

Attendees	Where was your race held?	Submit race time:	Let us know anything interesting or different about your race
Dereck Smith,	North Hollywood, CA	0:19:51	
Catherine Beer,	Colonie, NY at a park called The Crossings	0:23:24	
Georgia Henderson		0:24:05	
Aaron Grober,	Atlanta	0:24:24	
Tracy Kriebel,	Around my neighborhood	0:24:31	
Samantha Dewey		0:25:10	
Hilda Garcia,	Planet Fitness, El Paso	0:25:46	It was part of my marathon training. A total of 12 miles completed. 3 miles for each day worked this week!
Anna McCollum,	Monarch Chesterfield Levee Trail	0:25:50	
Tekoah Taylor,	Delight,AR	0:27:03	
Shercoda Smaw,	College Park, MD at Lake Artemesia	0:27:06	I had a lot of fun running around nature. Two turtles and a deer came out to greet me. This was the highlight of my run.
Kristina Martin,	University of Michigan campus	0:27:28	
Amy Frank,	Las Vegas Strip!	0:27:29	
Davina Lewis,	Indianapolis canal tow path, Butler/Tarkington area	0:27:31	Beautiful and sunny run by the canal watching all the turtles basking!
Andrea Lueders ,	Krape Park, Freeport, IL	0:27:33	
Dana Elliott,	Mine Falls Park, Nashua, New Hampshire	0:27:44	
Curt Silvis,	Spooner, wi	0:27:47	
Nikki Hemken,	Taylorville, IL Bike Trail	0:27:58	
Michelle Hohensee,	FedEx Field (Redskins Stadium) in Landover, MD	0:28:02	I recruited officers from the US Public Health Servie to run this race. We promote healthy lifestyles. I was able to recruit 24 officers to run this race as well supporting ASCLS and celecrating National Laboratory Professionals Week. We would have had more but the race sold out. Maybe next year. Great Race!
Ashlie Peters ,	Quincy, IL	0:28:11	On Dogwood Festival Day
Michelle Sheperd,	Framingham, Massachusetts	0:28:17	Saw an accident on the Massachusetts Turnpike , someone had to get Lifeflighted
Tracy Tuzzolino,	Treadmill	0:28:47	Bib #406
JENNY JONES,	SELAH LOOP RD	0:29:07	I took my almost 1 year old on a stroller jog with me!
William Lehault,	Goshen, NY	0:29:33	
Stacy Walz,	Jonesboro, AR	0:29:46	
Alicia Sheffield,	Grove City, Ohio	0:30:00	I was able to run a path that surrounds the ER where I work. It

			happened to be a perfect 5k distance! So, I didn't feel like this was a virtual race at all, but a real race!
Lindsay Godfrey,	Portland, OR	0:30:21	
Karen Finrock,	Champaign, IL	0:30:35	Ran this run with the Christie Clinic 5k!!! This runs through the U of I campus!
Jessica Loontjer,	Lake Zorinsky Omaha,NE	0:30:38	Ran with my MLS coworker
Ashley Collins,	Ed Zorinsky Lake - Omaha, NE	0:30:38	
Brandy Greenhill		0:31:28	
Sheryl Schneck		0:31:47	
Juno DuBose,	Washington, DC	0:31:49	Done at the Georgetown University track
Jenny Robertson,	Pekin, il	0:32:00	
Lisa Everle ,	Hudson Valley, NY	0:32:27	
Samantha Miller		0:32:27	
Candice Grayson,	Pasadena, Md	0:32:30	
Kerry Quinn,	Concord, MA	0:32:39	Trail run near Walden Pond
Jen Vezina,	Boise, ID	0:32:48	Ran on my lunch break.
Suzanne Campbell		0:33:11	
Erin Kincaid,	Washington, DC	0:33:45	
Theresa Avon,	Newburgh, NY	0:33:51	
Breanna Coulson,	New Prague, MN	0:34:01	
Deborah Josko,	Jersey Shore, NJ	0:34:02	Ran it on the treadmill!
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Wendilynn Osborn,	Treadmill	0:34:12	
Phuong Pegoraro		0:34:24	
Michael de la Guardia,	Elizabeth, NJ	0:34:40	I ran this on my own but I wasn't really alone!
Kelly McPherson,	Carter Road	0:34:42	
Dana Cash,	Warner,OK	0:34:45	
Michelle Williams,	Virginia	0:34:59	Fantastic scenery
Nan Paturzo,	Lake Mission Viejo	0:35:30	
Elizabeth Garza		0:35:49	
Ally Storla,	Outside Kennestone Hospital	0:36:30	
Stephanie Bledsoe		0:36:49	
Susie Stoltz,	Hastings, MN	0:37:36	
Hilary Pine,	Portland, OR	0:37:37	
Beth Towne,	Hawarden, IA	0:37:41	

Stephanie Wolfe,	Home/Treadmill	0:38:01	Longest run in 2 months. So much fun!
Christina Soria,	Anchorage, AK	0:38:13	
Colleen Scott,	Atlanta, GA	0:38:26	
Jodie Prestholdt,	Dreadmill in my house (unfortunately)	0:38:43	LOL....Remind me never again to run with a sinus infection
Marisela Marchan,	Virtual 5k Waukesha, Wisconsin	0:39:13	Great idea
Mallory Janquart,	Appleton, WI	0:39:18	
Tammy Pfannkuch ,	Pinehurst, NC	0:39:23	First 5K..
Alison, Tilly, Jade, Becca		0:39:45	
kelly Anderson,	w Newberry rd p89	0:39:50	Disney star wars half marathon
Jodi Martinmaki	Neighborhood	0:40:00	
Laura Kissel		0:41:00	
Emily Myer and Erin Fredell		0:41:00	
Kary Lagenfeld		0:41:18	
Katie Wilkinson		0:41:26	
JR Constance		0:41:37	
Samantha Isham		0:42:00	
Katrina Palmer,	Gallup Park, Ann Arbor, MI	0:42:53	
Toccara Payton,	Payton	0:43:25	It was great!
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Teresa Jones,	Waxhaw, NC	0:43:32	
Kathy Kemper,	Longmont CO	0:44:14	It was snowing, blowing, and raining!
Jennifer Adams,	Around my neighborhood	0:44:31	
RJ Benson,	Mason, Michigan River Walk	0:45:00	We had a group of 6 Techs and 5 friends use the same route. Runners, walkers and one in a stroller.
john gerlach,	mason, mi	0:45:00	ran with ric benson.....friend/alumus/fellow laboratorian....have never run with him before
Latrelle Copeland,	Stone mountain, GA	0:46:15	
Joan Fillaus,	Avon, SD	0:47:05	Ran a path in and around a very small town
Karen Chen,		0:47:35	
Susan Oshnock,	Northville, MI	0:47:47	
Laura Rose Merritt		0:47:52	
Lori Mutz,	my neighborhood	0:48:00	Walked with my 2 dogs.
Mary Muslow,	Shreveport Louisiana	0:48:02	My first 5K

Lacey Campbell, Jennifer Johnson		0:48:47	
Kimberly Staton		0:49:06	
Laura Buerschen,	Jayfred Cir	0:53:38	
Kathy Winters,	Mokena	0:53:42	
Tammy Bash,	Jayfred Cir	0:53:48	
Stephen Miller		0:55:54	
Julie Tessel,	Cincinnati Ohio	0:57:09	
Heather Kendrick,	Get Fit in Richmond, KY	0:58:33	This was my first 5k and I finished it in less than an hour!
Lori Mutz,	neighborhood	1:00:05	I did my "run" while I walk my dogs. I am unable to technically "run", so we walk fast :)
Antonio Esparza,	USciences ARC	1:00:05	
Megan Ryan Henninger,	Woodland Park, NJ	1:00:05	DID IT WITH MY LAB MIX WONDER DOG DUG
Lisa Cecil		1:04:07	
Ronald Sanz		1:05:00	
Candance Edmondson,	TriStar Spring Hill ER	1:33:00	We did a walk and learn, I was the only participant at our facility so we invited staff from outside the lab to walk with me and learn about the lab.
Christy Feist,	Waconia, MN	2:01:05	My run was a 14 mile training run, with 10 mile race in the middle in my home town! Two races in one!
Mary Brackett,	8171 Retriever Avenue	2:18:00	Hike in the Spring Mountains of Nevada at 7719 ft.
Carey Loveland,	At home	5:00:00	Had eye surgery but doctor approved me to walk on the treadmill at a speed no higher than 1 mile per hour. Would have preferred to meet up with my MSU friends for an outdoor event, but enjoyed being a part of this first-time event.
Alisha Ezell, Chad Ezell,	Pantherstown Valley NC		We did a 5k hike instead of a traditional run.
Sherry Sorenson,	Grants Pass, OR		4 of us from the lab at Asante Three Rivers Medical Center ran/walked our race along the beautiful Rogue River. We are: Sherry, Robin, John and Heather