

3rd Annual Steps for Shep 5 K run / 1 mile walk

NSU Barnett Center, October 10, 2009, 8:00 a.m. (Temp: 25°F)

5 K Race Results

<u>Name</u>	<u>Hometown</u>	<u>5K Run Time</u>
Matt Walberg	Aberdeen, SD	18:47:00
Sonya Nilsson	Mansfield, SD	20:59:00
Mikayla Barondeau	Frederick, SD	21:00:00
Danny Scott	Aberdeen, SD	21:03:00
Mathew Scott	Aberdeen, SD	21:03:00
Kerry Konda	Aberdeen, SD	21:19:00
Kyle Weisbeck	Aberdeen, SD	21:27:00
Barry Wood	Aberdeen, SD	21:30:00
Casey Becker	Beulah, ND	21:37:00
Joshua Baltzell	Aberdeen, SD	21:38:00
Stacey Lust	Aberdeen, SD	22:12:00
John Rawerts	Aberdeen, SD	22:12:00
Josh Schmeichel	Aberdeen, SD	22:16:00
Jake Arechigo	Aberdeen, SD	22:25:00
Brett Dinger	Aberdeen, SD	22:33:00
Estelle Meyers	Aberdeen, SD	22:38:00
Kevin First	Aberdeen, SD	23:38:00
Christine Retzlaff	Aberdeen, SD	23:03:00
Cody Hageman	Hoven, SD	23:05:00
Bill Cameron	Aberdeen, SD	23:28:00
Rhonda Punt	Aberdeen, SD	23:44:00
Craig Harrison	Aberdeen, SD	23:44:00
Dan Dreher	Aberdeen, SD	23:52:00
Cynthia Konechne	Aberdeen, SD	23:55:00
Matt Kloss	Coon Rapids, MN	23:59:00
Austin Suther	Claremont, SD	24:01:00
Valdie Magstadt	Wyoming, MN	24:07:00
Neil Schaunaman	Aberdeen, SD	24:12:00
Andrea Sjomeling	Aberdeen, SD	24:16:00
Brittney Olfert	Aberdeen, SD	24:18:00
Toni Fritz	Aberdeen, SD	24:19:00
Nicky Rausch	Aberdeen, SD	24:19:00
Jodi Bush	Britton, SD	24:37:00
Heidi Mathern	Edgeley, ND	24:38:00
Allan McCallum	Aberdeen, SD	24:46:00
Joe Fettig	Aberdeen, SD	25:04:00
Katy Hilton	Minneapolis, MN	25:20:00
Rose Marie Hawk	Aberdeen, AD	25:22:00
Wayne Schleder	Columbia, SD	25:25:00
Allie Samuels	Cody, WY	25:28:00
Carmin Wade	Amherst, SD	25:32:00

Christy Hofer	Aberdeen, SD	25:33:00
Kyle Downey	Aberdeen, SD	25:40:00
Elijah Beall	Aberdeen, SD	25:43:00
Tanya Vassar	Aberdeen, SD	26:16:00
Michelle Malsom	Aberdeen, SD	26:21:00
Emily Fritz	Aberdeen, SD	26:29:00
Hilary Gorder	Estelline, SD	26:29:00
Brooke Larson	Aberdeen, SD	26:32:00
Carrin Magstadt	Wyoming, MN	26:41:00
Molly Pengilly	Aberdeen, SD	27:08:00
Alana King	Detroit Lakes, MN	27:09:00
Melvin Harrell	Aberdeen, SD	27:21:00
Carrie Hinrichs	Claremont, SD	27:26:00
Renee Anderson	Grandin, ND	27:28:00
Emily DeWitt	Lino Lakes, MN	28:11:00
Lindsey Varnell	Aberdeen, SD	28:19:00
Cindy Hartung-Suel	Aberdeen, SD	28:26:00
Christine Keller	Aberdeen, SD	28:26:00
Sarah Hintz	Woodbury, MN	28:46:00
Emily Becker	Lino Lakes, MN	29:01:00
Lucky Peterson	Aberdeen, SD	29:22:00
Aimee Wiedebush	Aberdeen, SD	29:38:00
Tina Ascher	Aberdeen, SD	29:53:00
Amanda Truebenbach	Aberdeen, SD	29:53:00
Tonya Hansen	Hecla, SD	30:17:00
Kaye Weber	Warner, SD	30:37:00
Jessica Horn	Aberdeen, SD	30:38:00
Breanne Neiger	Mansfield, SD	30:38:00
Amanda Lacher	Aberdeen, SD	30:39:00
Jenni Hogg	Aberdeen, SD	30:39:00
Melissa Larson	Warner, SD	30:45:00
Becky Kramp	Aberdeen, SD	30:46:00
Jon Eversen	Aberdeen, SD	30:59:00
Lex Heathershaw	Aberdeen, SD	31:00:00
Julie Rachac	Grafton, ND	32:08:00
Lee Keller	Aberdeen, SD	33:01:00

Walkers

<u>Name</u>	<u>Hometown</u>
Kelsey Aden	Aberdeen, SD
Drew Afshari	East Grand Forks, MN
Karla Afshari	East Grand Forks, MN
Keya Afshari	East Grand Forks, MN
Leah Anderson	Aberdeen, SD
Craig Becker	Beulah, ND

Mary Beth Becker	Beulah, ND
Amber Bloom	Aberdeen, SD
Ella Campbell	Aberdeen, SD
Courtney Carmichael	Aberdeen, SD
Heather Correll	Aberdeen, SD
Stephanie Drake	Eagan, MN
Allen Drews	Aberdeen, SD
Megan Gilbraith	Aberdeen, SD
Nancy Herman	Veblen, SD
Abby Herman	West Fargo, ND
Sasha Herman	Veblen, SD
Rick Herman	West Fargo, ND
Drea Hespen	Aberdeen, SD
Brittany Hiten	Aberdeen, SD
Sarah Iwerks	Aberdeen, SD
Teal Jacobson	Mandan, ND
Tom Keiser	Beresford, SD
Claire Kopfmann	Aberdeen, SD
Heather Maier	McLaughlin, SD
Payton McCleary	Aberdeen, SD
Laura McCowan	Aberdeen, SD
Becka Meiser	Aberdeen, SD
Jennifer Miller	Aberdeen, SD
Whitney Morsching	Aberdeen, SD
Katy Oelke	Aberdeen, SD
Tyler Oliver	Aberdeen, SD
James Paul	Aberdeen, SD
Kelsey Rozell	Warner, SD
Jordan Schaffer	Redfield, SD
Caitlyn Senn	Aberdeen, SD
Carol Shephard	Cavalier, ND
Kyle Shephard	Cavalier, ND
Nina Slota	Aberdeen, SD
Jennifer Stoltenburg	Aberdeen, SD
Andy Wolf	Aberdeen, SD
Kayla Ysteboe	Aberdeen, SD