

Roughrider Health Conference Testimonials

I wish to express my sincere thank you to your team for the professional, but absolutely fun and challenging ND Roughrider Conference at Medora in June 2015. I am a Para Educator at Circle of Nations Wahpeton Indian School, and we start school next week. I can't wait to begin applying some of the information and techniques that we were fortunate enough to be introduced to. Our school has always been at the forefront with innovations and change and your team has helped contribute a great amount of information for us. I hope I am lucky enough to attend your conference again. Thank you all for your generosity to teach, your time to listen and answer our questions and your ability to make each of us feel important in whatever we aim to accomplish! Have a great school year! Cheryl

By the way, I thought the conference was great - we had a super time, and all the information was wonderful! I can't believe all the work you and the committee did to get it all done. So impressed! Try to enjoy the summer. Carla

Hi, great job at the conference...the sessions were really applicable to many of my student's needs...you did an amazing job of organizing it all, we had a fabulous time. Sheri.

This was my first time attending the conference and I had a blast!! Can't wait to come again!! Thanks again for all the hard and fun work you put into this conference. Jill

Thank you Rod and Board for your hard work in putting this conference together every year. I finish the school year feeling exhausted and I always feel refreshed and re-energized to go back and do a good job after the Roughrider week. Tom

Rod, Sending a HUGE THANK YOU for the most gratifying, enjoyable, heartwarming time in Medora at your supercalifragilistic Roughrider Health Conference!! It was so much fun keeping it all a surprise for everyone, and it worked! The North Dakota country is both awesome and peaceful and you, the rest of the Board couldn't have made me feel more welcome! Thanks for the wonderful lifelong memories and new trueblue friendships in the Roughrider Family! Heartfelt Friendship, Susie

It was again a fun week and you should be congratulated on a well-run conference, I know it just doesn't happen and it involves a lot of work. Larry

Thank you so much, Rod! I had a blast at the conference. Thank you for all that you do in making sure the conference is available for us to attend. I look forward to applying some of the lessons in both my life and my classroom. Cannot wait until next year! Sarah

The conference was awesome. I agree that it is important to have the face to face stuff rather than online. Thanks for doing this and all your hard work. Kelli

Thanks for another amazing conference. We are still talking about it. Great job :-) Nicole

I want to thank you for the great week. I know how much work goes into putting on a 1 day conference let alone a 4 day one. It was awesome. Great fun. And I hope to be back next year!!! Cari

Incredible!!!!!!!!!!!!!! Conference!!!!!!!!!!!!!! My wife had the best time and loved everything!!!!!!!!!!

You all are AMAZING! Thank you for everything. Enjoy your summer knowing that the RR28 was awesome. You are very special to me. Take care, my friends Lots of love, respect and admiration from both of us. Steve and Marianne

Wow, what a ride. Talk about the energy bus. They drove hard. Thanks for everything. The weather was a rough rideR. :-) week, but you guys made it an (EIEIO) great week. Thanks Dr. Jo

Just a quick note to once again share with you the great job you did for Rough Rider 2013! As presenters, we have never felt so welcome and had so many wonderful comments. All do to you and your organization! Thank you for allowing us the opportunity to present for you. Rough Rider 2013 ROCKED and YOU made it all happen. Thank you for letting us be a part of your successful conference! Lois

Whootwhoot!!. Just read the awesome editorial about you & roughriders!! Way to go guys!! Lynette

The conference was AWESOME! One of the best conferences that I've been to! Everything presented was totally relevant! I'm so excited to use what I learned at RR!! Thanks again! Can't wait for next year!! Angie

I heard nothing but great comments about the conference as my spouse went and said it was the best conference EVER attended. Nothing compared to this conference I have heard over and over the past few days. The conference will be a life changer for our family. Thanks L.D.

Thanks Rod for another great conference. You never disappoint...we had fun and learned lots and can't wait to share with others!!!! Have a GREAT day! Tina

I want to thank you for all the work you have done for Roughrider Health!!! The conference as I have said sooo many times was the best I have ever been to!! You told me during the week that it was a "life changer" and that is what it truly was!! I am sure that I drove some of my family crazy as I couldn't stop talking about it!! Thanks again!!! Have a fabulous summer! Theresa

Wow! What a great letter to the editor! I always knew you guys were a workhorses! It's been confirmed. You must be very proud! Congrats! Have a good summer! Leslie

Rod, this was my first Roughrider Conference and I am in awe of you and your team. The conference did inspire me in more ways than one. This was the best of all that I have gone to. My personal life needed, to say the least, a pick me up and listening to Dr. Steve, Dr. Jo and Bill Lucas was what I needed. I just wanted to say a personal "Thank You" for all you do and for giving us the opportunity to partake in something like this. If at all possible I WILL see you in 2014. Thanks again Robin P.S. Bam! If you are ever in the area let me know and I'll buy you a fitness walk! HEHE, you deserve it!

Rod: Just talked to a fellow staff member who attended Roughrider and she said that was the best conference that she has ever attended. Way to go to you and your staff. Wish I could have been there. Next year for sure. Wayne

Thank you so much for having me at the conference. It was great to get a taste of what the conference was like. You guys are a really fun group to be around. I am honored to have been part of the Roughrider Conference. K.D.

I just wanted to say another thank you for all you do with the Roughrider Health Conference. I really enjoyed my week. I look forward to sending in my registration for next year's conference. I have lots of ideas that I am excited to use in my classroom this fall. Have a good summer. Thanks again, :) Sandy

Read the article in the Forum---amazing testament to your hard work! Congratulations for another great year! Deb

This conference was so awesome! It was a lot of first timers for the crew from our school and we can't wait to join next year!! We are ready to go ALL OUT! Have a great rest of the summer and it was fantastic meeting you! B.B.

BAM! BAM! BAM! AMAZING WEEK! J.Z.

I just wanted to say "Thank You," for putting together such a wonderful conference. I enjoyed my week of presentations which I will use towards professional development and look forward to next year's conference. I intend on getting the MOST out of every hour once again next year! Thanks again. S.E.

I'm sure my little note is just one of many, but I couldn't walk away from this conference without saying THANK YOU so, so much for all that you did. I know your staff was a part of pulling off the success, but you honestly made it look easy. I'm sure it wasn't THAT simple to put together something so great with so much activity. Thank you again. Tammy

I would like to extend a thank you for the AWESOME conference last week. The presentations were powerful. Our school will be sending a team of teachers to Roughrider Next Year. Respectfully, School Superintendent

Was it the best conference EVER! YES!!! L.M.

This was a great conference and I appreciate what Rod and the board have done to make this all possible. Fantastic information. Keith

The Roughrider Board does a great job of organizing the conference. Flower Power, BAM!

Great Week! Gwyn

Rod, thank you so much for an awesome week!! I am looking forward to next year. Have a great summer and thanks again to you and your team. Leila

The conference was awesome! You went to a lot of work to make it the success it was! Speakers were great! Thanks for a fun and energizing week! Bam! Cindy

Hi Rod, thanks again for an amazing week. I really did love every minute. You put together a great team to make this happen! Nicole

Thank you for an eventful conference. First rate! Billie

The Roughrider Conference Rocks!!! Lois

Thanks for all you do for this conference! I always have a great time here. Thanks so much! Have a great summer! Brandi

It was a pleasure to be at such a fantastic conference. Hats off to you. You are the master mind. You made it "The Best Conference Ever!" Way to go! April

Thanks for the conference. It was a special week. Judy

BAM!!!! We can all see the intense planning, calling, etc. that went into this conference. This is a conference that will be remembered and carried on to all parts of our state and country. Great job!!! P.R.

Thank you Roughrider Board it was inspiring and awesome conference. Bam! Julie

Thanks again for a "Top Notch" conference. You made each person feel special and included. M.P.

The enthusiasm and great speakers were so motivational. Thanks Becky

The Roughrider Conference Rocks! H.J.

Roughrider is so refreshing and inspiring. Thanks R.G.

So much enthusiasm and so many awesome ideas to list. Paul

Everything was AWESOME! The best Roughrider Conference I have been too. Keep it going Rod, you guys do an awesome job. Beth

Thank you for the wonderful week and all the hard work. Rain or shine you put in the work to make it great for all of us. I am so thankful for the Roughrider team and conference. Jan

WOW, what a wonderful conference. Doug

Roughrider was an awesome experience for me. Thanks Megan

This was my first time at the Roughrider Conference and I had a great time. The wealth of information just kept going and going and going. Sarah

I loved the motivation by the presenters as well as the Roughrider staff. WOW! Tanya

So enjoyable, it was not like being at a conference. The entire conference was super organized. Andrew

This was the best Roughrider Conference EVER! Lucas

This was the most affective conference I have ever attended. Kristen

Awesome job to all staff. Jenny

Excellent Conference. You should be proud! Ann

This was my first time at the conference and it was wonderful. Twilla

The conference was so organized; I don't know how you do it. Lori

Great conference. Thanks Robin

This is the most fantastic conference around. Sandy

I would so love to come every year. Great fun and the best conference around. Bonnie

I have never been to a conference that has influenced every part of the human body. How did you do it? AMAZING! Kathy

The conference has me so excited for school to start again, and how I am going to change my classroom. Tamera

This conference reached me beyond words. THANK YOU! Janet

I wanted to send you a big "thank you" for a great Roughrider Conference! I had a great week there, as did the rest of my teammates. Thanks again, and have a great summer! Ryan

I just want to let you know that last year was wonderful and helped me to get back to taking care of myself. I went home last summer with a new outlook and started to get back into my workout routines that I unfortunately stopped for a few years. I have lost close to 20 pounds and I am in the best shape of my life. So thank you for bring Roughrider back to Medora and good luck this year. Lisa

I would like to thank you and your staff for putting the conference on. You all did a great job! K.W.

Congrats on an awesome conference! I have heard literally dozens of positive remarks about the conference and you should be so proud, as should your team. Your passion for this conference and for healthy kids is to be commended, if I could throw a parade for you I would. V.M.F.

We really had a good time. Thanks to you and your crew as the conference provided us with a lot of good information and it was a lot of fun! I hope to be back next year. Have a great summer! J.M.

Thanks so much, I thought it was a wonderful conference. You and the board do an excellent job. I look forward to attending again. Stephanie

Thank you for all the work you put into the conference! Diane

Great conference! I would like to participate again if you can find a place for me. John

Thanks for a great week! Tom

I wanted to "Thank You" for an awesome conference! You modeled energy and enthusiasm which created positive interaction among all attendees! It was great! W.N.

Thank you again for allowing us to participate in the Roughrider conference, it was AWESOME! Megan

Once again, you did an awesome job. I have no idea what it takes to run the show but I am sure it is much more than I could imagine. Great job! Wayne

I would like to thank YOU for a wonderful conference. It was amazing! You put so much work into everything and it shows. I hope that our school is included in future years and that I am able to be a part of it all. What a great time! Shelley

Thanks for putting on a great conference. It was a blast!! R.J.

I thank you for your leadership and hard work with a wonderful Roughrider Conference experience. I will take back so much to my students and in my own life. Kathy

I just wanted to say thank you so much for all of the hard work you put into organizing and running the Roughrider Conference. I had a wonderful time this past week and I am looking forward to many more conferences in the future. Have a great summer! Jenna

Thanks for such an amazing week! Willie

Thank you for being the photographer at the conference and sharing the wonderful memories. Kayla

Thank you for a great week, I appreciate all your hard work and time you invested to sustain the conference. I appreciate you all. Melissa

Nice to see the Roughrider is continuing on! I just spent almost ALL night looking at pictures and videos of past conferences. You have done a fantastic job of preserving the memories in your photo archives on the web site! Russ

I'm proud of your tenacity and true dedication to the Roughrider Health Conference. It is because of individuals like you that others can become even better individuals. Janis

I just have to say "WOW" ...you have done a fantastic job with your conference. Kudos to you and those that stuck with it! Good luck in the future! Karen

Thanks for the fantastic conference! We were thrilled to have it back in Medora and had an absolutely awesome time. You are a great guy and your personality really was a huge part of the conference being so successful- thanks Rod! We will definitely be back next year!!! Tina

Thanks again for an awesome Roughrider conference. You did great! Have a good summer! Deb

I really enjoyed the conference and hope to come back next year. So many teachers have asked me how the conference was and I have been really been talking it up. I hope that I can encourage others to go as well. Thanks again and have a great summer!! Sarah

You did a great job on the conference. Thanks so much. Kevin

The Roughrider Health Conference was another great success...Congratulations! Randy

Thanks so much for a fun week at the Roughrider Conference 2012. Meghan

It was a great conference. Well done! Betsy

I really appreciate the week of fantastic and motivational information. Jackie

Thanks for a great conference at Medora! It was wonderful to have such a busy and informative conference back in that beautiful setting. Everyone else I talked to who had attended before when it was located in Medora was so excited to have it back. Thanks for making the conference such a great experience again. Hope to see you there in 2013. Elise

Thanks again for all your work with Roughrider! I will take so much back to share. Brian

I want to say thank you for the amazing conference. I have to be honest, I came to the conference because I needed two credits, but I left with so much more. Larry

WOW! If you have not been to the Roughrider Conference you are missing out. It lived up to all I had heard it was over the years. I will be back again. T.S.

The Roughrider Health Promotion Conference was wonderful. I had a great time and learned so much. Thank you for all you do and please send a thank you on to your team. Great job!!! Gail

The Conference was something else! You did a great job making it a fun and learning environment. I have a question for you Rod. Do you ever stop moving? I was worn out at the end of the day from watching you. Have a relaxing summer. J.D.

What a great time and what a great job you did in making it all happen! YOU ROCK! KMK

Thanks for the pictures and for running such a smooth conference. I would love to go next year, but I bet I will have some competition getting in. Take care. TG

Thank you for all your work in making the Roughrider Conference such an enjoyable one. It was great to be back in Medora to make our schools a healthier place! We look forward to coming back again next year. Jodi

Roughrider Staff: Thank you for your dedication to this fabulous Roughrider Conference. To have the ability to basically organize the conference with little financial help is amazing. Your vision and diligence has kept this conference going. Congratulations and Thanks. DK

I had a great time at the 2012 Roughrider Conference, and I thank you! Cheryl

Thanks for a wonderful week! M.M.

I had an absolute wonderful time at your conference! J.B.

Great job on the conference, glad to have been here! M.E.

So FUN, I will be back! S.S.

Excellent Job! Very fun conference as it was upbeat the entire time. M.A.

Lots of learning, lots of FUN! EXCELLENT CONFERENCE! N.E.

Thanks to Rod and the Board. Excellent conference! L.H.

Congratulations on an excellent conference Mr. Volk and Board. L.O.

So, so, so much fun and exciting week. It was a great celebration to the end. H.J.

Love the fitness activity's during the week. Very glad to be back in Medora, as I really enjoyed the conference. Thanks for all your hard work. L.S.

I thank you for including me in the fun. KK

Thank you for a wonderful conference. It was a refreshing experience and I hope to join you again next year. Sandy

Thank you - it was loads of fun. You did a great job! Deb