

**Subway Get Fit Road Race  
Results - August 8, 2009**

**5K RUN**

<b>Place</b>	<b>Name</b>	<b>Time</b>
1	Andrew Aakre	21:12
2	Dan Bullinger	21:15
3	Dan Kenwischer	22:07
4	Ben Kraft	22:26
5	Patrick Johnson	22:35
6	Ryan Kaufman	22:37
7	George Brackin	22:47
8	Bryan Wetch	22:59
9	Lloyd Thornton	23:02
10	Steve Johnson	23:26
11	Megan Meyer	24:18:00
12	Shawn Stephens	24:22:00
13	Valerie Wahl	24:29:00
14	Stephanie Rasmussen	25:00:00
15	Shawn Rath	25:09:00
16	Shannon Barnhardt	25:22:00
17	Sean Forster	25:27:00
18	Eric Morgenson	25:28:00
19	Rachel Fearing	25:53:00
20	JoLynn Kensmoe	26:14:00
21	Cinnamon Janzer	26:26:00
22	Judy Myers	26:33:00
23	Elka Herr	26:35:00
24	Paula Redmann	26:40:00
25	Nick Thomas	26:41:00
26	Joshua Kaelberer	26:44:00
27	Nicole Sandy	26:53:00
28	Blair Sandy	26:53:00
29	Candace Nelson	27:14:00
30	Mark Fink	27:15:00
31	Jennifer Heilman	27:19:00
32	Dustin Walcker	27:48:00
33	Mandy Sheldon	28:00:00
34	Krystal Kne	28:11:00
35	Desireee Van Oosting	28:26:00
36	Jodi Wolf	28:38:00
37	Ryan Larson	28:45:00
38	Kendra Miller	29:00:00
39	LeeAnn Thiel	29:01:00
40	Brian Kiefer	29:08:00
41	Sheri Jahner	29:12:00
42	Patrick Mongon	29:17:00
43	Laura Tweeten	29:32:00
44	Julie Hruby	29:45:00
45	Steph Keller	30:01:00
46	Larry Thelen	30:03:00
47	Sara Rinas	30:05:00

48 Ambre Sorch	30:06:00
49 Julie Kost	30:07:00
50 Bruce Thomas	30:11:00
51 Ilene Brackin	30:26:00
52 Shawna Zittleman	31:00:00
53 Haley Haugen	31:06:00
54 Cory Walcker	31:16:00
55 Diane Bisbee	31:26:00
56 Heather Heinen	31:30:00
57 Lisa Kaufman	31:31:00
58 Joleen Wald-Billig	31:36:00
59 Missy Hatlestad	31:56:00
60 Meghan Nash	32:03:00
61 Janessa Vogel	32:04:00
62 Barbara Ouradnik	32:31:00
63 Megan Houn	33:15:00
64 Chasidy Nelson	33:23:00
65 Jade Heilman	33:24:00
66 Tiffi Finck	33:51:00
67 Kayla McCloud	33:56:00
68 Jackie Grahl	34:04:00
69 Thomas Halvorson	34:30:00
70 Julie Fornshell	34:17:00
71 Steph Kopseng	34:51:00
72 Tara Hill	34:52:00
73 Stephanie Forster	35:10:00
74 Marissa Knutson	35:20:00
75 Rod Knutson	35:29:00
76 Lisa Clairmont	35:30:00
77 Jonathan Maier	35:31:00
78 Dolly Dakota	36:01:00
79 Bonnie Balkowitsch	36:09:00
80 Salima Brillman	36:10:00
81 Lynn Morgenson	36:13:00
82 Karen Jensen-Leer	36:16:00
83 Kyle Darras	36:32:00
84 Sabrina Renner	36:46:00
85 Missy Kelsch	36:55:00
86 Shannon Larson	36:57:00
87 Deanne Larson	36:58:00
88 Dee Daniels	38:11:00
89 Lisa Cagle	38:54:00
90 Stephanie Wieand	42:34:00
91 Sarah Vogel	45:03:00

**Place 5K Run Ages 15-19 - Male**

- 1 Daniel Bullinger
- 2 Ben Kraft
- 3 Nick Thomas

**Place 5K Run Ages 15-19 - Female**

- 1 Megan Meyer

- 2 Cahsidy Nelson
- 3 Jade Heilman

**Place 5K Run Ages 20-29 - Male**

- 1 Sean Forster
- 2 Eric Morgenson
- 3 Mark Fink

**Place 5K Run Ages 20-29 - Female**

- 1 Valerie Wahl
- 2 Rachel Fearing
- 3 Cinnamon Jnzer

**Place 5K Run Ages 30-39 - Male**

- 1 Patrick Johnson
- 2 Ryan Kaufman
- 3 Geroge Brackin

**Place 5K Run Ages 30-39 - Male**

- 1 Stephanie Rasmusson
- 2 JoLynn Kensmoe
- 3 Candace Nelson

**Place 5K Run Ages 40-49 - Male**

- 1 Dan Kanwischer
- 2 Lloyd Thornton
- 3 Shawn Stephen

**Place 5K Run Ages 40-49 - Female**

- 1 Shannon Barnhardt
- 2 Elka Herr
- 3 Jennifer Heilman

**Place 5K Run Ages 50-59 - Male**

- 1 Bryan Wetch
- 2 Steve Johnson
- 3 Patrick Mongon

**Place 5K Run Ages 50-59 - Female**

- 1 Judy Myers
- 2 Paula Redmann
- 3 Karen Jensen-Leer

**Place 5K Run Ages 60-69 - Male**

- 1 Larry Thelan

**Place 5K Run Ages 60-69 - Female**

- 1 Diane Bisbee
- 2 Jeanne Larson
- 3 Sarah Vogel