



CLIFF KEEN ATHLETIC

NATIONAL COLLEGIATE

WOMENS WRESTLING CHAMPIONSHIPS

HOSTED BY
CEDAR RAPIDS
IOWA



MARCH 3-4, 2023

ALLIANT ENERGY POWERHOUSE ARENA



WELCOME
TO CEDAR RAPIDS

Greetings!

Welcome to the City of Five Seasons. It is a pleasure to host the 2023 National Collegiate Women's Wrestling Championships here in Cedar Rapids! The Alliant Energy Powerhouse & Doubletree Convention Center Complex is a first-class venue and we are honored to be hosting this prestigious event with the help of many community partners & event sponsors.

Cedar Rapids is annually named one of the best places to live by Livability, and we believe one of our main strengths as a community is the genuine hospitality offered to our visitors and guests. With a population of 137,000 we are able to foster this "small town" friendliness in the midst of big city amenities. We have developed and are further enhancing our downtown area into a center for business, sports, the arts and entertainment.

We hope after your stay in Cedar Rapids that you will agree there is something special going on here. For up to date visitor information please visit our website at www.tourismcedarrapids.com.

Thank you for visiting and competing in our city!

Sincerely,

JAY FANTA
Director of Sports Tourism
Cedar Rapids Tourism Office





EVENT SCHEDULE



FRIDAY, MARCH 3RD

SESSION I

9:00am - Doors Open

10:35am - Opening Ceremonies

11:00am - Preliminary Round; First Round (Mats 1, 2, 3 & 4)

SESSION II

3:00pm - Doors Open

4:00pm - Championships Quarterfinals (Mats 2 & 3)

Consolation First Round (Mats 1 & 4)

Consolation Second and Quarterfinals (Mats 1, 2, 3 & 4)

SATURDAY, MARCH 4TH

SESSION III

9:30am - Doors Open

11:00am - Championships Semifinals (Mats 1 & 2)

Consolation Semifinals (Mat 3)

Consolation matches for 3rd, 5th and 7th places (Mats 1, 2 & 3)

SESSION IV

5:30pm - Doors Open

6:30pm - Parade of All-Americans

7:00pm - Finals (One Mat)



BRAND NEW
WOMIENS
PROTECTION



THE HUNTRESS

Powerful Protection for Powerful Women

- Tested and Design to specifically fit the female form
- Wearable padding that works with you, light & breathable
 - End mat burn with comfort and style
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Brand New Color for a timeless classic

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cliffkeen.com



THANK YOU

TOURNAMENT COMMITTEE

Lonny Allen, Tiffin University
Keith Buckley, Pacific University
Jason Coomer, Lindenwood University
Mike Duffy, Host Personnel, formerly Adrian College
Thomas Giglio, Lock Haven University
Diane Gilbert, University of Wisconsin-Stevens Point
Theresa Hanson, Simon Fraser University
Jason Hicks, King University
Chase Kearney, William Jewell College
Lisa McGuirk, Gannon University
Nate Moorman, Emmanuel College
Sandee Mott, Texas Wesleyan University
Dee Nichols, Presbyterian College

THE MAN BEHIND THE MAT

Dick Simmons, Tournament Director

Dick Simmons has worked with the Cedar Rapids Tourism Office as the Tournament Director for eight Division III NCAA Wrestling Championships held in Cedar Rapids since 2008 and will serve as Tournament Director in 2026 when the NCAA Championships return to the Alliant Energy PowerHouse.

This year will mark his 9th Championship as tournament director and the first year he has overseen the National Collegiate Women's National Championships. Dick has also chaired and served on the NCAA Wrestling Committee, and is a NWCA Hall of Fame Class of 2016 inductee.



to all who make this tournament possible



TOURNAMENT SPONSORS



CLIFF KEEN



MARINES



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WRESTLING**

FLOWRESTLING



**CEDAR RAPIDS
TOURISM**

STERILASER™
DISINFECTION AT THE SPEED OF LIGHT SINCE 2008



DEFENSE
SOAP



THANK YOU

to all who make this tournament possible



MARINES

THE FUTURE IS DETERMINED BY THOSE WHO FIGHT FOR IT

Where the next threats arise will be unexpected, and the dangers they present to our Nation will be unpredictable. Marines are ready to think strategically, react rapidly, and act tactically to outsmart and defeat any adversary in any domain.



TO LEARN MORE, SCAN THE QR CODE

[MARINES.COM/ALWAYSADAPTING](https://marines.com/alwaysadapting)





QUALIFIERS BY SCHOOL



Adrian

Emily Mendez
Angela LoRusso
Laila Oribello
Shawna Oesterling
Clarissa Agostini
Taylor Cutler
Nyla Burgess
Aspen Dodge
Sienna Lejeune
Yamilex Perez

Albion

Gabby Motz
Jayla Oberst
Danielle Ruiz
Hannah Arledge-Teran
Hannah Palise

Augsburg University

Tateum Park
Gabby Skidmore
Autumn Flanigan
Nina Makem
Katie Lange
Ellisa Jimenez
Marlynn Deede
Brooklyn Hays

Aurora

Alexis Janiak

Carthage

Bentley Hills
Natalie Majer
Nadia Flores

Chadron

Kinsey Smith
Isabell Ortiz
Kayley Garcia
Kamila Montenegro

Colorado Mesa University

Jennesis Martinez
Isabella Morales
Marissa Gallegos
Hania Halverson
Hailey Chapman
Elizabeth Miller
Holly Beaudoin
Erica Schroeder
Celina Cooke
Dalia Garibay
Melena Jones
Jayleen Sekona

Delaware Valley

Bridgette Schoultz

East Stroudsburg

Haley Delia
Emily Klein
Sofia Macaluso
Mia Macaluso
Zoe Gress
Shola Casen

Elmira

Skylynn Tomlinson
Gabby Bradigan
Skylah Chakouian
Hazel Dahlquist
Mariyah Casados
Tayana Labady

Emmanuel

Haley Zinninger
Dinayah Vazquez
Betty Cherry
Samantha Larios
Gianna Anaya
Alyssa Arana
Cristina Santoyo

Emory & Henry

Andreia Langley

Gannon

Chloe Kitagawa
Samantha Larsen
Juliana Cubias
Lana Perez
Lili Ujfalvi
Stephanie Floor
Annabelle Helm
Jewel Gonzalez

King

Jessica Corredor
Avery Kibelbek
Sage Mortime
Dianna Holmes
Samara Chavez
Danielle Garcia
Vayle-rae Baker
Melanie Mendoza
Montana Delawder
Ana Luciano
Viktorya Torres
Ashlynn Ortega
Tiffani Baublitz
Cheyenne Bowman
Nia Crosdale

Limestone

Hannah Mains
Clara Padua-Cruz
Shelsy Renous
Amalani Latu
Journey Land
Kalani Rivas
Destiny Baltierra

Lincoln Memorial

Ashley Morris

Lindenwood University

Sara Lake

Linfield University

Emily Sullenger
Ayana Medina

Lock Haven

Kaelani Shufeldt
Lillian Sherer
Madison Matta
Grace Stem
Trinity Monaghan

McKendree University

Lizette Rodriguez
Emily Shilson
Pauline Granados
Payton Stroud
Jennifer Soto
Alisha Narvaez
Cameron Guerin
Abigail Varady
Alexandra Castillo
Sydnee Kimber

Minot State

Jazmin Gorder
Annika Gotlieb
Nina Sandoval

Mount Olive

Isabel Rodriguez
Skyelar Smith
Jada Arnold

New Jersey City

Izabella Frezzo
Naomi Henry



QUALIFIERS BY SCHOOL



New Jersey City

Izabella Frezzo
Naomi Henry

North Central (IL)

Madison Avila
Kendra Ryan
Sydney Petzinger
Jaslynn Gallegos
Amani Jones
Sara Sterner
Yele Aycok
Salome Walker
London Houston
Kendall Bostelman
Tiera Jimerson
Malea Palahniuk
Yelena Makoyed
Traeh Haynes
Brittyn Corbishley

Northern Michigan

Trinity Valentin
Alejandra Perez
Diana Dzasezeva
Marisa Roth
Lydia Krauss
Noelle Gaffney
Teni Ajayi

Presbyterian

Samantha Miller
Cassy Lopez
Catherine Bertrand
SierraMarie Miller
Paige Wehrmeister
Isabella Badon

Sacred Heart

Aaliyah Payne-Parris
Taylor McCormic
Nohea Moniz
Alexandra Fitzgerald
Jullia Mullane
Khadijah Sanusi
Madison Sandquist
Cara Broadus
Jacklyn Smith
Ahsia Torres

Schreiner University

Odelia Lopez
Alicia Mahoe
Jordan Johnston
Victoria Craft

Simon Fraser University

Maddie Mackenzie
Golrokh Nouri
Victoria Seal
Ivy Threatful
Marquesis Haintz
Jade Trolland
Paige Maher
Emily Cue
Katja Osteen

Simpson

Jenna Joseph

Texas Womens University

Mackenzie Peterson
Mercedes Nerios
Brooke Zejada
Poorna Babu
Aubrey Yauger

Tiffin

Jenavi Alejandro
Tatiana Bermudez
Erin Martin
Alexia Swisher

University of the Ozarks

Rewa Chababo

Ursinus

Jocelyn Lass
Kalli Roskos

UW Steven's Point

Kelly Enriquez
Alexis Winecke
Shaina Hyre
Rose Ann Marshall
Abby Nelson
Morgan Bethea
Amor Tuttle
Anna Strand
Jade Herzer
Tabitha Breitrick
Brindelyn Eternicka

Westminster University

Kaitlyn Mossinghoff

William Jewell College

Allison Meyer

discover art walk • brew tour • cuisine scene • family fun • get in the game
CEDAR-RAPIDS



Spokane
Sports
COMMISSION



MARINES

WOMEN'S NATIONALS



APRIL 14-16, 2023 • SPOKANE, WA

DIVISIONS
8U 10U 12U 14U
UWW: U15 U17 U20 U23





101-POUND QUALIFIERS

NAME	SCHOOL	REGION
Jenavi Alejandro*	Tiffin	Region III
Madison Avila	North Central (IL)	Region IV
Jessica Corredor*	King	Region II
Haley Delia	East Stroudsburg	Region I
Kelly Enriquez	UW Steven's Point	Region III
Bentley Hills	Carthage	Region III
Avery Kibelbek	King	Region II
Chloe Kitagawa	Gannon	Region I
Odelia Lopez	Schreiner University	Region V
Jennesis Martinez*	Colorado Mesa University	Region V
Samantha Miller	Presbyterian	Region II
Isabella Morales	Colorado Mesa University	Region V
Aaliyah Payne-Parris*	Sacred Heart	Region I
Lizette Rodriguez*	McKendree University	Region IV
Kinsey Smith	Chadron	Region V
Skylynn Tomlinson	Elmira	Region I
Trinity Valentin	Northern Michigan	Region III
Haley Zinninger	Emmanuel	Region II

* Denotes Regional Champion

[CLICK FOR LIVE RESULTS](#)



109-POUND QUALIFIERS

NAME	SCHOOL	REGION
Izabella Frezzo	New Jersey City	Region I
Pauline Granados	McKendree University	Region IV
Dianna Holmes	King	Region II
Shaina Hyre	UW Steven's Point	Region III
Cassy Lopez	Presbyterian	Region II
Maddie Mackenzie*	Simon Fraser University	Region V
Allicia Mahoe	Schreiner University	Region V
Taylor McCormic	Sacred Heart	Region I
Emily Mendez	Adrian	Region III
Sage Mortime*	King	Region II
Gabby Motz	Albion	Region III
Golrokh Nouri	Simon Fraser University	Region V
Mackenzie Peterson	Texas Womens University	Region V
Sydney Petzinger	North Central (IL)	Region IV
Kendra Ryan	North Central (IL)	Region IV
Emily Shilson*	McKendree University	Region IV
Kaelani Shufeldt*	Lock Haven	Region I
Ahsia Torres	Sacred Heart	Region I
Dinayah Vazquez	Emmanuel	Region II
Alexis Winecke*	UW Steven's Point	Region III

* Denotes Regional Champion

[CLICK FOR LIVE RESULTS](#)



116-POUND QUALIFIERS

NAME	SCHOOL	REGION
Samara Chavez*	King	Region II
Betty Cherry	Emmanuel	Region II
Jaslynn Gallegos	North Central (IL)	Region IV
Danielle Garcia	King	Region II
Emily Klein*	East Stroudsburg	Region I
Samantha Larsen	Gannon	Region I
Jocelyn Lass	Ursinus	Region I
Angela LoRusso	Adrian	Region III
Natalie Majer	Carthage	Region III
Rose Ann Marshall*	UW Steven's Point	Region III
Allison Meyer	William Jewell College	Region IV
Nohea Moniz	Sacred Heart	Region I
Ashley Morris	Lincoln Memorial	Region II
Mercedes Nerios	Texas Womens University	Region V
Jayla Oberst	Albion	Region III
Isabell Ortiz	Chadron	Region V
Tateum Park	Augsburg University	Region IV
Victoria Seal*	Simon Fraser University	Region V
Payton Stroud*	McKendree University	Region IV
Ivy Threatful	Simon Fraser University	Region V

* Denotes Regional Champion

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MARINES



JULY 28-30, 2023



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REGISTRATION

WWW.NWCACONVENTION.COM



123-POUND QUALIFIERS

NAME	SCHOOL	REGION
Vayle-rae Baker*	King	Region II
Catherine Bertrand	Presbyterian	Region II
Morgan Bethea	UW Steven's Point	Region III
Marissa Gallegos*	Colorado Mesa University	Region V
Jazmin Gorder	Minot State	Region V
Hania Halverson	Colorado Mesa University	Region V
Naomi Henry	New Jersey City	Region I
Amani Jones*	North Central (IL)	Region IV
Mia Macaluso	East Stroudsburg	Region I
Sofia Macaluso*	East Stroudsburg	Region I
Melanie Mendoza	King	Region II
Alisha Narvaez	McKendree University	Region IV
Abby Nelson*	UW Steven's Point	Region III
Laila Oribello	Adrian	Region III
Alejandra Perez	Northern Michigan	Region III
Isabel Rodriguez	Mount Olive	Region II
Kalli Roskos	Ursinus	Region I
Gabby Skidmore	Augsburg University	Region IV
Jennifer Soto	McKendree University	Region IV
Emily Sullenger	Linfield University	Region V

* Denotes Regional Champion

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130-POUND QUALIFIERS

NAME	SCHOOL	REGION
Hannah Arledge-Teran	Albion	Region III
Hailey Chapman*	Colorado Mesa University	Region V
Juliana Cubias	Gannon	Region I
Montana Delawder*	King	Region II
Alexandra Fitzgerald	Sacred Heart	Region I
Autumn Flanigan	Augsburg University	Region IV
Nadia Flores	Carthage	Region III
Annika Gotlieb	Minot State	Region V
Cameron Guerin	McKendree University	Region IV
Marquesis Haintz	Simon Fraser University	Region V
Alexis Janiak*	Aurora	Region IV
Samantha Larios	Emmanuel	Region II
Hannah Mains	Limestone	Region II
Elizabeth Miller	Colorado Mesa University	Region V
SierraMarie Miller	Presbyterian	Region II
Danielle Ruiz	Albion	Region III
Bridgette Schoultz	Delaware Valley	Region I
Lillian Sherer*	Lock Haven	Region I
Sara Sterner	North Central (IL)	Region IV
Amor Tuttle*	UW Steven's Point	Region III

* Denotes Regional Champion

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136-POUND QUALIFIERS

NAME	SCHOOL	REGION
Gianna Anaya	Emmanuel	Region II
Yele Aycock*	North Central (IL)	Region IV
Holly Beaudoin*	Colorado Mesa University	Region V
Tatiana Bermudez	Tiffin	Region III
Gabby Bradigan	Elmira	Region I
Diana Dzasezeva*	Northern Michigan	Region III
Ana Luciano*	King	Region II
Nina Makem	Augsburg University	Region IV
Madison Matta	Lock Haven	Region I
Ayana Medina	Linfield University	Region V
Jullia Mullane	Sacred Heart	Region I
Shawna Oesterling	Adrian	Region III
Hannah Palise	Albion	Region III
Lana Perez*	Gannon	Region I
Viktorya Torres	King	Region II
Jade Trolland	Simon Fraser University	Region V
Abigail Varady	McKendree University	Region IV
Salome Walker	North Central (IL)	Region IV
Paige Wehrmeister	Presbyterian	Region II
Brooke Zejada	Texas Womens University	Region V

* Denotes Regional Champion

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WATCH



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NATIONAL COLLEGIATE

WOMENS WRESTLING

CHAMPIONSHIPS

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143-POUND QUALIFIERS

NAME	SCHOOL	REGION
Clarissa Agostini*	Adrian	Region III
Poorna Babu	Texas Womens University	Region V
Kendall Bostelman	North Central (IL)	Region IV
Celina Cooke	Colorado Mesa University	Region V
Taylor Cutler	Adrian	Region III
Kayley Garcia*	Chadron	Region V
Zoe Gress	East Stroudsburg	Region I
London Houston	North Central (IL)	Region IV
Ellisa Jimenez	Augsburg University	Region IV
Katie Lange*	Augsburg University	Region IV
Ashlynn Ortega*	King	Region II
Clara Padua-Cruz	Limestone	Region II
Shelsy Renous	Limestone	Region II
Marisa Roth	Northern Michigan	Region III
Khadijah Sanusi	Sacred Heart	Region I
Erica Schroeder	Colorado Mesa University	Region V
Skyelar Smith	Mount Olive	Region II
Grace Stem*	Lock Haven	Region I
Anna Strand	UW Steven's Point	Region III
Lili Ujfalvi	Gannon	Region I

* Denotes Regional Champion

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155-POUND QUALIFIERS

NAME	SCHOOL	REGION
Isabella Badon	Presbyterian	Region II
Tiffani Baublitz*	King	Region II
Nyla Burgess	Adrian	Region III
Skylah Chakouian	Elmira	Region I
Hazel Dahlquist	Elmira	Region I
Marlynn Deede*	Augsburg University	Region IV
Stephanie Floor	Gannon	Region I
Noelle Gaffney	Northern Michigan	Region III
Dalia Garibay*	Colorado Mesa University	Region V
Jade Herzer	UW Steven's Point	Region III
Tiera Jimerson	North Central (IL)	Region IV
Jordan Johnston	Schreiner University	Region V
Lydia Krauss*	Northern Michigan	Region III
Andreia Langley	Emory & Henry	Region II
Amalani Latu	Limestone	Region II
Paige Maher	Simon Fraser University	Region V
Kaitlyn Mossinghoff	Westminster University	Region IV
Malea Palahniuk	North Central (IL)	Region IV
Nina Sandoval	Minot State	Region V
Madison Sandquist*	Sacred Heart	Region I

* Denotes Regional Champion

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170-POUND QUALIFIERS

NAME	SCHOOL	REGION
Teni Ajayi	Northern Michigan	Region III
Alyssa Arana	Emmanuel	Region II
Cheyenne Bowman*	King	Region II
Tabitha Breitrack*	UW Steven's Point	Region III
Cara Broadus	Sacred Heart	Region I
Mariyah Casados	Elmira	Region I
Alexandra Castillo	McKendree University	Region IV
Emily Cue*	Simon Fraser University	Region V
Aspen Dodge	Adrian	Region III
Jewel Gonzalez	Gannon	Region I
Brooklyn Hays	Augsburg University	Region IV
Annabelle Helm*	Gannon	Region I
Melena Jones	Colorado Mesa University	Region V
Jenna Joseph	Simpson	Region IV
Journey Land	Limestone	Region II
Yelena Makoyed*	North Central (IL)	Region IV
Erin Martin	Tiffin	Region III
Kamila Montenegro	Chadron	Region V
Kalani Rivas	Limestone	Region II
Aubrey Yauger	Texas Womens University	Region V

* Denotes Regional Champion

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191-POUND QUALIFIERS

NAME	SCHOOL	REGION
Jada Arnold	Mount Olive	Region II
Destiny Baltierra	Limestone	Region II
Shola Casen	East Stroudsburg	Region I
Rewa Chababo	University of the Ozarks	Region V
Brittyn Corbishley	North Central (IL)	Region IV
Victoria Craft	Schreiner University	Region V
Nia Crosdale*	King	Region II
Brindelyn Eternicka	UW Steven's Point	Region III
Traeh Haynes*	North Central (IL)	Region IV
Sydnee Kimber	McKendree University	Region IV
Tayana Labady	Elmira	Region I
Sara Lake	Lindenwood University	Region IV
Sienna Lejeune*	Adrian	Region III
Trinity Monaghan	Lock Haven	Region I
Katja Osteen*	Simon Fraser University	Region V
Yamilex Perez	Adrian	Region III
Cristina Santoyo	Emmanuel	Region II
Jayleen Sekona	Colorado Mesa University	Region V
Jacklyn Smith*	Sacred Heart	Region I
Alexia Swisher	Tiffin	Region III

* Denotes Regional Champion

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WELCOME IS OUR LANGUAGE



CR



IN CEDAR RAPIDS, welcome doesn't just mean "we're open." Welcome is an invitation to be a part of the melting pot we've been building for over 100 years. Welcome means people coming together, building a better city, while remaining true to our roots.

IN CEDAR RAPIDS, WELCOME IS OUR LANGUAGE.

TOURISMCEDARRAPIDS.COM



Downtown DINING GUIDE



EAST OF THE RIVER

- 1 350 First**
Hours Vary. Check with hotel.
- 2 Barrel House**
Tues-Sat 11am-10pm
- 3 SKO Tavern & Tacos**
Weds-Sat 4pm-2am
- 4 Bricks Bar & Grill**
Mon-Sun 11am-2am
- 5 Cliff's Dive Bar & Grill**
Mon-Sun 11am-2am
- 6 Izumi Sushi & Hibachi**
Mon-Sat 11am-10pm (Sun 9:30pm)

CZECH VILLAGE

- 43 Rodina**
*Mon, Thurs-Sat 4-10pm;
Sun 10:30am-9pm*
- 44 Sweet Mercantile**
Mon-Sun 10am-7pm
- 45 Up In Smoke BBQ**
Tues-Sat 11am-8pm
- 46 The Red Frog**
Mon-Sun 11am-2am
- 47 Lucky's on 16th**
Mon-Sun 6am-9pm
- 48 Hospoda**
Wed-Sat 3-10pm; Sun 11am-8pm
- 49 Lion Bridge Brewing**
*Wed-Thurs 3-10pm; Fri-Sat
11am-10pm; Sun 11am-8pm*
- 50 CJ's Sports Bar & Grill**
*Mon-Thurs 11am-9pm;
Fri-Sat 11am-10pm; Sun 12-9pm*
- 51 Czech Town Station**
*Mon-Thurs 7am-10pm;
Fri-Sat 7am-12am; Sun 7am-8pm*
- 52 Sykora Bakery**
Tues-Sat 10am-5pm
- 53 Cafe Saint Pio**
*Mon-Tues 7am-4pm; Thurs-Sat
7am-4pm; Sun 7am-2pm*

NEW BOHEMIAN DISTRICT

WEST OF THE RIVER

- 54 LP Street Food**
Mon-Sun 11am-12pm
- 55 Groundswell Cafe**
Tues-Sat 7am-2pm
- 56 Dash Coffee Roasters**
Mon-Fri 6am-6pm; Sat 8am-2pm
- 57 Quinton's Bar & Deli**
Mon-Sun 11am-2am
- 58 BARI ITALIAN**
Tues-Sat 4-10pm
- 59 The Flying Wienie**
*Mon-Tues 11am-6pm;
Wed-Fri 11am-7pm*
- 60 Lucita's Diner**
Mon-Sat 11am-8pm



7 Rock Bar American Grill
Mon-Sun 11am-2am;

8 Need Pizza
Mon-Thurs 11am-9pm; Fri-Sat
11am-10pm; Sun 4pm-9pm

9 Taco Gato
Coming soon!

10 Deb's Ice Cream & Deli
Mon-Fri 7:30am-4pm

11 Pub 217
Mon-Fri 10am-2am;
Sat-Sun 9am-2am

12 Gringos Cafe
Mon-Fri 7am-2:30pm

13 Coffee Emporium
Hours: Mon-Fri 6:30am-2pm

14 Cobble Hill
Tues-Sat 4:30pm-9pm

15 Nutrisport & Smoothie
Mon-Fri 6:30am-7pm; Sat 8am-2pm

16 Tower Cafe
Mon-Fri 7:30am-2pm

17 Craft'd
Mon-Friday 7am-2pm;
Sun 8am-1pm

18 ChopHouse Downtown
Mon-Thurs 11am-10pm;
Fri-Sat 11am-11pm; Sun 12-8pm

19 Black Sheep Social Club
Mon-Thurs 11am-9pm;
Fri-Sat 11am-10pm

20 Veritas (Church) Cafe
Mon-Thurs 7:30am-3pm

21 The Map Room
Mon-Thurs 11am-8pm;
Fri-Sat 11am-10pm

22 Jimmy John's
Mon-Fri 10am-9pm

23 Gianna's Italian Beef
Mon-Fri 11am-7pm

24 Roasters Library Edition
Sat/Mon 9am-2pm;
Tues-Fri 9am-5pm

25 The Quarter Barrel
Wed-Thurs 3-9pm; Fri 3-11pm;
Sat 11am-11pm; Sun 11am-9pm

SHORT WALK...

Midtown Station, .4 miles
Mon-Sun 7am-12am

Mamacita Taco Bar, .5 miles
Mon-Sun 11am-9pm

La Casita Breakfast Cafe, .5 miles
Mon-Sun 6:30am-2pm

Lightworks Cafe, .6 miles
Thurs-Sun 8am-2pm

Clancey's Keg, .7 miles
Mon-Sun 11am-2am

Crab Attack Cajun, .7 miles
Tues-Sat 2-8pm; Sun 2-7pm

NEW BOHEMIA

27 Kismet Coffee & Bloom
Mon 7am-1pm; Weds-Sun 7am-3pm

29 Lu's Deli
Mon-Sat 8am-3pm

30 Crosby's
Tues-Fri 11am-11pm;
Sat 8am-11pm; Sun 8am-2pm

31 Rawlicious
Tues-Sat 11am-4pm

32 Almost Famous Popcorn
Sun-Thurs 11am-9pm;
Sat 11am-10pm

33 Parlor City Pub & Eatery
Mon-Fri 11am-10pm;
Sat-Sun 8am-10pm

34 Chrome Horse Saloon
Tues-Thurs 11am-12am; Fri 11am-2am;
Sat 8am-2am; Sun 8am-9pm

35 Brewhemia
Tues-Sun 8am-2pm

36 Caucho
Tues-Sat 4:30-9pm

37 Tornado's Grub & Pub
Mon-Sat 11am-10pm

38 Little Bohemia
Weds-Sun 11am-10pm

39 Bo Mac's
Tues-Sun 11am-9pm

40 Kickstand
Tues-Thurs 3-10pm;
Fri-Sun 8am-10pm

NEWBO CITY MARKET



41 Roasters NewBo
Sun 8am-4pm; Mon-Tues 7am-2pm; Weds-Fri 7am-8pm; Sat 8am-6pm

42 Shop at the Market
Thurs-Fri 10am-8pm; Sat 10am-6pm; Sun 10am-4pm

FEATURING: Aroma Artisan Pizza, The Bakery, Capo Italian Beef, Caribbean Kitchen, Fat Pat's Gumbo Yaya, The Full Bowl, Grandma's Root Cellar, The Hungry Lady, La Reyna, Lori Ann's Candies, Luna's Gelato and Ice Cream, Midnight Smokers BBQ, Peter's Pipers, Pinoy Cafe, Pita'z Mediterranean Cuisines, Shawnniecakes, Torch Kitchen

CHOOSE THE TEAM THE IOWA HAWKEYES CHOOSE

TEAM PHYSICIANS FOR THE IOWA HAWKEYES



ASHLEE
ENZINGER, MD

TIMOTHY
THOMSEN, MD

KYLE
DUCHMAN, MD

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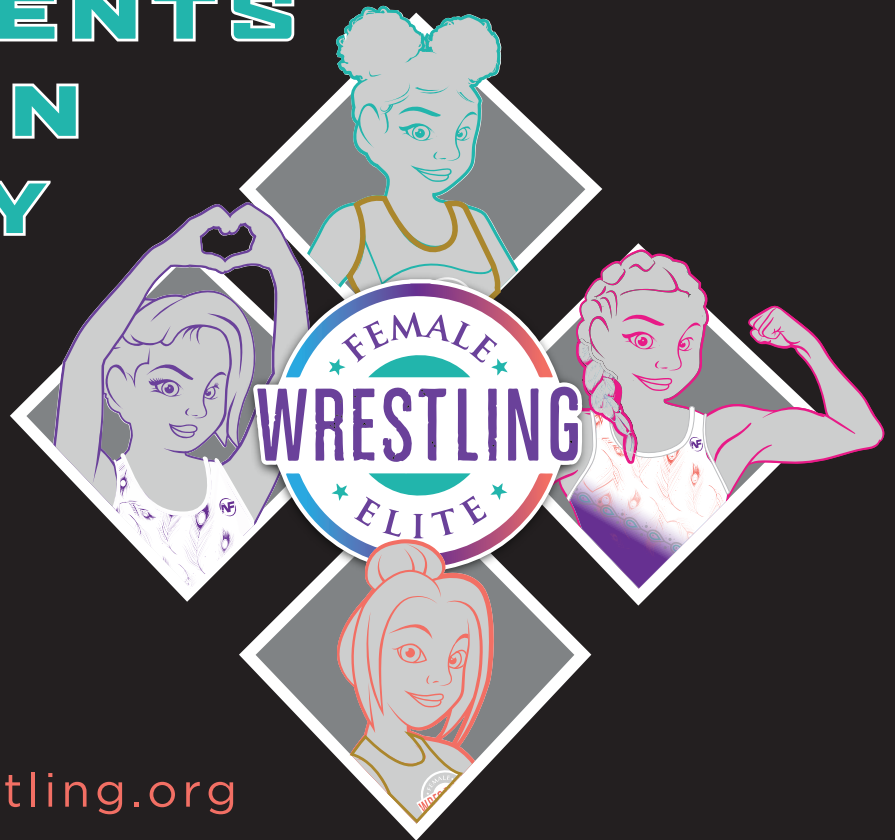
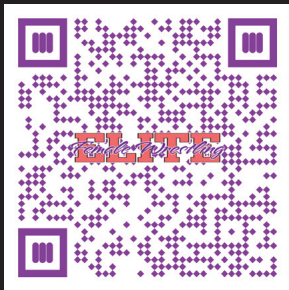
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