



## 2008 CARA CIRCUIT RACES

Sun	Apr 13	Race That's Good for Life 5k	Oak Park
Sun	Apr 27	Ravenswood 5k	Chicago
Sat	May 3	Run to Remember 5k	Chicago
Sat	May 10	Fitness Together 50 Hecto (5k) Race	Wheaton
Sun	May 18	Health Bridge Road Runners 5k	Crystal Lake
Mon	May 26	Elgin Valley Fox Trot 10m	Elgin
Sun	Jun 1	Roselle Run for the Roses 5k	Roselle
Sun	Jun 8	North Shore Half Marathon	Highland Park
Sat	Jun 14	Pink Ribbon 5k	Palos Heights
Sun	Jun 22	Downers Grove 5m	Downers Grove
Sat	Jun 28	Race for Young Life 5k	Palatine
Fri	July 4	Four on the 4 <sup>th</sup>	Elmhurst
Sat	July 26	Sam's Club Waterfall Glen Xtreme 10m	Darien
Sat	Aug 23	DeKalb Cornfest 10k	DeKalb
Mon	Sept 1	Park Forest Scenic 5 and More...	Park Forest
Sun	Sept 7	Alpine Races Half Marathon	Lake Zurich
Sat	Sept 20	Fall Festival 5k	Wheaton
Sat	Sept 27	Makin' Tracks 5k	River Forest
Sun	Oct 26	Sycamore Pumpkin Festival 10k	Sycamore
Sun	Nov 9	Westchester Veterun 10k	Westchester



## 2008 CARA REGISTERED RACES (as of 08-27-08)

Sat	Apr 5	Ringing in Spring 5k	Valparaiso IN
Sat	Apr 5	Chicago Lakefront 50k	Chicago
Sat	Apr 19	Take a Step for Kids 5k, 10k	Libertyville
Sat	Apr 19	Run for Tomorrow 5k	Munster IN
Sat	Apr 19	Shelter, Inc 5k for Kidz	Elk Grove Village
Sun	Apr 20	NCO Spring Ahead 5k, 10k	Naperville
Sat	Apr 26	Brain Tumor Path to Progress 5k	Chicago
Sat	Apr 26	The Kingdom 5k	Naperville
Sun	Apr 27	Batavia Mother's Club Fox Trot 5k	Batavia
Sun	Apr 27	The Nick Kot Charity 5k "Got Running on the Brain?"	Aurora
Sun	Apr 27	CASA Cares 5k	Downers Grove
Sat	May 3	Just a Little Run 4m	Lansing
Sat	May 3	Alivio Y Salud 5k	Chicago
Sat	May 3	Spring Stampede 5k (formerly Bison Stampede)	Oakbrook Terrace
Sun	May 4	Great Western Half Marathon	St. Charles
Sun	May 4	Bob Blazier Run for the Arts 5k	Crystal Lake
Sun	May 4	Cinco de Mayo 5k	Romeoville
Sun	May 4	Seven Bridges Season Starters 10m, 5k	Woodridge
Sat	May 10	Groovin' in the Grove	Downers Grove
Sat	May 10	Quarryman Challenge 10m, 5k	Lemont
Sat	May 10	Lake Geneva Marathon	Lake Geneva WI
Sat	May 17	Run for Hungry Children 5k	Hoffman Estates
Sat	May 24	Western Springs Tower Trot, 5k, 10k	Western Springs
Sat	May 24-26	The Great Race Half Marathon, 5k, 10k	Elkhart, IN
Mon	May 26	Elgin Valley Fox Trot 5k	Elgin
Thu	May 29	Put Your Foot Down 5k	Chicago
Sat	May 31	Lew Blond Memorial 5k	Northbrook
Sat	May 31	Sunburst Races Marathon, Half Marathon	South Bend IN
Sat	Jun 7	Run for the Animals 5k, 10k	Wheaton
Sat	Jun 7	Takeda WonderGirl 5k	Chicago
Sat	Jun 7	Chase to the Taste 5k	DesPlaines
Sun	Jun 8	Band on the Run Run	Orland Park
Sun	Jun 8	Care Center 5k Challenge 5k	Glenview
Sun	Jun 8	Rotary Race to the Finish 5k	Evanston
Sun	Jun 14	Woodstock Challenge 10k	Woodstock
Sat	Jun 14	Run for a Reason CAC Half Marathon	Hoffman Estates
Sat	Jun 14	Run for the Stars	Wheaton
Sat	Jun 14	Fox River 5k	Batavia
Sun	Jun 15	Veterans Memorial Tollway 8k	Lemont
Sun	Jun 15	Loop the Loop for Kids 5k	Chicago
Thu	Jun 19	Jim Gibbons 5k	Chicago
Sun	Jun 22	Downers Grove 10m	Downers Grove
Sat	Jun 28	Proud to Run 5k, 10k	Chicago
Sun	Jun 29	Firecracker 4m	Highland Park
Sun	Jun 29	Westmont Beanie Baby 5k	Westmont
Sun	Jun 29	Jackson Park Hospital Run for Health 5k	Chicago

Fri	Jul 4	Antioch Run for Freedom 5k	Antioch
Fri	Jul 4	Great Western Freedom 4	St Charles
Fri	Jul 4	MELD July 4 <sup>th</sup> Classic	Rockford
Thu	Jul 17	Chicago Fire Fighters Run for the Kids 5k	Chicago
Wed	Jul 30	Viking Sunset 5k	Geneva
Thu	Jul 31	Run for Gus 5k	Chicago
Sun	Aug 3	Coon Creek Classic 2k & 10k	Hampshire
Sat	Aug 9	Blue Hawaiian 5k	Bensenville
Thu	Aug 14	Race Judicata 5k	Chicago
Sat	Aug 16	Rally for Autism	Libertyville
Sun	Aug 17	Run for the Health of It 10k	Palos Heights
Sun	Aug 24	Windrunner 10k	Wheaton
Sun	Aug 31	NCH Buffalo Grove Stampede 5 & 10k	Buffalo Grove
Sat	Sep 6	Pads Run 5k, 10k	Wheaton
Sat	Sep 6	Long Grove Heritage Run 5k	Long Grove
Sat	Sep 6	St. Catherine's Irish Jig Jog	West Dundee
Sat	Sep 6	Chicago Lung Run 5k	Chicago
Sun	Sep 7	Crystal Lake Half-Marathon	Crystal Lake
Sun	Sep 7	Alpine Races 5k	Lake Zurich
Sat	Sep 20	Run for the Mind	Wheaton
Sat	Sep 27	Makin' Tracks 5k	River Forest
Sat	Sep 27	Fun(d) Run 5k	Highland Park
Sun	Sep 28	Run to Read 5k	Schaumburg
Sun	Sep 28	Plainfield Harvest 5k	Plainfield
Sat	Oct 4	Cougar Run 5k	Chicago (Evergreen Park)
Sun	Oct 5	Run on the Prairie 5k & 1m	Grayslake
Sun	Oct 5	Bear Run 5k, 10k	Algonquin
Sat	Oct 18	Run the Beat 5k	Morris
Sat	Oct 18	Scarecrow Scramble 5k	Lisle
Sun	Oct 19	This Run's For Jack 5k	Glen Ellyn
Sat	Oct 25	Halloween Hustle for Fathers 5k	Palatine
Sat	Oct 25	Trick or Trot 5k	Downers Grove
Sun	Oct 26	Frank Lloyd Wright Races 5k, 10k	Oak Park
Sat	Nov 1	Chicago Lakefront 50/50 – 50k, 50m	Chicago
Sun	Nov 9	Westchester Veteran 5k	Westchester
Sun	Nov 23	Lincolnwood Turkey Trot 5 & 10k	Lincolnwood
Sun	Nov 23	Pilgrim Pacer 5k	La Grange
Thu	Nov 27	Turkey Trot 4m	Palos Park
Sat	Nov 29	Dream for Eileen 5k	Lake Forest

## LONG DISTANCE SERIES

Sat	Apr 5	Chicago Lakefront 50k	Chicago
Sun	May 4	Great Western Half Marathon	St. Charles
Sun	May 4	Seven Bridges Season Starters 10m	Woodridge
Sat	May 10	Lake Geneva Marathon	Lake Geneva WI
Sat	May 24-26	The Great Race Half Marathon	Elkhart, IN
Mon	May 26	Elgin Valley Fox Trot 10m	Elgin
Sat	May 31	Sunburst Races Marathon, Half Marathon	South Bend IN
Sun	Jun 8	North Shore Half-Marathon	Highland Park
Sat	Jun 14	Run for a Reason CAC Half Marathon	Hoffman Estates
Sun	Jun 22	Downers Grove 10m	Downers Grove
Sat	Jul 26	Waterfall Glen Xtreme 10m Challenge	Darien
Sun	Sep 7	Crystal Lake Half-Marathon	Crystal Lake
Sun	Sep 7	Alpine Races Half-Marathon	Lake Zurich
Sat	Nov 1	Chicago Lakefront 50/50 – 50k, 50m	Chicago