

**5th ANNUAL GET YOUR REAR IN GEAR FOR COLON CANCER 5K
SOUTHDALE MALL, EDINA, MN APRIL 19, 2009 9:00 A.M.**

******* AWARDS LIST *******

******* FEMALE OVERALL RESULTS *******

| | | | | | | | |
|---|------|--------------------|----|---------|----|--|-------|
| 1 | 1207 | Lindsay Henkels | 29 | Mankato | MN | | 18:23 |
|---|------|--------------------|----|---------|----|--|-------|

******* MALE OVERALL RESULTS *******

| | | | | | | | |
|---|------|-------------------|----|---------------|--|--|-------|
| 1 | 1737 | Jason Quarford | 23 | Rosemo unt | | | 16:20 |
|---|------|-------------------|----|---------------|--|--|-------|

FEMALE AGE GROUP: 1 - 19

| | | | | | | | |
|---|-----|------|----------------------|----|-----------------|----|-------|
| 1 | 119 | 1603 | Anna Smedsru d | 14 | Eden Prairie | MN | 24:13 |
| 2 | 146 | 1590 | Ashley Lopez | 18 | Grafton | ND | 24:43 |
| 3 | 164 | 1761 | Renee Roden | 17 | Eden Prairie | | 25:02 |

MALE AGE GROUP: 1 - 19

| | | | | | | | |
|---|----|------|------------------------|----|----------------|----|-------|
| 1 | 2 | 952 | Jessop Keene | 17 | Ellswort h | WI | 16:26 |
| 2 | 25 | 1808 | Andy Pierson | 14 | Stillwate r | | 20:23 |
| 3 | 26 | 526 | Cameron Econom y | 13 | Victoria | MN | 20:24 |

FEMALE AGE GROUP: 20 - 29

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|---|----|------|--------------------|----|---------|----|-------|
| 1 | 10 | 1207 | Lindsay Henkels | 29 | Mankato | MN | 18:23 |
|---|----|------|--------------------|----|---------|----|-------|

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|---|----|------|---------------|----|-------------|----|-------|
| 2 | 39 | 1725 | Kerry O'Neill | 24 | Minneapolis | MN | 21:22 |
| 3 | 57 | 35 | Stacey Hall | 28 | Maple Grove | | 22:32 |
| 4 | 80 | 1087 | Angela Byers | 29 | Minneapolis | MN | 23:10 |

MALE AGE GROUP: 20 - 29

| | | | | | | | |
|---|----|------|--------------------|----|--------------|----|-------|
| 1 | 1 | 1737 | Jason Quarford | 23 | Rosemount | | 16:20 |
| 2 | 8 | 1317 | Christopher Massey | 24 | Jamestown | ND | 18:00 |
| 3 | 9 | 740 | Seth Kelly | 22 | Apple Valley | MN | 18:11 |
| 4 | 13 | 1272 | Joe Krekeler | 24 | Minneapolis | MN | 19:34 |

FEMALE AGE GROUP: 30 - 39

| | | | | | | | |
|---|----|------|----------------|----|------------------|----|-------|
| 1 | 16 | 1549 | Heidi Woller | 31 | Saint Louis Park | MN | 19:44 |
| 2 | 27 | 1524 | Kellie VonBank | 32 | Belle Plaine | MN | 20:33 |
| 3 | 49 | 1367 | Dayna Myos | 33 | Brooklyn Center | MN | 22:06 |

MALE AGE GROUP: 30 - 39

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|---|---|------|-----------------|----|-------------|----|-------|
| 1 | 4 | 1720 | Jacob Hallen | 32 | Medina | MN | 17:05 |
| 2 | 5 | 525 | Brian Davenport | 34 | Minneapolis | MN | 17:09 |
| 3 | 7 | 112 | Nathan Campeau | 30 | Minneapolis | MN | 17:53 |

FEMALE AGE GROUP: 40 - 49

| | | | | | | | |
|---|-----|------|-----------------|----|-------------|----|-------|
| 1 | 471 | 1435 | sandra | | | | |
| 1 | 112 | 1415 | Susan Peterson | 44 | Maple Grove | MN | 24:06 |
| 2 | 148 | 316 | Malia Frey | 44 | Minneapolis | MN | 24:49 |
| 3 | 166 | 828 | Jackie Dornfeld | 48 | Minnetonka | MN | 25:03 |

MALE AGE GROUP: 40 - 49

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|---|----|------|----------------|----|------------|----|-------|
| 1 | 3 | 1765 | dave wik | 42 | monticello | | 16:58 |
| 2 | 6 | 527 | Robert Economy | 45 | Victoria | MN | 17:28 |
| 3 | 11 | 244 | Rudy Regalado | 44 | Rosemount | MN | 18:51 |

FEMALE AGE GROUP: 50 - 59

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|---|-----|------|-----------------|----|--------------|----|-------|
| 1 | 135 | 1453 | Diane Schroeder | 50 | Edina | MN | 24:33 |
| 2 | 144 | 1352 | Marti Morfitt | 51 | Eden Prairie | MN | 24:40 |
| 3 | 301 | 658 | Ann Fredrickson | 52 | Saint Paul | MN | 27:31 |

MALE AGE GROUP: 50 - 59

| | | | | | | | |
|---|----|------|----------------|----|---------------|----|-------|
| 1 | 19 | 1660 | Patrick Hubon | 54 | Edina | MN | 19:59 |
| 2 | 55 | 1914 | Robert Barthel | 50 | Brooklyn Park | MN | 22:26 |
| 3 | 61 | 1568 | Jim Young | 54 | Richfield | MN | 22:38 |

FEMALE AGE GROUP: 60 - 69

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|---|-----|------|---------------------|----|---------------|----|-------|
| 1 | 471 | 1435 | sandra rostie | 65 | brighton | CO | 29:26 |
| 2 | 723 | 1266 | Elisabeth Knoche | 60 | Rosevill e | MN | 32:03 |
| 3 | 823 | 188 | Nancy Johnson | 66 | Chaska | MN | 33:15 |

MALE AGE GROUP: 60 - 69

| | | | | | | | |
|---|----|------|---------------------------|----|-------------|----|-------|
| 1 | 56 | 1657 | john Brown | 65 | Kenyon | MN | 22:27 |
| 2 | 74 | 1695 | John Schlegel milch | 61 | Red Wing | MN | 23:00 |
| 3 | 93 | 1414 | Steve Peterson | 60 | Emerald | WI | 23:35 |

FEMALE AGE GROUP: 70 - 99

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MALE AGE GROUP: 70 - 99

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|---|------|------|-------------------------|----|----------------|----|-------|
| 1 | 481 | 1392 | Richard Olson | 76 | Burnsvil le | MN | 29:34 |
| 2 | 1084 | 150 | Lowell Van Berkom | 73 | Shorevie w | MN | 42:42 |