

**Third Annual Challenge Diabetes 5k results**  
**Saturday, July 12, 2008, 8:00am**  
**Como Lake, Saint Paul, MN**

Web <http://www.charitieschallenge.org/>  
 Email [GaryWestlund@charitieschallenge.org](mailto:GaryWestlund@charitieschallenge.org)

**5k race walk**

OP	GP	CP	Time	Pace	Bib	FirstName	LastName	Sex	Age	Class	AC	DM	#1	City	State	Team Name
1	1	1	30:56	09:57	48	Anita	Macias-Howard	F	54	50				Edina	MN	

**5k run/walk**

OP	GP	CP	Time	Pace	Bib	FirstName	LastName	Sex	Age	Class	AC	DM	#1	City	State	Team Name
1	1	1	16:53	05:26	102	Allen	Broderius	M	33	Open				Saint Paul	MN	
2	2	1	17:55	05:46	103	John	Southeray	M	16	15-16			#1	Woodbury	MN	
3	3	1	18:48	06:03	66	Tom	Ruen	M	40	40				Columbia Hts	MN	
4	4	2	18:58	06:06	8	Jeff	Aman	M	28	Open				Saint Paul	MN	
5	5	1	19:12	06:11	109	Todd	McCallum	M	36	35			#1	Sioux Falls	SD	
6	6	3	19:35	06:18	44	Thomas	Lake	M	19	Open				Bloomington	MN	
7	1	1	19:43	06:21	33	Jacqueline	Heap	F	25	Open				Saint Paul	MN	
8	7	2	19:47	06:22	115	Edward	White	M	43	40				Reston	VA	
9	8	4	19:50	06:23	41	Dan	Kirberger	M	23	Open				Lino Lakes	MN	
10	9	5	19:55	06:25	59	Ryan	Quirk	M	15	Open			#1	Woodbury	MN	
11	10	1	20:17	06:32	56	Andy	Pierson	M	14	13-14				Stillwater	MN	
12	11	6	20:19	06:32	111	Abdurahman	Hassen	M	17	Open				Saint Paul	MN	
13	12	3	20:31	06:36	104	Don	Ertl	M	40	40				Saint Paul	MN	
14	13	1	21:09	06:48	67	Dick	Salvatore	M	52	50				Shoreview	MN	
15	14	2	21:14	06:50	69	Matt	Salvatore	M	13	13-14				Shoreview	MN	
16	2	1	21:16	06:51	97	Kristi	Larson	F	50	50				Brooklyn Park	MN	
17	3	1	21:19	06:52	24	Danielle	Gordanier	F	37	35				Saint Paul	MN	
18	15	7	21:27	06:54	65	Tom	Roth	M	26	Open				Harrogate	MN	Nonprofit Solutions
19	16	8	21:28	06:55	50	Jason	McGraw	M	33	Open				Minneapolis	MN	Nonprofit Solutions
20	17	9	21:33	06:56	99	Reid	Turner	M	17	Open				Aberdeen	SD	
21	4	2	21:35	06:57	94	Andrea	Grunst	F	26	Open				Saint Paul	MN	
22	5	3	21:35	06:57	95	Melissa	Grunst	F	26	Open				Saint Paul	MN	
23	18	10	21:38	06:58	105	Jesse	Blankenship	M	25	Open				Minneapolis	MN	
24	19	1	21:47	07:01	86	Nobby	Hashizumi	M	49	45				Plymouth	MN	
25	6	2	21:56	07:04	16	Leah	Bower	F	36	35				Minneapolis	MN	
26	19	11	21:59	07:05	51	Akbar	Muhammad	M	29	Open				Saint Paul	MN	
27	20	12	22:04	07:06	63	Jim	Roberge	M	31	Open			#1	Victoria	MN	Team Blankenship
28	21	4	22:07	07:07	129	Kurt	Schieferdecker	M	41	40				Tacoma	WA	
29	22	2	22:29	07:14	75	Arthur	Schwarz	M	45	45				Saint Paul	MN	
30	7	1	22:59	07:24	96	Sue	Wurl	F	49	45				Saint Paul	MN	
31	23	13	23:18	07:30	92	Lester	Hernandez	M	22	Open			#1	Blaine	MN	
32	24	5	23:38	07:36	20	Jeff	Danovsky	M	40	40				Maple Grove	MN	
33	8	1	23:45	07:39	122	Polly	Kurtz	F	43	40			#1	Greeley	CO	
34	25	1	24:00	07:43	60	James	Quirk	M	11	11-12				Woodbury	MN	
35	26	14	24:02	07:44	6	David	Sedlins	M	25	Open		DM	#1	Plymouth	MN	Happy Birthday Team
36	9	4	24:32	07:54	64	Melissa	Roehrich	F	25	Open				Burnsville	MN	
37	27	15	24:47	07:59	132	Tim	Hunt	M	26	Open				Falcon Hgts	MN	
38	28	16	24:49	07:59	107	Vince	Taff	M	26	Open				St Louis Park	MN	
39	29	1	25:03	08:04	61	Rick	Recker	M	63	60				Minneapolis	MN	
40	10	5	25:44	08:17	123	Cara	Fatel	F	23	Open				Boise	ID	
41	11	6	25:46	08:18	37	Kinzie	Jensen	F	23	Open				Saint Paul	MN	
42	12	1	25:55	08:20	25	Elizabeth	Gregory	F	13	13-14				Mahtomedi	MN	
43	13	2	25:58	08:21	112	Anna	Wahl	F	14	13-14				Mahtomedi	MN	
44	14	7	26:04	08:23	7	Mara	Sedlins	F	27	Open				Plymouth	MN	Happy Birthday Team
45	15	8	26:06	08:24	128	Serena	Wang	F	25	Open			#1	Spokane	WA	
46	16	9	26:12	08:26	30	Annie	Harden	F	23	Open				New Brighton	MN	
47	17	1	26:18	08:28	31	Lauren	Harden	F	17	17-18				New Brighton	MN	
48	18	10	26:21	08:29	62	Anna	Roberge	F	28	Open				Victoria	MN	Team Blankenship
49	30	2	26:25	08:30	108	Dick	Oman	M	61	60				Salem	OR	
50	19	11	26:31	08:32	90	Brittany	Wier	F	21	Open				Minneapolis	MN	
51	20	1	26:47	08:37	127	Karen	Bohnen	F	16	15-16			#1	Maplewood	MN	
52	31	17	27:21	08:48	78	Mathew	Spaan	M	31	Open				Minneapolis	MN	Nonprofit Solutions
53	32	6	27:27	08:50	131	Steve	Johnson	M	42	40				White Bear Lk	MN	

54	33	1	27:28	08:50	110	Frank	Adams	M	55	55				Apple Valley	MN	
55	34	3	27:40	08:54	87	Gerry	Vande Garde	M	64	60				Bloomington	MN	
56	21	12	28:08	09:03	101	Rachael	Bliss	F	27	Open			#1	Minneapolis	MN	
57	22	3	28:17	09:06	89	Kellie	Walz	F	37	35				Prior Lake	MN	
58	35	18	28:35	09:12	39	J J	Jones	M	29	Open	C			Eagan	MN	NAMTKD.COM
59	23	13	28:44	09:15	46	Sarah	Lucking	F	19	Open				Champlin	MN	
60	36	19	29:09	09:23	84	Joe	Strande	M	30	Open			#1	Apple Valley	MN	
61	24	14	29:10	09:23	83	Abby	Strande	F	26	Open			#1	Apple Valley	MN	
62	25	15	29:15	09:25	40	Sarah	Kallsen	F	33	Open				Parker	CO	Team Blankenship
63	37	2	29:23	09:27	100	Bill	Mech	M	52	50	DM	#1		Shoreview	MN	
64	26	2	29:30	09:30	47	Rojean	Lucking	F	49	45		#1		Champlin	MN	
65	27	16	29:31	09:30	10	Katie	Anderson	F	19	Open		#1		Ham Lake	MN	
66	28	17	29:31	09:30	76	Torrey	Smith	F	18	Open				Ham Lake	MN	
67	38	20	29:31	09:30	23	Jon	Goblirsch	M	28	Open				Minneapolis	MN	
68	29	18	29:31	09:30	15	Britt	Beeson	F	24	Open				Minneapolis	MN	
69	30	2	30:08	09:42	5	Debbie	Plumb	F	54	50	DM			Saint Paul	MN	
70	31	19	30:31	09:49	27	Sarah	Hansen	F	30	Open				Saint Paul	MN	
71	32	20	30:33	09:50	45	Lisa	Larson	F	30	Open				Saint Paul	MN	Nonprofit Solutions
72	33	3	30:41	09:53	98	Dana	Locken	F	50	50				Bath	SD	
73	34	3	30:41	09:53	54	Kathy	Pals	F	48	45				Eagan	MN	
74	35	21	30:52	09:56	73	Trina	Schmidt	F	34	Open				Ramsey	MN	
76	36	4	31:11	10:02	81	Karen	Stevens	F	38	35		#1		Hugo	MN	
77	39	3	31:29	10:08	130	Thomas	Cornell	M	48	45				Brooklyn Park	MN	
78	37	5	31:46	10:13	34	Andie	Helmich	F	35	35				Plymouth	MN	
79	38	2	32:36	10:30	121	Carla	Hale	F	40	40				Woodbury	MN	
80	40	4	32:41	10:31	106	George	Stahl	M	63	60				Blaine	MN	
81	39	3	32:42	10:31	42	Amy	Kohout	F	44	40	A			Saint Paul	MN	
82	40	6	32:43	10:32	93	Vicki	Sands	F	35	35				Roseville	MN	
83	41	2	33:46	10:52	77	Don	Soule	M	58	55				Rosemount	MN	
84	41	22	34:02	10:57	117	Jill	Campbell	F	25	Open				Minneapolis	MN	
85	42	23	34:02	10:57	118	Carla	Amundson	F	25	Open				Lakeville	MN	
86	43	24	34:10	11:00	82	Jessica	Stowers	F	32	Open				Arden Hills	MN	
87	44	7	34:13	11:01	58	Amy	Powers-Johnson	F	35	35		#1		South Saint Paul	MN	
88	42	3	34:38	11:09	91	Eric	Yancy	M	52	50				Plymouth	MN	
89	43	21	35:10	11:19	85	Vincent	Sumner	M	18	Open				Hastings	MN	Stepping Out
90	44	22	35:10	11:19	43	John	Koivuluoma	M	22	Open				Hastings	MN	Stepping Out
91	45	23	36:03	11:36	21	Robert	Evans	M	22	Open				Hastings	MN	Stepping Out
92	46	24	36:05	11:37	74	Katrina	Schumacher	M	23	Open				Hastings	MN	Stepping Out
93	45	4	36:07	11:37	88	Wylene	VanGuilder	F	50	50	A			Delano	MN	
94	47	25	36:08	11:38	119	Joe	Mayerle	M	26	Open		#1		Saint Paul	MN	
95	46	25	37:38	12:07	120	Macarena	Corral	F	25	Open		#1		Saint Paul	MN	
96	48	26	39:56	12:51	57	Grant	Powell	M	21	Open				Hastings	MN	Stepping Out
97	47	4	39:57	12:52	26	Joyce	Hale	F	45	45				Hastings	MN	Stepping Out
98	48	5	41:34	13:23	29	Ruth	Harden	F	50	50				New Brighton	MN	
99	49	27	42:28	13:40	38	Tony	Johnson	M	23	Open				Hastings	MN	Stepping Out
100	49	4	42:31	13:41	55	Stephanie	Patterson	F	43	40				Farmington	MN	
101	50	6	42:38	13:43	14	Laurie	Bates	F	50	50	A			Hastings	MN	Stepping Out
102	51	1	45:00	14:29	13	Bonnie	Bates	F	68	65				Hastings	MN	Stepping Out
103	50	1	43:14	13:55	4	Thomas	O'Shaughnessy	M	65	65	C	DM		Rochester	MN	
104	52	7	45:45	14:44	36	Ann	Irvine	F	53	50				St Paul Park	MN	
105	53	26	46:30	14:58	17	Mary	Caspers	F	32	Open				Eagan	MN	
106	54	5	46:32	14:59	124	Brenda	Leonard	F	41	40		#1		Lonsdale	MN	
107	51	28	49:00	15:46	28	Justin	Hanson	M	21	Open				Hastings	MN	Stepping Out
108	55	8	49:38	15:59	19	Mara	Daly	F	38	35				Hastings	MN	Stepping Out
109	56	27	52:23	16:52	126	Yvonne	King	F	31	Open				Apple Valley	MN	
110	57	1	53:11	17:07	125	Pat	Taylor	F	62	60		#1		Apple Valley	MN	
111	52	29	53:00	17:04	35	James	Higgins	M	21	Open				Hastings	MN	Stepping Out
112	58	6	54:33	17:33	49	Michelle	Marken	F	44	40				Hastings	MN	Stepping Out
113	59	28	54:35	17:34	53	Katie	Nicholson	F	22	Open		#1		Maplewood	MN	
114	60	29	54:36	17:34	18	Adria	Crowe	F	20	Open				Minneapolis	MN	
115	53	30	1:02:14	20:02	1	Derrick	Sovak	M	26	Open	DM	#1		Burnsville	MN	
116	54	4	1:02:15	20:02	2	Dean	Chapman	M	47	45	DM			Saint Paul	MN	