEE	University of Iowa	Female 50+	59	10	40	50
Elaine	Peiffer	Transamerica/Aegon	Female 50+	35	10	30	40
Sandy	Stewart	University of Iowa	Female 50+	30	10		10
Robin	Burns	University of Iowa	Female 50+	20	10		10
Mary	Heath	University of Iowa	Female 50+	17	10		10
Brady	Anderson	UFG Insurance	Male 18-29	71	10	60	70
Hunter	Sade	Linn Area Credit Union	Male 18-29	67	10	40	50
Sarah	Lambert	University of Iowa	Male 18-29	30	10	30	40
Jake	Lehman	Shive-Hattery	Male 18-29	30	10	20	30
Matt	Bailey	Linn Area Credit Union	Male 30-39	48	10	60	70
Justin	Campbell	Shive-Hattery	Male 30-39	41	10	40	50
Phil	Reges	CRST International	Male 30-39	35	10	30	40
Mitch	Frazier	Shive-Hattery	Male 30-39	12	10	20	30
Brett	Ehlers	Integrated DNA Technologies	Male 30-39	1	10		10
Nathan	Mundt	University of Iowa	Male 40-49	46	10	60	70

DIVISION 1 FITNESS CHALLENGE JUMPING JACKS

First Name	Last Name	Company	Division	#ofJJ'S	Score	Place	Points
Lauren	Gilbertson	Shive-Hattery	Female 18-29	80	10	60	70
Jenna	Brannaman	UFG Insurance	Female 18-29	75	10	40	50
Cindra	Bombei	Hills Bank	Female 18-29	75	10	30	40
Katie	Meade	Integrated DNA Technologies	Female 18-29	65	10	20	30
Michelle	Riedinger	Shive-Hattery	Female 18-29	62	10		10
Emily	Vandermyde	Shive-Hattery	Female 18-29	60	10		10
Tonya	Deberg	Integrated DNA Technologies	Female 18-29	60	10		10
Carley	Bockenstedt	Hills Bank	Female 18-29	50	10		10
Caitlin	Laramee	Transamerica/Aegon	Female 18-29	34	10		10
Jenny	Brainard	Transamerica/Aegon	Female 30-39	86	10	60	70
Jennifer	Wagner	University of Iowa	Female 30-39	71	10	40	50
Summer	Laurent	CRST International	Female 30-39	40	10	30	40
Beth	Primrose	CRST International	Female 40-49	80	10	60	70
Jeni	Head	Linn Area Credit Union	Female 40-49	79	10	40	50
Sarah	George	UFG Insurance	Female 40-49	71	10	30	40
Carri	Fox-Rummel	City of Iowa City Employees	Female 40-49	71	10	20	30
Kelly	Carr	University of Iowa	Female 40-49	66	10		10
Sara	Riggs	University of Iowa	Female 40-49	59	10		10
Megan	Hammes	University of Iowa	Female 40-49	42	10		10
DANELLE	STIPES	University of Iowa	Female 40-49	42	10		10
Latisha	McDaniel	Integrated DNA Technologies	Female 40-49	40	10		10
Kerri	Matucha	CRST International	Female 40-49	5	10		10
Pat	Kutcher	University of Iowa	Female 50+	111	10	60	70
Mary	Heath	University of Iowa	Female 50+	69	10	40	50
Robin	Burns	University of Iowa	Female 50+	68	10		10
BRENDA	VAN DEE	University of Iowa	Female 50+	64	10		10
Elaine	Peiffer	Transamerica/Aegon	Female 50+	50	10		10
Sandy	Stewart	University of Iowa	Female 50+	49	10		10
Brady	Anderson	UFG Insurance	Male 18-29	121	10	60	70
Hunter	Sade	Linn Area Credit Union	Male 18-29	98	10	40	50
Sarah	Lambert	University of Iowa	Male 18-29	83	10	30	40
Jake	Lehman	Shive-Hattery	Male 18-29	60	10	20	30
Justin	Campbell	Shive-Hattery	Male 30-39	87	10	60	70
Matt	Bailey	Linn Area Credit Union	Male 30-39	87	10	40	50
Mitch	Frazier	Shive-Hattery	Male 30-39	59	10	30	40
Phil	Reges	CRST International	Male 30-39	40	10	20	30
Brett	Ehlers	Integrated DNA Technologies	Male 30-39	1	10		10
Nathan	Mundt	University of Iowa	Male 40-49	80	10	60	70

DIVISION 2 FITNESS CHALLENGE PUSH UP

First Name	Last Name	Company	Division	Push-ups	Score	Place	Points
Danielle	Monthei	Van Meter Inc.	Female 18-29	35	10	60	70
Christine	Pfannebecker	Van Meter Inc.	Female 18-29	25	10	40	50
Lindsey	Sweet-Fisher	Van Meter Inc.	Female 30-39	40	10	60	70
Kristin	Vaughn	CIVCO Medical Solutions	Female 30-39	30	10	40	50
Joni	Shaw	Van Meter Inc.	Female 40-49	25	10	60	70
Dana	Kavanaugh	Van Meter Inc.	Female 40-49	20	10	40	50
Sheila	Tedrow	Van Meter Inc.	Female 40-49	19	10		10
Cara	Marek	Van Meter Inc.	Female 40-49	10	10		10
Charol	Steinfeld	Van Meter Inc.	Female 50+	35	10	60	70
Myles	Gritsche	Van Meter Inc.	Male 18-29	79	10	60	70
Wille	Rhoads	Van Meter Inc.	Male 18-29	62	10	40	50
Nick	Paul	Van Meter Inc.	Male 18-29	52	10		10
Brandon	Mather	Van Meter Inc.	Male 18-29	47	10		10
Jason	Velvick	Van Meter Inc.	Male 18-29	46	10		10
DaVonte	Franklin	Van Meter Inc.	Male 18-29	40	10		10
John	Loftus	Van Meter Inc.	Male 18-29	35	10		10
Lucas	Greif	Van Meter Inc.	Male 18-29	35	10		10
Max	Molander	Van Meter Inc.	Male 18-29	30	10		10
Regis	Breitbach	Van Meter Inc.	Male 18-29	25	10		10
Gavin	Palma	Van Meter Inc.	Male 30-39	39	10	60	70
Clayton	Niewoehner	Van Meter Inc.	Male 30-39	35	10	40	50
Jordan	Bleil	City of Coralville Employees	Male 30-39	28	10	30	40
Ryan	Haskin	ESCO Group	Male 30-39	15	10	20	30
Todd	Dostal	Van Meter Inc.	Male 30-39	10	10		10
Jayne	Barnhart	Van Meter Inc.	Male 40-49	40	10	60	70
Nick	Miller	Van Meter Inc.	Male 40-49	31	10	40	50
Jeremy	Bartlett	Trapeze Software Group, Inc.	Male 40-49	20	10	30	40
Jeffery	Miller	Van Meter Inc.	Male 50+	49	10	60	70

DIVISION 2 FITNESS CHALLENGE SIT UP

First Name	Last Name	Company	Division	# of Sit U	Score	Place	Points
Danielle	Monthei	Van Meter Inc.	Female 18-29	42	10	60	70
Christine	Pfannebecker	Van Meter Inc.	Female 18-29	34	10	40	50
Kristin	Vaughn	CIVCO Medical Solutions	Female 30-39	43	10	60	70
Lindsey	Sweet-Fisher	Van Meter Inc.	Female 30-39	35	10	40	50
Joni	Shaw	Van Meter Inc.	Female 40-49	46	10	60	70
Sheila	Tedrow	Van Meter Inc.	Female 40-49	34	10	40	50
Cara	Marek	Van Meter Inc.	Female 40-49	25	10		10
Dana	Kavanaugh	Van Meter Inc.	Female 40-49	22	10		10
Charol	Steinfeld	Van Meter Inc.	Female 50+	45	10	60	70
Jason	Velvick	Van Meter Inc.	Male 18-29	55	10	60	70
John	Loftus	Van Meter Inc.	Male 18-29	46	10	40	50
Nick	Paul	Van Meter Inc.	Male 18-29	43	10		10
Brandon	Mather	Van Meter Inc.	Male 18-29	43	10		10
Max	Molander	Van Meter Inc.	Male 18-29	40	10		10
Lucas	Greif	Van Meter Inc.	Male 18-29	37	10		10
Wille	Rhoads	Van Meter Inc.	Male 18-29	35	10		10
Regis	Breitbach	Van Meter Inc.	Male 18-29	35	10		10
Myles	Gritsche	Van Meter Inc.	Male 18-29	31	10		10
DaVonte	Franklin	Van Meter Inc.	Male 18-29	30	10		10
Gavin	Palma	Van Meter Inc.	Male 30-39	44	10	60	70
Clayton	Niewoehner	Van Meter Inc.	Male 30-39	40	10	40	50
Jordan	Bleil	City of Coralville Employees	Male 30-39	25	10	30	40
Ryan	Haskin	ESCO Group	Male 30-39	23	10	20	30
Todd	Dostal	Van Meter Inc.	Male 30-39	15	10		10
Nick	Miller	Van Meter Inc.	Male 40-49	33	10	60	70
Jayne	Barnhart	Van Meter Inc.	Male 40-49	30	10	40	50
Jeremy	Bartlett	Trapeze Software Group, Inc.	Male 40-49	25	10	30	40
Jeffery	Miller	Van Meter Inc.	Male 50+	37	10	60	70

DIVISION 2 JUMPING JACKS

First Name	Last Name	Company	Division	# of JJ'S	Score	Place	Points
Danielle	Monthei	Van Meter Inc.	Female 18-29	88	10	60	70
Christine	Pfannebecker	Van Meter Inc.	Female 18-29	70	10	40	50
Kristin	Vaughn	CIVCO Medical Solutions	Female 30-39	88	10	60	70
Lindsey	Sweet-Fisher	Van Meter Inc.	Female 30-39	76	10	40	50
Sheila	Tedrow	Van Meter Inc.	Female 40-49	75	10	60	70
Dana	Kavanaugh	Van Meter Inc.	Female 40-49	65	10	40	50
Joni	Shaw	Van Meter Inc.	Female 40-49	60	10		10
Cara	Marek	Van Meter Inc.	Female 40-49	23	10		10
Charol	Steinfeld	Van Meter Inc.	Female 50+	90	10	60	70
Brandon	Mather	Van Meter Inc.	Male 18-29	108	10	60	70
John	Loftus	Van Meter Inc.	Male 18-29	102	10	40	50
Lucas	Greif	Van Meter Inc.	Male 18-29	81	10	0	10
Myles	Gritsche	Van Meter Inc.	Male 18-29	78	10	0	10
DaVonte	Franklin	Van Meter Inc.	Male 18-29	72	10		10
Jason	Velvick	Van Meter Inc.	Male 18-29	70	10		10
Wille	Rhoads	Van Meter Inc.	Male 18-29	70	10		10
Max	Molander	Van Meter Inc.	Male 18-29	65	10		10
Nick	Paul	Van Meter Inc.	Male 18-29	63	10		10
Regis	Breitbach	Van Meter Inc.	Male 18-29	60	10		10
Gavin	Palma	Van Meter Inc.	Male 30-39	81	10	60	70
Clayton	Niewoehner	Van Meter Inc.	Male 30-39	72	10	40	50
Todd	Dostal	Van Meter Inc.	Male 30-39	70	10		10
Ryan	Haskin	ESCO Group	Male 30-39	63	10	20	30
Jordan	Bleil	City of Coralville Employees	Male 30-39	50	10		10
Jayme	Barnhart	Van Meter Inc.	Male 40-49	79	10	60	70
Nick	Miller	Van Meter Inc.	Male 40-49	79	10	60	70
Jeremy	Bartlett	Trapeze Software Group, Inc.	Male 40-49	51	10	30	40
Jeffery	Miller	Van Meter Inc.	Male 50+	91	10	60	70

Matt	Ehler	Steindler Orthopedic Clinic	Male 40-49	54	10	60	70
Brian	Wills	Steindler Orthopedic Clinic	Male 40-49	51	10	40	50
Mitch	Estling	BerganKDV	Male 40-49	42	10	30	40
Vince	Ellison	BerganKDV	Male 40-49	40	10	20	30
Mark	Mysnyk	Steindler Orthopedic Clinic	Male 50+	105	10	60	70
Dave	Wyant	BerganKDV	Male 50+	48	10	40	50
Jim	Koch	BerganKDV	Male 50+	29	10	30	40
Steve	Carroll	Linn County REC	Male 50+	18	10	20	30

Brian	Wills	Steindler Orthopedic Clinic	Male 40-49	54	10	60	70
Vince	Ellison	BerganKDV	Male 40-49	45	10	40	50
Mitch	Estling	BerganKDV	Male 40-49	38	10	30	40
Matt	Ehler	Steindler Orthopedic Clinic	Male 40-49	34	10	20	30
Mark	Mysnyk	Steindler Orthopedic Clinic	Male 50+	69	10	60	70
Dave	Wyant	BerganKDV	Male 50+	52	10	40	50
Steve	Carroll	Linn County REC	Male 50+	24	10	30	40
Jim	Koch	BerganKDV	Male 50+	21	10	20	30

Brian	Wills	Steindler Orthopedic Clinic	Male 40-49	92	10	60	70
Matt	Ehler	Steindler Orthopedic Clinic	Male 40-49	73	10	40	50
Mitch	Estling	BerganKDV	Male 40-49	72	10	30	40
Vince	Ellison	BerganKDV	Male 40-49	62	10	20	30
Dave	Wyant	BerganKDV	Male 50+	106	10	60	70
Mark	Mysnyk	Steindler Orthopedic Clinic	Male 50+	103	10	40	50
Jim	Koch	BerganKDV	Male 50+	67	10	30	40
Steve	Carroll	Linn County REC	Male 50+	51	10	20	30