

2011 AWARD WINNERS

Congratulations to these excellent runners!

CARA Runners of the Year: Chad Ware and Jean Marinangeli

Junior Runners of the Year: Jonathan May and Gina Johnson

Masters Runners of the Year: Ted Bowles and Tammy Lifka

Veteran Runners of the Year: Barry Brandt and Kayoko Hamamura

Senior Runners of the Year: Eric Burgess and Nancy Rollins

Super Senior Runners of the Year: Ed Packel and Lois Gilmore

Clydesdale/Athena Runners of the Year: Michael Roberts and Helen Nuttall

Best Race of the Year: Roselle Run for the Roses 5K

2011 Hall of Fame Recipients: Jay Behnke (Clydesdale/Athena) and Stacia Taylor

CARA Overall Winners - 2011

Male

- Chad Ware, Deerfield
- Emisael Favela, Berwyn
- Dave Wilson, Brookfield
- Michael Cauley, Bloomingdale
- Dave Strubbe, Chicago
- Ted Bowles, Bartlett
- Christian Escareno, Mount Prospect
- Mac McCulley, Lindenhurst
- Matthew Abbott, Arlington Heights
- Scott Klasen, Rolling Meadows

Female

- Jean Marinangeli, Schaumburg
- Columba Montes, Chicago
- Megan Sullivan, Downers Grove
- Holly Porter, Oak Park
- Shannon Ring, Belvidere
- Tammy Lifka, Glen Ellyn
- Sanya Syrstad, Glen Ellyn
- Shannon Javaras, Palos Park
- Ann Schaefers-Coles, Cary
- Sherri Albus, Hoffman Estates

CARA Age Graded Champions - 2011

In each race, 15 points were awarded to finisher with the highest age-graded score, 14 for second, etc. Runners were ranked at year-end using points from their 10 best races.

- Nancy Rollins, Evanston
- Barry Brandt, Villa Park
- Lois Gilmore, Janesville
- Doris Schertz, Lombard
- Chad Ware, Deerfield
- Tim Conheady, Elmhurst
- Dave Wilson, Brookfield
- Eric Burgess, Long Grove
- Grace Wasielewski, Prospect Heights
- Mike Egle, Glenview

CARA Age Group Winners - 2011

14 & Under

- | | |
|---------------------------|---------------------------------------|
| 1. Jonathan May, Elmhurst | 1. Gina Johnson, Park Ridge |
| 2. Evan Smith, Long Grove | 2. Isabella Alansari, Hoffman Estates |

20 - 24

1. Adrienne Andeen, Schaumburg

25 - 29

- | | |
|--------------------------|----------------------------------|
| 1. Chad Ware, Deerfield | 1. Jean Marinangeli, Schaumburg |
| 2. Dave Strubbe, Chicago | 2. Sherri Albus, Hoffman Estates |
| 3. Derick Anhalt, Lisle | 3. Kristin Frey, Schaumburg |

30 - 34

1. Matthew Jeromin, Roselle
2. Michael Cauley, Bloomingdale
3. Emisael Favela, Berwyn

1. Megan Sullivan, Downers Grove
2. Helen Nuttall, Oak Park
3. Columba Montes, Chicago

35 - 39

1. Scott Mangum, Barrington
2. Ricardo Martinez, Streamwood
3. Michael Martineau, Chicago

1. Holly Porter, Oak Park
2. Stephanie Wagner, Lombard
3. Lisa Czepiel, Elk Grove Village

40 - 44

1. Ted Bowles, Bartlett
2. Matthew Abbott, Arlington Heights
3. Dave Wilson, Brookfield

1. Tammy Lifka, Glen Ellyn
2. Julie Bruns, Elmhurst
3. Geri Bensen, Oak Park

45 - 49

1. Jim Cassioppi, Willow Springs
2. Carlos Viramontes, Tinley Park
3. Jerry Sellars, Plainfield

1. Angelica Guerrero, Chicago
2. Sanya Syrstad, Glen Ellyn

50 - 54

1. Barry Brandt, Villa Park
2. Mark Whitney, Vernon Hills
3. Tim Conheady, Elmhurst

1. Kayoko Hamamura, Chicago
2. Denise Heinen, Winnetka
3. Barb McGovern, Bartlett

55 - 59

1. Michael McCahey, Naperville
2. Keith Holzmueller, Evanston
3. Michael Roberts, Highwood

1. Grace Wasielewski, Prospect Heights
2. Maribeth Ward, Chicago
3. Melissa Savage, Chicago

60 - 64

1. Eric Burgess, Long Grove
2. Edward Kichura, Chicago
3. Fritz Gareis, Wilmette

1. Nancy Rollins, Evanston
2. Isola Metz, Wheaton
3. Susan Zwolfer, Chicago

65 - 69

1. Andrew Suozzo, Chicago
2. Adrian Malec, Park Ridge
3. Karl Zwolfer, Chicago

1. Stacia Taylor, Oak Park
2. Joan Elliot, Lake Forest
3. Judy Friedes-Craig, Lake Bluff

70 - 74

1. Ed Packel, Lake Forest
2. Ted Kohn, Chicago

1. Doris Schertz, Lombard
2. Janet Draheim, Arlington Heights

3. Frank Nicholson, Chicago

75 - 79

1. Bob Pates, Glen Ellyn
2. Kirby Anderson, Cicero
3. Carl Hays, Batavia

80 - 84

1. Dick Lamermayer, Aurora
1. Lois Gilmore, Janesville

85 & Older

1. Robert Taylor, Oak Park

CARA Clydesdale / Athena Age-Graded Division Winners - 2011

A

1. John Kolman, Chicago
1. Jean Jankowski, Westchester
2. Joe Kolbaba, Arlington Heights
2. Trisha Palma, Chicago
3. Frank Hansen, Forest Park

B

1. David Dziagwa, Prospect Heights
2. Muhammad Alansari, Hoffman Estates
3. Gerard Kenny, Oak Park

C

1. Gregory Smith, Long Grove
1. Cheryl Belles, Chicago
2. Steve Sarowitz, Highland Park
2. Sybil Santos-Burgan, Chicago
3. Carl Belles, Chicago

D

1. Jay Behnke, Marengo
1. Ruth Bonacci, Chesterton IN
2. Chris Stephenitch, Dixon
2. Stephanie Bass, Richton Park
3. Jeffrey West, Carol Stream

CARA Club Circuit Winners - 2011

Dick Pond Fast Track Racing Team

- Combined (Age-Graded) Category
- Male Open Category
- Female Open Category
- Male Masters Category
- Female Masters Category
- Male Veteran Category

Evanston Running Club

- Female Veteran Category
- Male Senior Category
- Female Senior Category

CARA Corporate Circuit Winners - 2011

- Molex
- Sargent & Lundy
- Littelfuse

Participation Award Winners - 2011

Tiffany Adams, Chicago

Kirby Anderson, Cicero

Chuck Aron, Chicago

Geri Bensen, Oak Park

Nick Bensen, Oak Park

Ruth Bonacci, Chesterton IN

Julie Bruns, Elmhurst

Eric Burgess, Long Grove

Jim Cassioppi, Willow Springs

Chris Donovan, Chicago

David Dziagwa, Prospect Heights

Lori Ford, Chicago

Nicole Fritz, Manhattan

Fritz Gareis, Wilmette

Anne Gozar, Morton Grove

Robert Greenspoon, Chicago

Frank Hansen, Forest Park
Denise Heinen, Winnetka
Tina Helm, Elmhurst
Kim Henry, River Forest
Maria Henandez, Schererville IN
Kristan Huenink, Chicago
Jean Jankowski, Westchester
Ann Joyner, Berwyn
Peter Klaeser, Sauk Village
John Kolman, Chicago
Jerry Marcec, Geneva
Michael McCahey, Naperville
Dana Mui, Skokie
Frank Nicholson, Chicago
Ed Packel, Lake Forest
Doug Pearson, Elmhurst
Sybil Santos-Burgan, Chicago
Roberto Sarli, Blue Island
Doris Schertz, Lombard
Danielle Steimel, Aurora
Erin Vandenberg, Forest Park
Samuel Volchenboum, Chicago
Maribeth Ward, Chicago
Judith Ann Warren, Oak Park
Jeffrey West, Carol Stream
Donna Wrenn, Chicago

Long Distance Award Winners - 2011

Tiffany Adams, Chicago
Kirby Anderson, Cicero
Chuck Aron, Chicago
Nick Bensen, Oak Park

Ruth Bonacci, Chesterton IN
Kimmie Brown, Chicago
Eric Burgess, Long Grove
Jim Cassioppi, Willow Springs
David Dziagwa, Prospect Heights
Nicole Fritz, Manhattan
Fritz Gareis, Wilmette
Frank Hansen, Forest Park
Denise Heinen, Winnetka
Tina Helm, Elmhurst
Kim Henry, River Forest
Maria Hernandez, Schererville IN
Kristan Huenink, Chicago
Jean Jankowski, Westchester
Gerard Kenny, Oak Park
Peter Klaeser, Sauk Village
John Kolman, Chicago
Adrian Malec, Park Ridge
Eileen Malec, Park Ridge
Michael McCahey, Naperville
Barb McGovern, Bartlett
Kelly McGovern, Bartlett
Ed Packel, Lake Forest
Luis Plascencia, Berwyn
Sybil Santos-Burgan, Chicago
Doris Schertz, Lombard
Danielle Steimel, Aurora
Mary Trepelas, Chicago
Christopher Udoni, Island Lake
Maribeth Ward, Chicago
Jeffrey West, Carol Stream