

CARA RUNNERS' CHOICE CIRCUIT



2022 AWARDS PROGRAM



CONTENTS

pg 4.....	2022 THANK YOU & RECAP
pg 5.....	RUNNERS OF THE YEAR
pg 8.....	RACE OF THE YEAR
pg 9.....	CARA HALL OF FAME INDUCTEES
pg 22.....	INDIVIDUAL HONOREES
pg 23.....	OVERALL, AGE-GRADED, CLYDESDALE/ATHENA
pg 24.....	AGE GROUP - MALES
pg 25.....	AGE GROUP - FEMALES
pg 26.....	CARA RACING AWARD
pg 27.....	TEAM/CLUB HONOREES
pg 29.....	2023 SCHEDULE



Congratulations CARA Award Winners!

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Provider for CARA

2022 Recap

The 2022 racing season once again featured 15 races throughout the Chicagoland area. The season was highlighted by the return of a Circuit classic, the Bank of America Shamrock Shuffle, which was back after a two year absence. Additionally, the Hidden Gem Half Marathon took home the prize for Race of the Year for the first time. Bringing together runners from different clubs, teams, and locations, the CARA Runners' Choice Circuit once again provided a unique opportunity for all runners to chase personal, team and club goals.

We sincerely thank you for your participation in the Runners' Choice Circuit and continued support of CARA's longest running program. We are looking forward to another exciting year in 2023 and carrying on the tradition that started in 1979. The opportunity to foster competition, connect local running clubs and races, while continuously advocating for high racing standards, continues to be the mission. Congratulations on a great 2022 racing season and we will see you on the startline in 2023!

-Tim Bradley, CARA Executive Director



Thank you to our 2022 races!

Bank of America Shamrock Shuffle
Good Life Race
CARA Lakefront 10 Miler
Quarryman Challenge 10 Mile
CARA Spring Trail Chase 10K
Bank of America Chicago 13.1
Ricky Byrdsong Race Against Hate
CARA Chi-Town Miles

Elmhurst 4 On The 4th
Alpine Races 10 Mile
Hidden Gem Half Marathon
Bucktown 5K
Bank of America Chicago Marathon
Lake Bluff PTO Pumpkin Chase 5k
Lincolnwood Turkey Trot

RUNNERS OF THE YEAR



Congrats to our 2022 Runner of the Year Award Recipients!

Runners of the Year are selected by the Race Committee through the Circuit scoring process. Chicagoland's top runners are named Runner of the Year in the following categories:

- Overall Male & Female
- Masters Male & Female (ages 40+)
- Veteran Male & Female (ages 50+)
- Senior Male & Female (ages 60+)
- Super Senior Male & Female (ages 70+)



BRITTANY **MATTESON**

**Overall Female
Runner Of The Year**



ANGELICA GUERRERO

Veteran Female Runner Of The Year
Senior Female Runner Of The Year



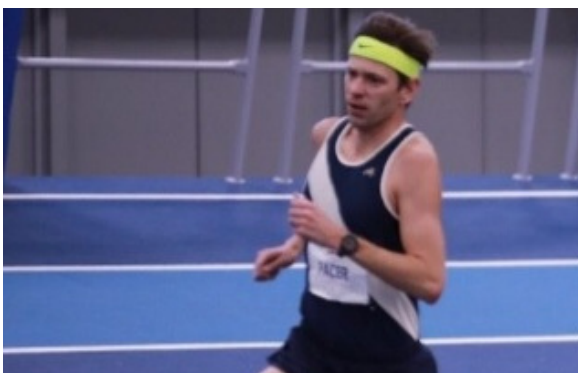
ERIKA EDMONSON

Masters Female Runner Of The Year



NANCY ROLLINS

Super Senior Runner Of The Year



JEREMY RUSTON

Masters Male Runner Of The Year



JAMES MACDOUGALL

Veteran Male Runner Of The Year



DAVID MALEY

Senior Runner Of The Year



BERNARD MCGOURTY

Super Senior Runner Of The Year



BRENDAN THIELSEN

**Overall Male
Runner Of The Year**

HIDDEN GEM HALF MARATHON RACE OF THE YEAR

HIDDEN GEM HALF MARATHON 2022 RACE OF THE YEAR!

Winning race of the year for the first time, the Hidden Gem Half Marathon lives up to its name.

The race features the small town feel of Downtown Flossmoor, but a big time race atmosphere. The course also includes historic homes, great crowd support and a welcoming community.

This race continues to create a buzz in the running community and is becoming one of the faster half marathons in the region. It is an extremely well organized race that has a promising future.

CARA is proud to support and congratulates the Hidden Gem Half Marathon on their Race of the Year Award for 2022!



H O F
hall of fame

Q & A

Get to know our 2021 & 2022 Hall of Fame inductees!

Runners are inducted in to the Hall of Fame through long-standing success in the CARA Runners' Choice Circuit. Each year award winners are given five points for a 1st place finish in Age Group or Clydesdale/Athena categories. Three points are awarded for a second-place finish, and 1 point for a third-place finish. Once a runner has earned 30 total points they are inducted into the Hall of Fame.

Congratulations to our 2021 & 2022 inductees Jeff Giffin, Adrian Malec, Scott Mangum, Matthew Jeromin, Bob Richards, and Kirby Anderson!

JEFF GIFFIN



Tell us about your running journey! How did you start running?

I started running in January 1999. I ran my first race a month later, the Wacky Snacky 5k. The race was a blast, and I got hooked on running and racing. They gave away so much candy and snacks after the race, that I still had leftovers 3 weeks later. That's probably how I became a Clydesdale.

How long have you been involved in the Runners' Choice Circuit?

In 2000 I joined the Niles West/Oakton Runners Club. Coach Pat Savage helped me out tremendously and made me love racing even more. I can't thank him enough for all his advice and support. Running with faster runners helped me get the motivation to run the Circuit. I ended signing up in 2001 as a Clydesdale and 20 years later, I'm still running circuit races.

What is your favorite part about the Circuit competition?

My favorite part of the Circuit competition was doing different races and seeing familiar faces who have become lifelong friends. Coach Savage would drive the team to races, and the camaraderie with my teammates at these races was always a lot of fun. Also, sitting with my teammates at our table at the CARA awards party are great memories I'll always cherish.

What does running mean to you?

Running is a way to escape the daily grind and just enjoy your surroundings. Races were my main motivation for running, but as I got older (and slower), I enjoy running with friends old and new to stay active and be outdoors.

Describe your most memorable Circuit race experience.

I was running the Westchester Veterun 10k and I was running behind someone in my Clydesdale division. I was far behind but closed to within a few feet with about a quarter mile left. My coach Pat Savage was near the finishers line giving support to all the club members who came by. I was hoping he wouldn't yell my name out as I was trying to pass my competitor at the end, and he didn't know I was behind him. I was going all out for about a half mile and wanted to outkick my rival at the end. Coach Savage yells out my name, my competitor looks back at me and outruns me to the finish line. I joked to him to use sign language next time. I still laugh about it.

What advice would you offer to a new runner or someone who wants to start running?

I would tell him or her to join a running club. Whether you want to get faster for races or just want to make friends to run with, a running club is great for both and a lot more

Any dedications you want to give?

Coach Pat and Melissa Savage, Nancy Rollins, Tom Estka, Dave Dziagwa and many others who make racing fun.



ADRIAN MALEC



Tell us about your running journey! How did you start running?

I played in competitive basketball leagues in the city and suburbs for over 30 years and was tapering out of competition. A friend of mine, whose Grandmother died of breast cancer, asked if I would run the Y-Me race to raise funds for the charity. Initially, I declined telling him I never ran a race in my life and didn't have a clue what a 5k was. I thought about it for a few days and decided to give it a try. My first race was 26:31 and I was shocked how many finished ahead in my age-group. My competitive nature told me I had to improve.

How long have you been involved in the Runners' Choice Circuit? What is your favorite part about the Circuit competition?

Since 2006. Everything!

What does running mean to you?

Running is a terrific exercise but also entertainment. It has been a pleasure to meet many runners not only at the CARA races and events but also at races in other states.

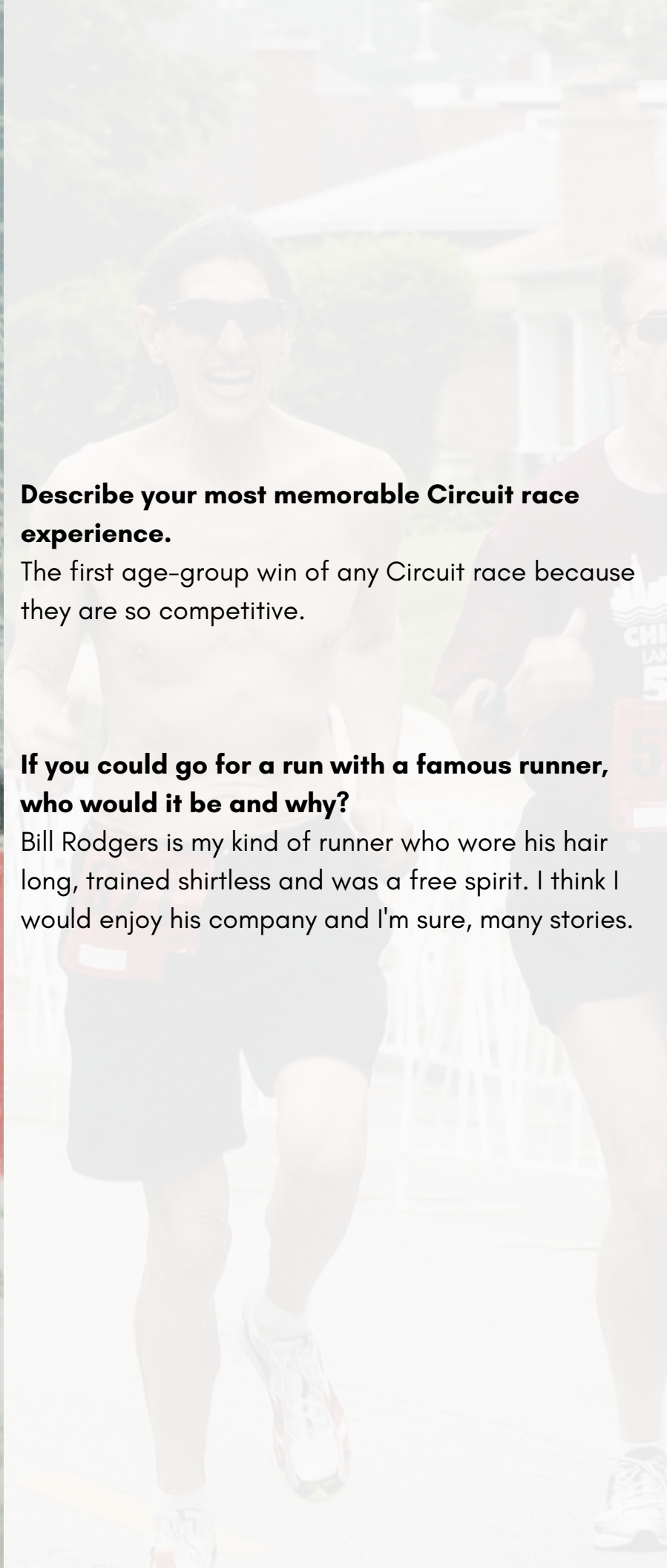


Describe your most memorable Circuit race experience.

The first age-group win of any Circuit race because they are so competitive.

If you could go for a run with a famous runner, who would it be and why?

Bill Rodgers is my kind of runner who wore his hair long, trained shirtless and was a free spirit. I think I would enjoy his company and I'm sure, many stories.



SCOTT MANGUM



Tell us about your running journey! How did you start running?

I was "discovered" and invited to practice by the EHS Cross-Country coach the summer before freshmen year when I was running 1/2 mile intervals through alleys and around a schoolyard. After 4-years of Track and Cross-Country, I ran intermittently for the next decade and a half until getting back into competition while training for the 2009 Chicago Marathon with the Alpine Runners. I have since competed on the Circuit with Fast Track Racing Team, and after returning to my hometown, the Evanston Running Club.

How long have you been involved in the Runners' Choice Circuit?

I first ran the Circuit in 2010 and have run it each year following with the exception of 2017 (injury).

What is your favorite part about the Circuit competition?

I enjoy both the comradery and competition of the Circuit. It's great to see the familiar faces, and races, that add interest to the Circuit racing season.

What does running mean to you?

Running has provided a sense of accomplishment (some days just getting out the door qualifies), discipline, exploration, adventure, decades-long friendships, health, and motivation to improve. I've been fortunate to have running as a constant for a good portion of my life.

What advice would you offer to a new runner or someone who wants to start running?

Don't do too much too soon and make sure to join a running club. Having a running group helps with accountability and will make those early/tough miles go by so much easier (and faster).

Do you have a running mantra or quote that inspires you?

Be consistently consistent and keep grinding. Long distance running is deferred gratification personified.



MATTHEW JEROMIN



Tell us about your running journey! How did you start running?

My running journey started with middle school track. I didn't understand how running worked back then and probably goofed off too much. So coach would throw me in as many events and relays as possible as a form of punishment.

How long have you been involved in the Runners' Choice Circuit?

I have been competing in the CARA Runners' Choice Circuit since 2010.

What is your favorite part about the Circuit competition?

It provides a structured schedule for racing which can become difficult as there are literally thousands of races in the area. CARA races are always highly competitive and give me the comfort knowing that my race day experience will be top-notch.

What does running mean to you?

Running is a really important part of my life. It gives me purpose, it keeps me focused, and it has been extremely helpful with managing depression and coping through difficult experiences. It has also helped keep me disciplined, taught me patience, and put me in the position to strive to be a high performer in all facets of my life.

Running on the Xtra Mile Fast Track Racing team has given me so much too. I met my wife, Lily, on the team and have made so many life-long best friends. We have run hundreds of races together and made millions of memories.

Describe your most memorable Circuit race experience.

I will say that my favorite race experience is the Elmhurst Four on the 4th. It's a great way to start off the holiday and my team always hosts a family barbecue in the park adjacent to the starting line. It is such a well managed race that is highly competitive and we all look forward to the family-friendly team barbecue afterwards.

What advice would you offer to a new runner?

Focus more on the journey than the outcome. Learn to enjoy the training and the process. Races are tricky but they don't define you. We all have a bad race from time to time but there are always several great ones to follow.

Don't compare your times to others. Running is your personal journey and learn to appreciate your own speed and efforts. Your life will not change just because your time is quicker, so enjoy and celebrate the times you are running now. What you are doing is great and you are faster than you give yourself credit for.

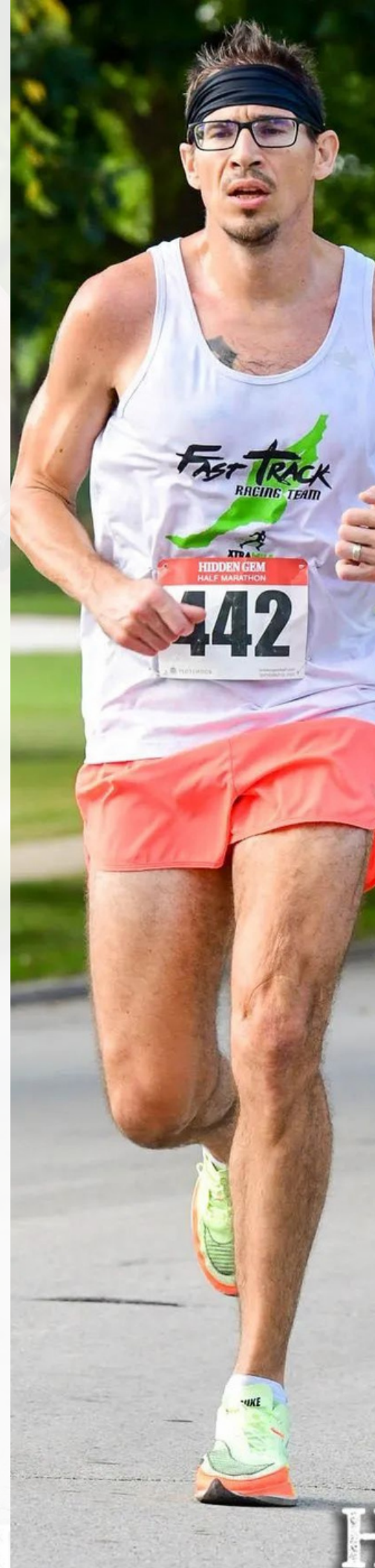
Any dedications you want to give?

God. Through God all things are possible!

My wife Lily, whom I love with all my heart, and my children, Juan and Luna. Lily is so loving and understanding and allows me to pursue my running passion while my kids motivate me to be a better man and father every day.

To my Xtra Mile Fast Track Racing Team which I have been a member since 2010. My teammates are my best friends and have kept me motivated to be the best runner I can be. I look forward to our training, racing, and social events all throughout the calendar year. I am truly blessed to be a part of such a wonderful group of inspiring individuals.

Finally to my Dad who passed away in 2020. He was the one who pushed me into running at a young age and was always my first phone call after every race. I still miss him greatly but I know he is smiling down from heaven and proud of what I have been able to achieve.



BOB RICHARDS



Tell us about your running journey! How did you start running?

I began running in 1962 while in eighth grade and as a member of the Boy Scouts, working on my Personal Fitness merit badge. I had to run three-fourths of a mile. Right after that, a friend talked me into going out for cross-country my freshman year at Glenbrook North High School. That went well, and I've been running most of the time ever since.

How long have you been involved in the Runners' Choice Circuit?

I have had some connection with the Circuit for 43 years. My first Circuit Race was the very competitive Des Plaines Destiny Striders 15K in 1980. My first Hall of Fame point came in 1992 when I finished third in my age group. Thirty-one years of Circuit running later, here I am, finally!

What is your favorite part about the Circuit competition?

Of course I love the age-group competition and sharing the quality racing experiences with others my age who have become good friends, but the social interaction with runners from other clubs and parts of the Chicago area has always been a big part as well. I call it sharing the passion every step of the way.

**What does running mean to you?**

It is a lifestyle with countless attributes, starting with good health and good friends. Not a day goes by that I don't reap the benefits.

Describe your most memorable Circuit race experience.

There have been plenty of lights-out, place-deciding sprints to the finish line for me, but the most satisfying experience is not running but directing the Elmhurst Running Club 4 on the 4th. It's a fulfilling way for our club and me to give back to our sport by providing Circuit runners and others with a safe and fun holiday race.

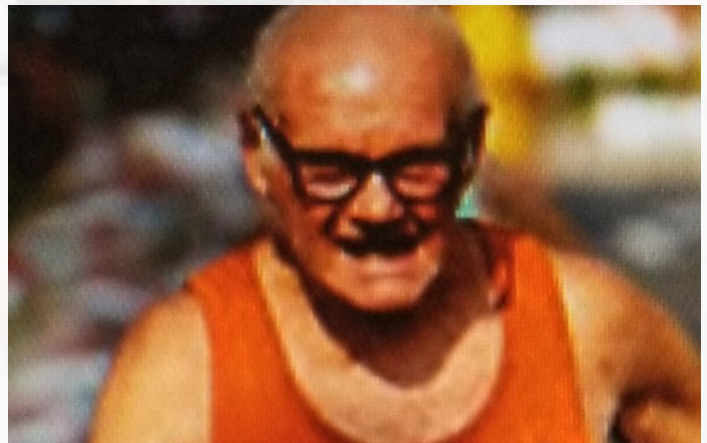
What advice would you offer to a new runner?

Don't do too much too quickly. Gradually work your way up to running fitness and shorter races. Then decide if you're taking on longer races and maybe half and full marathons. You don't have to! 5Ks, 4-milers, 8Ks, 10Ks and 10-milers are OK! Listen to your body. Be smart.

Any dedications you want to give?

I have met hundreds of great people over the years through running, too many to mention, but I do want to give a special shoutout to my wife Nancy for supporting me through the years with all the ups and downs that come with our sport.

KIRBY ANDERSON



Tell us about your running journey! How did you start running?

I have been an athlete all of my life, as a young child I was always active and used to play a lot of sports. My running journey started on the high school track team and continued throughout my four-year tenure at Amundsen High School in Chicago, IL. In the year 1972, at the age of 35 years old, I started running competitively, which happened to be the year that the "running boom" started. I ran my first marathon in 1991 and since then, I have done countless races including over 20 marathons and I am hoping to run my next marathon in 2024 at the age of 88.

How long have you been involved in the Runners' Choice Circuit?

I have been involved in the Runners' Choice Circuit since it was established in 1979.

What is your favorite part about the Circuit competition?

My favorite part about the Circuit competition is the amount of great people that I meet. Even the races where I have done poorer than I had hoped, people have always been so great to me. I once had a guy chat with me all the way to the finish line. I also enjoy the Circuit competition's staff and the race directors like Tim Bradley, who work really hard and do an excellent job running these competitions.

What does running mean to you?

To me, running is a fun, enjoyable, and relaxing hobby. It provides me with good health and allows me the opportunity to meet a lot of great people.

What advice would you offer to a new runner or someone who wants to start running?

Some advice that I would give to a new runner or someone who wants to start running would be to join a running club, train every day, and don't drink alcohol or smoke.

Describe your most memorable Circuit race experience.

My most memorable Circuit race experience would have to be when I received my fastest time of 4:43:10 at the Chicago Marathon.

Do you have a running mantra or quote that inspires you?

I want to dedicate this award to my three daughters - Kim, Tammy, and Lori; My late-wife Corinne; My grandchildren - Eddie, Matthew, Brittany, Sammy, Tessa, and my great-grandson Kaleb who have supported my running and fitness journey over the years. I would also like to dedicate this award to all of the great people that I have met and inspired along the way and lastly, to my mother who passed away in 1985, inspiring me to continue my running journey.



TRANSAMERICA®



Congrats to our 2022 Individual Award Recipients!

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

Overall (Top 10 Males and Females)

Age Graded (Top 10 Age-Graded runners)

Age Groups (Top 3 Males & Females Per Age Category)

Clydesdale/Athena - Top 3 Per Category (Male Clydesdale A, Clydesdale B, and Clydesdale C; Female Athena A & Athena B)

Overall, Age-Graded, Clydesdale/Athena Awards

Overall Male

1. Brendan Thielsen (172)
2. Jeremy Ruston (163)
3. Matthew Jeromin (126)
4. Steven Bugarin (120)
5. Yoon Oh (105)
6. Chris Wolf (99)
7. Josh Ruston (89)
8. Scott Mangum (86)
9. Guillermo Munoz Kuster (76)
10. Daniel Lennington (65)

Overall Female

1. Brittany Matteson (172)
2. Mandy Kompanowski (171)
3. Erika Edmonson (136)
4. Angelica Guerrero (131)
5. Daniela Munoz (83)
6. Elena Znova (69)
7. Carolyn Martineau (69)
8. Julie Bruns (68)
9. Lauren Lopez (49)
10. Geri Bensen (37)

Age-Graded

1. Angelica Guerrero (197)
2. Nancy Rollins (194)
3. Grace Wasielewski (142)
4. Jeremy Ruston (137)
5. Chris Wolf (120)
6. Keith Holzmüller (104)
7. David Maley (99)
8. James MacDougall (98)
9. Brian Sweeney (95)
10. Brendan Thielsen (77)

Clydesdale A

1. Greg Smith (119)
2. Lynne Crim (117)
3. Rob Warner (109)

Clydesdale B

1. Shane Petrelli (119)
2. Pete Roberts

Clydesdale C

1. David Dziagwa (120)

Athena B

1. Alexandra Berl (119)



Male Age Group Awards

Male 25-29

1. Brendan Thielsen (108)
2. Greg Smith II (41)

Male 30-34

1. Guillermo Munoz Kuster (67)
2. Ken Love (42)
3. Anando Naqui (35)

Male 35-39

1. Yoon Oh (112)
2. Steven Bugarin (111)
3. Christopher Schiel (46)

Male 40-44

1. Jeremy Ruston (117)
2. Matthew Jeromin (110)
3. Daniel Lennington (86)

Male 45-49

1. Scott Mangum (111)
2. Chris Wolf (102)
3. Frank Cira (94)

Male 50-54

1. Lance Caldwell (114)
2. Doug Pearson (98)
3. Bob Browne (98)

Male 55-59

1. James MacDougall (117)
2. David Schaub (104)
3. Marc Woodcock (97)

Male 60-64

1. David Maley (118)
2. Brain Sweney (116)
3. Hanz Wenzel (90)

Male 65-69

1. Keith Holzmuehler (116)
2. Bill Leiner (111)
3. Michael Brosilow (85)

Male 70-74

1. Bernard McGourty (120)
2. Bob Richards (98)
3. Carle Rollins (75)

Male 75-79

1. Dale Monroe-Cook (120)
2. James Kubik (115)
3. Donald Jensen (109)

Male 80-84

1. Ed Packel (120)
2. Lynne Hans (114)

Male 85 & Over

1. Kirby Anderson (75)



Female Age Group Awards

Female 25-29

1. Karin DeHaven (39)

Female 30-34

1. Brittany Matteson (113)
2. Mandy Kompanowski (108)
3. Johanna DeHaven (18)

Female 35-39

1. Lauren Lopez (65)
2. Margaret Flynn (46)
3. Nadia Pimenova (26)

Female 40-44

1. Erika Edmonson (113)
2. Daniela Munoz (96)
3. Elena Znova (86)

Female 45-49

1. Carolyn Martineau (112)
2. Lorrie Buenrostro (90)
3. Leah Hammer (88)

Female 50-54

1. Julie Bruns (116)
2. Erica Argan (106)
3. Tina Helm (99)

Female 55-59

1. Geri Bensen (117)
2. Julie Blankemeier (113)
3. Patti Ogden (15)

Female 60-64

1. Angelica Guerrero (120)
2. Eileen Dolan (99)
3. Julie Gross (93)

Female 65-69

1. Grace Wasielewski (120)
2. Valerie Mackin (107)
3. Kaori Maeshima (106)

Female 70-74

1. Isola Metz (120)
2. Delma Bartelme (108)
3. Catherine Saccany (107)

Female 75-79

1. Nancy Rollins (120)
2. Eileen Malec (66)



CARA Racing Award

Aaron Etienne	Doug Pearson	Keith Burns
Adam Dabrowski	Ed Packer	Keith Holzmuelle
Alexandra Berl	Edward Straka	Ken Love
Alisha Walc	Eileen Dolan	Kenneth Jensen
Amanda Hamilton	Eileen Malec	Kirby Anderson
Anando Naqui	Elena Znova	Lance Caldwell
Angelica Guerrero	Erica Agran	Lauren Lopez
Bernard McGourty	Erika Edmonson	Leah Hammer
Bill Igoe	Erin Ding	Leann Larrey
Bill Leiner	Erin Lynch	Libby Harvey-Hill
Bill Pucher	Frank Cira	Lorrie Buenrostro
Bob Browne	Fritz Gareis	Lynn Crim
Bob Richards	Ganesh Kumar	Lynne Hans
Brendan Thielsen	Gerard Kenny	Mandy Kompanowski
Brian Prestes	Geri Bensen	Marc Woodcock
Brian Sweney	Grace Wasielewski	Margaret Flynn
Brittany Matteson	Greg Smith	Matthew Jeromin
Carle Rollins	Greg Smith II	Michael Brosilow
Carlos Viramontes	Guillermo Munoz Kuster	Nancy Rollins
Carolyn Martineau	Hans Wenzel	Nathan Campbell
Catherine Saccany	Heather Hayes	Nicholas Blashill
Catherine Way	Isola Metz	Nick Bensen
Chris Cooley	James Kubik	Pamela Kowalczyk
Chris Wolf	James Macdougall	Patti Ogde
Christopher Barrett	Jamie Dihiansan	Pete Mistretta
Christopher Schiel	Jeremy Ruston	Peter Roberts
Dale Monroe-Cook	Jerzy Bancerewicz	Peter Zimmerman
Daniel Lennington	Jim Cassioppi	Rob Warner
Daniela Munoz	Johanna DeHaven	Scott Mangum
Darren Dematoff	Josh Ruston	Shane Petrelli
Dave Carpenter	Josh Williams	Steven Bugarin
David Dziagwa	Julian Reggans	Terrence Keleher
David Hensley	Julie Blankemeier	Tim Bradley
David Maley	Julie Bruns	Tina Helm
David Schaub	Julie Gross	Tom Dubin
Deborah Arana-Vivas	Kaori Maeshima	Valerie Mackin
Delma Bartelme	Karin Dehaven	Yoon Oh
Donald Jensen		

TEAM/CLUB CIRCUIT AWARD WINNERS



Congrats to our 2022 Club/Team Award Recipients!

Clubs and Teams may compete to be honored as the top clubs in the area in a variety of categories:

Combined - (Males & Females combined, top 5 runners age-graded scores)

Open (Male & Female, addition of top 5 runners' finish times)

Masters (Male & Female, addition of top 3 runners, over 40 years old, finish times)

Veteran (Male & Female, addition of top 3 runners, over 50 years old, finish times)

Senior (Male & Female, addition of top 3 runners, over 60 years old, finish times)

Team/Club Awards

Combined Club Category

1. Evanston Running Club
2. Fleet Feet x New Balance Racing Team
3. Fast Track Racing Team

Open Club Category - Men

1. Fast Track Racing Team
2. Evanston Running Club
3. Oak Park Runners Club

Open Club Category - Women

1. Fleet Feet x New Balance Racing Team
2. CARA Racing Crew
3. Oak Park Runners Club

Masters Club Category - Men

1. Evanston Running Club
2. Fast Track Racing Team
3. Elmhurst Running Club

Masters Club Category - Women

1. Oak Park Runners Club
2. Fleet Feet x New Balance Racing Team
3. Track and Trough Athletic Union

Veteran Club Category - Men

1. Elmhurst Running Club
2. Evanston Running Club
3. Oak Park Runners Club

Veteran Club Category - Women

1. Oak Park Runners Club
2. Evanston Running Club
3. Elmhurst Running Club

Senior Club Category - Men

1. Oak Park Runners Club
2. Evanston Running Club
3. Elmhurst Running Club

Senior Club Category - Women

1. Evanston Running Club
2. Oak Park Runners Club
3. Fleet Feet x New Balance Racing Team





2023 CIRCUIT SCHEDULE

Sunday, March 26 - Bank of America Shamrock Shuffle 8k

Sunday, April 16 - CARA's Lakefront 10 Miler

Sunday, April 30 - Good Life Race 5k

Sunday, May 21 - CARA's Spring Trail Chase 10k

Sunday, June 4 - Bank of America Chicago 13.1

Sunday, June 18 - Ricky Byrdsong Race Against Hate 5k

Tuesday, July 4 - Elmhurst Running Club 4 On The 4th

Saturday, July 29 - CARA's Chi-Town Miles

Sunday, August 20 - Alpine Races 10 Miler

Saturday, September 9 - Hidden Gem Half Marathon

Saturday, September 30 - Lawndale 5k

Sunday, October 8 - Bank of America Chicago Marathon

Saturday, October 28 - Lake Bluff PTO Pumpkin Chase 5k

Sunday, November 12 - Fast Track XC 5k

