

Chicago Racing Circuit by CARA



Awards & Scoring (Individual)

Awards Types

- 1) CARA Racing Award
- 2) CARA Runner of the Year
- 3) CARA Grit Award
- 4) Individual Categories (overall, age-graded, non-binary/genderqueer, or age groups)

CARA Racing Award

All runners have the opportunity to earn the CARA Racing Award in one of two ways:

- 1) Finish 5 Chicago Racing Circuit races
- 2) Finish any three CARA produced races (Lakefront 10 Miler or 5k, Miles Per Hour, Chi-Town Miles, Spring Trail Chase)

CARA Runners of the Year

Chicagoland's top runners are named Runner of the Year in the following categories: Overall, Non-Binary/Genderqueer, Masters (ages 40+), Veteran (ages 50+), Senior (ages 60+), and Super Senior (ages 70+). Runners of the Year are selected by the CARA Racing Committee through Circuit success. Runners may win multiple Runner of the Year categories.

CARA Grit Award

The CARA Grit Award honors runners who complete 14 of the 15 Circuit races. From the 1-mile to the marathon, earning this distinction requires sustained training, resilience, and commitment across the entire calendar. With only a small number of participants achieving this milestone each year, the CARA Grit Award represents one of the most demanding accomplishments in the Chicago Racing Circuit. This award recognizes those who show up again and again.

Individual Circuit Awards

Runners can earn recognition as Chicagoland's top runners in a variety of CARA Circuit categories.

- *Overall* - Top 10 Males and Females in Circuit Standings.
- *Age-Graded* - Top 10 Age-Graded runners (using age grading scoring).
- *Non-Binary/Genderqueer* - Top 3
- *Age Groups* - Top 3 Per Category (Males and Females Ages: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 & Over).
- *Clydesdale/Athena* - Top 3 Per Category (Clydesdale A = Males 185-199 pounds, Clydesdale B = Males 200-224 pounds, Clydesdale C = Males 225+ pounds, Athena A = Females 155-169 pounds, Athena B = Females 170+ pounds).

Scoring Rules

Membership: To be eligible for individual awards, runners must be a [CARA Support Level Member](#) by July 1 of the awarding year. Non-awards eligible runners will be dropped from the standings at the end of the season, but individual races will not be re-scored.

Registration: No special registration is needed for Illinois residents to score in the Circuit's overall, non-binary/genderqueer, age-graded, or age group categories. Runners must select a gender category (including non-binary or genderqueer, where offered) during individual race registration to be eligible for scoring. Participants who register with an undefined gender or who do not select a gender will be removed from race results unless they contact circuit@cararuns.org prior to results finalization. Registration *is required* for the Clydesdale/Athena categories. Those runners must register [HERE](#).

Minimum Number of Races: To be award eligible, one must run a minimum of 5 Circuit races. Runners 19 & under and 80 & over are only required to run a minimum of 3 Circuit races. If there are race cancellations, then the minimum number of races will equal 1/3 of the total number of races, rounded down.

Maximum Races Scored: Only scores from a runner's 8 best races count for their total score. All other scores are dropped. Runners in the 19 & under category will only have their 5 best scores count for their total. If there are race cancellations, then the maximum number of races scored will equal 1/2 of the total number of races, rounded up.

Placing: For each gender (male, female, non-binary) the top 25 runners receive points in the overall and age-graded categories (25 for first, 24 for second, etc.). For all other categories, the top 15 runners receive points (15 for first, 14 for second, etc.). Runners not receiving points are not included in the standings.

Residency: Runners are automatically scored if they are from the state of Illinois. Non-members not from Illinois will be removed from race results during the scoring process. Out-of-state CARA members will be scored only after declaration of participation by emailing circuit@cararuns.org or filling out the [out-of-state declaration form](#). Scores will not be counted until such declaration.

Circuit Age Group Determination: A runner's age group for individual Circuit scoring is determined by their age on July 1 of the awarding year, not age on each race day. Age on race day is used for age-graded and team scoring.

Ties: Ties in age-graded and clydesdale/athena categories will be broken by totaling the tied runners' five best age-graded scores. If a tie remains, the tie will be broken by comparison of the tied runner's best age-graded score. If still tied, this process will continue using the runners next best age-graded score until the tie is broken.

Ties in all remaining categories (overall, non-binary/genderqueer and age-group) will be broken by head-to-head results of the tied competitors. If a tie remains, the tie will be broken by percentage margin of victory in head-to-head results of the tied competitors.

Non-Binary/Genderqueer: We want to acknowledge, respect, and provide opportunity for all competitors to express their desired pronouns. While CARA does not have the authority to manage an individual race's registration process, we can update the Chicago Racing Circuit scoring to accommodate non-binary/genderqueer runners. Regarding age-graded scoring, World Masters Athletics does not have non-binary/genderqueer age-graded scoring tables. Therefore, non-binary/genderqueer runners will be age-graded versus the male tables. Non-binary/genderqueer runners may email circuit@cararuns.org with requests to have their Circuit scoring updated for any reason.

Clydesdale / Athena Rules: All runners [registered](#) for this category receive an

age-graded score for each race based on the World Masters Athletics age-grading tables. The runners with the top age-graded scores receive points. For each weight division, first receives 15 points, second 14 points, third 13 points and so on. Runners participating in Clydesdale/Athena must register their intent to participate by July 1. After registering, runners must weigh in at the CARA tent at a CARA Circuit race to confirm their category. Weigh-ins must be completed by July 31. Weigh-in is ONLY available at the CARA tent at each race. Please note: effective 2023, runners may win awards in both age group and Clydesdale/Athena.

Awards & Scoring (Clubs / Teams)

To be eligible to score for a club/team, one must be a CARA Friend Level or Supporter Level Member and included on a club/team roster prior to being counted in scores. (Note: Non-members submitted on a club/team roster are automatically deemed CARA Friend Level members without the need for additional registration)

Club/Team Categories

Clubs and Teams may compete to be honored as the top clubs in the area in a variety of categories. Points may be scored in All Around (age-graded), Open Men, and Open Women (split into Division I & II, all ages), as well as male and female age group categories for 40+, 50+, 60+, and 70+.

Division I: Large clubs or elite teams

Division II: Smaller clubs, running groups, or recreational teams

Teams may request a specific division during registration, which will be subject to approval by the CARA Racing Committee. The age group categories (40+, 50+, 60+, 70+) do not have divisions; all teams compete together.

Clubs/Teams need 3-5 runners, depending on category, to maximize their score. The top three clubs/teams are awarded at the end of the Circuit, with the exception of the Super Senior category (70+), which will only award the top team.

- *All Around* - All genders combined, rankings are determined by the combination of each club's top 5 runners' age-graded scores for Division I and top 3 scores for Division II. Age-graded scores are based on a mathematical formula, which takes into consideration the runner's age and gender, the race distance, finishing time, and the world age group

record.

- *Open (Male & Female)* - For each gender, rankings are determined by the addition of a club's top 5 runners' finish times for Division I and top 3 runners for Division II.
- *Masters (Male & Female)* - For each gender, rankings are determined by the addition of a club's finish times of their top 3 runners aged 40 and over.
- *Veteran (Male & Female)* - For each gender, rankings are determined by the addition of a club's finish times of their top 3 runners aged 50 and over.
- *Senior (Male & Female)* - For each gender, rankings are determined by the addition of a club's finish times of their top 3 runners aged 60 and over.
- *Super Senior (Male)* - Rankings are determined by the addition of a club's finish times of their top 3 runners aged 70 and over. Only races 10 miles or less are scored. This is a winner-take-all category, where only the top team will be awarded. At this time, there are not enough participants to support a female 70+ category, but we will continue to monitor and look forward to scoring this in the future.

Club/Team Scoring

- For each category, teams receive points based upon their finish (15 points for 1st, 14 for 2nd, etc.).
- Only scores from a team's 8 best races count for their total score. All other scores are dropped.
- Because of the reduced number of eligible races for the *Super Senior* category (10 miles or less), the maximum number of races scored in this category will equal 1/2 of the total number of races, rounded up. For example, if there are 4 races on the Circuit longer than 10 miles, then there are 11 total eligible races for *Super Seniors*. Half of 11 is 5.5, which rounds up to 6. Therefore, in this scenario, a team's 6 best races count for their total score in the *Super Senior* category.
- Ties are broken by looking at the teams' 9th best race (or 1st dropped score). If a tie remains, then the process continues onto the 10th race (or 2nd dropped score), etc. until the tie is broken. If teams are tied in points for all Circuit races, then a tie will be declared.

- Age on race date is used to determine categories (All Around age-graded scores, 40+, 50+, 60+, 70+).
- At this time, there are not enough non-binary participants to support a non-binary team category, but all non-binary or genderqueer runners are eligible to score for a team. Non-binary or genderqueer runners submitted on a team roster will automatically be scored in their team's All Around category. Requests to score for a team's male or female category should be emailed to circuit@cararuns.org.

Club/Team Registration

- All area running clubs, racing teams, running groups, running store teams, and corporate running teams that have a membership roster are eligible to participate.
- There is no fee for clubs/teams, but registration is required.
- Team captains must register and submit a roster to circuit@cararuns.org with each member to be scored. Roster must include the full name, gender, date of birth, city/state, and email address of members. Roster members will be granted free CARA Friend Level membership if they do not yet have a CARA membership. Updates are allowed throughout the season but must be received at least a day prior to each race for new runners to be eligible at that race.
- Runners may only score for one club/team per year. If a runner is listed on multiple rosters, CARA will ask that runner to declare which team they are competing for.