Example:

$$I = 2000 \text{ lbm} = 65.17 \text{ lbf}\cdot\text{s}^2/\text{ft}$$

$$v_{\text{init}} = 25 \text{ mph} = 36.66 \text{ ft/s}$$

$$v_{\text{final}} = 15 \text{ mph} = 22.0 \text{ ft/s}$$

$$t = 5.00 \text{ s}$$

$$F = \frac{65.17 \cdot (36.66 - 22.0)}{5.00}$$

$$F = 191.1 \text{ lbf}$$