

Charities Challenge 5k Como Lake Challenge Events Series

All-time 5k Course Records

After 21 Challenge 5k Events from July 23, 2005 – May 25, 2009

1 New All-Time Division Records set on May 25, 2009 @ 4th Annual Challenge Hearts & Minds 5k

All on USATF Certified Course MN-05030-RR at Como Lake, St Paul, MN

For more info on course go to <http://www.usatfmn.org/racewalk/courses/comolake/index.html>

5k Run Events - Men

Open Ages 19-34 & Overall Course Record

Chris Lundstrom, 30, Minneapolis, MN 15:02.20 Challenge Obesity, 4/1/06

Young Men

Men under 11

Quin Kuechenmeister, 9, Golden, CO 27:43 Challenge Diabetes, 7/14/07

Men 11-12

James Quirk, 11, Woodbury, MN 24:00 Challenge Diabetes, 7/12/08

Men 13-14

Andy Pierson, 14, Stillwater, MN 21:01 Challenge Cancer 6/21/08
(Old Record: Joshua Wareham, 13, W St Paul, MN 21:54 Challenge Arthritis 9/2/06)

Men 15-16

Chris Mueller, 15, Eden Prairie, MN 17:33 Challenge Diabetes, 7/14/07
(Old Record: Nicholas Gawreluk, 15, 18:15 Challenge Hearts & Minds, 5/27/06)

Men 17-18

Ian Campbell, 18, Blooming Prairie, MN 18:08 Challenge Diabetes, 7/14/07
(Old Record: Hal Brown, 18, Whitefish Bay, WI 18:10 Challenge Obesity, 4/7/07)

Masters Men

Men 35 – 39

Todd McCallum, 36, Sioux Falls, SD 19:12 Challenge Diabetes, 7/12/08

Men 40 – 44

Robert Economy, 43, Victory, MN 17:14 Challenge Diabetes, 7/14/07
(Old Record: George Oien, 40, Roseville, MN 17:52 Challenge Arthritis 9/2/06)

Men 45 – 49

Mike Davis, 48, Minneapolis, MN 17:06 Challenge Obesity, 4/4/09
(Old Record: Paul Giannobile, 49, Minnetonka, MN 17:09 Challenge Arthritis, 8/30/08)

Men 50 – 54

Pete Westers, 52, Woodbury, MN 19:55 Challenge Arthritis, 8/30/08
(Old Record: Larry McDonough, 51, St Paul, MN 20:24 Challenge Arthritis, 9/1/07)

Men 55 – 59

John Cretzmeyer, 58, White Bear Lk, MN	19:56	Challenge Cancer, 6/9/07
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Men 60 – 64

Allen Gibas, 60, Minneapolis, MN	20:28	Challenge Arthritis, 9/3/05
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Men 65 – 69

Don Wright, 65, Lake Elmo, MN	22:11	Challenge Diabetes, 7/15/06
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Men 70-74

Dale Urbain, 73, Bloomington, MN	22:35	Challenge Arthritis, 9/1/07
(Old Record: Dale Urbain, 72, Bloomington, MN	23:50	Challenge Diabetes, 7/15/06)

Men 75-79

Rogers Anderson, 78, Bloomington, MN	28:56	Challenge Aging, 10/14/07
(Old Record: Rogers Anderson, 78, Bloomington, MN	29:17	Challenge Arthritis, 9/1/07)

Men 80 and up

Roy Carlsted, 82, St Paul, MN	38:18	Challenge Obesity, 4/1/06
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5k Run Events – Women**Women Open Ages 19-34 & Overall Course Record**

Joyce Bourassa, 38, Lakeville, MN	18:49.30	Challenge Diabetes, 7/15/06
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Young Women**Women under 11**

Ronnie Bright, 9, St. Paul, MN	41:37	Challenge Hearts & Minds, 5/25/09
(Old Record: Madeline Harp, 8, Fitchburg, MA	48:36	Challenge Cancer 6/21/08)

Women 11-12

Bailey Kuechenmeister, 11, Golden, CO	25:02	Challenge Diabetes, 7/14/07
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Women 13-14

Elizabeth Gregory, 13, Mahtomedi, MN	25:55	Challenge Diabetes, 7/12/08
(Old Record: Jenna Dominik, 13, White Bear Lake, MN	26:02	Challenge Cancer 6/10/06)

Women 15-16

Ellie Grooters, 15, Fargo, ND	21:42	Challenge Diabetes, 7/14/07
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Women 17-18

Katelyn Moraczewski, 17, Hugo, MN	19:09	Challenge Arthritis, 8/30/08
(Old Record: Lauren Harden, 17, New Brighton, MN	26:18	Challenge Diabetes, 7/12/08)

Masters Women**Women 35 – 39**

Danielle Gordanier, 37, St Paul, MN	21:08	Challenge Aging 10/12/08
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Women 40 – 44

Susan Malecha, 44, Minneapolis, MN	21:41	Challenge Cancer 6/10/06
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Women 45 – 49

Judith Meyer, 47, New Brighton, MN	19:57	Challenge Cancer, 6/9/07
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Women 50 – 54

Kristi Larson, 50, Brooklyn Park, MN	21:16	Challenge Diabetes, 7/12/08
(Old Record: Cindy Schwie, 52, Roseville, MN	23:26	Challenge Cancer 7/23/05)

Women 55 – 59

Barb Sugden, 55, Circle Pines, MN	25:32	Challenge Arthritis, 8/30/08
(Old Record: Rosanne Higley, 55, Small Meadow, CA	26:53	Challenge Diabetes, 7/15/06)

Women 60 – 64

Marien Bradsher, 63, St Paul, MN	25:22	Challenge Arthritis, 8/30/08
(Old Record: Marien Bradsher, 61, Saint Paul, MN	26:16	Challenge Cancer, 6/9/07)

Women 65 – 69

Doris Urbain, 68, Bloomington, MN	28:19	Challenge Diabetes, 7/15/06
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Women 70-74

Judy Rykken, 70, Bloomington, MN	34:40	Challenge Aging, 10/12/08
(Old Record: Doris Urbain, 70, Bloomington, MN	35:58	Challenge Cancer 6/21/08)

Women 75-79

Barbara Westurn, 75, Albert Lea, MN	54:18	Challenge Arthritis, 8/30/08
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Women 80-84

Mary Pat Flynn, 83, St Paul, MN	1:09:26	Challenge Arthritis, 8/30/08
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Clydesdale Run or Walk Division

(Optional division for Men Over 200 lbs)

Open

Michael O'Day, 42, Minneapolis, MN	20:36	Challenge Obesity, 4/1/06
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Men 40 – 44

Thomas Copenhaver, 40, Richfield, MN	23:14	Challenge Obesity, 4/1/06
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Men 45 – 49

Robert Britain, 48, Wayzata, MN	21:16	Challenge Arthritis 9/2/06
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Men 50 – 54

Jim Bernier, 51, S St Paul, MN	25:29	Challenge Arthritis 9/2/06
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Men 55 – 59

Ed Bolden, Woodbury, MN	43:37	Challenge Cancer 6/9/07
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Men 60 – 64

Gerry Vande Garde, 62, Bloomington, MN	27:30	Challenge Diabetes, 7/15/06
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M65-69

Thomas O'Shaughnessy, 65, Rochester, MN	43:14	Challenge Diabetes, 7/12/08
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Athena Run or Walk Division

(Optional division for Women Over 145 lbs)

Open

Lisa Price, 24, St Paul, MN 24:00 Challenge Obesity, 4/1/06

Women 40 – 44

Amy Kohout, 43, St Paul, MN 31:58 Challenge Aging, 10/14/07
(Old Record: Karen Peterson, 43, Richfield, MN 39:08 Challenge Cancer, 6/10/06)

Women 45 – 49

Lisa Millam, 47, 30:26 Challenge Diabetes, 7/14/07
(Old Record: Wyleen Van Guilder, 48, Delano, MN 36:22 Challenge Cancer, 6/7/07)

Women 50 – 54

Jeanne DeMartino, 53, Roseville, MN 34:50 Challenge Obesity, 4/1/06

Women 55 – 59

Sally Nyhus, 56, Minneapolis, MN 47:46 Challenge Cancer 6/10/06

5k Race Walk Division

Men Open

Bruce Leasure, 56, St Paul, MN 30:55 Challenge Obesity, 4/1/06

Men 40-44

Steve Gerber, 44, Delano, MN 38:41 Challenge Obesity, 4/1/06

Men 45-49

Steven Gerber, 46, Delano, MN 38:31 Challenge Arthritis, 9/1/07
(Old Record: Steven Gerber, 45, Delano, MN 39:51 Challenge Hearts & Minds, 5/27/06)

Men 55-59

Bruce Leasure, 56, St Paul, MN 30:55 Challenge Obesity, 4/1/06

M60-64

Phil Rogosheske, 64, St Cloud, MN 31:00 Challenge Aging, 10/12/08
(Old Record: Ed Mullaney, 60, New Brighton, MN 37:02 Challenge Diabetes, 7/14/07)

Men 65-69

Bernie Finch, 66, Lake Pepin, WI 32:50 Challenge Obesity, 4/1/06

Women Open

Jamie Burmeister, 25, St Francis, MN 30:47 Challenge Cancer 6/21/08
(Old Record: Tish Borgen, 41, Bloomington, MN 30:52 Challenge Cancer 7/23/05)

Women 45 - 49

Linda Beduhn, 45, Shorewood, MN 36:59 Challenge Diabetes, 7/15/06

Women 50-54

Anita Macias-Howard, 54, Edina, MN 30:56 Challenge Diabetes, 7/12/08
(Old Record: Anita Macias-Howard, 52, Edina, MN 31:36 Challenge Cancer, 6/9/07)

Women 55-59

Jeanne DeMartino, 55, Roseville, MN

35:19

Challenge Cancer 6/21/08

Wheelchair Division

Marcelo Ordaz-Cruz, 35, Crystal, MN

16:37

Challenge Arthritis 9/2/06